SAFE WAY TO REDUCE

39 lbs. Off—and She Feels Better

A woman who has found a sure, safe way to lose fat—without freak dieting or dangerous drugs—writes: "A year ago I was eaten up with rheumatism, and was far too fat. I weighed 154 lbs. and, as my height is only 5 feet 2 inches, you can judge my appearance. I have taken Kruschen regularly, and not dieted, and now I weigh 115 lbs,. which is just nice, and, further, I feel better in health and my rheumatism has vanished."—(Mrs.) D. N.

Unlike certain drastic drugs, Kruschen does not aim to reduce by rushing food through the body; its action is not confined to a single part of the system. It has a tonic influence upon every organ of elimination, every gland, every nerve, every vein. Gently, but surely, it rids the system of all fat-forming food refuse, of all poisons and harmful acids which give rise to rheumatism, digestive disorders, and many other ills.

A Million-Dollar Industry

Each returning spring Canada gathers a harvest of the maple that runs into millions of dollars. In the calendar year 1933 the Dominion exported 2,370,802 pounds of maple sugar valued at $389,475, and 32,994 gallons of maple syrup valued at $32,073; the produce of the four provinces—Quebec, Ontario, Nova Scotia and New Brunswick. This is a strictly native industry, having originated with the Indians, Canada and the United States being the only countries producing maple syrup and sugar. The red man's methods were very crude. He gashed the maple tree with his tomahawk and caught the dripping sap in a birch bark vessel. Moose meat boiled in the maple sap was given a sweetness much enjoyed by the Indian. Before the advent of metal or even earthen pots the boiling down process was done by dropping heated stones into a hewed out log filled with the sap.

According to a legend held by some Indian tribes maple syrup was discevered in the following manner. One day a mighty hunter named Woksis went out in search of game while his squaw, Mogue, busied herself with preparing the meal against his home-cooking. As was customary, she boiled some moose meat in the sweet maple water. Forgetting her charge, however, the boiling sap thickened into a syrup. When Woksis returned and tasted the new dish he was so delighted that he informed the tribe that a heaven sent instructor had informed his Mogua how to make this wonderful new dish.

The size of the yield each spring depends largely upon climatic conditions. With freezing nights and thawing days, clear skies and moderate winds, the yield is good. Ordinarily the run extends three weeks, but sometimes it exceeds a month. From 10 to 20 gallons of sap are taken from each tree, but it requires 50 gallons of sap to make one gallon of syrup or about six pounds of sugar.

The first run of the season is richest. Gradually as the season advances the sap becomes poorer. The final run is drawn off when the buds are swelling and almost ready to burst. This poor quality of sap is called buddy sap and has a peculiar flavor that cannot be eliminated.

Until about sixty years ago there was little improvement in the methods of sugar makers, but since that time the advance has kept pace with that of other branches of agriculture, until it has become a more or less highly organized commercial industry. —Brockville Recorder-Times.

Splinter Causes Death of Youngster

An inquest disclosed Clementia Domingo de Allende, aged four, of Cape Town, South Africa, died from septicaemia, resulting from a splinter in a big toe.

A brother of the child said his sister came to him and complained of having a splinter in her right toe. He pulled it out with tweezers and found it to be an inch long and fairly thick. The wound bled a lot and he applied iodine. His mother also put boracic powder on the toe. His sister limped a little afterwards and then died suddenly. The district surgeon in a post mortem examination found a small splinter of wood still embedded in the skin of the toe.

Don't Do This→ use

LEONARD EAR OIL

FOR DEAFNESS & HEAD NOISES

A soothing and penetrating combination that has improved the Hearing and lessened Head Noises of many. Not put in the Ears but Rubbed Back of Ears and Inserted in Nostrils. Leonard Ear Oil has been on the market since 1907. Made in Canada; $1.25 at Canadian druggists. Descriptive circular sent on request.

A. O. LEONARD, INC.
70 Fifth Avenue, New York City

Death of Woman Who Reveals Savings

The locked door of a woman's room in London, Eng., outside which its occupant was found dying some time ago, has only now been opened to disclose a mystery which is puzzling the neighbourhood.

For although the tenant, Miss C. M. Kelly, aged 62, had for years been in receipt of public and private charities in North London, her room, into which she had allowed no one to enter, contained savings certificates to the value of $2,500, bank notes for $60 and a costly gold watch.

The woman had been removed from her home to the Edmonton public institution, where she died.

Perhaps the most extraordinary find was a diary in which the dead woman had kept systematic records of persons on whom she had called to ask for money.

