A SIMPLE QUICK WAY TO RELIEVE ACID STOMACH

HERE ARE THE SIGNS:

Nervousness — Frequent Headaches
Neuralgia — Feeling of Weakness
Indigestion — Sleeplessness
Loss of Appetite — Mouth Acidity
Nausea — Sour Stomach
Auto-intoxication

WHAT TO DO FOR IT:

TAKE—2 teaspoonfuls of Phillips' Milk of Magnesia in a glass of water every morning when you get up. Take another teaspoonful 30 minutes after eating. And another before you go to bed.

OR—Take the new Phillips' Milk of Magnesia Tablets — *one tablet* for each teaspoonful as directed above.

If you have Acid Stomach, don't worry about it. Follow the simple directions given above. This small dosage of Phillips' Milk of Magnesia acts *at once* to neutralize the acids that cause headache, stomach pains and other distress. Try it. You'll feel like a new person.

But—be careful you get REAL milk of magnesia when you buy—genuine PHILLIPS' Milk of Magnesia. See that the name "PHILLIPS'" is on the label.

ALSO IN TABLET FORM

Each tiny tablet is the equivalent of a teaspoonful of Genuine Phillips' Milk of Magnesia.

MADE IN CANADA

Phillips' Milk of Magnesia

On Your
OFF-DAYS
You'll find renewed vigor in a sparkling glass of
ANDREWS LIVER SALT
Clears the system of impurities
In Tins—35c and 60c. New, Large Bottle, 75c.

Worst Paid Job In Great Britain

After Years of Training the English Nurse Receives Small Wages and Standing Professionally Almost Nil

It would be interesting to know whether English nurses regard virtue as its own reward, and, if they realized that this was exactly all they would get out of years of arduous training, how many girls would take up nursing as a career, writes Charles Graves in the London Daily Express.

Nursing is, relatively speaking, the worst paid profession in Great Britain.

The reason is not far to seek. Nursing is a hang-over from the old convent days when the extra daughters of England's aristocrat families, who knew they had no chance of making a suitable marriage, sought seclusion and took up good works.

In those days they did not have to tax their mental ability. There were no examinations of any kind to be passed. They were honored by all mankind as self-sacrificing and splendid women who were serving God and relieving the suffering of their fellow-creatures.

Now that they have to pass very stiff State examinations as well as hospital examinations, they are paradoxically regarded as inferiors. They are treated as a cross between schoolgirls and domestic servants.

A Comparison

Compare the status of the English nurse with that of the Canadian nurse.

When she has finished her training, which is more like a college course, the Canadian girl goes out into the world as a private nurse who commands a good weekly wage, whose social status is on a par with a doctor, and whose longest working day is eight hours.

On the other side of the Atlantic nursing is regarded as one of the best professions a woman can take up.

Long Training

In England the heads of the nursing profession are always complaining of the selfishness of the modern woman, because she does not take up nursing simply for its own sake.

If she does, to what can she look forward?

She should first of all have three years' training in a children's hospital. This she takes before the age of twenty-one. At twenty-one she goes into a general hospital, where she takes three to five years' training, with a payment of $80 to $90 a year, and working up towards $150 a year.

Her hours are from seven o'clock in the morning to eight o'clock at night, with two and a half or three hours off duty. During this off-duty time she has to attend lectures and do all her studying.

Eleven Years

After the general training, a good nurse will take her Central Midwifery Board examination, which takes up another year of her life, and meantime, of course, it is better if she has had her training in a fever hospital. This lasts two or three years.

So altogether her training will come to about eleven years of concentrated work.

Small Wages

A sister after eleven or twelve years' training, holding her C.M.B. certificate, fever certificate, and her State certificate, will start at $350 a year, and work up to $450 or $475 a year.

If she takes up private nursing she will have to belong to a nurses' "Co-operation," where she can board and lodge in no great comfort, but at least have the satisfaction of knowing that her "Co" will send her out on jobs and take a very high percentage of her pay.

The public normally pays its private nurses from $15 to $25 a week, of which the nurses get, as I say, only a share.

There is a handful of nurses who are attached to famous obstetrical surgeons, and these can get as much as $60 a week, and midwifery nurses can be compared relatively in their profession to the highest paid music-hall artists in the theatrical world.

Seek Air Service Between N.S., P.E.I.

New Glasgow, N.S.—The Federal Government was asked in a resolution adopted by the Board of Trade to establish an aerial mail and passenger service between Charlottetown and New Glesgow.

The resolution proposed a service opening in the fall when the steamer Hochelaga concludes its run across the Northumberland Strait between Charlottetown and Pictou, and concluding in the spring. A similar service is at present in operation between Charlottetown and Moncton, N.B.

