

## HIS LUMBAGO HAS NOT COME BACK

Keeps Free Of It With Kruschen

There can be no doubt about the effectiveness of the remedy this man uses against lumbago. Read his letter:

"About four years ago, I had a bad attack of lumbago. After being in hospital for two weeks taking heat treatment, I started taking Kruschen Salts. Since then, I am happy to say, I have not been troubled with lumbago. I shall still continue taking Kruschen to be sure the lumbago won't come back."—A. C. C.

Why is it that Kruschen is so effective in keeping lumbago at bay? Simply because it goes right down to the root of the trouble, and removes the cause, which is an impure bloodstream. The six salts in Kruschen keep the bloodstream pure and vigorous by promoting a clockwork regularity of all the organs of elimination.

## THEY'RE TELLING US!

Whatever violates, intrudes or abrogates fundamental American liberty violates the life principles of America as a nation." — Herbert Hoover.

"Many people feel perplexed because of the municipality of church, and the conflict of their claims." — John Dewey.

"The U. S. Constitution was not designed to establish for all time any particular economic theory, whether of the organic relationship of the individual to the state or of laissez-faire."

"If we would guide by the light of reason, we must let our minds be bold." — Louis D. Brandeis.

"Religion is not a narrow, bigoted unreasonable thing, any more than is art or poetry, to which it is akin." — Sherwood Eddy.

## Now Science Explains Why So Many People Past 40

Feel That They're Slipping Losing Their "Grip" on Things



Many people round 40 think they're "growing old." They feel tired a lot. "Weak." Have headaches, dizziness, stomach upsets.

Well, scientists say the cause of all this, in a great many cases, is simply an acid condition of the stomach. Nothing more.

All you have to do is to neutralize the excess stomach acidity.

When you have one of these acid stomach upsets, take Phillips' Milk of Magnesia after meals and before going to bed. That's all!

Try this. Soon you'll feel like another person! Take either the familiar liquid "PHILLIPS" or the convenient new Phillips' Milk of Magnesia Tablets. Made in Canada.

**ALSO IN TABLET FORM:** Phillips' Milk of Magnesia Tablets are now on sale at all drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of Genuine Phillips' Milk of Magnesia.

**PHILLIPS' Milk of Magnesia**

"MADE IN CANADA"

## The "Lift" and Energy of Cod Liver Oil

### PLUS GREATER EFFICIENCY

Vitamins A and D, abundantly found in Scott's Emulsion, bolster up tired, winter-worn bodies, restoring vitality and strength. But Scott's Emulsion gives you more: Emulsification—the minute breaking up of the particles—making for quicker assimilation, easier digestibility. Yet for none of the virtues of pure cod liver oil are lost. One of the PLUS values you get only in Scott's Emulsion.

# SCOTT'S EMULSION

THE COD LIVER OIL WITH THE PLUS VALUE  
For Sale by Your Druggist



## Gardening

By Gordon L. Smith

### SWEET PEAS.

Sweet Peas must be planted just as soon as it is possible to get a spade in the ground. There are usually one or two days in early April when it is possible to work up the soil in the warmest part of the garden, and this is the time and place for these flowers. They have best results in a climate where the summer nights are inclined to be cool. They must have extra water during dry weather. It is advisable to sow in a trench and support on brush, strings or poultry netting. The trench should be dug a foot deep and in it put three or four inches of well-rotted leaves, or manure. This, in addition to plant food provides open material in which a deep root system can be developed. On top will be three inches of fine garden soil and place in this the seed, about two inches apart the same deep. Gradually the spring and summer rains will fill in the remainder of the trench assuring stout stems and abundant deep roots. If the flowers are picked daily, they will bloom from early July until frost.