Hundreds of names are given — 221 on one day, 173 on another, and 141 on a third. Opposite each name appears the amount received.

Large quantities of face-powder, lip-stick, and cosmetics were found in the room. Neighbours state that the woman was always well "made-up" before she went out.

One local councillor, it appears, had regularly sent her about 60 cents each week for many years, and he is astonished at the disclosures which have just been made.

A curious fact about the woman is that she has never so far as can be traced, been in receipt of poor relief.

Back to the Kitchen

CHICAGO—Mrs. Leonora Z. Meder, one of the United States best known club women, who is now president of the Chicago business and professional women's club, believes women belong in kitchens and homes and not in clubs.

"Every club woman and professional woman, young or old," she said, "would gladly chuck her career to marry a good man. There are two kinds of women—those that men love and marry, and those who belong to clubs."

Jibing the traditional club woman a little more, Mrs. Meder added:

"I am active in club and professional work myself, but I see the error of my ways. If I were as good a cook as I am a lawyer, I'd own Chicago. Well, it's back to the spinning wheel for women now. And back to the kitchen. That's where women belong. Getting the vote didn't do women any good—they still vote as their husbands tell them."

Captain-Writer

A noted exponent of the art of creating marine literature is Captain J. G. Bisset, R.D., R.N.R., whose "Ship Ahoy" has gone into several editions. This is a compendium of information about the sea for land-lubbers. Captain Bisset also writes articles for leading newspapers and magazines the world.

He is commander of the Cunard liner Ascania which operates between Canada and Britain.

40 per cent. Apple Crop at Strathroy

STRATHROY—The apple crop in this district will not be more than 40 per cent. of normal, judging from present indications, according to a district spray supervisor. It is also reported that the recent frost damaged fruit trees more than was at first thought and peaches, owing to the hard winter, are a total loss except in a few well protected positions. Prospects for cherry, plum and pear crops are more encouraging. Many apple trees have been killed outright, the bark lifted and in some cases the boles are split.

OFF COLOUR? HOW IS YOUR LIVER?

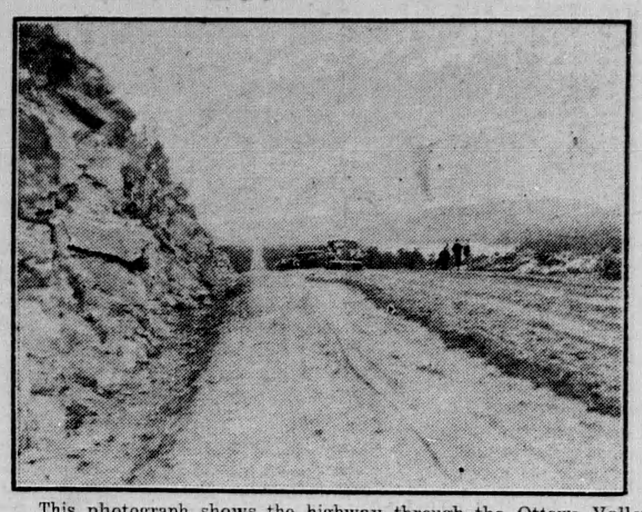
Wake up your Liver Bile — Without Calomel

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.

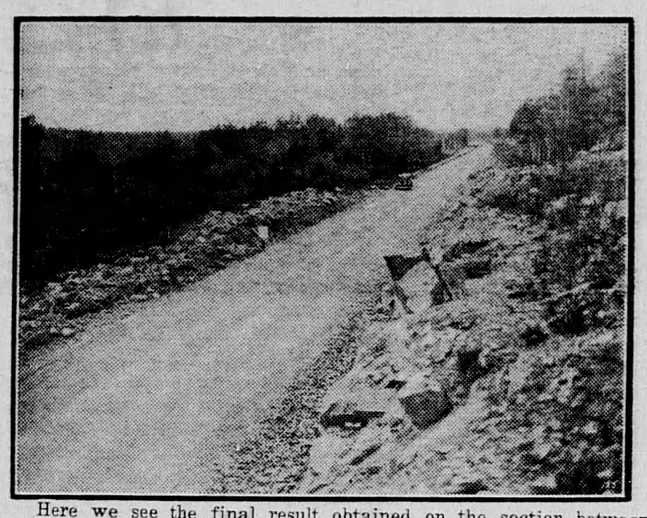
Carter's Little Liver Pills will soon bring back the sunshine into your life. They're purely vegetable. Safe, sure. Ask for them by name. Refuse substitutes. 25c at all druggists.