U.S. Navy Seeking Funds to Replace Dirigibles

Los Angeles, Calif. — The United States navy will seek funds immediately to construct two giant dirigibles, larger than the Macon, now based at Sunnyvale, Cal., according to Rear-Admiral Ernst J. King. Admiral King, who is on a survey of fleet aviation, said the dirigibles would replace the Akron and the decommissioned Los Angeles.

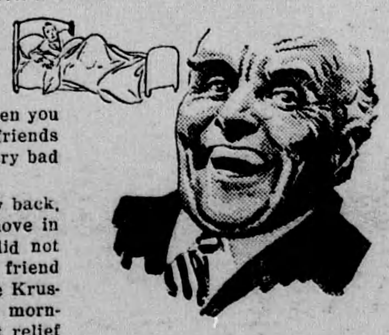
"Custom has made most things good and most things bad, according to the whim of time and place."—Clarence Darrow.

Little Freddie thinks that an idiom is a person with very low intelligence.

PINNED TO BED BY LUMBAGO

Scarcely Moved for Weeks

Thanks Kruschen for Return to Fitness



Acting on his principle of "when you know a good thing tell your friends about it," a man who has had very bad lumbago writes as follows:—

I suffered from lumbago in my back, and for weeks could scarcely move in bed. I had treatment, but it did not ease the pain very much. A friend said, 'Why man! Why not take Kruschen Salts? Take them every morning, and you'll find you will get relief from that awful pain in your back.' So I have taken them every morning. This is the second bottle I have had, and I am in fit condition for my work again—thanks to the Kruschen. I will surely tell my friends about Kruschen Salts. I will never be without them in my house."—C. B.

Why is it that lumbago, backache, rheumatism and indigestion all yield so swiftly to Kruschen Salts? What is the secret of Kruschen's effectiveness against the whole army of common complaints?

The secret is an open one. It is revealed in the analysis on the bottle—for physicians and everyone else to see. Six vital mineral salts. That is the secret. The identical six salts that Nature ordains for your bodily well-being. Each of these six salts has an action of its own. Where one cannot penetrate another can — and does. Stomach, liver, kidneys and digestive tract are all benefitted and toned up to a top-notch condition of efficiency. Kruschen Salts is obtainable at all Drug stores at 45c. and 75c. per bottle.

All packages now contain more tobacco;

Imperial Tobacco Company of Canada, Limited

It Pays to "Roll Your Own" with Turret Fine Cut

More tobacco for the same money and Poker Hands, too.

Yes! The price of Turret Fine Cut has been reduced so that you really save money by purchasing this *finer* cigarette tobacco and buying your own papers! In every package of Turret Fine Cut you get more of the same quality tobacco you have always preferred—the clean, silky cut that will roll a cooler, more fragrant and more satisfying cigarette every time.

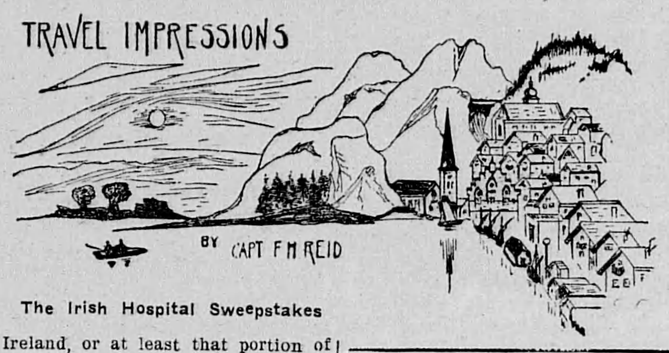
And remember—you can get *5* large booklets of "Vogue" or "Chantecler" cigarette papers *free* in exchange for *one* complete set of Poker Hands.

It *pays to* "Roll Your Own" with

TURRET
FINE CUT
CIGARETTE TOBACCO

SAVE THE POKER HANDS

TRAVEL IMPRESSIONS



The Irish Hospital Sweepstakes

Ireland, or at least that portion of it that is the Irish Free State, has its capital in Dublin. To others, who do not know them, the Irish are a peculiar people; sentiment enters very largely into everything they do and they are possessed of long memories, sometimes pertaining to matters which it would be wiser for them to forget. That they have had legitimate grievances in the past, no one could gainsay; that these grievances should be perpetuated, is another matter.

The Irish Free State has its own coinage—of the same denominations and shape as that of Great Britain but here the resemblance ends. This money is quite characteristic, as is the method of financing their hospitals. All the coins, whether copper or nickel, have the same design on the obverse side—where the head of the king appears on our coins, their coins have, as their chief motif, a harp, surrounded by the name of the country in Gaelic "Saorstat Eireann" and the year of issue. On the reverse side, however, the design differs with the denomination of the coin, for instance, on the halfpenny there is a pig, on the penny a game cock, on the threepence a hare, on the sixpence a hound, on the shilling a bull and on the florin a salmon. Do you know of any other coinage that is so typical of the people's devotion to husbandry and sport?

