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**...OF...
Interest to Women
LET THEM KICK! WHO? THE BABIES**The Only Class In The Community So Privileged
— Summer Milk Care — Infant Exercises

(By Victorine Howard)

Summer is hard enough on babies anyway. It's also hard on their most popular food—milk. One thing to remember through these days is never to give a baby stale milk. Don't leave the milk bottle out on the kitchen table in the heat, where its bacterial count will rise by terrific jumps. Put the bottle right back in the icebox after each using of its contents. The longer it's out, the more the bacteria. Once the bacterial count has risen above the degree of safety, nothing but pasteurization can lower it. Putting it back in the refrigerator hours later won't help. And boiling changes the vitamin content.

"Stale milk is one of the summer's most frequent causes of dreaded dysentery in children," according to Dr. Shirley W. Wynne, noted health authority. Adults can also get the ailment from the same too old milk cause, but it's much more serious in babies and young children. Forty-eight hours after bottling is the Board of Health's safe regulation for Grade B milk—36 hours for the richer and more delicate Grade A. And considering that soda fountain milk is never off the ice, whereas the home milk bottle is bound to be in and out of the icebox all day, the wise mother will stay well within those time limits.

Free to Kick

You ordinarily don't think of a little baby taking exercises. But even a few weeks old isn't too young to consider chest, spine and leg developments in future citizens and start them out with simple movements to develop muscles. After the first month, Dr. Wynne says, the baby's "clothing" should be arranged loosely so she (or he) is free to kick, stretch and twist.

"Lay the baby on her back and let her kick against something like the blanket end of a crib to develop legs. Place a knotted handkerchief, or a ring that's large enough not to be swallowed, where she can give herself a torso stretch by pulling on it. Turn her over on her stomach, so she'll peek around sideways and so strengthen her neck muscles. Encourage her to crawl in her pen by laying her face downward and gently pushing her legs to encourage the strong abdomen and leg muscles that crawling helps."

There are various special exercises for the three weeks oldster. Any exercises are only for the well baby. And all of them should be done in a warm room, with no drafts, and the infant undressed.

For a strong spine in later life, lay the baby face down on a soft surface. Standing at the infant's feet, place both hands under her armpits and gently raise the trunk several times. Another exercise that's good for legs as well as spine is to lay the baby on her back, raise both legs gently up to her nose, and let go. You'll find that she'll be doing her own leg exercises in no time and start raising her legs in the tense and relax movement by herself.

To develop chest, upper back and upper arms, take hold of each of the baby's hands and extend both arms out straight on table or bed so they are at right angles to the body. Then slowly bring the hands up, and together over the chest, as if you were going to clap them. Do it several times, saying "down" and "up" on the down and up strokes.

An important note in baby's exercises is never to let her do them immediately after feeding. Wait for at least an hour, and preferably let her do her exercising before meals.

Ed. Note.—We use the feminine gender only because this is a Woman's Page. But boy babies have their rights to exercise, too. And the same ones go for them.

A COMMON DISEASE OF THE EYE

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

A common disease of the eye, more common than most people realize, is one which is responsible for a large percentage of the blindness which occurs today. You can see, therefore, why it is important that every person know something about this condition. The disease is called glaucoma.

According to Dr. F. Raymond Price of Charleston, S.C., there was a time when every case of glaucoma led to blindness. But now, by means of early diagnosis and treatment, the eyesight of many persons is saved. On the other hand, if the disorder is neglected, serious damage to the eyesight will occur.

If you examine the eyeball you will find that it has liquid inside of it. When this fluid for any reason, increases so that there is pressure on the inside of the eyeball, the eye may become inflamed. This is a serious condition known as glaucoma. If the pressure increases suddenly, the eye becomes inflamed. If, however, it increases slowly, there may be no symptoms for some time.