Trans - Canada Highway

This week's photographs complete the series of illustrations showing the progress of construction on the coast-to-coast highway, which have been running in this paper.



This photograph shows the highway through the Ottawa Valley at a point where it is proposed to establish a permanent camp site for tourists.



Here we see the final result obtained on the section between Kenora and the Manitoba boundary, this section of the road being formally opened to the travelling public on July 1st, 1932.

Have You Heard?

Oliver was careless about his personal effects.

When mother went upstairs and saw clothing scattered about on chair and floor, she inquired: "Who didn't hang up his clothes when he went to bed?"

A muffled voice from under the blankets murmured, "Adam."

"My dear give a man enough rope, and he'll hang himself."

"Well, I gave my husband plenty, and he skipped!"

Sambo—So Ruby May give you dat pocketbook fo' yo' birthday. But why such a big one?

Rastus—She says dats to encourage me.

Nobody is really as respectable as a husband feels when he quits philandering and comes back to be forgiven.

He—They tell me the Colonel is a sexagenarian.

She—The old fool! And at his age, too!

Any form of government seems dandy, to the man whose bank account is fattening.

Superintendent—Lay off six men.

Foreman—We need all we have, sir.

Superintendent—I know that, but if you lay off six it will scare the rest so that they will work twice as fast.

The colleges have used up all the material making good men of good timber, so the contractors are compelled to resort to concrete.

Smith—Is that a good watch dog?

Brown—I'll say he is. He spent all summer watching the neighbors' chickens digging up my garden.

Some people have happiness thrown in their laps and pass it up for a thrill.

Youth (to friend who is married) —How much does a marriage license cost?

Friend—It will cost you $2 down—and your salary every week for the rest of your life.

NOTE TO PARENTS: You were the same kind of idiot at 16 and look how well you turned out.

Past Caring.

Mrs. Green (at her first football game)—"Oh, isn't it awful? Why, they will kill that poor boy underneath."

Daughter—"Don't be silly, mother! He doesn't mind it; he's unconscious by this time."

Tit For Tat

Farmer—"If things get too bad we can eat our forest preserves."

City Boy—"You've nothing on us, we can eat our traffic jams."

Flora—Just think! He had the cheek to kiss me!

Dora—You were furious, naturally?

Flora—Yes—every time.

The fellow who gets too fat for a canoe looks funny with a Ukelele.

Man—I'd hate to have a bunch of poor relations blow in on me.

Neighbor—Yeh! I'd a heap rather have a bunch of rich ones blow in their money on me.

Atheletic underwear is almost as close most fellows ever get to a gymnasium.

Doctor—Your husband is very ill. You must take every precaution.

Wife—Yes, doctor, I will cancel the order for my new dress at once.

The golden wedding is one happy event that money won't buy.

Mother—If that young man asks for a kiss refuse it.

Daughter—And if he doesn't ask for it?

Just a Hint.

It was approaching midnight, and the young man still hovered around the door.

The stillness was suddenly shattered by a loud crash upstairs.

"Gracious, dear," said the timid swain, "what could that be?"

"Oh," replied the miss, "that's just papa dropping a hint."

"Is he trustworthy?"

"Trustworthy! Why I'd trust him with my life."

"Yes, but how about money?"

English Girl Will Spread Methods of "Slimming" in U.S.

London — Louise Irwin, young English physical culture expert, left to spread methods of "slimming" in the United States.

"Slimming," as reducing is picturesquely called here, has gained great vogue recently and led to a stern campaign by British doctors in an effort to cure its popularity.

Miss Irwin told the Evening News she hoped to teach the young American girl how to reduce without having to resort to either fatiguing physical exercises or a hunger diet.

for BURNS

Mix equal parts of Minard's and sweet oil, castor oil, or cream. Spread on brown paper. Apply to burn or scald. Before long the painful smarting stops

MINARD'S "KING OF PAIN" LINIMENT

Issue No. 25—'34

ECONOMICAL: Dixie Plug lasts far longer in your pipe.

SATISFYING: The choice tobacco gives a cool, mellow smoke.

DIXIE

PLUG SMOKING TOBACCO

How to Tie Your Scarf for Smartness

Scarf etiquette is something of a science these days when often the effect of an entire costume may depend upon this one accessory. Solid colors are always better for the costume which may be figured, striped or otherwise designed, and the reverse for ensembles of one color.

