HOW ONE MAN LOST 19 lbs. FAT

Now Feels Absolutely Fit

A fat man is commonly supposed to be good,humoured, easy-going. But there is many a fat man who finds the going far from easy. The following letter describes one typical instance:—

"I began to put on weight this year, and developed stoutness in the stomach which was very ugly. I took Kruschen Salts each morning for a month, and reduced my weight 13 lbs. So I kept on, and have now reduced 19 lbs. altogether. Apart from that, it has also relieved me of headaches, and I feel absolutely fit each morning, ready for a hard day's work."—H.M.

Taken every morning, Kruschen effects a perfectly natural clearance of undigested food substances and all excessive watery waste matter. Unless this wastage is regularly expelled Nature will eventually store it up out of the way in the form of ugly fat. Once Kruschen gets into the blood you will soon see that double chin begin to go, and that too prominent abdomen begin to disappear.

Least Desirable Men In High Positions

Crime Occurs Because Finest and Best Equipped Men Will not Take Office

Cleveland—In the opinion of the first woman appointed to a United States court of general jurisdiction, the escape of John Dillinger "and the kidnapping of the Lindbergh baby occurred because our finest and best equipped men leave government to the least desirable class."

Florence E. Allen, who left the Ohio Supreme Court bench to become a judge in the United Circuit Court of Appeals in Cincinnati also told the Cleveland Bar Association:

"If there are in office the kind of men, and also women, who cannot say no, who think that a public office is their private property, then these things will happen and will continue to happen.

"You cannot give criminals an inch.

"We have built a magnificent framework of government, but it depends on our best people, upon lawyers everywhere, to make the law do what it is intended to do, accomplish substantial justice."

Marriage Barred to German Criminals

Stettin, Germany—Novel methods for preventing crime have been announced by the criminal police. Criminals convicted three times would not be permitted to marry, for example; and thieves punished three times for stealing bicycles or automobiles are banned from operating such vehicles for the rest of their lives. The new rules also provide that convicts thrice imprisoned who "are in danger of repeating their offences," must remain in their homes between 11 p.m. and 5 a.m.—6 a.m. in Winter—and deliver the keys of their homes to the police to facilitate in checking on whther they obey these hours.

"Insurance against unemployment must not, by a chance or loophole, become a mere dole which encourages idleness and defeats its own purpose."— Franklin D. Roosevelt.

HOW TO FIND OUT IF YOU HAVE ACID STOMACH

HERE ARE THE SIGNS

Nervousness, Neuralgia, Indigestion, Loss of Appetite, Nausea, Frequent Headaches, Feeling of Weakness, Sleeplessness, Mouth Acidity, 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 genuine *Phillips'* Milk of Magnesia, or *Phillips'* Milk of Magnesia Tablets when you buy—25c and 50c sizes.

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

Movie Love Scenes Held Bad for Youth

TORONTO—Moving picture fan magazines and movies were scored by Mr. Justice J. H. Hope in commenting on the case of Frank Hanson, convicted of a charge of assaulting a 15-year-old girl.

"This girl may have been romantic" declared the judge. "The fact was brought out that she was carrying a movie magazine the night the alleged offence took place. After all we know how much, unfortunately, the ideals of our youth are formulated by these said magazines and movies, and not always for their own good.

"She may have been looking for romance and she probably thought she found it in this petting. No doubt she pictured the romantic embraces she had seen in the magazines. She is a very foolish girl."

High and Low in London

Last week I told you I might relate more about London — so many things are apt to happen to even the most causual visitor; it isn't any wonder that a frequent quest of the great metropolis stumbles upon the unexpected.

London has been on record as a royal city since the days of Alfred the Great — well over a thousand years. The old city glories in its past, preserves its traditions and loves the ceremony that accompanies the Lord Mayor's Show, the Procession of the Judiciary or, greater than all, the State Procession of their majesties, King Geogre and Queen Mary. In a minor degree, the ceremonies of the Changing of the Guard, both at Whitehall and at Buckingham Palace never fail to draw a crowd.

Did You Ever Know?