The Irish Hospital Sweepstakes is but another evidence of the sporting attitude of the Irish people. Since their estrangement from England and the consequent cutting off of trade and charitable contributions, the scheme of raising money for their hospitals, by means of sweepstakes on horse-racing, was suggested and adopted. These sweepstakes are held in connection with about four rares annually and the number of tickets sold, as well as the money raised, is enormous, fabulous prizes creating the lure and the tremendous interest, shown in the event, throughout the world.

As most of you have read recently about the prizes awarded to the holders of lucky tickets, I thought that you might be interested in the ceremony that accompanies the mixing of these tickets. For months before the race, tickets and money come pouring into the office of the Hospital Trust, Ltd., Earlsfort Terrace, Dublin. These receipts are kept in strong boxes until a week before the race is to be run; the tickets are then conveyed, under a strong guard, in a procession through Dublin streets to the place of mixing.

Last year this ceremony was held in the Plaza Theatre, on Middle Abbey Street, just off O'Connell Street—the principal thoroughfare of the city. With my party, I had the wonderful privilege of seeing this formality, as our guide in Ireland was a special friend of a young lady who held an important position with the Hospital Trust. Inside the theatre, where the seats had been removed, there was an air of bustling activity. The entire floor was given over to the work of shuffling the counterfoils and an uncanny silence was being observed by all the participants. The whole auditorium was fantastically decorated, representing the underground palace of Manannan, the Sea God—the setting being taken from the Irish legends of the Children of Dana. On the floor were two oval tracks—about the gauge of the tracks on which the miniature railway used to run at Toronto Exhibition. In the centres of these oval enclosures stood a specially designed mixing machine. Midway between and at one end of these two ovals, on a raised platform, like a referee's stand at a tennis tournament, sat Captain Freeman (an Englishman, strange to say) who designed the machines and who was in charge of the operations. At the end of the floor and behind Captain Freeman, the reserve actors, in this little drama, waited their turn to take their places when the working shift finished— it was a colorful picture.

The ceremony started—around the tracks, on little trucks, the 56 deed boxes containing the counterfoils were slowly rotated and, on the outside, there were beautiful girls dressed as spearmen, with costumes of red and gold—these were called the "warriors". The duty of the warriors was to walk around the tracks, guarding the boxes and other girls on the inside of the ovals, who were dressed in quaint habits of red and green, like the pixies of the fairy world. These pixies had the task of conveying small containers, which they filled with counterfoils from the boxes, to the mixing machine. The containers were, in turn, taken by four nurses, in charge of each machine, who were dressed as princesses in long white flowing robes, relieved with a touch of blue; they also wore gold circlets on their heads. It was the duty of these "princesses" to dump the counterfoils into the electrically driven machines which, springing into action with a terrific din, whizzed the counterfoils round and round like autumn leaves—or, looking through the glass sides of the mixer, they appeared to be huge flakes of snow.

At intervals, the counterfoils were removed from the machine and put aside for the drawing which took place each day. It took three days to shuffle these millions of counterfoils and, on the third day, an official statement, auditors' report and declaration of the prize fund made known and published throughout the world.

The question as to the ethics of such a method of raising money does not come into the scope of this article. A very small percentage of the nearly £3,000,000 collected reaches the hospitals, the greater part of it goes into the huge prizes. It is illegal to purchase or possess these tickets in Great Britain, Canada and United States, nevertheless hundreds of thousands are secured in some manner and there is always prizes that go to holders of tickets in these countries and the stories of the fortunate ones proves fascinating, even to those who are not otherwise interested.

Next week we shall go together on a spectacular trip I had, starting at Genoa and skirting the Riviera to Monte Carlo and Nice.

Are you looking for something different in the way of entertainment for your church, society, club or institute?

Capt. F. H. Reid, the well-known traveller, who has been contributing the series of articles to this paper, under the heading of "Travel Impressions," has what is, perhaps, the finest collection of European views in the country. Pictures taken with his own camera, beautifully coloured, showing some of the out-of-the-way places, as well as the localities about which you have read and heard. Portugal, Spain, France, Italy, Switzerland, Austria, Jugoslavia, Hungary, Czechoslovakia, Germany, Holland, Belgium and British Isles are included in this unique collection.

For particulars regarding this, communicate with Captain Reid at Room 421, 73 Adelaide Street West, Toronto.

COLDS THAT HANG ON
Coughs that rack the whole system—there's a job for SCOTT'S EMULSION OF COD LIVER OIL
13-33
SCOTT'S EMULSION
RICH IN VITAMINS

ARE YOU TROUBLED WITH NERVES?

