WAKE UP YOUR LIVER BILE—

And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sunk and the world looks punk.

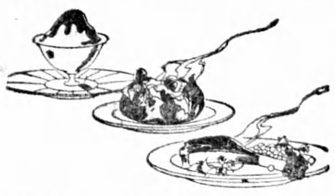
A mere bowel movement doesn't always get at the cause. You need something that works on the liver as well. It takes those good, old Carter's Little Liver Pills to get these two pounds of bile flowing freely and make you feel "up and up". Harmless and gentle, they make the bile flow freely. They do the work of calomel but have no calomel or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

Trinity Students Show High Rating

1934-35 Report Reveals Many Awards in Addition to Rhodes Scholarship.

The report of the Provost of Trinity College, Toronto, for the session of 1934-35 shows that Trinity College students ranked highly among the students of the University of Toronto. In addition to the award of a Rhodes Scholarship to Mr. George Ignatieff, the following scholarships were given to students of Trinity College: The Dent McCrae Scholarship in Law to Mr. W. D. Macdonald; the Anna Howe Reeve prize in Household Science to Miss W. M. Howitt of Guelph; the George M. Wrong Scholarship in Modern History to Mr. R. C. Scrivener; the First Alexander Mackenzie Scholarship in the Second Year in Political Science and the Banker's Scholarship to Mr. J. H. A'Court; the Riddell Scholarship in Law to J. F. Isard, of Oakville; the G. H. Armstrong Scholarship in Canadian History to Miss A. M. Saunders. Other distinctions included the award in the autumn of a scholarship by the Maurice Cody Research Fellowship and Scholarship Committee to Mr. G. Ignatieff the award of a free trip to Italy to Miss M. E. Dignam by the Italian Government and the selection of Miss Edith Ardagh of Orillia, as President of the Canadian students at the McGill University Summer School in French. Mr. J. K. Thomas, a graduate of the year 1934, was given one of its Fellowships by the Royal Society of Canada and is engaged in study in Paris.

Trinity College has also awarded many valuable scholarships to its own students who have gained high standing in the First Class in Honour Courses in the University of Toronto. This year for the first time, the James Scott Scholarships were awarded. These have been founded by a bequest from the late Mr. James Scott of Waubaushene and Toronto. The first winners are Mr. W. D. MacDonald and Miss J. I. Kirkpatrick the former in the Department of Law and the latter in that of Classics.



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.

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MARRIAGES CHANCES!

When and how, do they begin and end? When does that elusive personal charm of the older woman, dominate, or supplant, the fleeting physical attraction of the younger? Actually, the duration of both phases of feminine appeal depends entirely upon the presence, or lack, of nervous vitality. Marriage chances, which recede with waning charms and attractions, soon reappear when nervous vitality is restored to its normal level by Phosferine.

When appearances may shape one's destiny, naturally the desire "to feel at one's best" is the ambition of every woman, and all experience and authorities confirm that personal fascinations acquire a more captivating vivacity and sparkle, when Phosferine is occasionally employed to renew and maintain vitality.

Issue No. 9 — '36

SCOUTING

Here · There Everywhere

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

"I have just made a tour of our great Empire, and no one who has done this can realize the surprising extent and power of the great Commonwealth of Nations to which you and I belong."—Lord Baden-Powell opening the South African Scout Jamboree at East London, Cape Colony, in January.

* * *

There are now 1,046,433 Boy Scouts and Leaders in the United States.

* * *

The first Parents' Night of the 146th Toronto Group, affiliated with St. John's Roman Catholic Church, was made the occasion for the investiture of Rev. Father Egan as Chaplain of the Group.

* * *

In the presence of His Honor Mayor Wilton and other prominent Hamilton citizens, local Sea Scouts participated in a ceremony of unveiling a ship's bell of the Cunard White Star Liner "Olympic" when placed on display in the window of a travel agency. At noon Sea Scoutmaster Hoey struck eight bells, and the Sea Scouts carried on marking the time ship fashion to the end of the First Dog Watch.

* * *

Upon the proposal of Mr. Walter Head, President of the Boy Scouts of America and a member of the International Committee of the Boy Scouts Associations of the world, the first award of the new International Scout decoration, the Bronze Wolf, for exceptional service to world Scouting, was made to Lord Baden-Powell.

* * *

Reports record the paying of tributes to the memory of the late King George V. by Scout Groups in all parts of Canada, as elsewhere throughout the Empire. In addition to taking part in general memorial services, brief ceremonies were held at troop meeting places. At the same time declarations of allegiance were made to King VIII. Leaders are wearing a crepe sleeve band during the official period of mourning, and troop colors are decorated with a streamer of black.

* * *

In the death of Rudyard Kipling the Boy Scouts lost not only a strong supporter and friend, but one who had contributed very importantly to the founding of the junior branch of the Movement, the Wolf Cubs. When seeking a foundation plan for the projected junior Scouts, Baden-Powell found it in Kipling's "Jungle Books,"—in the story of Mowgli, the boy-wolf cub, and the laws of the jungle animals. This was the origin of the Wolf Cub promise. "The Cub gives in to the Old Wolf; the Cub does not give in to himself." The first Wolf Cub Handbook was dedicated by the Chief Scout to Mr. Kipling, and at large Scout gatherings the great writer always showed particular interest in the doings of the "Cubs." He was a member of the Scout Council from 1923 to the time of his death.

