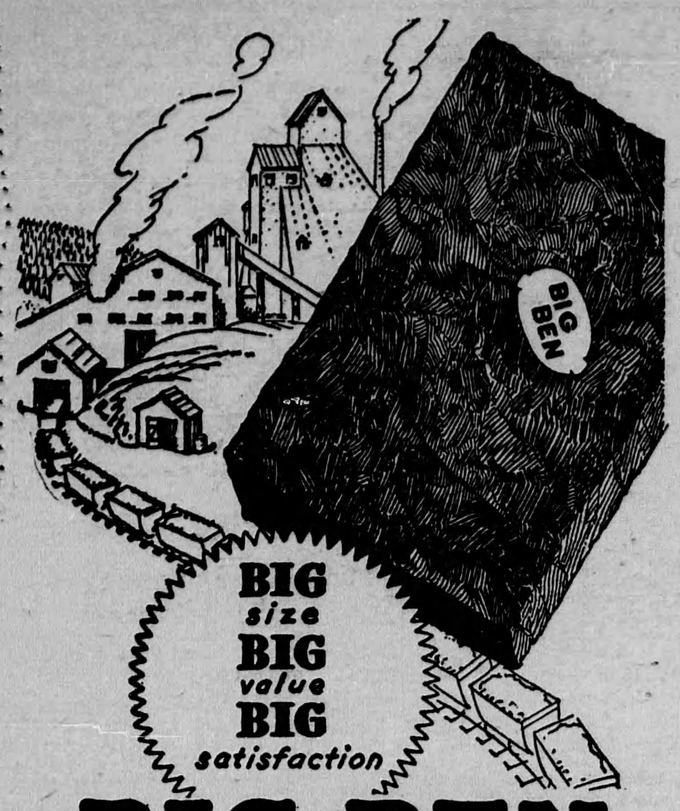

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Chewing Tobacco

Cook: "Did they say anything about the cooking?"

New Maid: "No, but I noticed them praying before they started eating."

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ARE YOU RUNDOWN, AILING?

Mrs. John Blackmon of 5 Victoria St., Stratford, Ont., said: "My health failed, I had weak and dizzy spells, had an all-gone feeling, poor digestion and was constipated. After taking Dr. Pierce's Golden Medical Discovery the stomach trouble and constipation were corrected and I had no more dizzy or faint spells." New size, tabs. 50 cts., liquid $1.00. Write to Dr. Pierce's Clinic, Buffalo, N. Y., for free medical advice.

Poor Doing Stock Should be Ousted

Marketing Half-finished Cattle Is Seen As Obstacle To Higher Prices

A serious obstacle to improvement in cattle prices in 1935 is the possibility of the marketing of many half-finished cattle early in the year, says the 1935 "Agricultural Situation and Outlook," issued by the Dominion Department of Agriculture, in co-operation with the Department of Trade and Commerce. Total supplies will be heavier than in 1934 and an improvement in prices of good cattle during the early winter of 1935 may be expected with some prospect of table prices for the better grades throughout the year. It would seem to be a better policy to rough cattle through to pasture, unless the feed supply permits of reasonably good finish. World production of beef is now on the decline owing to restriction of export outlets and prices so iow scarcely meet production casts. Nothing is to be gained by sacrificing good types of young beef stock in an unfinished condition, but a program of steady weeding out of poor-doing stock should be carried on systematically. The demand for fed-calves is increasing, which is a reflection of consumer demand for small cuts and joints. Unfortunately too many are of medium quality and if quality continues to decline as numbers increase the net result will be an appreciable drop in average returns to the producer. Economic conditions in the industry demand a much quicker turn-over of investment in cattle but a successful issue of such policy involves a much more liberal use of feed.

Care of Horses In Woods Discussed

Montreal — The accidents to which horses are commonly subject while working in the woods and their treatement on the spot, without the expert aid of a veterinarian were discussed here by J. W. Sutherland, of the Canadian International Paper Company, before tne Woodlands Scetion of the Canadian Pulp and Paper Association, at the Pulp and Paper Research Institute.

Lameness formed the main item of the paper, but the speaker dealt at some length with the general treatment of work horses, with special reference to the necessity of keeping ailing horses off work and resting them until thoroughly fit to resume their tasks. A number of the more usual form of lameness causes, efects and treatments were illustrated.

THE HEALTHY MAN

When I look at men over fifty who have lived strenuous lives, more or less, of the sedentary type, I find some who have maintained their health, whilst others are quite worn out.

On investigation I usually find this difference,—the healthy one has made a strict habit of finishing with his work the moment he leaves his place of busniess. The other has taken some work home with him, and possibly continued until bedtime. "Keen man," you'll say, "deserves to get on."