### STARTING PLANTS IN BEDS.

Where many plants are wanted, the best arrangement for starting seed indoors is a hot bed, though where only a few plants are required, a shallow box in a sunny window will be sufficient. A hot bed simply consists of an old window ash laid on a wooden framework about 18 inches high, which contains two inches of fine garden soil on a layer of fresh, slightly straw, horse manure. In an open place and facing south, dig a pit of the same dimensions as the window frame and about a foot deep. Into this put the manure. It frost prevents digging, simply pile on top of the ground. When well pressed down, the layer of manure should be about 18 inches thick. It is held in place by the sides of the pit and the frame. On top is placed two inches of light garden soil, preferably mixed with a little sand. The window is fitted snugly into place on top and should be about 15 inches above the soil at the back and 9 inches at the front to allow rain to run off and also to catch the full rays of the sun. At first the soil will heat rapidly but in about three days it will have cooled to around 80 degrees, which is the proper temperature. The seed is planted in rows about two inches apart, and the bed watered frequently. On warm days it will be necessary to ventilate by raising the window frame an inch or so. When the second set of leaves develop thin. The seedlings are transplanted to a cold frame, which is the same as a hot bed only without the heating manure, about three weeks before going outside. Here they are hardened thoroughly before being set out in their permanent quarters. No heating material is needed in the house, otherwise the procedure is

practically the same. Boxes about three inches deep are filled with a mixture of sand and light soil and placed in a bright window, where, preferably, there is a double glass, to prevent cold draughts at night.

## The Future

Reginald H. Wiggins, M.D., C.M., L.M.C.C.

"Child training is the most important problem before the nation today."—Frank R. Cheley.

Upon the proper care and adequate training of our children today depends the peace and order of our homes; the character, ability and personality of our citizenship to come, and the future of the race.

So that Canadian mothers and fathers might have the requisite up-to-date information of the rearing and training of their children, these articles are appearing in the press.

The press is the most effective means of making this knowledge available to those who need it.

Mothers always—and increasingly fathers too—are showing more and even more interest in this vital problem. Mothers of young children; young mothers surprised and baffled by the first unexpected resistance of a small infant to authority; older mothers unable to adapt their methods of child training (apparently successful with one child) to the varying needs of their several children. Mothers and fathers of adolescent boys and girls; fathers who really desire to know the nature and needs of their growing boys; grandmothers who find their own tried methods of discipline ineffectual and in conflict with those of their children and their grandchildren—all these desire some up-to-date and sound advice on the care and training of children and are demanding it.

As we all know, conditions in the world today are not satisfactory. For this state of affairs, we are very lar-



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gely responsible. It will be our children's work to rectify matters. In later years, whether they will be capable of the task depends on the care and training they are receiving today.

## THERE'S FLU IN THE AIR

Wise Precautions and Prompt Treatment May Keep You From This Disabling Affliction.

There are still many illnesses the causes of which remain unknown, writes a doctor. Throughout the world research is going on day after day in the hope that the cause and cure of these conditions may be discovered. One of these is influenza. But, although its actual cause remains a secret, there is now not the slightest doubt that it is due to a germ which is too small to be seen. It is so tiny that it can pass through a close filter which would stop the passages of many organisms.

Experiments have so far progressed that it is now only a matter of time for it to be possible to isolate this germ and probably produce an antidote. Meanwhile, we can only do what we can to prevent this disabling infection from leading to complications and to cut short its attacks as soon as we are able.

In the first place it is well to remember that influenza is infectious. It can be passed from one individual to another. Anything which tends to lower the powers of resistance makes it easier for infection to take place. Two factors seem to be worth considering; the first of these is fear. Although, at this season of the year there are usually in the air seeds of influenza, it is asking for trouble to go about in fear of catching it. When you are afraid, your general health suffers and you are less likely to resist infection. There is little to be afraid of if you do catch it. Provided treatment is prompt and your general health is good you stand an excellent chance of making an uninterrupted recovery. The second factor again concerns these same powers of resistance which are definitely lowered by the bad habit some people have acquired of setting out in the cold mornings of winter without any breakfast.

