

"But it's not a blunder," protested the youngster.
"There was a one-eyed man in the audience."

NO HURRY.

The old four-wheeler was rolling gently along the suburban road, the grey-whiskered driver lost in thought.

Suddenly, at a corner, a tradesman's cart came dashing along. The two horses collided at right angles with just enough force to drive the head of the horse in the trap-shafts over the back of the cab-horse.

The onlookers gathered round, expecting to hear that flow of language for which cabmen are supposed to be famous.

But, no! The old man settled himself in his seat and said politely:

"When your 'oss 'as seen all 'e wants to over my 'oss's back, perhaps 'e'll get down. But, bless yer, there ain't no 'urry!"

SMILE-RAISERS.

"Please, kind lady, the doctor of the casual 'as just give me this bottle of medicine, but I want something to take with it."

"Oh, yes, I see!" replied the motherly soul.
"You want a spoon and a glass of water."

"Thank you, mum, no. I can get on quite all right without them. But the directions on the bottle are that it's to be taken after meals. 'Aven't got a meal you could spare, 'ave you?"

Daughter: "There is only one thing more astonishing than the readiness with which Ned gave up tobacco when we became engaged."

Mother: "What is that astonishing thing?"

Daughter: "The rapidity with which he took it up again as soon as we were married."

They were discussing that joke about getting down off an elephant.

"How do you get down?" asked the jokesmith for the fourth time.

"You climb down."

"Wrong!"

"You take a ladder and get down."

"Wrong!"

"Well, you take the trunk line down."

"No, not quite. You don't get down off an elephant; you get it off a goose."

A young woman who went to college to take her degree of doctor of philosophy married her professor in the middle of her second year. When she announced her engagement one of her friends said:

"But, Edith I though you came here to get your Ph.D.?"

"So I did," replied Edith, "but I had no idea I would get him so soon."

Johnnie Jones was doing penance in the corner. Presently he thought aloud pensively.

"I can't help it if I am not perfect," he sighed.
"I've only heard of one perfect boy in my whole life."

"Who was that?" his father asked, thinking to point out a moral.

"You," came the reply, plaintively, "when you were little."

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SCIENCE SIFTINGS

By "VOLT."

The Value of Uncooked Fruit.

Vegetables as well as cereals must be cooked in order that the starch may be changed to dextrin to aid in their digestion. This is only partly accomplished in ordinary cooking; while with fruit it is vastly different. When fruit is on the tree in its unripe state the carbohydrate is in the form of raw starch. As the fruit ripens the starch is changed into dextrin (being cooked on the tree), and practically needs only to be absorbed.

Oak Trees Oftenest Struck by Lightning.

It is not generally known that the electric fluid which is prevalent during thunderstorms has a varying affinity for different trees. M. Camille Flammarion, the famous French scientist, once investigated the proportions of trees struck in France during recent years, and his figures show that the lime is the safest and the oak the most dangerous tree under which to stand in a thunderstorm.

During the period covered by M. Flammarion's inquiry only two lime trees were struck, six pines and the same number of ash and beech trees. After that came seven willows, ten firs, eleven walnuts, fourteen elms, twenty-four poplars, and fifty-four oaks.

Why Should We Eat Fresh Fruits?

Most people would answer, because they are good to eat, and this is so good a reason that there could hardly be a better. Nevertheless, there are other reasons of interest to the seeker after balanced diet. Fresh fruits and "green" vegetables supply the iron and mineral matter necessary to our bodily well-being, without adding materially to the amount of protein which is usually already present in decided excess in the ordinary diet; nor do they increase unduly the energy producing qualities with which our "daily bread" is usually amply supplied. These foods also provide a considerable proportion of the bulk so necessary for normal digestion. Paradoxical as it sounds, the digestion is healthfully stimulated by the large proportion of indigestible matter like crude fibre, small seeds, etc., which fruits and fresh vegetables contain. Fresh fruits in general are laxative, because they are largely composed of water and contain salts in solution. The nutrient quality (largely sugar) of fresh fruit is much diluted by the large proportion of water present. Therefore, all dried and some preserved fruits are far more nutritious than the fresh product. This is because dried fruits are concentrated by the process of evaporation and preserved fruits gain by the addition of sugar. They are wholesome, but do not take the place of fresh fruits which serve a somewhat different purpose. All fruits, however, whether fresh, dried, or preserved, are fuel foods rather than tissue builders. They are described as "cheap sources of energy in the diet, and well suited for combination in reasonable quantity with proteid foods (such as meat, fish, poultry, eggs, etc.), to furnish a well-balanced ration."

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