Actually the man's a fool. No man is justified in doing the work of two people—he must sacrifice his health. So, in the end, he doesn't get on—he usually "goes under" just when he should be about to retire and enjoy the fruits of his labor.

If you find yourself working overtime continuously, ask yourself the reason. Is it because you think no one else is capable of doing the job during the day—that you are more or less indispensable? Conceited and short-sighted notion! If you died, the work would be done just the same. No man is indispensable.

Or is it because you are keen to succeed and "make a pile?" What use will the pile be, in any case, when you have sacrificed your health through depriving yourself of leisure? Work strenuously and diligently, by all means; but do think twice before you allow lack of leisure and recreation to undermine your physical and mental powers.

There are so many who do this in their lust for position, power or wealth. Thoreau calls it the "spending of the best part of one's life earning money in order to enjoy a questionable liberty during the least valuable part of it."

Though your work may be important, and though you have the right spirit in trying to do it conscientiously.—From "The Secrets of Happiness," by Wilfred Northfield.

SCOUTING

Here · There Everywhere

A brother to every other Scout, without regard to race or creed

Plans for the celebration this year of the 150th anniversary of the selection of Fredericton as the capital of New Brunswick, will include a huge bonfire to be supervised by firemen and the Boy Scouts.

* * *

The value of the used clothing recently collected in the annual one-day Welfare Campaign of the Boy Scouts of Toronto, was placd at $40,000.

* * *

A waste paper project of Fort Erie, Ont., Scout troops is aimed to raise funds for next summer's camp at Turkey Point. It is planned also to secure a small cabin within cycling distance, where various outdoor hike and camp tests can be passed at any time during the summer or autumn.

* * *

Dr. R. C. Wallace, Chancellor of the University of Alberta, addressed the Edmonton Chamber of Commerce on the importance of the Scout Movement in Canada's national life.

* * *

A fancy dress ice carnival raised some needed funds for the 1st Stirling, Ont., Group. Gifts for prizes were contributed by several of the town's leading merchants.

* * *

The I.O.D.E. Chapter of Wawanesa, Man., presented the local Scout Group with a Union Jack and flag staff.

* * *

Patrol Leader Malcolm Oxby of the 5th Regina Troop, lives three and half miles from troop headquarters. To attend every troop meeting he hikes that entire distance, and return, and has not yet missed a meeting this winter, despite storms and cold weather.

* * *

Selected Toronto King's Scouts will, as in previous years, act as ushers at the opening of the Ontario Legislature on February 20th.

* * *

Four Scouts of the 18th Halifax Troop, spent a week at the troop's cabin at Miller's Lake, December 26th to January 5th, and in the company of the sanctuary ranger studied animal tracks. They followed deer and weasel, and discovered an otter slide. For some ice sport they tried sail-skating. Several Halifax Scout troops own snug cabins in the area.

* * *

The 84th Winnipeg (Greenwood) Troop is carrying out a planned series of nature study and tracking hikes.

* * *

The first application to attend the World Rover Scout meet to be held at Stockholm, Sweden, in August next, has been received at Dominion Scout Headquarters from Allan F. Hiron of the 6th Edmonton Rover Crew. Rover Hiron attended the last International Rover gathering at Kanderstag, Switzerland, in 1931.

* * *

14 Lone Scouts of Alliston, Ont., have organized as a Scout troop, and are planning the formation of a Cub Pack. That's enterprise for you!

* * *

Lone Scouts of an Ontario patrol, learned of a needy farm family in which a nine year old boy had to remain home from school and do all the farm chores, including cutting wood, because of his father's illness. The Lonies and their Counsellor set their alarms for 6.30 one morning, and armed with axes and saws caught the stage coach at 7, for a four and half mile trip to the settler's bush lot. When they swung axes and saws on their shoulders for the necessary hike back home, they left behind piles of wood cut and split sufficient to carry the family for several months. The oldest of the Lonies was 15.

* * *

Two miles of "hot dogs" were stowed away by the Scouts attending the Australian Jamboree. To fill in odd corners they also disposed of 5,000 pounds of potatoes, 7,500 pounds of meat, 9,000 pounds of bread, 200,000 eggs. To wash it all down they tossed off each day some 1,000 gallons of milk. Real Scouts, eh?

HOW LONG IS IT NEW?

An engaging question, which commands attention all the more because it cannot be answered, is put by the London Times, which asks when the new year ceases to be new and becomes just an ordinary year. The suggestion in the "Thunderer's" columns is that the year loses its newness when everybody stops making mistakes in dating cheques and letters, which is the same thing as saying that the year is new only so long as the ghost of the old year lingers and affords a comparison.