New George V Silver Dollar Will Be Issued In Canada

A new silver dollar, the last to bear the portrait of King George V, will be in circulation soon. Inquiry at the state department last week elicited the information that the necessary proclamation will appear in the near future. The machinery of the Royal Canadian Mint will then proceed to turn out the new coin.

Canada's last silver dollar was struck specifically to celebrate the Jubilee of the late king. The new coin will be issued to supply the general demand for silver dollars. As arrangements were made for its issuance some little time ago, and as King George was alive in 1936, the year of its issue, the new dollar will bear his portrait and not that of the presen King. Coins issued after the close of this year, however, must bear the portrait of King Edward VIII.

When coins bearing the portrait of the present king are struck the head will be facing right and not left as is the head of the late King. That is the custom. On the coinage the Monarch's head always faces the opposite direction to that of his predecessor. In this way they are always facing each other. The head of Queen Victoria faced left, that of King Edward VII right, that of King George V left, and, when it appears on Canadian coins, that of King Edward VIII will face right.

Stranger — You say that tough looking man over there is the man who put this town on the map?

Brushville Citzen — "Yes, he just completed his sentence only a week ago.

A Man's Triumph

Some five million persons danced recently in the United States at benefit functions of a unique kind. There were the more modest affairs; there were lavish and glittering displays in New York's palatial hotels; there were inexpensive tickets and there were costly ones. But it was all for the same cause and occasion —the fight against infantile paralysis in celebration of President Roosevelt's fifty-fourth birthday.

It is sometimes forgotten, in the present political storm centering around the President of the United States, the alleged collapse of the N.R.A., the veterans' bonus controversy and the supreme court's rejection of some of the most important legislation, that here at least was a man who made one of the bravest personal fights in history.

Condemned to the life of a cripple, Roosevelt set his course to overcome a handicap which would have dismayed the average man. Left almost helpless by infantile paralysis, he might have written finis, at a comparatively early age, to a career now made illustrious to many millions.

It is to be wondered if Mr. Roosevelt on that Thursday night did not look back over those years of his battle to overcome a dread ailment, remembering the fears and struggles in his inner soul, and feel that his final conquest was a greater achievement than the attainment of the highest post in the richest nation of the world. It was a fitting celebration of his birthday that his own triumph should help to alleviate the sufferings of many others in his country.—Hamilton Spectator.

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

HAVE YOU HEARD

Buying daughter a swell trousseau isn't such a compliment. It suggests that the groom won't be able to buy her any clothes for the next three years.

* * *

STEPPING STONES

Two steps backward, one ahead,
Thus the path of life we tread;
Two of loss, one of gain,
One of joy, two of pain;
Two steps upward, one step down,
Life from cradle to a crown.

* * *

Little David listened with deep interest to the story of the prodigal son and at the end of it he burst into tears.

Mother — "Why, what's the matter?"

Little David — "I'm so sorry for the poor little calf. He didn't do nothin'."

* * *

SLANTS — It is easy enough to make folks think you are a good egg until you are broke. — Lady barbers may be all right, but how would you like to have one shaving you when a mouse ran up her stocking? — Any girl who goes around with questionable characters soon knows all the answers. — No wonder a hen gets discouraged at times. She never can find things just where she laid them. —Those who are frugal have an edge on wasters. — Experience is a great teacher, but none ever had a more stupid bunch of pupils. — There is almost always a tie between father and son — and son usually wears it.

* * *

PATCHWORK

Life is a patchwork — here and there
Scraps of pleasure and despair.
Join together, hit or miss;
And in time it comes to this:
If your pattern neatly fits—
If among the tiny bits
Prominence the gay ones win,
With the drab just filling in —
There is something rather fine
In the crazy old design.

* * *

And you are getting old, when the Life Insurance agents quit rushing up and greeting you effusively.

* * *

Men fall into loafing because they can't stand the grind of a daily task. Yet what grind is more deadly and monotonous than to hang about eternally doing nothin?

First Father — Has your son's college education proved helpful since you took him into the firm?

Second Father — "Oh, yes, whenever we have a conference we let him mix the cocktails.

* * *

The man who is the life of the party at midnight is usually the pain in the neck at nine o'clock the next morning.

* * *

Butcher — This pound of butter you sent me is three ounces short.

Grocer — "I mislaid the pound weight, so I weighed it by the pound of chops you sent me yesterday.

* * *

Among the other things we heard against Texas, is, that more than half the spinach that is raised in the United States grows down there.

* * *

A bachelor visitor in the office, in surprised tones, said he hasn't been proposed to yet, and, looking into his face, we told him we were not surprised, the girls aren't desperate yet.

* * *

Visitor (to bride) — Are you not getting tired of studio life?"

Artist's Bride — "Good gracious, no. It's interesting. Jack paints and I cook. Then the game is to guess what the things are meant for.