Do you find it hard to go to sleep at night? Do you feel poorly rested in the morning, "jumpy" all day, and "ragged" by evening?

Then take Wincarnis. Here's a delicious wine, not a drug, that soothes nerves as nothing else can; that helps you quickly to sleep and floods your whole being with vibrant new energy.

Wincarnis brings you all the valuable elements of grapes combined with the highest grade beef and guaranteed malt extract. Almost as soon as you begin taking Wincarnis, you feel wonderfully better. This is because Wincarnis enriches your blood, soothes your nerves and creates lasting reserves of strength and energy.

Over 20,000 medical men have proved in practice the value of Wincarnis in cases of jumpy nerves, insomnia, anaemia, debility and general indisposition. Get Wincarnis from your druggist.—Sales Agents: Harold F. Ritchie & Co. Ltd., Toronto. 18

HELP FOR TIRED WIVES

Take Lydia E. Pinkham's Vegetable Compound

Wives get tired during these hard times. They are the ones who must bear the burdens of the family. When the husband comes home with less money in his pay envelope . . . it is the wife who must struggle along and make the best of things.

If you are tired . . . worn out . . . nervous, try Lydia E. Pinkham's Vegetable Compound. What you need is a tonic that will give you the strength to carry on.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.

OFF COLOUR? HOW IS YOUR LIVER?

Wake up your Liver Bile —Without Calomel

Your liver's a very small organ, but it certainly can put your digestive and eliminative organs out of kilter, by refusing to pour out its daily two pounds of liquid bile into your bowels

You won't completely correct such a condition by taking salts, oil, mineral water, laxative candy or chewing gum, or roughage. When they've moved your bowels they're through—and you need a liver stimulant.

Carter's Little Liver Pills will soon bring back the sunshine into your life. They're purely vegetable. Safe Sure. Ask for them by name. Refuse substitutes. 25c at all druggists. 48

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REVENUE PRODUCING PROPERTIES exchanged for equipped farms. Write John Stark & Co., 333 Eglinton West, Toronto.

PATENTS.

AN OFFER TO EVERY INVENTOR. List of wanted inventions and full information sent free. **The Ramsay Company,** World Patent Attorneys, 273 Bank Street, Ottawa, Canada.

BONDS AND CURRENCIES WANTED.

IMPERIAL RUSSIAN AND GERMAN Government bonds and currencies wanted; previous prices are doubled. David Davis, 137 Queen Street West, Toronto.

"Patience, experience and faith. These are great things in life. Through patience we gain experience and experience gives us faith."—Henry Ford.

No Cold is a Fixture with Buckley's Mixture

No, sir. No matter how hard and deep-seated your cough or cold may be, BUCKLEY'S MIXTURE will conquer it in next to no time. The very first dose gets down to business—*you can feel it doing you good.*

Its lightning-fast action amazes everybody when they take it for the first time.

If you, or any member of your family, has a cough, cold, 'flu or bronchitis, try Buckley's and be convinced. Refuse substitutes. Buckley's is sold everywhere.

Dr. Beacom's Eczema Remedy

Gives wonderful results in the treatment of all kinds of Eczema, Ringworm, Piles, Itch and other skin diseases. If your Druggist hasn't it in stock, send 75 cents to

Dr. Geo. Beacom, Listowel, Ont.

At First Signs of Pimples Use CUTICURA

Anoint with the Ointment. After five minutes bathe with the Soap. Soap 25c. Ointment 25c. and 50c.

STOMACH ACID BURNS LIKE FIRE

Sometimes stomach acid makes your stomach feel like a lake of fire. You can stop this quickly and get immediate relief from burning pain, sour acid stomach and indigestion with a spoonful of Bisurated Magnesia in half a glass of water. Any drug store has Bisurated and just one teaspoonful will prove how quickly it works.

SKIN BLEMISHES

Vanish Before Physician's Prescription

Those spots or pimples on your face—why let them go on tormenting you? Like millions of others have done, you can get rid of your skin trouble through the work of a great physician—Dr. D. D. Dennis. Dr. Dennis' prescription—known in many countries as D.D.D. and now manufactured by Campana's Italian Balm chemists—will bring you relief at once, and quickly restore your skin to health. All druggists sell D.D.D. Trial size, 35c. Guaranteed to give instant relief or money refunded. 3

DOCTORING YOUR DAIRY HERD

Cows aren't machines. They can get sick or hurt. But Minard's Liniment makes it easy to care for their ills. Mrs. Thos. Bulmer of Lardo, B.C., found one of her herd with a lump in her udder. "I rubbed it with Minard's Liniment", she says, "and it soon got better."

Minard's is best for Cuts, Bruises, Colic, Distemper, etc., and equally good in stable or in house. Well named "King of Pain". 88