But color isn't the whole thing. The method of knotting or twisting or drapping the throat is an all-important factor in scarf manipulation. The simplest method is probably knitting the fabric once around the throat like a handkerchief. Longer ones should be rolled and twisted — not folded — around the neck with the ends hanging loose. Still others are knotted Ascot fashion and worn inside the jacket. Some silk handkerchiefs are seen in plain patterns, folded three-cornered around the neck and held with a sports pin (one of those huge safety pins or a long golf club, tennis racket, ski-shoe or hockey stick in silver.)

Jewelry, generally speaking, is not worn with sport costumes except for pins on caps or at the neck line of the dressier angora sweaters and enamel worn on the lapel or jackets as novelties. Aviation jewelry accessories consist of nuts and bolts, wings, propellors and such fixed up as rings, bracelets, necklaces and pins, and particularly the nuts and bolts are used as buttons, snaps, clips and buckles.

When is a Married Woman Not Married

ERIE, Pa.—When is a married woman not a married woman?

That's the thorn piercing the side of Erie's school board, now that it has barred the hiring of married teachers.

Mrs. Bertha W. Mahoney started the storm by asking the board if a woman teacher, married and separated from her husband but not divorced, was eligible for a contract.

"I know of two or three women," she continued, "who are now living with their husbands and not getting along so well. They would be willing to give up married life if they could be appointed teachers."

Superintendent of schools John C. Diehl thought that women not living with their husbands are eligible.

But this brought a chorus of "No's" from the board.

"That might open the way for fraud," one director pointed out.

"We might have some married women leaving their husbands to become teachers and then returning to their husbands again. Then we couldn't break the contract. Let them get a legal divorce first."

Exasperated, John Macdonald, board president said: "Let's get a legal opinion."

It is not so much the being exempt from faults, as the having overcome them, that is an advantage to us. — Alexander Pope.

First Woman to Win Degree For Estate Management

For the first time a woman has won the London University degree of B. S.c. (Estate Management) established 12 years ago. The degree involves the study of such subjects as economics, law, accountancy, building, surveying and town-planning. The successful woman candidate is Miss Aurora Lamplough, of Cartwright Gardens, London.

Miss Lamplough, who was born at Cambridge, is the daughter of F. E. Lamplough of Northfield, near Birmingham, a former Fellow of Trinity College, Cambridge, and lecturer at King's Norton Secondary School, St. George's School, Harpenden, and the College of Estate Management, London.

German Author Says War Certain

Paris—Emil Ludwig, exiled German author, believes war is inevitable because "dictators are deluding youth, which seeks something more dramatic than democracy."

In Les Annales Ludwig writes:

"War is not being encouraged by cannon manufacturers or the chancellories, but in universities and schools, and in mass demonstrations organized by dictators as a background for their efforts."

A united Europe does not appeal to youth because "it possesses neither battle flags nor anthems nor an avenger's creed."

Ludwig said that William II no more desired war than Chancellor Hitler, but that "war was made inevitable by noisy, nationalistic displays of power."

About a million negro children of school age are reported to be not attending any school in the U.S.

Classified Advertising

POULTRY AND EGGS WANTED

FRESH EGGS wanted. Prices sent weekly, W. A. Milton, 430 Bourgeois St., Montreal.

FOR QUICK SALE—POWER PUMPS

ELEVEN only left at special Jubilee Price. Greatly reduced. Cost far less. Pump water night and day. Exceptional value. Write to-day for prices giving depth of well. Mr. A.J. Holbrook, Beatty Bros. Limited, Fergus, Ont. Box 239-W

Ask Mother— She Knows

Mother took this medicine before and after the babies came: It gave her more strength and energy when she was nervous and rundown . . . kept her on the job all through the Change. No wonder she recommends it.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Seasonal Foodstuffs on Trains

Distinctive Canadian foodstuffs and dainties in their proper season are features of the table d'hote meal service on the transcontinental trains of the Canadian National Railways, commencing with the abolition of a la carte service on these trains, May 1st. Seafoods from the Maritime Provinces, meats, including the famous Ontario spring lamb, freshwater fish, including Lake Winnipeg goldeyes, and fruits from the Maritimes, Quebec and Ontario and the famed Okanagan Valley of British Columbia, all are featured in these plate service meals at appropriate seasons.

The change to table d'hote service is being carried out with every regard to the high standard of service which has always prevailed on Canadian National diners. There is no let-down in giving the traveller perfect service. According to information reaching railway officials, the announcement of the new meal service has been very favorably received by the travelling public.