IN BED WITH RACK OVER HER

To Keep Off Weight of Bedding

Triumph Over Rheumatism

It seems almost incredible that a woman could be in such a condition—bedridden with rheumatism, so full of pain that the weight of the bedclothes was too much for her—and yet live to walk as well as anyone else.

But this is her own account of her recovery—just as she wrote it herself: "I was so bad with rheumatism, I could not walk; in fact. I was in bed with a rack built over me, as I could not bear the weight of the bedding. My system seemed just full of some kind of poison. I read about Kruschen Salts in an English paper which a friend loaned me. I somehow could not get that advertisement out of my mind, so I got a bottle of Kruschen, and from the first few doses I felt better. So I kept on. That was about eight years ago. But for years now I have had no rheumatism, and can walk with anyone. Still I am never without Kruschen. I take my daily dose, and never need anything else. My complexion is as clear as a babe's. I am 46 years old, but feel about 20 years, thanks to Kruschen."—(Mrs.) M. G.

The cause of rheumatism is a deposit of uric acid crystals in the muscles and joints. Kruschen breaks up these deposits of painful crystals and converts them into a harmless solution. Then it assures the prompt removal of these dissolved crystals along with other waste products. And because Kruschen keeps the inside so regular — so free from fermenting waste matter—no such body poisons as uric acid ever get the chance to form again.

Kruschen Salts is obtainable at all Drug Stores at 45c. and 75c. per bottle.

"I Don't Want To Go to Bed"

Mrs. Donald H. Bell

"Come on, Mary—time to go to bed," calls Mother from the window.

"I don't want to go to bed," comes back in a whining voice.

How many hundreds of times do we hear this? And WHY all this fuss about going to bed? Did our ancestors have so much trouble? When bedtime came they rocked the baby, yes, and the older sister, too, until they were asleep! True, it took a good deal of Mother's time, but everyone in the household planned on that hour being given to the children's bed-time, and that was that! It never mattered how tired or harassed Mother was, either.

But this is a new generation, and we know, or are supposed to know, that our babies are a great deal better if put in their cribs and left to go to sleep by themselves. Yet almost every day, we hear some young mother say that she doesn't seem to be able to get Mary or John to bed before ten o'clock. There is no question but that this new "Daylight Saving Time" affords a wonderful loop-hole for many young mothers who want to be out riding or at a movie and couldn't possibly do either if their children were in bed. It sounds so reasonable and seems such a perplexing problem when one says, "This Daylight Saving is wrecking my routine. Mary thinks it is still daytime, and WON'T go to sleep, so there is no use in putting her to bed." But doesn't this same little Mary go to sleep at nap-time, which is in the middle of the day?

No, it is hardly fair to blame any kind of time for our weak disciplinary measures. If a child has, from babyhood, been put to bed when he or she is supposed to go to sleep, the association will remain, and the kind of light will have very little to do with it. And, too, wise mothers are careful to avoid the discussion of these things within hearing of the little tots.

"Come on, Betty, come on for a ride," calls Ruth from her car on the drive.

"O, I should put Suzanne to bed, Ruth. Still, she probably won't go to sleep, it is so light. O, dear, I don't know what to do."

"Come on, the poor youngster can't sleep. How would you like to go to bed when it is as light as this?"

"I'll admit I wouldn't like it," laughs the young mother, as she starts to pick up the baby from the porch floor.

Suzanne is a year old; her mother knows it is her bedtime and that she should have a bath, and be put to bed, so she has no one but herself to blame, when returning two hours later, Suzanne cries and fusses while being undressed. And as time goes on, and Suzanne develops into a "I don't want to go to bed" child, Betty should realize that this is the result of her own weakness.

So, Mothers,, spare the Daylight Saving Time!—it really isn't to blame—and try to start early with the right bedtime habits.

