TOO WEAK TO DO HER HOUSEWORK

She Was Being Poisoned by Constipation

For many years this woman's system was completely out of order, due to chronic constipation. Nothing seemed to do her any good. Then she found a way to rid herself of the constipation, and her health quickly improved. In the following letter she explains how this came about:—

"For many years I had stubborn constipation which apparently no remedy could improve. My system was being continually poisoned. I was unable to sleep, and was so weak that I could not even attend to my housework. Then I began to take Kruschen Salts. In a short while, I noticed a vast improvement in my general condition. Now I sleep better at nights—I am no longer constipated—and my work seems easier. I have Kruschen to thank for all these benefits."—(Mrs.) B.

Kruschen Salts is Nature's recipe for maintaining a condition of internal cleanliness. Kruschen stimulates your internal organs to smooth, regular action. Your inside is thus kept clear of those impurities which, allowed to accumulate, lower the whole tone of the system.

Glimpse of 1900's Horseless Carriages

From the New Yorker

If you want background for the Automobile Show, you might go over to Hoboken and see the Stevens Institute's collection of ante-diluvian automobiles.

It was started 30 years ago and has been added to every time a Stevens man has run across an ancient powered vehicle which has significance in the development of the motorcar. The gems of the lot are two horseless carriages, designs for which were originally patented in 1877, which actually ran when their inventor, George R. Selden got the money to build them in 1905.

Professor Eugene H. Fezandie, a husky young teacher of mechanical engineering, who shows the collection between classes, told us he'd had one of the engines turning over about a month ago and that it sounded pretty good.

Physical Play For Cripples Advocated

Niagara Falls, N.Y.—Hiram Jones, chief of the physical education bureau of the state department of education, said last week "too much attention is being paid correction of physical defects of children that meet the eye and not enough to the minds of the handicapped."

Speaking before the annual convention of the New York State Association for Crippled Children, Jones asked that physically handicapped young persons be allowed to participate in physical exercise as a means of play. Their minds will be helped as a result, he said.

Do You Ever Wonder

Whether the "Pain" Remedy You Use is SAFE?

Ask Your Doctor and Find Out

Don't Entrust Your Own or Your Family's Well-Being to Unknown Preparations

THE person to ask whether the preparation you or your family are taking for the relief of headaches is SAFE to use regularly is your family doctor. Ask him particularly about "ASPIRIN."

He will tell you that *before the discovery* of "Aspirin" most "pain" remedies were advised against by physicians as bad for the stomach and, often, for the heart. Which is food for thought if you seek quick, *safe* relief.

Scientists rate "Aspirin" among the *fastest methods yet discovered* for the relief of headaches and the pains of rheumatism, neuritis and neuralgia. And the experience of millions of users has proved it *safe* for the average person to use regularly. *In your own interest remember this.*

"Aspirin" Tablets are made in Canada. "Aspirin" is the registered trade-mark of the Bayer Company, Limited. Look for the name Bayer in the form of a cross on every tablet.

Demand and Get

"ASPIRIN"

CANADA SHOWN IN MANY LANDS

By Movie Films—2,831 Are Circulated in United States

Ottawa—A report issued by the department of trade and commerce says Canada is getting valuable publicity abroad through screening of 5,437 copies of motion pictures of Canadian scenery and industrial activity, representing about 5,000,000 feet of film. The films were taken by the Canadian government motion picture bureau.

Of these films, 2,831 were in circulation in the United States, 1,280 in Canada, 387 in the United Kingdom, 150 in Australia, New Zealand and Tasmania, 120 in Germany, 100 in South America and 84 in Austria. In smaller volume the films circulated also in Japan, South Africa, Turkey, East Indies and many other countries.

Films obtained during the year depicted scenes in the principal cities of the Dominion and the national parks, with outdoor life pictures to encourage tourist traffic.

