IS YOUR APPETITE POOR?

PERHAPS by dieting or other means, you have been treating the symptoms, rather than the cause. Loss of appetite, heartburn, sour stomach, are symptoms that the blood is impure. This explains the successful use of Dr. Williams' Pink Pills in all such cases. Here is a typical example:—

"I began to feel easily tired," writes Miss Margaret White, of Parry Sound, "and when I sat down to a meal I felt I did not want to eat. A doctor told me I was anaemic but I made little progress with his medicine. When I started taking Dr. Williams' Pink Pills I soon noticed that my appetite was improving, that the headaches came less frequently and that I was not so easily tired. Now my weight has increased, my cheeks are rosy and every ache and pain has vanished."

Start today to improve your appetite. Buy Dr. Williams' Pink Pills from your druggist's or by mail, postpaid, at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ontario. Send for free book—"What to Eat and How to Eat".

S-14

Dr. Williams' PINK PILLS
"A HOUSEHOLD NAME IN 54 COUNTRIES"

England's Trade Goes Over Top

Trade Throughout United Kingdom Maintains Steady Volume Despite Seasonal Increase in Unemployment; Iron, Steel and Coal Show Gain

London.—Despite the seasonal increase in unemployment, British industry enters the winter months with its volume of production steadily maintained. From analyses made by the Board of Trade, the British equivalent to the Canadian Dept. of Trade and Commerce, the following facts emerge:

Industrial activity in the United Kingdom in the third quarter of 1929 was 1.4 per cent. lower than the second quarter, but about equal to the first quarter. It was 10 per cent. greater than in the third quarter of 1928.

All groups of industries compared with the third quarter of 1928 show improvement of between 9 and 10 per cent.

The volume of production, the Board of Trade comments, would thus appear to have been more steadily maintained this year than last. The output of coal in the third quarter of 1929 exceeded the same period of last year by nearly 7,250,000 tons, the highest increase recorded since 1924. Exports absorbed 4,000,000 tons of the increased output. Compared with the previous three months' period, the present figures show an increased output of 1,000,000 tons.

Iron and steel production in the last three months increased by nearly 17 per cent. over the same period of 1928. Engineering and shipbuilding production was 9.6 per cent. greater; non-ferrous metal production 4.3 greater. Chemical and allied trades increased 10.5 per cent.

UNDECIDED

Curate (interestedly)—"And what are you going to give your little brother for Christmas?"

Little Girl—"I dunno yet. I gave him the measles last year."

LUXO
FOR THE HAIR
Ask Your Barber—He Knows

Neglect Takes Toll Of Tires of All Kinds

High and Low Pressure Variety Will be Injured by Neglect in Any Degree

RULES FOR CARE

Proper care of tires has always been an important matter to the car owner even when the high pressure cord tires were used extensively. We find it even more necessary now since the balloon or low pressure tire has come into existence. Although there are thousands of car owners still running on high pressure tires, and will for some time to come, practically all new cars are equipped with low-pressure tires. However, we find that the high-pressure tire can stand more ill treatment and neglect than can the low-pressure tire, which accounts a great deal for its popularity.

But the balloon tire is increasing in popularity. And there are several reasons. It gives greater riding comfort. One rides on a volume of air instead of the stiff carcass of the tire as is the case when using high-pressure tires. The balloon tire, becaue of its flexibility and lower pressure, gives in to the shock of road obstacles, and absorbs the shock which would otherwise transmit to passengers. The engine suffers less from damaging jars. All in all, the balloon tire is accountable for much of the increased pleasure of motoring these days.

NEGLECT IS COSTLY.

Although the low-pressure tire gives more comfort in riding it requires more care and attention in upkeep. An inflation pressure is usually recommended when purchasing a car, and we want to be sure that we maitain this pressure at all times. Sometimes this pressure may be increased according to the load the car customarily carries, but a dealer will give you advice about this. The reason why it is so important to keep the correct inflation pressure is evident in the following comparison. A loss of three pounds from a pressure of 30 in a balloon tire is a loss of 10 per cent. It would take a loss of seven pounds from a 70-pound pressure to equal the same loss in a high-pressure tire. This is one of the reasons why high-pressure tires are still so popular.

Tire manufacturers used to recommend a higher pressure than was always necessary for high pressure tires, because motorists were often neglectful and a drop in the pressure of thirty pounds would still allow for enough air to prevent serious damage to the casting. If balloon tires are run to any considerable extent under-inflated they are quickly cut by the rims and ruined. A balloon tire gauge calibrated in single pounds will help in maintaining the right amount of air in the tire.

