WHAT TO DO ABOUT "Acid Indigestion"

A WAY THAT RELIEVES THE CAUSE IN A FEW MINUTES

Many people who *think* they have "weak stomachs" or "indigestion," doctors say, suffer in *reality* from nothing more serious than *acid stomach*. And this common ailment can usually be relieved now, *in minutes*.

All you do is take familiar Phillips' Milk of Magnesia after meals. This acts to almost immediately *neutralize* the stomach acidity that brings on your trouble. You feel like a new person!

Try this just once. Take either the familiar liquid "PHILLIPS'", or the *new* Phillips' Milk of Magnesia Tablets. But watch out that you get the Genuine *PHILLIPS'* Milk of Magnesia. Made in Canada.

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*

Asks For More Humane Methods of Distributing Relief

Public health, more humane methods of distributing relief and an effort to bring womanly sympathy and understanding to the problems of women, children and aged people, will be the aims of Mrs. Rosamond E. Wilkinson, only woman member of the 1936 Calgary City Council. She was elected Social Credit candidate in the civic elections November 20.

A trained nurse who operates a physio-therapy clinic, Mrs. Wilkinson is a strong opponent of present methods of relief. "I believe every person is entitled to employment," she said. "If that is not possible, they should not be subjected to the humiliation they have to endure at present.

"I shall make every effort to have greater dignity maintained in the administration of relief." Born in Ireland, Mrs. Wilkinson has lived in Canada for 20 years. She is a graduate of St. George's hospital and studied physio-therapy work under Sir Robert Jones, the famous bone specialist."

Canada Does Better

(National City Bank of New York)

To the north, Canada has enjoyed further recovery during the year. Improvement in the mining and pulp and paper industries, and in agriculture, has been the basis of Canadian gains.

Compared with the United States, industrial recovery not only has proceeded more evenly in Canada, but it has gone farther. In the three months ended October last, the Canadian index of industrial output averaged 84 per cent. of the 1929 level, compared with 76 per cent. recorded by the Federal Reserve index for this country; also, the percentage increase from the extreme low has been greater in Canada, amounting to 76 per cent., against 61 per cent. for the United States.

A FARMER BOY

ONE of the best known medical men in the United States was Dr. R. V. Pierce of Buffalo, New York, who was born on a farm in Pa. He noted daily in his medical career that many of his prescriptions prepared from roots, barks, and herbs, such as "Golden Medical Discovery," produced astonishing results.

He early founded a Clinic and Hospital in Buffalo, N. Y. Advice by letter is free.

Dr. Pierce's Golden Medical Discovery is an herbal extract which eliminates poisons from the intestines and tones up the digestive system. Pimples and blotches caused by faulty elimination disappear and you feel the tonic and strengthening effect of this well tried medicine. Ask your Druggist now! Tablets 50 cents, liquid $1.00 and $1.35.

If Your Ears Ring With Head Noises

If you have catarrhal deafness or head noises go to your druggist and get 1 oz. of Paramint (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

Traffic Makes Traffic

From the St. Thomas Times-Journal

The Duff scheme for co-operation between Canadian railways is dead and the Financial Post, in a cartoon, depicts it in process of burial, with Fullerton and Beatty as chief mourners. Amalgamation and joint operation are also deceased. The King government's program, says the Post, involves three major points, namely:

(1) Creating more traffic.

(2) Operating the Canadian National economically.

(3) Meeting competition by modernized practice and lower rates.

This policy is based upon prospective recovery which is expected to solve the financial problems of the country. The Post regards it as "disappointing" and says that it ignores the seriousness of our railway losses a a factor in the heavy taxation on homes and factories in Canada. The Post admits that Hon. C. D. Howe, the new Minister of Railways and Marine, who advances the above policy, is a business man and engineer accustomed to dealing with large problems, but believes that more drastic steps will have to be taken if railway deficits continue.

The government, by its election platform, is pledged to preserve the identity of the National Railway. Whether or not the people of Canada were fully alive to the seriousness of the situation, there can be no doubt that the movement for amalgamation was not popular in the last election. The policy of the government, as outlined by the Financial Post under the above three heads, does not offer anything new in the way of a solution of the problem.

The first, "Creating more traffic," and the third, "Meeting competition by modernized practice and lower rates," mean one and the same thing. The only new idea is that of lowering rates, and even that is not very new. Rates have been modified already to some extent, but more drastic reductions will have to be made. The railways of Great Britain and the United States have cut down the cost of railway travelling and found it profitable. The railways have it in their own power to solve the problem of commercial traffic on our highways. That traffic has thrived on the high charges for railway services. Most people would prefer to travel by train than by bus, with its obvious inconveniences.

When the cost of travel by rail is brought within the means of the average citizen more people will go ajourneying. This is shown by the popularity of the cheap week-end excursions. Cheap passenger and freight rates — particularly for household furniture — would start the wheels turning and keep them turning. Traffic makes traffic, and travelling is good for trade.