Remember, habits are acquired by experience and training. The development of habits begins at birth, and at a surprisingly early date the child may exhibit reactions to sleep which if persisted in will form undesirable habits. Desirable habits are easily formed, however, if only a regular routine is adhered to and each problem solved as it appears.—Issued by the National Kindergarten Association, 8 West 40th Street, New York City. These articles are appearing weekly in our columns.

Delicate Baby

"For a delicate Baby there is nothing better than BABY'S OWN TABLETS", writes Mrs. Harry Baker, Lunenburg, N.S. "My advice to every Mother of delicate children is to give them BABY'S OWN TABLETS, and note how quickly the Babies will gain." Mrs. Baker, like many other Mothers, has found that BABY'S OWN TABLETS sweeten children's stomachs, correct intestinal disorders and make teething easy. These Tablets are of *guaranteed* safety—as proven by the certificate of analysis in each 25-cent package. 249

Dr. Williams'
BABY'S OWN TABLETS

Military Sports Proposed For German Motorists

Berlin.—In a speech over the radio Baron Rudolph von Brandenstein, vice-chairman of the Automobile Club of Germany—the biggest organization of its kind in the Reich, advocated the introduction of "defensive sports" among German motorists.

Emphasizing the fact that the automobile is an important factor in modern warfare, Brandenstein stated that since the German army was forced by the Versailles treaty to keep its motorization far below the necessary standard, it seemed to be "the command of the hour" to improve German motor equipment.

"As long as compulsory military service is still lacking, defensive sports must become the common good of the whole of German youth," Brandenstein declared. He added that the German automobile clubs would welcome the possibility of carrying on "defensive sports for motorists," as they would have liked to do these fourteen years but for the preventive measures of former governments.

Recalling that a voluntary automobile corps rendered valuable services during the World War, Bradenstein suggested some kind of voluntary service for motorists.

A Quick Shave

If you're in a hurry to be shaved, just come to Belgrade, where you can get your beard removed in 30 seconds. In another 30 seconds you get the "fixings" put on and are made all shining and scented for the opera or the "rendezvous."

All in a minute! As you are waiting to change street cars. The winner of this year's Yugoslav shaving record and gold medal was Mr. Job Richauser. A rival beat him out by six seconds and broke the world's record, but was disqualified for scratching his "model."

Steals Book on Sing-Sing Gets Eight-Day Sentence

Montreal.—George Howden wanted "20,000 Years in Sing-Sing," Warden Lawes' prison story, but he only got eight days. This was the ruling of Judge J. O. Lacroix in court when Howden was found guilty of trying to steal the book. The accused's counsel said had his client been allowed to read the book first he would not have succumbed to temptation. The judge agreed but said some first hand experience would still have a salutory effect and will deepen Howden's appreciation of 20,000 years under the same conditions.

Pawnbroker Makes Good

Kansas City, Mo.—Ben Hurst, local pawnbroker, always has boasted that he would loan money on anything of tangible value.

So a recent letter from Willard Herman, of Oregon, Mo., worried him considerably. Herman wanted to borrow $250 on an airplane.

For a time Hurst was stumped. He didn't know where to put the security for the loan. But the old-time boast had to be made good, so he decided to rent a hangar.

Hitch-Hiker

Edmonton. — Somewhere between here and Evansburg is Canada's first Chinese "hitch-hiker." A cook by trade, the Chinese journeyed from Toronto to Vancouver last year, riding only through tunnels in the mountains. After being taken care of for six months by friends, he decided conditions at the coast did not warrant a longer stay and is returning east.

Shorts

British ships earned £65,000,000 last year. This is about one-fifth of their earnings in 1920.

Britain's Russian population numbers 67,925, of whom 31,496 are males and 36,429 females.

More than one-fifth of the female workers in Japan's factories are girls under sixteen years of age.

It takes about four years to grow a good ash-plant suitable for making into a first-class walking-stick.

Scientific research work in connection with the laundry industry in Gt. Britain has cost about £70,000 during the last ten years.