In the first type, the condition usually begins with trouble in seeing. The person complains that he does not see as well as he did; it seems as if there is a cloud of smoke in front of his eyes which hides objects at which he is looking. If he looks at the light, he sees a ring around it, with all the colors of the rainbow. In addition, he may have a feeling of dullness or slight pain.

When the eye is examined, it will be noticed that the pupil, the small opening in the centre of the eye, is somewhat enlarged. The pupil acts like a shutter in a camera. In glaucoma, this shutter of the eye does not snap closed as quickly as it should, when a light is flashed into the eye.

These symptoms appear in attacks which may last for a number of hours and then disappear. Often mental excitement and worry tend to bring them on. The symptoms may come on at intervals for a number of weeks, or months, or even years. Then the disease becomes worse. There is finally pain around the eyes which passes into the head, ears, and teeth. The pain is sometimes so severe that it causes sickness to the stomach and vomiting.

There is rapid loss of eyesight. The eyeball becomes red and inflamed. The colored part of the eye becomes discolored, and the pupil is enlarged. Then the condition may pass on into the final stage, in which the eye becomes completely blind. All of

the symptoms of inflammation disappear, this pain vanishes, in many instances, but in other cases it continues.

When an acute attack occurs, the individual is usually given an injection under the skin of some narcotic; and then the drug, known as pilocarpin is put into the eye, every hour, alternating with another drug, called

physostigmine. Hot applications, that is, cloths dipped in hot water and wrung out, should be put on the eyes. In chronic cases if the pressure within the eyeball cannot be relieved by means of drugs, then an operation must be performed to relieve it.

I urge every person who is having any trouble with his eyes to see an eye specialist without delay. Glaucoma may be checked if treated early. Every day we see cases of this condition clear up rapidly under proper treatment. Early treatment will save the sight of many hundreds of persons who might otherwise lose this precious gift.

Always Delicious**"SALADA"
TEA****A BACKWARD GLANCE
AT CHILDHOOD GAMES**

(By Ruth Cameron)

A friend has just bought for her children in their city house, one of the popular "jungle games," which consists of bars and ladders for the child to climb upon.

It's probably the best play apparatus that could be devised for children confined in the limits of a city yard. But some of us were recalling the fun we used to have in the country which city youngsters and indeed some who live in the country, may never know.

Rarest of all is the covered bridge, which one seldom sees nowadays, even in New England, where they once were so common.

How vividly I recall the one which led across the river to where my childhood chum lived. Arched beams along the sides supported the wooden structure, and although it was a forbidden joy, I used to love to crawl up one side and down the other, pausing to look out through the window like apertures and look down to the shallow water flowing over the rocky bed below. I can still recall the thrill of guilt with which I would hear the cump, clump of a horse's hoofs on the loose wooden planks, and know

that some neighbor might be coming by who would spy me out and tell my mother where I had been.

That same route across the old bridge led to the sawmill, with its sawdust pile as high as a house. What fun to clamber up to the top and slide down the crumbly hill with a thrilling fear of the snakes which were said to lurk within, adding zest to the adventure. I can still smell the sharp aroma of resinous wood in that old sawdust pile.

And did you ever know the joy of prowling about an old barn? There was the perilous climb up the ladder, with its wide spaced rungs, to the haymow, where you must watch carefully lest you plunge down a hole in the floor through which the hay was thrust to the stalls below. And there was always a chance of finding a nest of mice or old Tabby's newest batch of kittens, and there were barn swallows darting out from under the eaves to startle you with their sudden flight. Best of all was the old "pung" with the bells along the shaft, to play in—and over all the peculiar pungent odor of the barn.

**YOUTH OFTEN QUERIES
"WHY DO YOU WORRY?"**

(By Ruth Cameron)

"But why did you have to worry? It's so silly to worry."

Can you guess the age of the person whom I heard make that philosophic statement? If you were about to guess, somewhere between 10 and 25, you were quite right. Sometimes it starts earlier and sometimes it lasts longer, but those are the customary age limits of the "But why do you have to worry so?" stage.

