WAS CONSTIPATED FOR THIRTY YEARS

Woman's Long Search For a Remedy

The trouble with most remedies for constipation, as this woman found, is that they give only temporary relief. Having at last found a permanent corrective, she writes to tell us about it:—

"For upwards of 30 years I was a victim of acute constipation. I tried practically everything that it was possible to try. I admit I was a chronic case, and every new remedy I tried helped for a day or two—after that I was just as bad as ever. Three months ago I took my first taste of Kruschen Salts, and every morning since, and every morning as long as I live, my first duty upon arising is my Kruschen. I honestly feel a different woman. My bowels act to the clock, and my friends remark how well I am looking. My only regret is that I didn't try Kruschen years ago."—(Mrs.) A. M.

Kruschen Salts is Nature's recipe for maintaining a condition of internal cleanliness. The six salts in Kruschen stimulate your internal organs to smooth, regular action. Your system is thus kept clean of those impurities which, allowed to accumulate, lower the whole tone of the system.

So They Say–

"In respect to knowledge each generation stands on the shoulders of its predecessor, but in respect to human nature both stand on the same ground."—Sir James Jeans.

"Millions have lately learned to nurse at the breasts of government."—Glenn Frank.

"America must work toward cooperation between capital and labor."—Benito Mussolini.

Refunding Programme Results In Big Saving

In the last four years the Canadian Government has refunded at lower interest rates a total of over $1,138,486,000 of debt outstanding at the time it assumed office in 1930. The annual saving in interest as a result of this refunding programme has been as follows:

1930	New York loan ....$	155,000
1931	Conversion Loans	6,254,674
1932	4% Loan	383,059
1933	Refunding Loan ..	2,367,344
1934	New York Credit	800,000
1934	Refunding Loan ..	4,655,770
		$14,615,847

A. P. H. ACADIAN PRIDE HOMESPUN

PANTS OR BREECHES

Dark Silver grey. Enduring, warm, the ideal working pants for Winter. If not kept by your merchant, enclose $4.75 with waits and leg measures for sample pair by return mail. Postage paid.

Clayton & Sons, Halifax

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

Explaining The War Debt Issue

(By Irving Brant in St. Louis Star and Tifes).

Q.—What are the War Debts?

A.—Debts owed to the United States government by our Allies in the World War, for loans made to them during and after the War.

Q.—How much were the total loans?

A.—$10,350,000,000.

Q.—How much was loaned before the armistice?

A.—$7,000,000,000.

Q.—How was the money sent to Europe?

A.—The money was not sent to Europe. It was paid to American manufacturers, farmers and other business men by a Committee of the American Ward Industries Board.

Q.—What for?

A.—Munitions of war, food, cotton and other supplies sent to our Allies; transportation, shipping interest.

Q.—How much was loaned after the armistice.

A.—$2,500,000,000 in relief supplies.

Q.—How was this post-armistice money sent to Europe?

A.—It was not sent to Europe. It was practically all spent in the United States for the purchase of war supplies, cereals and cotton sent to our Allies.

Q.—Why were these loans made to the Allied Powers after the armistice?

A.—The principal reason given by the Secretary of the Treasury was that these loans would enable American business men to complete their war-time contracts with the Allied Powers. If these war-time contracts were suddenly cancelled, he said, it would have an injurious effect upon American business.

Q.—How much of the total loan has been repaid?

A.—Approximately one billion of the principal and two billion in interest.

Q.—How much is the total debt now?

A.—About $11,500,000,000.

Q.—How can that be? It was less th.. that in the first place.

A.—For several years no interest was paid. Part of the accrued interest was added to tht debt.

Q.—Didn't the United States cancel a large part of the war debt some years ago?

A.—No. There have been two cancellations of interest.

Q.—Why was that done?

A.—The original rate was 5 per cent. Congress concludtd that was pretty high, so it authorized the Treasury to figure accrued interest at 4½ per cent., the same as on our Liberty bonds. That cancelled part of the back interest. Later, when funding agreements were made with the different nations owing money to us, interest was figured at a lower rate still. Great Britain's average interest over sixty-two years is 3.3 per cent., so in the case of the British debt the United States canceled the difference between 5 per cent. and 3.3 per cent. In the case of France we canceled the difference between 5 per cent. and 1.6 per cent. In the case of Italy we canceled all but four-tenths of one per cent interest.

Q. — Why was there such a difference?

A.—It was based upon a supposed difference in ability to pay.

Q.—Why should England pay 3.3 per cent. while France pays only 1.6 per cent.?

A.—Because England was looked upon as a wealthy, powerful nation, while French was poor and struggling.

Q.—How much does England owe?

A.—$4,300,000,000.

Q.—How much gold has England?

A.—$800,000,000.

Q.—How much does France owe?

A.—$3,800,000,000.

Q.—How much gold has France?

