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

Historic Scene

Royal Bank Calendar Depicts Opening of Canada's First Railroad

Was Canada's first railroad opened in 1836 or 1837? Were the cars hauled by a locomotive or by horses on the inaugural run? How big was the locomotive and did it break down or not?

These and many similar questions which have centred around the opening of Canada's first railroad a century ago find their answer in a new calendar just issued by The Royal Bank of Canada. Executed by Sheriff Scott, one of Canada's foremost painters of historic subjects, this year's calendar picture depicts the colorful scene at Laprairie when the first train of the Champlain and St. Lawrence Railroad steamed out on her inaugural run. The relative dimensions of the "Dorchester" and a locomotive of the present day strikingly demonstrate the pygmy size of Canada's first passenger locomotive. Somewhat larger than a Baby Austin, yet smaller than a Ford, a grown man could easily see over the boiler of the "Dorchester." She was only 13' 6" long as compared with the 90 foot giants commonly used today by both Canadian railways. And yet, for all her diminutive size, she performed heroic service and over a fifteen weeks' period in her first year of operation she travelled 8600 miles and hauled 15,929 passengers besides freight.

Additional interest is given to this year's calendar picture by the fact that plans are now going actively forward for a centenary celebration next July.

"When we stop to consider that all of life, as we understand it, springs from a little seed, then a progression of life beyond this present experience should not seem such a miraculous thing."

—Mary Pickford

IF YOUR EARS RING WITH HEAD NOISES

If you have catarrhal deafness or head noises 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 a 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 prepare, costs little, and is pleasant to take. Anyone who has catarrhal deafness or head noises should give this prescription a trial.

WHY FEAR MOTHERHOOD?

THE period in a woman's life just before her child is born need not be a time of illness and anxiety. At such a time it is essential that good health and good spirits be maintained. The tonic effect of Dr. Pierce's Favorite Prescription nourishes and strengthens the body of the expectant mother, which means, of course, that it is also strengthening the child. Also for girls growing into womanhood and for women in middle life going through the "change," "Favorite Prescription" is just the vegetable tonic needed. Buy now!

New size, tablets 50c., liquid $1.00 & $1.35.

Trade in Hogs

OTTAWA — The increased export of fish in 1935 in Canada about 10 per cent. was too small to beneficially affect more than a small circle and in the case of the lumbering industry the British market, on which Canada chiefly depends, was somewhat curtailed by competition from European sources. Canada marketed $21,243,000 worth of planks and boards in foreign countries in the first 10 months of this year compared with $21,970,000 in the same months of 1934.

The farming industry received a lift from the reopening of the United States market to Canadian livestock, hay and some other items due to a shortage in that country. There was a resultant advance of prices to a level where the duties could be surmounted. Hog raisers continued to hold the advantage conferred under the Ottawa Empire agreements of 1932. The Dominion Bureau index of inspected slaughterings of cattle in the 10 months already compiled shows an average of 130.7 compared with 127.2 over the same period of 1934.

Meat exports, chiefly hams and bacon, totaled $20,652,000 compared with $18,656,000, an increase of better than 10 per cent. Cattle shipments nearly doubled those of last year despite a sharp decline in sales to the United Kingdom in the last few months. Sales of cattle on Canadian stock yards in 10 months of this year totaled 679,863 head, an 18.5 per cent. improvement over the comparative period.

Value of the principal field crops is placed at $510,835,000 which is lower by seven per cent. than that of 1934 but higher than in other years since 1930. The wheat crop is estimated at $166,693,000, only $3,000,000 under that of 1934. Oats and barley crops were heavier but prices were lower while the hay, potato and sugar beet crops carried higher values though the potato crop was much smaller than the previous one. Creamery butter production is up about two per cent.

A Walking Machine

Device for Testing the Wear of Shoes Has Many "Legs"

The proper way to find out how a pair of shoes will wear is to walk in them. A few shoemakers have actually tested their product in that way. Miles and miles were walked, and after weeks an expert in the factory passed on soles, welts and uppers.