Stains on clothing due to egg, milk, or meat must not be immersed in too hot water, or they become immovable.

Emotions such as fear and love, and other causes which affect the beating of the heart, are shown by means of a new stethoscope. Not only is the sound of the heart-beat amplified, but a "record" is made of it.

It is estimated that the United Kingdom have spent £75,000,000 on radio in less than ten years. The total expenditure for the same period is placed at £500,000,000.

The total number of vehicles passing Hyde Park Corner, London, between the hours of eight a.m. and eight p.m. has risen from 37,000 in 1912 to 63,000 in 1931.

Stamp-machines of a new model introduced by Gt. Britain's Post Office are designed to sell two-shilling books of stamps. They will accept the up-to-date florins which are only half silver, but refuse the old all-silver Victorian coins.

One hundred degrees of frost can be reached in the coldest room in the world, at the Cambridge Low Temperature Research Station. Scientists engaged in this work never remain in this room for more than about ten minutes at a time.

A HINT

"Hello Moses," said Cohen, when he met his friend in the street one day. "You are just the man I wanted to see. You are coming to my Rachel's twenty-first birthday party, aren't you?"

"Vell," Moses hesitated, "I don't think I can manage it——"

"Oh, but you must. My Rachel vill be so disappointed if you don't. She particularly vants you to be there, and, after all, she'll only have one twenty-first birthday in her life."

"Oh, vell," said Moses, looking gratified at being pressed so much to honor the proceedings with his presence, "perhaps I can manage it, after all."

"That's fine!" cried Rachel's father. "And ven you come, just kick on the door—ve'll hear you."

"Kick on the door? Vy can't I knock with my hands, like any other time?"

"Vell, Moses," said the other, reproachfully, "how can you use your hands with your arms full of presents?"

Robots Guide British Traffic

London.—The robot rapidly is replacing police in the control of British traffic. The installation of automatic traffic signals has released 553 "Bobbies" in England and Wales from road duty, it was stated in the House of Commons.

New Map Designed As Aid to Blind

St. Paul, Minn.—A bird's eye "view" of the Twin Cities is provided for blind persons in a new type of map designed by a St. Paul woman as an aid to the sightless.

When Archie B. Erickson, Minneapolis, a blind piano tuner, asked to be directed as he left his home, Mrs. Leslie R. Fellows learned there were no maps to guide the blind. With his aid she worked out a map that can be "seen" by the sensitive fingers of those who depend on their sense of touch to guide them.

Threads of varying textures outline main street car routes on the map they evolved. Dangerous railroad and grade crossings appear as steel wires, rough areas denote parks and water and bridges likewise are clearly designated.

Romans Made Salt In Cheshire Villge

Middlewich, Cheshire, Eng.—Ancient relics collected here for a museum show that salt manufacturing has been the chief industry of this Cheshire village since the days of Roman occupaton.

The museum is being built up by a local antiquarian, Mr. C. F. Lawrence, for the education and entertainment of his fellow townsmen. Among the exhibits are a number of clay hearts used by the Romans for the making of salt, while a silver coin in a local garden has been identified by the British Museum authorities as of the reign of Emperor Nerva.

Britain Still Leads

Britain laid down more shipping tonnage in the last quarter than throughout the whole of last year.

To-day we are building more ships than any other nation in the world.

What is the answer to the croakers who ask: What is the good of building more ships when hundreds of thousands of tons of shipping are lying up?

Clydeside and Tyneside give the answer:

"There are hundreds of thousands of tons of shpiping which have been lying up so long that they will never be fit to use again. We build new ships to carry the new trade that is coming."

For three centuries we have kept our pride of place as the first of the nations in shipping and shipbuilding. We have held the mastery of the seas and the shipyards through the passing ages of the timber ships, iron, steel, and even concrete.