Speaking on Cats

(New York Herald Tribune)

The cat is the animal that is always in the news. If someone who loves dogs and someone who dotes on cats should subscribe in friendly rivalry for their pets to a clipping bureau it would be found that the cat has much the better press, not the slightest doubt.

The cat is ever on a telegraph pole, being extricated from between walls and floors, extracted from chimneys or from under the hood of a parked car. In and out of the silly season she is born with more than a fair allowance of toes or pictured mothering day-old chicks, puppies, what-not enemy young. She runs up a big annual score of column inches in the news and is never long absent from the columnist's comment and anthology. Editorial page correspondence can get hot over the seemingly simple question—what is a tabby cat?

But it is at the time of the cat shows—such as the 34th annual championship show of the Atlantic Cat Club—that puss gets her biggest spread in the papers; and this is about the only time that she makes the news columns for anything except being in a tight place or having got above herself.

Esteem of the alley cat (his country cousin is the barn cat) seems to be growing at the shows. Entries of short-haired cats, "breeding unknown," have nearly doubled. The fanciers know how to prefer their Persians, Siamese, Angoras, but the general public that is at all susceptible to cats is still somewhat resistant to these distinguished foreigners.

The common cat, with a busy career in a butcher store, a saloon, a ship, a hayloft, the necessary mouser or the fighting tom with distended cheeks and ragged ears, curtailed whiskers, or the plain, home-loving female, breeding unknown, that sits on a windowsill in the sun or by the fire (or radiator), seemingly in a depth of content that humankind can never know — those of the general public who not not cordially hate cats incline to these types and are pleased when they hold their own with the gorgeous exotics that devoted cat breeders and fanciers apotheosize in the shows.

Scotland Yard

Scotland Yard is teaching the world how to go about its police work. There are few countries that have not sent representatives to learn from the Metropolitan Police. Among the next batch of "pupils" will be detectives from New Zealant. Police officers have come from Newfoundland, Hong-Kong, Singapore, Canada, Australia, France, Spain, Germany and other Continental countries to glean much from our methods.

Superintendent Batley, chief of the Fingerprint Department, is going to lecture to "pupils" on his subject. Chief Inspector Rowe will demonstrate the Criminal Records Office. The wireless cars and broadcasting methods of the "Yard" will be explained by the Radio Chief, Chief Constable Best. Sir Bernard Spilsbury will give lectures on poisons. Dr. Roche Lynch, the Home Office analyst, will teach his own subject.

The value of scientific research—the examination of bullets, cartridges, and clothing—will be shown by Dr. Davidson, chief of the Crime Laboratory at Hendon. Finally, there will be special lectures on crime detection by Chief Constable Horwell and Superintendent Hambrook of the C.I.D.

"In our habits and mentality we are not very different from our ancestors."—Guglielmo Marconi.

HAVE YOU HEARD

A man isn't licked until he begins to blame his parents, his community or his family.

Harper—Do you see that man through the window? He hasn't moved for 24 hours. He can't be asleep; he must be dead. I am going to call the police.

Kenneth — Oh, it's all right. There's a chess tournament going on in there.

PETTY THOUGHTS

Memories are nice, but anticipation gets a bigger play. . . . In these modern times a love affair seldom outlasts one application of lipstick. . . . A professional man is one who would be out of a job if he always succeeded. . . . Why not let the women who insist on wearing pants assume the family obligations? . . . If other people weren't bad, how would we know how to be good? . . . Mother's vacation begins when she can say: "Now run along to school, darlings." . . . The reason there are so many cross words in some families is a puzzle. . . . Puppy love never turns out to be as serious as the symptoms indicate. . . . Rain on the roof is swell music provided there are no leaks. . . . You will find it is always safe to trust the man with baby fingerprints on his collar. . . . Life is one bundle of cancelled checks after another. . . . Romantic love is a dangerous fever too often fatal. . . . All the world loves a lover except the electric light companies. . . . There was a time when charity began at home, but nowadays no one stays at home long enough to start it. . . . Political eggs are hatched or thrown as the occasion may require. . . . Be critical—of yourself. . . . A self-serve cafeteria is a good place to practice self-resistance. . . . Law of improvement—Your "best today," isn't good enough tomorrow. . . . You can tell an honest man. He thinks all crookedness is illegal. . . . He who laughs last certainly is a nit wit. . . . The know-it-all never has any secrets. . . . A mouth full of clothes pins is the best cure for the cigarette habit.

Purchaser—Will the color in these stockings run?

Seller—Oh, no!

Purchaser—Then it is fast?

Seller—Certainly!

Purchaser—Well, how can anything be fast that can't run?

There are showers for the bride . . . but it is the bridegroom that catches thunder.

White Friend—So you're a salesman, now, eh, Sambo? Do you stand behind the product you sell?

Sambo—No, sah! Ah sho' don't.

White Friend—Why, Sambo, I'm surprised at you. You should always stand behind your product. What are you selling?

Sambo—Mules.

Women dress for men to look at and other women to talk about.

Hattie, the colored maid, was deeply interested in the efforts of one of the neighbors to prepare a pedigreed dog for the dog show. After much combing, brushing and other careful grooming, the dog was duly entered in the canine show, and received the first award in his class at the show. Naturally, Hattie was told immediately.