A.—$3,400,000,000.

Q.—Then is France really a poorer and more struggling nation than England?

A.—Not poorer, but more struggling. France struggles much harder to keep her gold.

Q.—With all that gold, why did France refuse to pay the $19,999,999 instalment of December, 1932?

A.—Because Germany had stopped paying reparations.

Q.—What did that have to do with it?

A.—The French people had expected to pay the debt with money obtained from Germany.

Q.—Where did Germany get the money?

A.—Germany borrowed it from the United States.

Q.—So the United States loaned money to Germany with which to pay France so that France could use it to pay the United States?

A..—Yes.

Q.—Then the United States hasn't collected a cent?

A.—Not a cent. We have merely loaned the money with which we have been repaid.

Q.—Why did Germany quit paying reparations?

A.—Because tht United States quit loaning money to her.

Q.—Then the war-debt payments have stopped in reality because we have stopped loaning our debtors the money with which to repay us?

A.—Exactly.

Have You Heard?

Our idea of a man's better half is that before long she gets to be the whole thing.

A wife determined to cure her husband of his bad ways and, during the Christmas holidays, with the aid of a sheet and an electric torch, transformed herself into a very fair imitation of a ghost. Then she went to her husband who was seated by the radio and shook him.

Husband—Whas that?

His Wife (in a sepulchral tone)—Satan.

Husband—shake handsh, old horsh, I married your sister.

This would probably be a better world, if everybody would do without everything. For instance, if a lady gets herself a new hat and is happy, all the rest are unhappy because they don't have it or something better—And that's not good for the soul.

Pauline—Pemberton and I are engaged.

Elizabeth—You don't mean it!

Pauline—No, but he thinks I do.

Some old maids are so timid they hate to look at a man with their naked eyes.

A man, whom we shall call Primpleton, was waiting for his wife outside one of the local stores during the Christmas buying season. A poorly dressed man approached him.

Stranger—Could you spare a dime, sir?

Primpleton (feeling in a good mood he reached into his pocket and drew out three cents)—I have only three cents in change. I'm sorry.

Stranger (eagerly)—Well, give me that and pay me the rest later. I'll take a chance on you being honest.

Better than four old debts appearing as sheriffs! (From the Omaha, Neb., World-Herald).

"An unusual touch was added to the wedding when four young debts appeared as bridesmaids."

Clerk—I can't help being sleepy in the office. My baby is teething and every five minutes wakes me up.

Boss—If that is so, you had better bring him to the office.

Our own private household hints: The best way to find a pin on the floor of your home is to walk around the room in your stocking feet.

Youth: "Swimming ain't allowed in this lake."

Young Woman: "Why didn't you tell me that before I undressed."

Youth: "Oh, they ain't no law against undressing."

Sign in the bathroom in the corner boarding house:

"Please clean tub
after bathing
Landlady"

In a shoe store the boss saw a new and inexperienced clerk throw a brand new paid of shoes in the waste basket.

Boss (indignantly)—What is the idea of throwing those shoes away?

Clerk—They are no good. I tried to fit them on six fellows and they wouldn't fit any of them.

Eighteen is careless and happy, and 81 is hairless and cappy.

Flying-Eating Plant Keeps Owner Poor

N. W. Nye, of Seattle, has a pet cobra plant which is causing him a lot of financial worry. It eats too much.

Nye, a mining executive, found the plant several years ago high in the mountains, and gradually acclimated it so that it could be moved to sea level.

The plant has a wide mouth with thousands of fine vegetable hairs which trap flies and other insects and feed on them.

Flies quit hanging around his house, having learned better, and the plant began to starve. So Nye fed it hamburger.

Now "Cobra" has such an appetite for hamburger that the Nye family meat bill is increasing to alarming proportions.

The miner is renaming the plant "Wimpy."

Locks on Rear Doors

An instance of the weird workings of the human mind is the fact that many householders have elegant and expensive locks on the rear doors. This is one of the greatest helps to burglars that we know. The properly cautious burglar prefers to work in the darkness at the back of the house anyway.

Iis true that most householders leave the key in the back door lock. It is also true it is fairly hard to open the lock from the outside while the key is on the inside.

However, the key can be shoved out with ease. At this point, we make our invaluable contribution to the safety of householders. Take an eight-inch piece of fairly stiff wire and bend it into the form of a hairpin. Drop this over the sprindle of the door knob and thrust the ends through the opening of the key. While this is in place the key can neither be pushed out nor turned.—Hamilton Herald.

"Until the ideal of service dominates every form of human effort, including the profit-motive itself, liberty will not be secure."—Nicholas Murray Butler.

If money is really the root of evil a lot of us wicked ones don't go very deep into the soil.