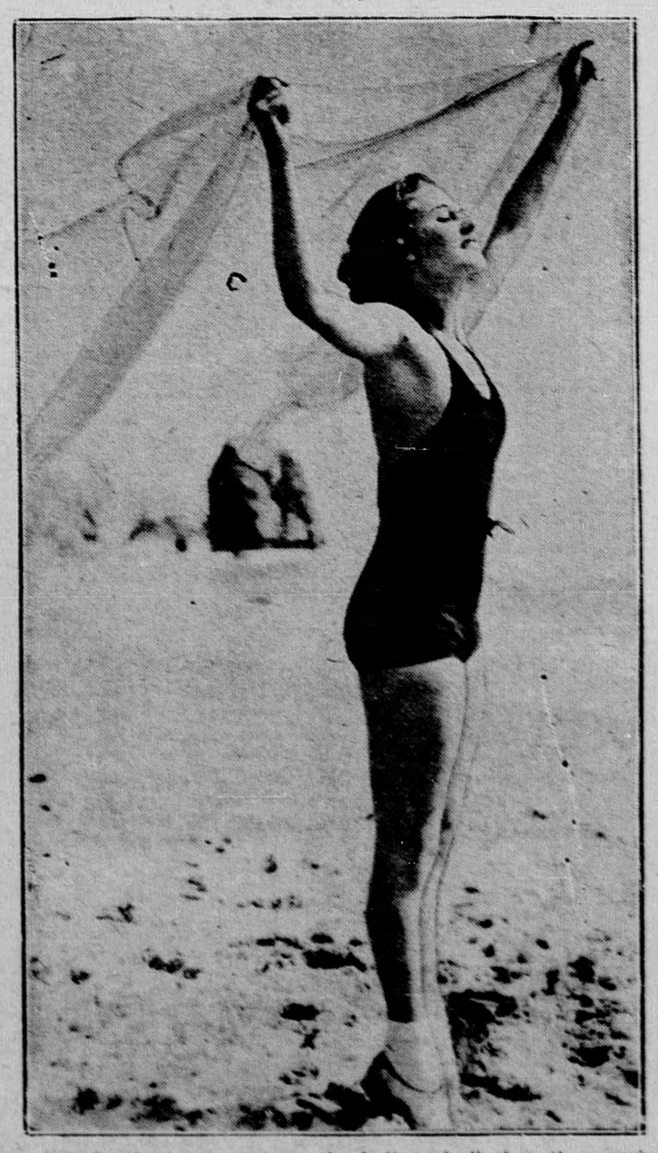
We shall keep it yet. We have still the first seamen and shipwrights in the world.—London Daily Express.

Ashes from Atlantique Sifted To Determine Cause of Fire

Cherbourg, France.—Cinders and debris from the cabins of the burned liner Atlantique are being sifted for a clew to the fire which wrecked the ship in the English Channel in January.

A preliminary investigation of the disaster resulted in a finding of incendiarism. A judicial commission now has ordered workmen to sift the ashes from 120 cabins. The search is expected to last for weeks.

Summer Days Near!



This beach picture portrays the feeling of all of us these spring days. Up on our toes waiting for the holiday season and such garbs as this young lady displays.

You can tell a good chisel by its "feel"—and a good tobacco by its flavour. When you chew CLUB you get the flavour and, a longer lasting plug. That's Value!

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CHEWING TOBACCO

YOU MIGHT AS WELL CHEW THE BEST

END PAIN—*Soothe*
SORE HANDS
by Rubbing in

MINARD'S "KING OF PAIN" LINIMENT

Holland to Have Gliding School For Fans

Amsterdam. — A glider school to teach fans the art of gliding and sail planing and to act as a center of this sport in the Netherlands is to be opened this summer in the province of Gelderland, it is stated here

The school will be under the auspices of the National School of Aviation and the Royal Dutch Society for Aviation and will be situated in beautiful surroundings of woods and moorlands near Lake Uddel.