Neighbor—Well, Hattie, my dog got the first prize!

Hattie—No! Ain't dat nice! What was it?

Neighbor—The blue ribbon.

Hattie (thinking a moment)—How many yards?

TIP FOR LOVERS

"Your modern girl has no time for empty compliment. Above all she values frankness." Extract from mushy article. The love scene, of course, running something like this:

"Do you really think I'm pretty, honey?"

"No, Minnie, I don't! Your nose is cock-eyed for one thing, and your ears are too big."

"Darling!"

"Sweetheart!"

"What you think of my face, Minnie?"

"I try not to, darling. It reminds me of a blancmange."

"My love!"

"My own!"

Charming, don't you think?

"No education deserves the name, unless it developes it."—E. P. Whipple.

Peacemakers That Make War

Frank H. Simonds in Current History

Not long ago I was asked by a friend of mine, high in the official circles of one of the best known of American peace societies for a criticism of the activities of her association. In brief, my response must be that not alone her association but also the domestic peace movement as a whole has become the gravest peril to peace the United States has to deal with in the present hour of the world crisis.

In a word, if there is danger that we shall become involved in war, be it in Asia, Africa or Europe—and in my judgment the danger exists—the reason is to be discovered not in the machinations of the militarists but in the performances of the pacifists. It is not the munition makers, the international bankers or the war mongering admirals and generals who are today pushing towards participation in other people's wars, but those peacemakers whose aim it is to prevent war.

The explanation of this paradox, discoverable in Great Britain as well as in the United States, is very simple as the professional peace-makers in both countries still remain convinced that there is some peaceful way to prevent war even in the present hour when the rulers of at least three great powers have adopted war not merely as the chief instrument of national policy, but also as the sole means of assuring personal and national survival.

Alike in the Japanese action in Manchuria, the German in Austria and the Italian in Ethiopia, it is possible to discover precisely the same resolution dictated by exactly the same considerations. Japan has, more over already taken Manchuria; Germany has tried once to get Austria, and is visibly preparing to try again. As to the Italian determination in the matter of Ethiopia, patently that needs no elaboration here.

"'Tis a base abandonment of reason to resign our right of thought."—Byron.

DIXIE gives you a long cool smoke. . . . And it's always FRESH in the plug.

DIXIE
PLUG SMOKING TOBACCO

OTTAWA.—An increase of more than $1,000,000 was shown in the value of wheat exported to the United States during November as compared with the corresponding month last year, according to a report issued of statistics.

Wheat exports to the United States were valued at $2,582,802 compared with $1,522,901 in November, 1934.

Exports of all farm products to the United States during November totalled $3,730,238 against $3,975,489 in November, 1934.

SCOUTING

Here · There Everywhere

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

The 1st. Sudbury Rover Scouts have assumed the secretarial duties of the Ontario Institute for the Blind of the district. They will inform central headquarters of new cases, and will act as guides for blind persons when required.

* * *

The 9th. Niagara Falls Troop, Ont., were the guests of Troop 22 of Newfane, N.Y., at a Sunday evening investiture service at the Newfane Methodist Church.

* * *

A tug of war, Scouts vs. Dads, furnished excitement at the Parents' Night of the 16th Toronto (St. Matthew's) Scout Troop. Skits were presented by each of the six patrols, and refreshments were served by the Ladies 'Auxiliary.

* * *

Fifteen Edmonton Scouts qualified for the Friend to Animals Proficiency Badge after taking a four weeks' course in the care of pets under City Humane Officer McDonald.

* * *

Small Christmas trees for the aged and shut-ins of the island, each tree trimmed and bearing candy bags, were distributed by the 1st. Grand Manan (North Head) N.B., Scout Troop.

* * *

The Town Council of Kindersley, Sask., following the example of a number of other Saskatchewan communities, has indicated its readiness to provide a lot upon which the local Scout Association may erect a permanent Scout headquarters.

* * *

Ten selected Scout text books for the use of leaders of Cub packs, Scout Troops and Rover crews have been installed by the Public Library of Wallaceburg, Ont. Books for Cubs and Scouts will be added in the near future.

* * *

The fortunate Aylmer, Ont., Scouts have been provided by the Aylmer Inn Syndicate with a meeting place which comprise separate rooms for each patrol and a large main hall for assembly and games. The wiring and electric lights were put in by the Carnation Company. To raise funds for equipment the boys have been making and selling popcorn.

* * *

A message on birch bark carried a challenge to a hockey game from the 13th Saskatoon Scouts to the 8th Troop.

* * *

A weekly luncheon of the Calgary Kiwanis Club was held at the Scout hall of the 8th Calgary Group, and resulted in a contribution of $60,000 to the Troop funds. The boys put on a physical exercise display comprising tumbling, pyramid work and boxing.

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Issue No. 6 — '36

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Strong bodies, straight bones and sound teeth are built from the mineral salts and vitamins in Scott's Emulsion.

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