That Buckingham Palace is the private residence of the Sovereign? That St. James Palace, to which all foreign ambasadors are accredited, is the official residence? That the new residence of the Prince of Wales is Malborough House, recently fixed up for him and formerly occupied by the Queen Mother Alexandra? That the Royal Mews as the stables are formed — received its name from the time of falconry and that these were the buildings where the birds were housed? That the name proper name of the House of Parliament is the Palace of Westminster"? That the Victoria Tower on these buildings is the largest square tower in the world, being 75 feet square and 336 feet high at the top of the pinnacles? That the dials o the Clock Tower (wherein is the great bell known as Big Ben) are 22½ feet in diameter anr the figures are two feet long?

A Street Brawl

From the sublime to the ridiculous; pageantry to poverty: dignity to reckless abardonment: the following scene is an example. On my spare evenings in London I delight to stroll about the streets mixing with the crowds, perhaps chat with ladies (?) who seem overly anxious to strike up an acquaintance, watch the theatre crowds going home or to one of the gay restaurants , especially around Piccadilly — human nature study is there in all its fullness.

One evening just as I was passing the Palace Theatre where the picture "Dinner at Eight" was being shown and from where the audience were leaving, three people passed — two women and a man. The street was crowded, autos and taxis were dashing in every direction and the policeman, with his white elbow cuffs, on point duty, was kept busy directing traffic. The man was a rough looking customer, peak cap pulled over his eyes, scarf arounf his throat and anr carying a rough parcil One of the women was large and muscular —she walked, with an aid of proprietorship, beside the man: the other slighter and prettier woman walked behind. Suddenly the big woman stopped and turned about smashed into the frailer one, hitting her across the face with a heavy hand-bag which she carried in her hand Then the row started. Both women seemed to be striving for the attention of the man who walked along stolidly and let them fight it out. Off the curb an into the midst of the traffic the battle waged: loud screams and recriminations rent the air and hair was pulled, teeth knocked out andclothin g torn. Horns shreiked and drivers yelled while the poor traffic cop was much upset, between his duty with the traffic and the, necessity of stopping this brawl. Finally the lighter woman who by this time was badly battered appealed to the policeman and just then two other officers happening along, the two combatants were taken into custody and marched down the crowded sidewalk. The man — well, no one seemed to know what became of him, he just vanished and left his admirers to their fate.

I'll tell you about another row — this time it was in Belfast — in next weeks' article.

MINING — FINANCE

Note and Comment

There is no need for alarm in the present gold situation. Mr. Rhode's New Tax does not alter the Potential Paying Possibilities of Canadian mines.

Practically every business in Canada is taxed to an extent, and Gold Mining falls in line with its increased production as Bona-fide Taxable industry.

The splendid rally in Gold stocks last Thursday afternoon after 'the tremendous selling flurry in the early morning shows firm belief and optimism in Canada's Gold situation.

With all due consideration to the fact that 10% of any mines gold will go to the Government (providing Gold is selling over $30 an ounce) it will not interfere to any noticeable extent to the earning power of the mine. The following table of the New Tax will show this clearly.

How It Works Out

It should be observed that the net price paid to the mines must be $30 an ounce before any of the additional tax is imposed.

The operation of the imposition is indicated in the following table:

At world price of $30—No tax.
At world price of $33—No tax.
At world price of $34—$3.40 per oz.
At world price of $35—$3.50 per oz.
At world price of $40—$4.00 per oz.

American money is flowing into Canada these days for investment in Canadian mines. This is a great thing for Canada and no doubt is the major cause of the activities on the exchange. The "NRA" and "Brain Trust" with their talk of legislation to curb all speculative activities on the United States Exchanges are scaring the American investor.

Canadian mines offer a real inducement to Americans no longer available in the United States. Let us as good Canadians welcome this money and except our obligations of honesty, decency and courtesy, and again prove the standard of Canadian straight dealing and ethics in business.

Many Mining Areas Will Be Surveyed

The number of geological parties which will go out into the mineral regions of Northern Ontario this year has been increased in keeping with the great interest in gold mining and in expectation that large numbers of prospectors will take the field this year, Hon. Chas. McCrea, Minister of Mines, announces.

Harold Colman Rickaby, senior pre-Cambrian geologist of the Mines Department, has been appointed provincial geologist to succeed the late Dr. A. G. Burrows. Mr. Rickaby will complete and prepare for publication the report on the Sudbury district on which he and Dr. Burrows worked for three seasons. Mr. Rickaby will also report on recent developments in the Mongowin district.