But this is an unsatisfactory suggestion, for the reason that the period is never the same for a number of persons and in fact may not be the same for an individual in successive years. There are even repellently efficient persons who never make a mistake, who proceed calmly to change all their calligraphic habits overnight and who never, never dip the pen into last year's inkwell.

Yet it is preposterous to argue that these superhumans never feel the impact of a new year, for they do.

This, in turn, would provide the pretext for outlawing on January 11 all delineations of the new year in swaddling clothes, all cartoons of a baby leading an old man off the stage, and all other suggestions of the infancy of time. After ten days surely all persons ought to be able to examine a new year dispassionately.—New York Sun.

Selecting and Mating Breeders Are Essential for Husky Flocks

Too often in selecting the stock for breeding high egg records or some outstanding feature of the sire or dam are allowed to influence the judgment, without due regard to vitality or good breeding qualities that may or may not be present.

The selection for vigor and for those desirable qualifications that conform to the breed is comparatively simple, because mostly these are visible characters and can be chosen by comparison. Vigor is evident by the carriage, desirable body weight for age and breed, health and bloom of feather, and good bone formation, while the clear-cut head with clear, bright and prominent eye in the male and female is a certain indication of brain power and nervous energy and the hall-mark of high vitality and reproductive strength.

Sometimes for the purpose of compiling genetical data at the Dominion Experimental Station at Harrow, it becomes necessary to carry over some undesirable birds in order to obtain the complete family record. But when this information is recorded and before the mating takes place families are carefully combed for irregularities and defects and the offending individual or maybe the complete group of parents and offspring are ruthlessly culled. Only by such drastic practice can the flock be improved and vitality retained. Vigor and freedom from disease should be the essential factors in breeding, with due regard to the propensity of the strain towards high production. To select for performance alone and ignore defects in constitutional vigor is to court disaster in the future.

IN BED WITH NEURITIS EVERY WINTER

Until Kruschen Brought Relief

"For three years," writes a woman, "I have been sick in bed about three months every winter with neuritis in my hips and legs. Last winter I started taking Kruschen Salts, and got relief from the first dose. This winter I have not been in bed at all." —(Mrs.) D. M.

Neuritis is a result of impurities in the blood. And it is impure blood, circulating all over the system and setting up inflammation in the tissues, that causes those excruciating pains. Kruschen Salts can be safely trusted to set the matter right. Because Kruschen contains just what Nature needs to persuade your internal organs back into a healthy, normal condition.

WORTH TRYING

In this busy world of ours it is easy to forget to do the thoughtful things which make living so much richer, and to say the simple words of appreciation which may make someone feel that his effort has not gone unnoticed. It is equally easy to get the notion that you are not appreciated. Generally, you'll find that somebody, perhaps the one you would least expect, has noticed after all. Why not be a bit more mindful of the good other folk are doing and at the same time try to do good yourself without the expectation of reward or praise.

If You Eat Starches Meats, Sweets *Read This*

They're All Necessary Foods — But All Acid - Forming Hence Most of Us Have "Acid Stomach" At Times. Easy Now to Relieve.

Doctors say that much of the so-called "indigestion," from which so many of us suffer, is really *acid* indigestion . . . brought about by too many *acid-forming* foods in our modern diet. And that there is now a way to relieve this . . . often in minutes!

Simply take *Phillips'* Milk of Magnesia after meals. Almost immediately this acts to *neutralize* the stomach acidity that brings on your trouble. You "forget you have a stomach!"

Try this just once! Take either the familiar liquid "PHILLIPS'", or, now the convenient *new* Phillips' Milk of Magnesia Tablets. But be *sure* you get Genuine "PHILLIPS'".

Also in Tablet Form:

Phillips' Milk of Magnesia Tablets are now on sale at all drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of Genuine Phillips Milk of Magnesia.

PHILLIPS' *Milk of Magnesia*

MADE IN CANADA

Growing Deaf With Head Noises? Try This.

If you are growing hard of hearing, and fear catarrhal deafness, or if you have roaring, rumbling, hissing noises in your ears, go to your druggist and get 1 oz. of Parmint (double strength) and add to it ¼ pint of hot water and a little sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy, and the mucous stop dropping into the throat. It is easy to take. Anyone who is threatened with catarrhal deafness or who has head noises should give this prescription a trial.

Riddles

Why is a tree like a dog? Because they both lose their bark when they die.

Why is a watch like a river? Because it won't run long without winding.

ROSS *for* HEIGHT!

Client, age 19½, gains 5 ins. in 6 weeks.
" " 21 " 5 " in 5 mths.
" " 20, " 3½ " in 16 days.
" " 30, " 2 " in 4 weeks.
" " 40, " 1½ " in 6
Increased my own height to 6ft. 3½ins.

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