Installation of sound recording equipment and improved laboratory equipment has proved a great aid in connection with the new material on the fruit fisheries, lumbering and agricultural industries in the form of travelogues. Work on a series dealing with the cultivation, harvesting, storages, inspection and transportation of Canadian grain has also been completed, the report states.

Educational programs have been provided for men attached to the unemployment scheme camps in various parts of the Dominion and for the militia training camps at Petewaw, Barriefield, Camp Borden, and Niagara-on-the-Lake.

One of the outstanding achievements of the motion picture bureau, says the report, was the completion of the official Canadian government film history of the Canadian Corps in the war entitled, "Lest We Forget."

Publicity In Store For Erring Drivers

Louisville, Ky. — Traffic law violators here soon will see their names on new traffic signal lights.

Mayor Neville Miller said recently that portions of fines paid by offenders would be used to buy plates, to be placed on lights at the intersections where they violated the laws.

The plates will read something like this:

"John Speedster paid for this sign. He was fined for failure to stop at a boulevard."

Teacher—Tommy, come up here and give me what you've got in your mouth.

Tommy—I wish I could — it's the toothache.

Week-end Flights To London Shortly

Toronto. — In the near future Canadians will be able to fly to London for the week-end at reasonable rates, T. R. Loudon, Professor of Applied Science, University of Toronto, told a meeting of the Engineering Institute of Canada here recently. Canada must prepare for such events, he said. Accurate meteorological information was needed for good flying, and Canada had one of the best meteorological services in the world. Such accurate charting made possible the existing commercial zepplin service between Germany and South America.

During the trip to England and Europe this Summer Professor Loudon found great evidences of air-mindedness and terrific increase in travel by air everywhere. This showed that aeronautics would be the next great commercial advance. He told of an Englishman flying to Algeries, transacting business there, and returning the same day, a distance of 2,300 miles. Air liners in Europe carried a passenger for around 10 cents a mile in absolute luxury, also 33 pounds of baggage.

The speaker showed pictures of huge air tunnels in which new planes were tested in air currents. Pictures of the new tailless machines built to resemble birds and painted grotesquely, were shown, as well as the French "Flying Flea' a plane which can be built by almost anyone at a cost of $250, which has not yet gone into a spin and which features the moveable front plane attached to the "stick."

Horse Still Is King

Observes the New York erald Tribune. — It is paradoxical that in a time when the horse is popularly supposed to be in abeyance a festival glorifying his prowess should maintain its supremacy as one of New York's major occasions. Yet such is the case.

And the Horse Show is no more than symptomatic of an almost universal equine performances. Neither the parade of broadcloth and sables in the boxes nor the omnipresence of social paragraphs, monocles and sky-blue tunics can possibly account for the crowded aisles and prevailing atmosphere of enthusiasm which are characteristic of the Garden these evenings. Horses, the riding and viewing of them are a matter of popular interest.

The bridlepaths of Central Park are crowded of a Sunday noon as never before. One observer reports seeing a tandem driving through McGowan's Pass within the fortnight with a cockaded footman behind and a white fur robe behind the dash. Paddy Rafferty, who drives the first sleigh through the initial snowstorm of Winter, is doubtless watching the barometer with an accustomed eagle eye.

"History would seem to indicate that real progress is achieved only very slowly."—Bruce Barton.

HAVE YOU HEARD

I Did Not Know—

I did not know the sky revealed such colors wondrous fair;
One day I gave an upward glance and saw a rainbow there.
I did not know that man could be so gentle and so kind;
I spent a peaceful afternoon in company of the blind.
I did not know that common things were much approved of God;
I watched a man with saintly face a-working in the sod.
I did not know a little child could show the way to live;
One taught me how to pray aright, another how to give.
I did not know that any book could mean so much to me;
I read: "And ye shall know the Truth, and the Truth shall make you free."

—By Grenville Kleiser.

* * *

Miss Rich—I hope you won't take it to heart, but our engagement is broken.

Mr. Goldigger—I won't grieve for myself, but my creditors will.

* * *

The worse thing about a ridiculous mistake is usually the ridiculous excuse to which it gives birth.