Apart from the time consumed, this kind of a practical test is not scientific. Engineers simply snort at it because the conditions under which it is made are not under control. They would go at the problem differently—count the steps, for instance, and regulate loads on the shoes.

With this by way of introduction, you are prepared for the way E. L. Lawrence of the Bureau of Standards tests shoes. Instead of hiring people to walk in them, he has built a machine that does the walking under control. It is a sort of rimless wheel. The spokes are legs that go round and round. At the outer ends of the "legs" are pistons ground to fit smoothly into cylinders and provided with adjustable compression springs. The shoes are fitted to a flexible rubber "foot" hinged to the pistons. Thus the mechanical equivalent of an ankle is produced.

These feet do their walking on a motor-driven belt. A foot is put down on the belt heel first. As the shoe travels along with the belt the spring is gradually compressed. The load thrown on the shoe is at its maximum just when the cylinder or "leg" is perpendicular to the belt—exactly what happens in real life on a road when your leg is straight. As the belt travels the load decreases. The heel is raised and the toe is bent, just as in walking.

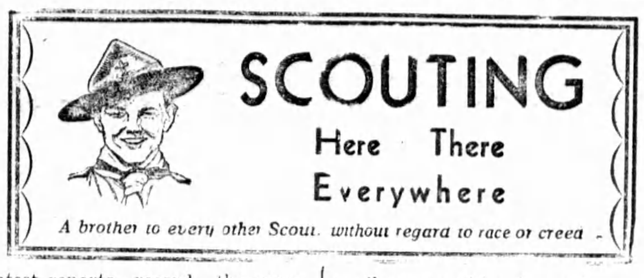
A revolution counter keeps track of the steps taken. Every so often shoe are examined to determine the wear on the sole and the way the shoe has held its shape.

World Lead Tonnage Drops 5.7 Per Cent.

OTTAWA.—Refined lead production of the world in September totaled 118,793 tons or 5.7 per cent. below the tonnage produced in the preceding month. This falling-off was due principally to the decline in the Mexican output; the month's total was 7,759 tons as compared with 16,006 in August. Production in the United States during September amounted to 29,358 tons; in August 30,807 were produced. The German output increased 12 per cent. in September to 12,680 tons; Italy's production advanced 34.6 per cent. to 4,231 tons, and Australia's output was up 3.9 per cent. to 20,998.

RECORD YIELD

The record yield of potatoes per acre in the United States was 974 bushels and 48 pounds or 58,488 pounds, according to the United States department of agriculture.



Latest reports record the operation of a chain of 159 Scout Christmas Toy Repair Shops, stretching from Sydney in the east to Prince Rupert in the west. While the chief distribution of reconditioned playthings was made in the cities and towns, many thousands also were sent children on farms, with especial attention to those on prairie homesteads. To help their brother Scouts at Regina, Moose Jaw and Saskatoon meet the heavy demand from their areas the Scouts at London, Ottawa and Montreal made substantial bulk shipments of repaired toys to those points.

As in former years the Girl Guides and Brownies took on the task of "newing" and dressing the dolls. Many thousands were distributed locally or mailed to other less fortunate girls in every part of the Dominion.

The carload quantities of discarded playthings involved were gathered by the Scouts and Guides from many sources—in many places by house to house collection. Large quantities were secured through public school "toy showers," and from Saturday morning "toy shop matinees" given by the managers of movie theatres, the admission being one toy, old or new

A number of Scout troops in the small communities in various parts of Canada are again this winter operating public skating rinks.

Toronto Scouts and Cubs will on January 18th, Saturday, repeat their big city-wide collection of used clothing for the various Neighborhood Relief agencies. Last year the collection of clothing and footwear made by the organized effort of the Scouts in one day surpassed all previous total collections during a year.

Rev. G. Kendell arranged for a visit to Bond Head, Ont., of his former Boy Scout troop in Toronto, as a first step forward toward organization of a troop at that place

Thirteen clergymen of as many churches of different denominations in Kitchener and Waterloo met the Executive of the North Waterloo Scout Association to discuss extension of the Movement in those cities. District Commissioner L. L. Laing cautioned against the creation of new packs and troops before suitable leaders had been secured.