HOW TO MAINTAIN AIR.

A large automobile concern advises its purchasers to check their tire inflation once or twice a week, and also to set aside one day every week for tire inspection. It will not take long to do this and is worth the trouble of being assured that the air in one's tires is at the proper pressure. Tire inspection could be made a part of the regular routine visit to the filling station for gasoline and oil. It has been estimated that nearly 99 per cent. of tire trouble is caused by under-inflation.

There are a few points to look out for in keeping the recommended inflation pressures. Tire valve insides in all casings should be tight and in good condition. This will help. Also, the rim nut on the base of the valve stem should be tight to prevent the tube from "creeping." The rusting of the tube to the rim in cases where tires are not removed for long periods of time can be prevented by using flaps. Flaps have also been recommended to avoid the pinching of tubes between the toe of the tire and the rim. Flaps vary in width, and the correct size is necessary in order to get the best results.

Small cuts in the tires are also to be looked out for. They can cause no end of unexpected trouble and blow-outs when least expected because water and mud and sand work their way into these little cuts, rot the fabric, and bring about deterioration of the tire. Let the repairman give any such small cuts immediate attention, or do it yourself.

ADMONITIONS ARE OFFERED

To the motorist who asks how he can add to the life of his tires, might be given the following admonitions: See that the proper inflation pressure is in the tires at all times. When applying chains be sure that they are fastened loosely enough to work their way around the tire. Spares should be protected by cover casings. Avoid the severe strains which result from skidding, letting the clutch in too suddenly, or jamming the brakes too hard.

Keep the rim touched up with special rim paint or shellac. Carry a portable vulcanizer, blowout patch, chain tool, tire sleeve, jack, valve cap, tire gauge, etc., to take care of emergencies. Proper wheel alignment is also important and is worth consideration. Misaligned wheels will wabble and run unevenly and cause rapid and uneven wear on tires.

A thirty-inch tire will drag 174 feet every mile if the wheel is but one inch out of alignment. The greater the ground contact of a tire the more intense will be the "drag." And so it is wise to have the service men check up on the wheel alignment perhaps once or twice a year.

Ill Health Causes His Return to Civilization

A NORTHERN MISSIONARY AND BABY SEAL

Dr. Samuel Stewart, forced by ill-health, returns to England after thirty years teaching among Eskimos and Indians in Labrador.

IS THERE A BABY IN YOUR HOME?

Is there a baby or young children in your home? If there is you should not be witout a box of Baby's Own Tablets. Childhood ailments come quickly and means should always be at hand to promptly fight them. Baby's Own Tablets are the ideal home remedy. They regulate the bowels; sweeten the stomach; banish constipation and indigestion; break up colds and simple fevers—in fact they relieve all the minor ills of little ones. Concerning them Mrs. Moise Cabotte, Makamik, Que., writes:—"Baby's Own Tablets are the best remedy in the world for little ones. My baby suffered terribly from indigestion and vomiting, but the Tablets soon set her right and now she is in perfect health." The tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

To Erect Statue To Bliss Carman

Stone to be Cut to Design Sketched by the Poet

Saint John, N.B.—Dr. Lorne Pierce, of Toronto, biographer of the late Bliss Carman, poet, is in New Brunswick in connection with a fitting memorial to the poet. The original idea of a simple tombstone has been extended to include a statue of the poet, Dr. Pierce said. Bliss Carman's grave will be marked by a stone cut to a design sketched by the gifted son of New Brunswick during his lifetime. If present plans materialize, this will be supplemented by a statue.

"It is perhaps not generally known that Bliss Carman designed a simple stone to be placed over his grave in New Canaan," said Dr. Pierce. "The poet never dreamed that his native province and Dominion should one day desire his ashes.

Since the interment in the family plot at Fredericton, and the memorial service in the cathedral, some progress has been made to place over his grave a suitable stone. Realizing that Bliss Carman's tomb will become one of our national shrines, a monument has been worked out in careful detail, but in dimensions more fitting to so distinguished a Canadian."

"Do you prefer any particular month to get married in?"

"Oh, I like 'em all."

"Do you know that your wife is telling everyone you can't keep her in clothes?" "That's nothin. I've bought her a home and can't keep her in that, either."

Minard's Liniment for Coughs.

Hospital for Sick Children

67 COLLEGE ST., TORONTO 2
December, 1929.

Dear Mr. Editor.