* * *

Man—Going hunting without any cartridges in your gun?

Friend—Yes, it's cheaper that way and the result is the same.

* * *

Dreaming of good times won't help much if you don't make your dreams come true.

* * *

Woman (to tramp, who had knocked at the door and begged for food) ——No, certainly not. Go away at once or I'll call my husband.

Tranmp—He ain't home.

Woman—How do you know that?

Tramp—Because a man that marries a woman like you is only at home at meal times.

BLASTS—Strong minded wives make the best husbands. . . . It's the petty things in married life that causes the trouble — not the petting. . . . The guest of honor eats a lot of food that he'd murder his wife for serving. . . . Not all men are weak when they give in. Some of them are married. . . . One of the easiest jobs is to find fault with the other fellow. . . . You don't have to be in the dairy business to cry over spilled milk. Be honest with yourself and you won't have to worry about pleasing everybody. . . . About all folks want to give the doctor for his services is their temperature. . . . Some folks are so skeptical they would accuse the Golden Rule of giving short measure. . . . Being disgusted with yourself is a sign you're getting along pretty well. . . . Some fellows get a lot of money and other fellows let a lot of money get them. . . . The fellow who hasn't made a fool of himself hasn't really lived. . . . An old-timer is one who can remember when he and his good wife rode on a tandem bicycle, with little Willie perched proudly on the handle bars. . . . All fame takes human toll and at the last men are only great as they are kind. . . . A patched up quarrel isn't any more satisfactory than a pair of patched up pants.

* * *

Her Dad—What do you mean by necking my daughter?

Boy Friend (sadly)—I was just carrying out the scriptural injunction to "Hold fast that which is good."

* * *

CORRECT THIS SENTENCE — "And this time I am going to do all my Christmas shopping before the last minute."

* * *

Junior—What's an expert, daddy?

Daddy—It's a fellow who gets a big salary for telling other people how to do things he can't do himself.

* * *

You'll never get much satisfaction trying to measure last night's good time by this morning's headache.

SCOUTING

Here · There Everywhere

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

Returning support given them on various occasions by Legion members the Scouts of Stirling, Ont., contributed boxing bouts and a tumbling act at a carnival staged by the local Canadian Legion Post.

* * *

The Scout organizations of Mount Forest, Arthur, Listowel and Palmerston have been organized as a provincial district, with a District Council under the presidency of Dr. E. A. Roos. Captain A. C. F. Winslow of Mount Forest, was named District Commissioner.

* * *

The 1st Smiths Falls (St. John's) Group has been presented by Mr. Grant Jones with a building lot on which to erect a permanent headquarters. The building when completed will include a hall, a reading room, a workshop and a Rover den.

* * *

Timmins, Ont., is one of Ontario's busy Scouting centres. The fine new district headquarters, Hollinger Hall, is the meeting place every night in the week of a Cub pack and Scout troop, or a gathering of junior or senior leaders.

* * *

Sudbury's Boy Scout Harmonica Band is the latest Scout musical organization to go on the air. The band, comprising a piano, banjo and six harmonicas, provided an excellent quarter hour's entertainment from station CKSO.

* * *

The fine new permanent home for the Scouts of Walkerton, Ont., built through the generosity of Mr. G. E. D. Martyn, and lighted and furnished through the assistance of Messrs. David Robertson, Harry E. Truax and L. C. Crozier, was opened with suitable ceremony in the presence of Mayor Campbell Grant, Reeve John Clancy and other prominent citizens. Mr. Martyn raised the flag on the new flag staff in front of the building, and handed the key to Scoutmaster Reg. Swanson. The hall is one-storey cottage style with imitation log siding.

* * *

Over 200 Scouts, Cubs and Rovers from Chatham, Wallaceburg, and Ridgetown joined those of Dresden, Ont., for a Scouts' own service at Christ Church. The parade assembled at Market Square, and was marched to the church by the Dresden Community Band. At the church entrance the boys were received by the Rector, Rev. R. M. Weekes, and Rev. M. B. Johnson. The service was attended by His Worship Mayor George E. Clark and members of the Dresden Town Council. After the the service the boys were served refreshments in the Parish Hall by a committee of ladies.