Shoe Development Greatly Improved In Last Century

It Is Now Recognized That Health Begins From the Ground Up

Less than a hundred years ago the man behind the counter selling shoes to the suffering public did not even know the difference between the right shoe and the left shoe. It was a case of putting the best foot forward under a bad bargain. The fact of the matter remains, and it seems almost impossible to believe there was no difference as both shoes were made made on an identical last. With due respect to the cobblers of eighty-five years ago it seems their intelligence must have been at a rather low ebb. Nature has been careful to draw a distinct difference between the formation of the right and left foot and to allow any artisan to ignore the primary principles of anatomy appears to our modern culture nothing short of criminal.

Fortunately those "good old days" have gone and are now forgotten. Today an incorrectly fitting shoe is now worthless; it is recognized that our health begins from the ground up. If the delicate bones of the feet are badly placed in time they become dislocated and the tortures of the middle ages could not be more excruciating.

Short Shoe Folly

The short shoe is the swiftest route to foot misery and many a successful bunion owes its origin to the careless fitting of an ignorant shoe salesman. Further, it must be understood and recognized that the foot is actually quite a bit longer when standing and bearing the weight of the body. Measurements should be taken with the customer standing.

Length is not the only factor in this recipe for foot comfort, because the width is of vital importance and too wide or too narrow a shoe is the greatest hot bed for corns and other troubles of that kind.

The sources from which leather is garnered for the male footwear is not lacking in interest. From Argentina, Texas and Europe comes leather for soles, inner and outer, the counters, box toes, welting and heels. Various weights of leathers are cut from different parts of the hide. The choicest animals are found in Argentina; the next in quality are the hides of our own Canadian animals. Patent colt, cordovan and regular colt is not real leather, but a muscle located under the skin. Then comes buckskin from Brazil, China and Java, and kangaroo from New Zealand and Australia, kid hailing from Brazil, Indo-China, Spain and calfskin from the skins of calves in continental Europe, in Scandinavia and to some extent in America.

A Long Story

It is a long story this building up of footwear from the hoof to the pedal extremities of the human animal. Care must be taken first in the choice of the leather; its curing and tanning must be of the best to be had. Then the cut is a consideration and the various intricate finishings that call for both hand and machine work.

Never in the history of the human race has the foot received so much consideration as it does today and the study of its anatomy is the life long work of many a great orthopaedic scientist.

"Mankind is barely civilized as yet."—Sir Oliver Lodge.

NOW—A THICKER, HEAVIER PLUG FOR THE SAME MONEY!

If you want a better chew, ask for—

BIG BEN

THE PERFECT *Chewing Tobacco*

Bishop, Noted War Ace Learns To Fly Again

Montreal—The strange spectacle of one of the greatest of wartime fliers taking flying instruction to obtain a pilot's license was to be seen at the Montreal Light Airplane Club Field. Lieut. Col. W. A. Bishop, V. C., who accounted for seventy-two German planes while flying on the Western front, decided ,after spending twelve years on the ground, that it would be quicker to fly between Montreal and his home in Muskoka, Ont., than to spend a whole day in trains and steamers.

He made his first flight with an instructor, but so little had he forgotten that within an hour he was flying solo.

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100% available and digestible. Di-Calcium phosphate (bone derived) the wholly digestible, naturally balanced, concentrated calcium-phosphorus salt combined with other minerals supplying iron, iodine, sodium and chlorine.

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(Soluble Minerals)

The entire mineral portion of bone, especially processed to secure digestibility, and balanced with other essential minerals. Contains phosphorus, calcium, iodine, sodium, chlorine, iron and sulphur.

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CANADIAN INDUSTRIES LIMITED

Fertilizer Division, Toronto 9
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NO PEP?

When you feel like a log and your muscles tire easily, it's more than likely that wastes that shouldn't be in your body are sending out poisons into your blood. At times like these, take a bubbling, bracing glass of Andrews Liver Salt each day till the trouble clears up. Then take an occasional glass—once or twice each week—and you'll stay perfectly fit. Get Andrews now. Small tin, 35c; Large tin, 60c; Extra large bottle, 75c. Proprietors, Scott & Turner, Ltd., Newcastle-upon-Tyne, Eng. 45

Are You Nervous, Weak?

MANY folks have thin, pale blood—they're weak, feel tired, logy and dull. Dr. Pierce's Golden Medical Discovery increases the appetite, eliminates poisons from the intestines, stimulates the digestion, enriches the blood. Read what Mrs. Geo. Bushell of 364 Homewood Ave., Niagara Falls, Ont., says: "I could hardly see from nervous headaches, had pains in my back, and was so weak I was not able to do very much. I could not sleep, felt all tired out and was discouraged. Before I had finished one bottle of Dr. Pierce's Golden Medical Discovery I felt stronger. When I had taken two bottles I was able to do all my housework—I felt like a new person." All druggists.

New size, tablets 50 cts., liquid $1.00.

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