Your newspaper goes to a lot of good-hearted people who will be very pleased to learn that the new country branch of the Hospital for Sick Children, established last year a few miles away from the main hospital in Toronto, is producing results even greater than its most ardent supporters anticipated when the ambitious project was mooted. So please publish this letter as a piece of good news for all friends of the poor little "Sick Kids."

Thousands of small sufferers from all parts of Ontario, come to the Hospital in the course of a year.

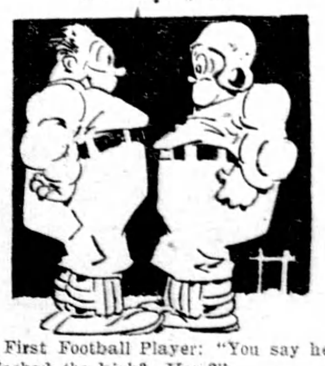
Generously of friends throughout the Province has made possible the marvellous expansion which has now earned for Ontario the credit of having the finest hospital in the world for little ones, where every known child ailment is treated and there is no distinction in regard to race or creed.

For the information of your readers it might be stated, as a matter of great public interest, that in the year 1913 the Hospital for Sick Children recorded 70,153 patient days. In 1923 the total was 92,401 and in 1928 it was 93,901. But in 1929, the business year ending September 30th, the total had increased to the impressive one of 121,417.

This remarkable growth naturally carries with it correspondingly large additional expenses and as there is a loss every day on the cost of maintenance of practically every little patient, the deficit to be taken care of by big-hearted friends of the grand cause runs into an enormous total. Please ask your readers to lend a hand.

Who is there more entitled to a share of the Christmas bounty than the "Sick Kids"? This year there are many claims upon benevolent citizens, but none stronger than that of the large number of afflicted children who can be restored to the benefit of the whole community.

Faithfully yours,
IRVING E. ROBERTSON,
Chairman of Appeal Committee.



First Football Player: "You say he blocked the kick? How?"

Second Ditto: "With his block."

TRUTH

Methinks a man should speak the truth that is within him, no matter whether death or life be imminent.—Cavelli.

A man who was alleged to have sworn at a bookmaker for twenty minutes without stopping was fined $10. It is not true that on hearing the decision he asked the magistrate if he could go back and have another ten shillings' worth.

Eggs in Three Days

are guaranteed by crushing "Magic Egg Gland Tablets" in your fowls' drinking water or mash, or your money back. Are rich in vitamins, proteins, and wonderful, scientific, egg-making ingredients. No special feeding required. Mrs. Crawford, Ontario, writes: "Your tablets gave splendid results on second day of use." Will keep your hens laying big through the Fall and Winter. Used for years by thousands of farmers. Free Bulletins for the asking. One big box 60c; two big boxes $1.00 post paid. Agents wanted. Reliable Stock Food Co., 239x Melita Ave., Toronto.

Dept. of Health

"One man's food is another man's poison" is a saying which has come down to us through the ages; in our day people are not content with a food supply which is simply not harmful, but insist on one that is healthful as well as safe.

What Does the Farmer Eat?

The farmer eats more than he requires of certain foods (meat, sugar and starches) and he eats too little of certain other foods necessary for his health requirements (milk, fruit and vegetables). This is not a wild guess on the part of some food faddist, but it the true picture of the actual food habits of farmers in a county, studied over a period of years. At the time the study was begun it was found that in many homes in the county, although the table was set three times a day, the food was often the same old bill of fare—fried meat, fried potatoes, bread, cake and pie and coffee. From their own statements many of the residents were going along from day to day, not sick, but feeling below par: headache was common, constipation was reported by a great number and indigestion was a cause of annoyance to many of the farmers and their wives.

Body Food Needs

Man needs food to supply the body (1) with energy to work, (2) with material to repair worn-out tissues in the older person and to produce new tissue in the young, growing child.

To meet these needs, man should eat every day the foods which will result in this service to his body; in other words he should include in his daily intake foods from each of the following classes:

(1) Meat, eggs, fish, cheese—about 10% of the fuel to supply this energy should come from this class, which is called the proteins or tissue builders.

(2) Bread, cereals, potatoes and other starchy vegetables, cakes and other sweet desserts; this is the sugar and starch class and should supply about 60% of the fuel to supply the day's energy.

(3) Butter, cream and fat from meats—the animal fat class—should supply about 30% of the day's fuel supply.

"Protective foods" are milk and the leafy vegetables. These must be included in every day's intake to make up for the lack of certain essentials in cereals, tubers, roots and meats.