SASKASAL MINERAL SALTS

Medicinal Salts from Little Manitou Lake Saskatchewan, Canada

Refined and concentrated for your use at Home. Gratifying results recorded in cases of Rheumatism, Neuritis, Impure Blood, Constipation, mild Stomach Disorders and similar ailments arising from over-acidity of the blood

69¢ for 10 weeks' treatment

A BAD MONTH

Wholesome Food, Sufficient Rest and Sleep Will Keep You Well During November

Old wives used to say, "Live through March and you live all summer," writes Olive Roberts Barton. My experience with children and children's diseases compels me to add, "Live through November and live all winter."

It seems to me that something stronger than coincidence has made this month one to keep an eye on. About seven-tenths of my family's serious illnesses have occurred after the leaves fell.

Is it not natural then, associating late fall with almost everything from pneumonia, scarlet fever and diphtheria to the lower-grade germ diseases (usually ticketted as grippe and flu), that I send out a storm signal to others who have lived a shorter time?

FALL WORSE THAN SPRING

The greatest factor in maintaining health is always that of keeping up body defense and resistance to disease. In the spring it has long been traditional to redouble effort. Reasons given have varied, but at last the vitamins won, and the vegetable, fruit and vitamin D-A method replaced sassafras and bone-set.

In spite of it, we still have the unpopular spring cold and quite a lot of major illnesses at the turn of the season.

If this is true of spring, why not in fall when things are in reverse and the benefits of nature usually there to help are woefully absent?

If there is a conspiracy of the elements against health of both child and adult during this time, then we must summon all of nature's compensations to our aid. Nature seldom leaves us without the means of healing and prevention when she goes into one of her tempermental changes.

WHOLESOME FOOD DEMANDED

More sleep than usual is one of them. To keep dry is another — dry and warm. Fatigue always opens the door to trouble; it throws wide all the doors and windows at the turnof the season. Dampness may not matter much when the warm sun is there to even up body temperature, but it tells a different story when chill becomes an ally and there is no sun to champion us or protect us.

The diet plays a big part, too. Energy and heat, not required in summer, are most sorely needed in cold weather; fats, carbohydrates (Sugars and starches), a variety of wholesome foods, and milk.

The place for colds is bed. For a feverish cold, add the doctor, and subtract the other children.

Cleanliness is paramount. Clean hands can't carry so many germs to faces as soiled ones. Well-aired rooms play a big part, but avoid drafts over beds or your heads at night. A hand to the wall will tell whether the bed is properly placed away from direct air-currents. Enough warm covers should be on hand to prevent chilling. But it must be remembered that too-warm clothing on a warmish day, or too many bedcovers on a warmish night (then cooling off suddenly) lowers defense and causes trouble.

Watch out for damp stones and ground. Keep children off both unless they wear rubbers. If child should get his feet wet, change shoes at once and if chilled as well, a hot bath and drink are in order and to bed for the rest of the day. Or at least a child thus exposed to cold should remain indoors for the day.

One historian tells us that women used cosmetics in the middle ages . . . . they still do.

A signalman is a "bobby" (as he originally was) to Great Western engine drivers; and the open space at the end of Paddington Station, London, is still called "the Lawn".

Those Leisure Hours

Why Not Employ Them Profitably? Specialised training leads to Increased Efficiency. Increased Efficiency means Increased Earning Capacity. Overcome Inferiority Complex, develop mental power, and equip yourself for better things. Study leisurely in the quiet of your own home. Write for particulars of fascinating correspondence courses —

The Institute of Practical and Applied Psychology

910 Confederation Building
MONTREAL, QUEBEC

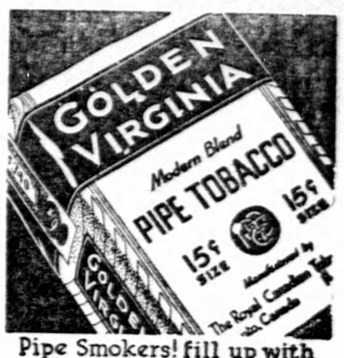
ATHLETE'S FOOT

Ringworm Infection Skin Troubles YIELD QUICKLY TO

D.D.D.