Professional tuition will be given at the school to some scores of glider pupils, who will stay for the duration of the course of at least one week on the premises of the school. On days that are unsuitable for sailing, the pupils will be taught to make repairs to the gliders.

The pupils will have opportunity to graduate and obtain the different certificates that have been internationally instituted for glider and sail-plane amateurs. Pupils are received from the age of 14 upwards.

Charge Copying of Paper Designs

French and German manufacturers of the decorative papers used to cover boxes in which packaged writing papers are packed, are considering refusing to sell American stationery producers sample lines of their products, it was learned in import circles last week. The foreign producers are incensed over the fact that some of their better known designs have been copied by American paper producers and sold in competition with the imported goods. One large German manufacturer of covering papers has gone to the extreme of closing his plant to American buyers and refusing them permission to see his 1933 fall and holiday lines.

King George May Wear Shirts Made of Flax from His Estate

London.—King George may soon hold the unique distinction of being the first English monarch to grow the raw material in his own shirts. So successful has been the experiment in flax growing he started at his Sandringham estate two years ago that linen grown from the crop is now being woven in Northern Ireland.

The King has had his shirts made there since 1892 and it is now likely some of the Sandringham linen will be used for his next order. Prince George, the Duke of York and the Duke of Gloucester have followed their father's example in favoring linen shirts, so there is likely to be keen demand for Sandringham-grown shirts.

Who Told You That?

Minister (to non-attendant)—"Why don't you attend church?"

Non-attendant—"Well, I'll tell you, sir. The first time I went to church they poured water in my face; the second time they tied me to a woman I've had to keep ever since."

Minister—"Yes, and the next time you do they'll throw dirt at you."

FOR SALE.

BRIGHT LEAF BURLEY TOBACCO, 20c lb. postpaid; 100 lbs. $11.00; second quality, 100 lbs., $8.00 prepaid. Enos Harris, Leamington, Ont.

Steel Stone Boats BARGAIN

Heavy Steel Stone Boat delivered to your station for $10.00 cash with order. Guaranteed first class.

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Do you want to make money? I will start you in your own business. No capital required. No peddling. No canvassing. Safe, honest, certain. To keep away curiosity seekers I want a 3c stamp for full particulars.

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Only Blind Masseuse Practice in Japan

Toronto. — Only blind people are permitted to give massage in Japan. When the shades of evening are falling the blind masseuse go out into the city streets piping a little tune on a flute. People hear the flute, and if they feel inclined to have a rub they run out and call in the piper. This interesting sidelight of the life in Mid-Japan as revealed to the W.A. by Miss Foerstel in a brief talk on the work in that part of the Orient.

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Write at once for our bargain list of used motorcycles. Terms arranged.

THAT DEPRESSED FEELING IS LARGELY LIVER

Wake up your Liver Bile —Without Calomel

You are "feeling punk" simply because your liver isn't pouring its daily two pounds of liquid bile into your bowels. Digestion and elimination are both hampered, and your entire system is being poisoned.

What you need is a liver stimulant. Something that goes farther than salts, mineral water, oil, laxative candy or chewing gum or roughage which only move the bowels—ignoring the real cause of trouble, your liver.

Take Carter's Little Liver Pills. Purely vegetable. No harsh calomel (mercury). Safe. Sure. Ask for them by name. Refuse substitutes. 25c. at all druggists. 59

MONEY FOR YOU AT HOME

YOU can earn good money in spare time at home making display cards. No selling or canvassing. We instruct you, furnish complete outfit and supply you with work. Write to-day for free booklet.
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When Your Daughter Comes to Womanhood

Give Her Lydia E. Pinkham's Vegetable Compound

Most girls in their teens need a tonic and regulator. Give your daughter Lydia E. Pinkham's Vegetable Compound for the next few months. Teach her how to guard her health at this critical time. When she is a happy, healthy wife and mother she will thank you.

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