In an address on "Scouting as a World Peace Movement" before the A.Y.P.A. of St. John's Cathedral, the 8th Saskatoon Crew passed the Saskatoon, Rover Squire Shrader of point of individual responsibility to show friendliness.

Potato Planting Quite Popular

"London Statistics" Shows Interesting Figures In Every Activity

LONDON. — London possesses 273 agricultural workers, 1,379 pigs, 822 milking cows, and, even more surprising, 105 acres potatoes.

These are some of the figures relating to the capital's best known industry which have been collected by the London county council and included in "London Statistics," published recently.

Altogether 73,867 acres are devoted to agriculture within the county of which 694 acres are under the plow. There are 36 acres of wheat, five acres of oats, and 50 acres of mangolds. Clover and rotation grasses account for 42 acres, and a further 1,307 acres are devoted either to grass for hay or to rough grazing.

In "London Statistics" nearly every branch of London's activities is reduced to figures. Use of the franchise, the steady migration to outer London, wages, public assistance, public health, drainage, housing, town planning, parks, entertainments, police, education and finance.

A remarkable fact is that the outer London districts are probably already more populous than the county itself. The latest figures are 4,170,800 and 4,230,200 respectively. Within two years from 1932 the gap had been reduced from more than 400,000 to 59,200.

Building In Canada Leads The World

Gain is 83 p.c. In 10 Months — Total $22,313,170 To $40,530,687

OTTAWA—Canada's world leadership in improvement in the construction industry for the first 10 months of 1935 is reflected in the total value of buildings authorized for that period, compared with the corresponding 10 months of last year. Up to October 31 new construction in the Dominion in 1935 amounted in value to $40,530,687, against $22,313,170, a gain of close to 83 per cent.

OTHER ACTIVITIES

IN OTHER lines of industry the increase was not so spectacular, but undoubted gains were achieved in most of them. Canada stood sixth among the trading nations of the world in that period. Her imports and exports had a value of $1,042,258,937, compared with $957,308,761 or nearly nine per cent. greater in 1935 than in 1934. This year the excess of exports over imports was $130,684,265, compared with $108,352,569 for the corresponding 10 months of 1934.

Contributing to this favorable position in the primary and processing industries were exports of newsprint which in that period this year totalled $70,214,700 against $65,859,989. Exports of nickel rose from $25,505,983 to $29,705,583; copper, from $18,217,638 to $24,232,129; automobiles and their parts from $18,060,275 to $22,231,663, and wood pulp from $21,129,298 to $22,548,624.

For the most part the primary industries of Canada have registered marked production gains in the past 10 months. Precious metals have advanced considerably, while a noteworthy increase has been shown in coal and coke production.

GENEVA REPORT

GENEVA.—Canada led the world in improvement in the building industry during the first 10 months of 1935, as compared with the corresponding period of 1934, according to the monthly statistical bulletin of the League of Nations, published recently.

Canada's increase was 83 per cent Next came Australia, with a 50 per cent. increase, and the United States with an increase of 45 per cent. The United Kingdom's increase was 17 per cent.

The bulletin showed general improvement in other industries as well as building. Industrial activity in Canada increased nine per cent. over the same 1934 period.

The leading increase was shown by Russia, 20 per cent. Italy followed with 19 per cent. The United Kingdom figure was seven per cent.

In national currencies the value of imports in October, 1935, increased over that of October, 1934, by 12 per cent. in Canada, and 37 per cent. in the United States and Belgium. The increase in the United Kingdom was six per cent.

Low Consumption Of Cheese In Canada

Branches of the Federal Department of Agriculture have undertaken a survey to discover the consumption of cheese and milk in Canada.

It is estimated that 70,000,000 pounds of cheese will be produced in Canada this year, with approximately a value of $6,825,000.

The per canita consumption of cheese in Canada is only about one-third of that in the United Kingdom. Something ought to be done about this.