Dr. H. C. Laird will continue his work in the Swayze area and will visit the Horword Lake district; Dr. E. L. Bruce will spend some months in the area east of Lake Nipigon and take in the Atigogama Lake region, north of Jellicoe; Dr. M. E. Hurst will visit districts along the T. & N. O.

The rate at which gold mining is growing in middle and eastern Canada is made clear by the number of new mines being brought into production. In recent months the Macassa and the Greene-Stabell were brought into profitable production. Within the next few months Little Long Lac, Central Patricia, Young-Davidson, Matachewan Consolidated, Canadian Malartic, McMillan Gold Mines, Sullivan Gold Mines, and Thompson Cadillas are expected to be equipped with mills and entering the producing stage. Still other new mines loom upon the horizon. Among those in advanced stages of exploration and development, and with good promise of being among the new gold producers of the next years are God's Lake Gold Mines, Pickle-Crow Gold Mines, McKenzie Red Lake Gold Mines, Gunnar Gold Mines, Lamaque Gold Mines, Noranda (Chibougamau holdings), Kirkland Gold Belt, McWatters Gold Mines, Lake Fortune, Smelter Gold Mines, and others.—J. A. M. in Saturday Night.

Big Increase Shown Value Gold Output

Mines of Ontario Produced $17,038,001 in First Quarter—Tonnage Higher

Production of gold mines of Ontario during the first quarter of the year was valued at $17,038,001, against $13,201,057 in the corresponding three months of 1933. Both figures are based on the price of gold at the time of production, 1934 at $35 per ounce and 1933 with exchange added. For the quarter under review ore milled exceeded that of the corresponding quarter by 139,821 tons. Recovery for the three months totalled 497,028 ounces of gold and 106,010 ounces of silver.

Output for March at 172,459 ounces, valued at $5,961,324, was the highest monthly rate for the year to date, and compares with 160,804 ounces valued at $5,548,628 in February. Kirkland Lake maintained its position as the leading gold camp of the province, reporting output of 88,050 ounces compared with 78,226 ounces from the Porcupine area.

Preliminary work consisting of stripping and trenching in preparation for diamond drilling is to get under way at Senneterre Gold Syndicate's property in Senneterre township, Quebec, as soon as the snow melts, according to official reports.

Three veins have been located on the property to date. No. 1 has been traced for a distance of 800 feet on surface and shows a width of 30 feet, carrying free gold in places. No. 2 is similar to No. 1 and has been traced for 300 feet and samples returned assays of $6.40 in gold at the old price. No. 3 is a quartz dyke, 40 feet wide, opened for 100 feet in length, carrying chalcopyrite.

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U. S. Senate Adds 10 Per Cent. Tax

Washington—In two quick moves, the United States Senate adopted an emergency one year 10 per cent. additional tax on all individual tax returns in 1935 and disregarded President Roosevelt's objections by approving a processing tax on imported vegetable oils.

Democratic leaders spoke of threats of a veto for the revenue bill if the oil tax stayed in.

The vote for the Couzens amendment levying the 10 per cent. added atx on income and surtax returns, estimated to raise another $55,000,000 in revenue, was a reversal of the recent decision against the proposal. A motion by Senator James Couzens (R., Mich.) to reconsider the vote, carried 40 to 35.

Would Put Tax On All Bachelors

Sacremento, Calif. -- Bachelors would be taxed from $5 to $25 a year in California if the State Director of Finance Rolland Vandergrift had his way. Vandergrift pointed to a recent report that the 1933 California birth-rate as the lowest in 25 years, and he said this is partly responsible for a current economic unbalance or an excess of commodities over demand.

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Pays Tribute To Teaching of Mother

Hamilton—Tribute to the teachings of his mother was paid in the last will and testament of Charles Mills who died Nov. 27 and whose will was entered for probate recently, disclosing an estate of $112,000.

"I desire to set forth at the very beginning as the most important thing in it, a profession of faith in Jesus Christ, as my saviour," he wrote. "My mother was a woman of strong faith and Christian ideals and from the early training received in my youth, I attribute a great deal of the success I attained later on in life."

Among the bequests were $2,000 divided equally among the Y.M.C.A, W WCA, Centenary Chruch and the Salvation Army. The remainder of the estate is divided among his widow and children.

"There can be no recovery without reconstruction."—David Lloyd George.

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