Late nights, hot stuffy atmosphere and fatigue also lower resistance.

## Color Renaissance In Men's Clothes

A color renaissance in men's wear is predicted by Raymond Twyeffort, New York tailor for the swanky. "We are sick of gloom and black," he said addressing the annual convention of the National Shoe Retailer's Association. Color is the necessary vitamin to stimulate men's desires." Twyeffort displayed a dark blue cutaway coat and tailcoat with gold fixings on the lapels. He also displayed a red velvet coat for home wear, a brown cocktail-hour suit and plenty of brilliantly-check vests.

## CHEST COLDS - MECCA OINTMENT AND MUSTARD POULTICE

Relieves Congestion — Does Not Blister

At first sign of a cold on the chest apply a Mecca Poultice with the addition of mustard. The warmth in combination with marvelous healing properties of Mecca Ointment will give quick relief. Full directions in each package.

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BIG satisfaction



## BIG BEN

THE PERFECT Chewing Tobacco

"I made up my mind years ago that nobody knows much about political economy, including the so-called economists." — Bruce Barton.

"Sooner or later the disturbing realization comes to us that even that which we cannot understand may be true." — Will Durant.

## WOMAN'S AILMENTS

Mrs. Mary C. Kirby of 148 Main St., Woodstock, Ont., says: "I was in a rundown condition, I had no rest at night, felt completely exhausted most of the time and had frequent headaches. It required only one bottle of Dr. Pierce's Favorite Prescription to give me strength to carry on with my duties."

All druggists. New size, tablets 50 cts., liquid \$1.00. Large size, tabs. or liquid, \$1.35. Write Dr. Pierce's Clinic, Buffalo, N. Y.

## HEALTH MEANS CHARM AND HAPPINESS

Sparkling eyes and smiling lips speak of health and vitality. Clear skin attracts. The healthy active girl is both happy and popular.

Perhaps you are not really ill yet when the day's work is done you are too tired to enter into the good times that other women enjoy. For extra energy, try Lydia E. Pinkham's Vegetable Compound. It tones up your general health. Gives you more pep—more charm.

Remember that 98 out of 100 women report benefit. Let it help you too.

## Tested Eczema Remedy

Is Prescription of Doctor

Your skin trouble—whether it is eczema, scro, hives, dandruff, ringworm infection or pimples and blotches—will be positively benefited by D.D.D. because D.D.D. is a tried and tested Physician's Prescription. D.D.D. was developed originally for his own patients by Dr. D. D. Dennis. It is now manufactured by the makers of Campana's Italian Balm. In 35 years D.D.D. has brought clear, healthy skins to millions. At druggists. Trial size 35c. Guaranteed to give instant relief or money refunded.

Don't expect your boss to pay you a dollar an hour for your working hours when you use your leisure hours as though they were not worth five cents a dozen.

Apartments are inconvenient. They have no attics in which to hide the gifts you are afraid to throw away.

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"KING OF PAIN"

## Growing Deaf With Head Noises? Try This

If you are growing hard of hearing and fear catarrhal deafness, or if you have roaring, rumbling, hissing noises in your ears, go to your druggist and get 1 oz. of Parment (double strength) and add to it 1/4 pint of hot water and a little sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucous stop dropping into the throat. It is easy to take. Anyone who is threatened with catarrhal deafness or who has head noises should give this prescription a trial.

**ROSS FOR HEIGHT**

Don't expect your boss to pay you a dollar an hour for your working hours when you use your leisure hours as though they were not worth five cents a dozen.

Height Specialist, Scarborough, Eng.

## Save That Sick Animal

With **DR. BELL, VETERINARY MEDICAL WONDER** — The Animal Life Saver —

Dose by Drops—FIRST AID HOME TREATMENT—No Drenching. Quick relief for Preliminary Coughs, Colds, Chills, Colic, Fever, Distemper, Scour.

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