The particular promulgator of that philosophic on worry whom I heard yesterday was 12. He had been out in a sailboat with another boy of his age. Neither knew much about sailing; both felt quite sure that they knew all that was necessary to know about it. His aunt, with whom he was staying, had let them go reluctantly, putting her faith in life preservers. She had longed for lunch time, when she would see him safely home. But lunch time came and went and had brought no hungry sailor home.

It was half past three when her nephew finally did come drifting in.

HOUSEHOLD TIPS

Salt and tea leaves sprinkled on the carpet will collect the dirt quickly and prevent dust from flying all over everything.

When cooking sour fruit add ¼ teaspoon of carbonate of soda to one pound of fruit, and it will require much less sugar to sweeten it.

If the family is fond of onions, they will enjoy roasted ones. The next time you roast beef put a dozen or so small onions in with the roast. They get deliciously brown and add so much to the flavor of the gravy.

If you are fond of the flavor of cloves add a few to the fat when frying doughnuts.

A combination of orange sherbet and chocolate ice cream makes a colorful and delicious dessert.

It was all perfectly simple; they had beached the boat on a piece of the lake shore invisible from his home and gone to lunch at the other boy's home. The other boy lived some distance away and there was no phone connection and his aunt had no car at her disposal. Didn't he know that he had said he was just going out for a couple of hours and that she expected him home for lunch? Why, yes, but he thought she'd just know he had gone somewhere else and not worry. "Why did you have to worry? It's so silly to worry. You see here I am all right."

Oh, yes, it's very simple, afterwards "Here I am all right," you say. And here you are all right over and over again, you young people who go out on the sea in your little ships and off to the parties in your little cars, and don't come home until hours after we expect you. You're back safely and our hearts are released from the terrible fear.

Yes, you are all right this time; we know that now, but how about next time? Can you pick up your paper one day in the week and not find some record of a drowning or an auto accident? Why couldn't it have been you? How did we know it wasn't? Oh yes, there was a perfectly good reason why you were so late; it all seems simple to you, but it might have been the other way.

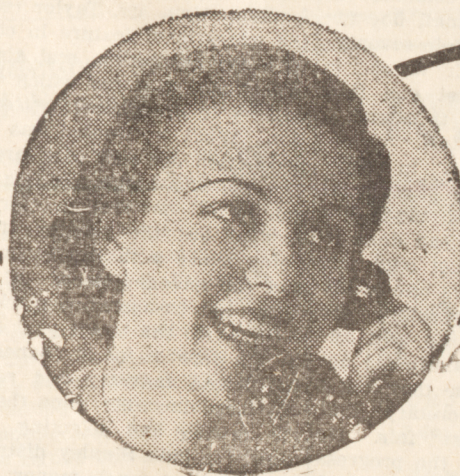
Why shouldn't we worry, we who love you so much? It's true that we should not let our worries hamper you unreasonably. But it is also true that you should do everything you can within reason to let us know when you are going to add on those unexpected two or three hours that are to be torture for us.

**TIME TABLE
CHANGES**

Effective

Sunday, Sept. 26

Full information from agents

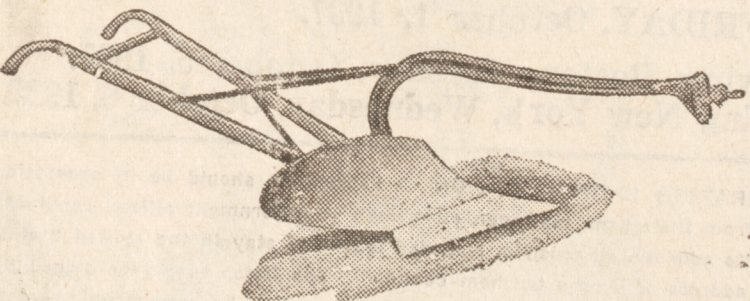
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