* * *

If he is forty, and the girls of twenty say he isn't old, it means he is a bachelor and rich.

Honey Facts

By C. B. GOODERHAM,
Dominion Apiarist, Central Experimental Farm,, Ottawa.

Before the introduction of cane sugar, honey was apparently the only sweet available for human consumption. In those days of long ago honey was not desired for its sweetness alone, but it was also considered to be a food of remarkable qualities, for instance, one old legend claims that to eat honey brought health, wealth, strength and offspring to man. Furthermore, King Solomon in his wisdom advised that it be used not only for its sweetness, but from the stanpoint of health as well.

The modern beekeeper is too much inclined to adopt the inferiority complex when it comes to advertising his product, and as a result overlooks many of the legitimate claims that may be given as reasons for using it in preference to many other products that are now in competition with it. In the first place honey is the only sweet that comes from nature to the table unchanged by human agency. Honey is the nectar of flowers gathered by the bees and ripened by them within their hives. The ripening process consists of driving off the excess moisture from the nectar and of certain chemical changes in the sugars it contains.

Honey may be classified as a concentrated solution of sugars having a wide range of distinctive aroma and flavour that no other food possess. Honey consists largely of invert or predigested sugars, levulose and dextrose, and because of this, honey when eaten is immediately absorbed into the blood stream and thus becomes a quick source of energy which makes it an ideal food for children and athletes. Furthermore, being a predigested food it places no tax on the digestive system, a quality which makes it especially suitable for elderly people, and those with impaired digestion.

Honey also contains all the mineral elements necessary to the well-being of the human-body. It is true that they are present in small amounts only, but the fact that they are present and in a soluble form is one that should not be overlooked. Flavour is necessary for the enjoyment of food, and honey absorbs its flavours from the flowers and a honey with a flavour that will suit the most fastidious palate can be obtained. Honey when first obtained from the bees is in liquid form, but all Canadian honeys granulate sooner or later, and many people prefer granulated honey to the liquid. Honey is widely used as a spread. If the reader desires to know of other ways in which it may be used, he should write to the Bee Division, Central Experimental Farm, Ottawa, for Pamphlet No. 161, N.S.

Infant Mortality Rate Reduced

Mothercraft Society Reports Noteworthy Results. — Established in 1931.

TORONTO — Canadians have for a great number of years been accustomed to hear of the disproportionately low death rate of New Zealand, and to explain it with climatic comparisons. A visit to the headquarters of the Canadian Mothercraft Society, of 112 College St., Toronto, and the little Mothercraft hospital at 84 Wellesley St., is revealing and points a definite objective for all the prospective mothers of Canada.

Prior to 1907, we learn, the sister dominion of New Zealand did not lead the world in its low death rate for infants. In 1905 the challenging statement that a life a day could be saved was advanced by Dr. Truby King. Whereupon he drew upon his experienced knowledge of plant and animal life, and built the Mothercraft Society upon the fundamental laws of Nature. Not only did he reduce infant mortality as he had prophesied but he launched a movement which has spread to many corners of the Empire and globe, through the demands of mothers themselves

Mothercraft is based on breast feeding, fresh air and sunshine and a sane and rational diet for the mother and growing child. The results have been so gratifying to mothers the world over that freewill offerings of appreciation, from well-to-do and very poor, have extended the work and built new hospitals. There are now Truby King nurses in India, China and Japan, and most recently in Iraq.

The Mothercraft Society has its own training course and preserves its identity. Established in Toronto in 1931 it has not yet extended its organization, but many of its principles are included in the teaching and methods of the public health nursing service in many sections.

During its five years in Canada the Mothercraft Society has seen the infant mortality rate in Toronto reduced from 75.2 per thousand to 55.6 and the increase of breast feeding has reduced the infection danger materially. There has been co-operation of organizations in education of the breast feeding

MISERABLE? WEAK?

NO need for girls or women to suffer from periodic pains, headache or sideache. Many find that Dr. Pierce's Favorite Prescription is a very beneficial tonic. This is what Mrs. Lillian Bateson of 42 Myrtle Ave., Welland, Ont., said: "I felt so weak and rundown before I used Dr. Pierce's Favorite Prescription, I had to force myself to eat, and my stomach would become upset so often. But this tonic put an end to these complaints for after I used it I felt just as good as could be."

Buy of your druggist now! New size, tablets 50 cts. Large size, tabs. or liquid, $1.35.

Write to Dr. Pierce's Clinic, Buffalo, N. Y., for free medical advice.

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The Most Unique Profit-Sharing Contest in History

THERE ARE THREE SENTENCES IN THE FOLLOWING GROUP OF WORDS, FIND THESE SENTENCES, THEN WRITE THEM CORRECTLY, AND LEGIBLY.

"That man may last — to put in — we may learn — things are much better — his travelling bag — but never lives — has something — who much receives — but nothing gives — more — than our friends — from our critics — the average traveller."

Send your result in on or before March 10th, 1936, with an entry fee of twenty-five cents. 25 per cent of the entire receipts will be awarded for the first prize. 15 p'c't for the second prize, and 10 p'c't for the third prize. All contestants will receive the results by mail.

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