There are two kinds of taste for cheese in this country. There is the taste for "green" cheese, and apparently that is not very widely indulged. Then there is the "cultivated" taste which goes after cheese of foreign make for the most part — Gorgonzola, Roquefort, Camembert. With proper handling and ripening, our Canadian Cheddar can be made to gratify this taste. But the well-ripened Cheddar cheese is hard to come at, unless the connoisseur buys a whole cheese and ripens it himself. For this purpose the small five-pound and ten-pound Canadian Stilton should be featured.

Storing Potatoes

When going into storage, potatoes should be as dry as possible. All diseased or damaged tubers should be sorted out. The best storage temperature is from 33 degrees to 35 degrees F. Storing potatoes in the basement of a dwelling house is not as a rule, satisfactory owing to the difficulty of providing proper ventilation. Many thousands of bushels of potatoes are lost each year through storing in faulty cellars, closely constructed bins and where the temperature is too high.

"Each year I go away to be closer to my husband."

—Olga Petrova

Saskatchewan Fights Drought

Soil Laboratory — $750,000 to Be Spent By Government

SWIFT CURRENT, Sask. — A large laboratory of the soil to which farm problems may be taken for solution is taking definite shape here. It is part of the federal government's $750,000 first-year experiment to reclaim the prairies. When completed it will be the finest of its kind on the continent.

The new research station will be equipped for experiments in soil drifting and allied problems that have harassed the prairie farmers for years. A large staff of engineers and other members of headquarters' personnel have already arrived.

A machine designed to create "wind" conditions similar to those that deposited tons of silt over vast areas of southern prairie land in recent years will be set up. The machine will be directed against small plots of land allotted for research work on soil drifting.

Multiple experiments in grain growth under all conditions will occupy other members of the laboratory. A "glass house" will be set up and tests made of grain and grass growth and their suitability for certain areas. Selected seeds will be distributed at illustration stations. Abandoned lands will be taken over and efforts made to bring them back into pastures.

A small irrigation project has been undertaken near the experimental area. This will be used to distribute moisture over 19 acres sown to vegetables in sufficient quantity to serve the needs of those employed at the farm.

There is a very small area, it is believed, where soil-drifting cannot be cut to a minimum and a water supply provided. Between now and spring the Water Development Commission will aid farmers in the construction of dams and dugouts to conserve precious soil moisture.

Accepts Plan Of Producers

Marketing Board Favors Principle of Scheme For West

OTTAWA. — The Dominion Marketing Board has announced acceptance in principle of livestock marketing schemes proposed by producers in Manitoba, Saskatchewan and Alberta, but emphasized they were still subject to revision.

Alberta and Saskatchewan producers proposed restrictions on free handling of livestock to regulate at country points initial assembly of stock from producers, who shall market small numbers at a time and to insure as far as possible the lowest transportation cost by full car loadings.

They proposed through this means to facilitate orderly flow of stock to terminal markets, reducing glutting and eliminating at terminal markets what they call abuses arising out of injuries, trucker and transient drover competition and generally reducing waste and excess costs.

Producers from all three provinces proposed to divert over-supply from crowded markets to some other market making the diversion as large as necessary to keep prices from being unduly depressed.

In this connection, they proposed a special levy on all live-stock marketed to compensate individual owners of diverted stock in the event the final sale of their animals should bring smaller prices than were received on the market from which the diversion was made.

PAIN

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Issue No. 3 — '36

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OGDEN'S FINE CUT

Your Pipe Knows Ogden's Cut Plug

10,000 More Acres Of Sugar Beets Grown

Tilbury. — Ten thousand acres of sugar beets were harvested in 1935 than last year, a survey of the beet situation from this point revealed. The stand of beets this year was excellent although the tonnage was not up to the average of other years.

Early in August the sugar beet crop suffered from extremely hot weather and high humidity encountered during July. Leaf blight was reported in several districts. The crop was harvested later in September than usual because of new leaf growth took its toll of sugar and delayed the storage of sugar in the beets.

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