Growth elements are known as vitamins and it is absolutely essential that these be supplied in the day's food supply; their common source is milk, fruit, and vegetables.

Canadian Finds Electric Current in Earthquakes

Montreal.—Dr. Richard Hamer, professor of physics at Acadia University, has announced the theory that considerable electrical disturbances accompany earth shiftings. He states that these disturbances cause large electrical redistribution of natural earth currents and transient surges throughout the earth's crust.

At the time of the recent quake, he says, power lines indicated a major electrical surge, or series of surges, lasting from two to three minutes before the first tremor until after the second. The speed of these surges is greater than that of the tremors themselves, and on the basis of the difference in speed, Professor Hamer says, he calculated the centre of the disturbance as approximately 400 to 500 miles from Wolfville, N.S., before seismologists had completed their records. He believes that reliable advance notice may thus be obtained of serious tremors.

Minard's Liniment for Distemper.

Parity and Prestige

Sisley Huddleston in the New Statesman (London): Parity really is, on the American side, the synonym of prestige. American prestige demands that the American fleet should be regarded as equal to the British fleet. Doubtless British prestige demands that the American fleet should not be regarded as superior to the British fleet. But if these conditions are nominally fulfilled it will be absurd to weigh and to measure too minutely.

76 beats 36

Read this wonderful letter from a man of 76 who is "more active than 40 years ago," thanks to the "daily dimeful" of Kruschen Salts.

"*As a subject of both gout and rheumatism for just over 50 years, I wish to acknowledge that I have found nothing so absolutely certain as Kruschen Salts. Epsom and other things all have their virtues, but also their drawbacks. Kruschen Salts I have so far found, after 5 years or more of using them, have no drawbacks and no counter-effect whatever. I am 76 and more active than 40 years ago.*"

Original letter on file for inspection.

Kruschen Salts is obtainable at drug and department stores in Canada at 75c. a bottle. A bottle contains enough to last for 4 or 5 months—good health for half-a-cent a day.

Classified Advertisements

SITUATIONS VACANT

MORE MEN WANTED QUICK. BIG pay, easy work. Earn while learning barber trade under famous Moler American plan, world's most reliable barber school system. Write or call immediately for free catalogue. Moler Barber College, 121 Queen West, Toronto

Of labor's ended, and the stubborn soil
That we have striven with the whole day long
Yields now, and takes us in a soft caress,
And gives us quietness.
—D.P. McGuire in the Sydney Bulletin

We Pay the Highest Prices for
DRESSED POULTRY
Write for quotations
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St. Lawrence Market, Toronto 2

PATENTS
List of "Wanted Inventions" and Full Information Sent Free on Request.
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Why tolerate Pimples Blackheads and Dandruff?
Cuticura Soap
and Cuticura Ointment
will quickly and economically purify and preserve your skin and hair

DON'T DO THIS
Deafness
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RUB IN BACK OF EARS—INSERT IN NOSTRILS....
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$1.25 All Druggists Descriptive folder on request
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on Coughs & Colds
A speedy, safe, proven remedy for children and adults.
BUCKLEY'S
MIXTURE
Acts Like a Flash - A Single Sip Proves It

ASTHMA
QUICK RELIEF obtained by thousands through use of Dr. J. H. Guild's Green Mountain Asthma Compound. Its pleasant smoke vapor soothes and relieves. Originated in 1869 by Dr. Guild, specialist in respiratory diseases. Also relieves catarrh. Standard remedy at druggists; 35 cents, 60 cents and $1.50, powder or cigarette form. Send for FREE TRIAL package of 6 cigarettes. Canadian Distributors, Lymans, Ltd., Dept. CC1, 286 St Paul St. West, Montreal, Can.
Dr. Guild's GREEN MOUNTAIN ASTHMA COMPOUND

Beware Infection
Infection of cuts and bruises is best prevented by applying Minard's.

MINARD'S
"KING OF PAIN"
LINIMENT

Felt Tired and Miserable

"I took Lydia E. Pinkham's Vegetable Compound for miserable and tired feelings and it gave me strength to do my work. My nerves are better and I feel well and strong and have a good appetite. I sleep well and am in pretty good spirits and able to work every day now. I recommend the Vegetable Compound and you may use this letter as a testimonial."—*Miss Delvena Wallace, Union Street, North Devon, New Brunswick.*

Lydia E. Pinkham's Vegetable Compound
Lydia E. Pinkham Med. Co., Lynn, Mass. U.S.A. and Cobourg, Ontario, Canada.