Dr. D. D. Dennis' Liquid Prescription, made and guaranteed by the makers of Campana's Italian Balm. Trial bottle 35c at your druggist. 15

Issue No. 47 — '35



Pipe Smokers! fill up with "GOLDEN VIRGINIA" and enjoy a really good smoke!

ALSO MADE UP IN CIGARETTE TOBACCO

A New Prosperity Grips Tillsonburg

Tillsonburg. — Delivery of district tobacco to the Canadian Leaf Tobacco Company, Ltd., large plant started here last week, and the plant will start processing the largest tonnage ever delivered to Tillsonburg, approximately 10,000,000 pounds, which will mean a huge cash outlay here in the next three months.

As a result, the population of the town will be increased by 700 to 1,000 people for the next few months. It is impossible to find an empty house in town, with the result that from two to four families are doubling up for the winter months.

The town's activities can be very accurately judged by the records of the relief officer today, disclosing eight families actually on relief, with one able-bodied man in the total. Tax collections have been the best in years.

"I have found auto racing a great sport and get the same thrill out of it that some men do out of hunting tigers."—Sir Malcolm Campbell.

"Economic sanctions applied in time are effective. Applied too late, they are worse than useless — they are a sham and mockery."—David Lloyd George.

Classified Advertising

INVENTORS!

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.

REPRESENTATIVE WANTED

AGGRESSIVE MAN OR WOMAN wanted to establish permanent clientele of customers for quality line of merchandise. No experience required. Commission deposit system. Real-silk Hosiery Mills, Hamilton, Ont.

LIVE STOCK MARKETING

Shipping on the co-operative plan has been productive of splendid results. Selling on the open market means real value for the owners. Get in touch with us.

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THE UNITED FARMERS CO-OPERATIVE COMPANY, LIMITED
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DON'T DO THIS

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RUB IN BACK OF EARS—INSERT IN NOSTRILS...

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$1.25 All Druggists. Descriptive folder on request

Also excellent for Temporary Deafness and Head Noises due to congestion caused by colds, Flu and swimming.

A. O. LEONARD, Inc.
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ALL the Benefits of Cod Liver Oil WITHOUT the Taste

The strength giving Vitamins A and D together with the bone and body-building Hypophosphites of Lime and Soda are happily combined in Scott's Emulsion, the easily digested Cod Liver Oil.

To help build up resistance against colds and other diseases, to help build strong straight bones and sound teeth, take

SCOTT'S EMULSION

THE DIGESTIBLE COD LIVER OIL WITH THE PLUS VALUES

For Sale by YOUR DRUGGIST

9358

Announcement:

of The Winners of Our First Monthly Art Contest which closed on October 31, 1935.

1st. Prize awarded to Miss Grace Brewer, 246 Macdonnell Ave., Parkdale, Toronto, of An Art Course valued at $50.00, and a consolation prize to each of the following contestants.
2nd. Prize awarded to Mr. T. Gertlbauer, Arnstein, Ont.
3rd. Prize awarded to Miss Vera Bailey, 251 Glenrose Ave., Toronto.
4th. Prize awarded to Mr. R. Braby, Mono Road, Ont.
5th. Prize awarded to Miss Helen Morgan, Box 26, Bracebridge, Ont.
6th. Prize awarded to Miss Margaret MacDougal, Box 39, Lanark, Ont.

If you have not received a copy of our second art contest leaflet, send a stamped addressed envelope for one.

GIFF BAKER, 39 LEE AVENUE, TORONTO CANADA