TRY
KRUSCHEN
FREE
TRIAL OFFER NOW ON

Ask your druggist for the 75c Giant Package. It contains one regular bottle and a trial size bottle. Use the trial bottle first and if not satisfied return the regular bottle unopened and the purchase price will be returned.

GET YOURS NOW

One Safeguard Against Cancer

Mrs. Irving E. Robertson Lauds Principles of Mothercraft Society

TORONTO. — The tenets of the Canadian Mothercraft Society, branch of a parent society which has been reducing infant mortality since 1907, were upheld and strengthened by a recent address in Convocation Hall, Toronto, when Dr. Burton T. Simpson, of the State Institute for Malignant Disease, Buffalo, declared that breast feeding of infants was one of the safeguards against cancer. The Mothercraft Society goes further in its declaration of faith in breast feeding and in its other natural health principles.

The president of the Canadian Mothercraft Society, Mrs. Robertson, whose husband, the late Irving E. Robertson, of the Toronto Telegram, was the founder of the organization of which his wife was the exponent, believe three generations can go a long way towards wiping out cancer and kindred evils.

"It has been proved that breast feeding reduces the danger of infection to a minimum," declared Mrs. Robertson the other day, "and it is obviating the danger of cancer. If public opinion and funds were directed towards fundamentals—proper prenatal and postnatal care of babies, stressing breast feeding, fresh air and sunshine, and an intelligently simple diet, which would supply the growing needs of the body in natural form, the results would be phenomenal. And think of the huge sums now necessary for remedial measures which would become available for education and constructive healthbuilding. In three generations we could revolutionize the human race."

One catches the spirit of the crusade, listening to Mrs. Robertson in the sunny advice rooms of the Canadian Mothercraft Society, at 112 College St., which received visits from over 8,000 mothers and babies last year. And one has the urge to hurry the movement to every corner of Canada as it has gone to all other parts of the Empire since the founding of the original society in New Zealand in 1907 by Dr. (now Sir) Truby King.

A Sense of Humor

Mr. F. M. Dowsett, an advertising executive, is a staunch advocate of application of a sense of humor to everyday life. He maintains that if Canada's financial men would exercise this characteristic they would effect a standard of living calculated to make them laugh at their previous existence. He proposes a sense of humor typical of that employed by soldiers during the World War. Their spirit kept thousands of men from collapsing, he states.

There is sound advice in Mr. Dowsett's suggestion. A sense of humor enables one to win or lose graciously; it is especially useful in the lives of politicians. The man who can "hand it out" and yet absorb return sallies in good form will stand the gaff much longer than a thin-skined fellow.

Usually the chap possessing the ability to smile easily and enjoy a laugh at his own expense is blessed with a thick hide. There is something pathetic about the thin-skined man, on the other hand, and there are too many of them around today.

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.

Industry Discovers Uses For Waste Farm Material

University Research Workers Think Great Deal of Waste Can Be Salvaged

AMES, Ia. — Industry, seeking new ways to utilize waste products may yet furnish the stabilizing influence needed to restore agrculture to its former prosperity.

That is the opinion of research workers at Iowa State College. They point to work during the past few years which shows definitely that valuable industrial materials may be developed from nut shells, rice and oat hulls, scrap leather, creamery wastes, corn husks and chicken feathers. Formerly these materials were thrown away or used as fuel.

Iowa State College research workers are under direction of the Bureau of Chemistry and Soils. They are experimenting with sugarcane waste from Louisiana; peach pits from California; wheat, flax and oat straw from Minnesota; walnut hulls from Missouri; corn cobs and cornstalks from Iowa; soybeans, artichoke tops and many other products.

Out of the local research work has come The Maizewood Manufacturing Co. plant at Dubuque, Ia. Dr. O. R. Sweeney, of Iowa State College succeeded in perfecting non-laminated, highly efficient insulation board out of cornstalks. Most of the buildings at the Century of Progress Exposition in Chicago were equipped with Maizewood.

After two financially unsuccessful attempts the Maizewood plant again is in operation. Chester C. Davis, AAA administrator, is one of the plants' financial supporters.

Base products of Maizewood may easily be made into good-quality paper, the scientists said. Even this would not be novel, as grass-like plants, similar to American farm waste products, were used as a source of paper in Europe in 1863. Cheapness of wood pulp at the time made it preferred as raw material.

This situation now is changed, however, according to local experts, because wood is considerably more expensive than it was, whereas cost of processing waste farm products is rapidly declining.

Possibilities of modern industrial chemistry may be seen from the following lines of research:

Dr. A. M. Buswell of the University of Illinois is experimenting with cornstalks and sewage for production of gas for fuel.

Dr. Max Levine, Iowa State bacteriologist, is tackling the problem of packing house and beet refinery waste.

Dr. C. H. Werkman, another bacteriologist, is investigating beet pulp as a possible source of organic chemical material..

At any moment, one of the researchers may solve his particular problem, and create a new market for farmers, one that means more dollars in their pockets.

Timothy Seed Supply Is Plentiful

The supply of timothy seed this year will far exceed the demand, consequently the price is lower than it has been for a long time and there is exceptional opportunity for farmers who require seed to purchase only the best quality. At the time of writing the price of No. 1 seed in Montreal is $4.50 per hundred pounds. This is 25 per cent. of the price demanded last season.

There is seldom any serious doubt regarding the germination of timothy seed, but too much attention cannot be paid to its purity or freedom from weed seeds. If a farmer buys a horse which turns out to be unsatisfactory for his purposes, he can dispose of it by some means, making the best of a bad bargain, and forget about the incident. Unfortunately the same cannot be done with a lot of seed for field crops which contains weeds seeds. If weed infested seed is once put into the ground it cannot be forgotten as the weeds will be a continual reminder. This is particularly true if the weed seeds are from a perennial such as Ox-eye Daisy. This weed is mentioned because it is one of the weeds classed as Primary Noxious under the Seeds Act, and one which is very commonly found in timothy. The seed is difficult to remove during the process of cleaning and easily passed over when a sample is being examined for impurities. Over 20 per cent. of the samples from the 1934 crop which were analyzed in the Seed Laboratory at Ottawa contained Ox-eye Daisy. In these samples the average number of the seeds of this weed was 33.1 per ounce. Any lot of timothy seed containing this number of Ox-eye Daisy would be rejected as unfit for seed under the Seeds Act.

A simple calculation will show the number of Ox-eye Daisy seeds which would be sown per acre if this seed were used.

Since timothy seed is plentiful and the price low this season every care should be taken in the purchase and only the cleanest seed should find its way into the ground.

The Seed Branch of the Dominion Department of Agriculture aims to encourage the more general use of good seed by promoting the production of seeds of superior quality in Canada.

Ottawa Families On Relief Spurn Patched Clothes

Mrs. Thorburn Tells of Demand for New Things No Matter if Cheap

OTTAWA. — Style sense of women in relief recipients' families brings heartburn to the breasts of workers in the Ottawa neighborhood services.

Mrs. C. H. Thorburn, acting chairman of the neighborhood services, told the board of control that persons, particularly women, receiving direct relief refuse to accept reconditioned shoes. They want new footwear, even of the cheapest kind.

The neighborhood services asked the board to approve opening of a retail store to dispose of accumulations of rebuilt shoes, reconditioned clothing, furniture and other goods to the public.

"People on relief," said Mrs. Thorburn, "are the most particular in Ottawa. They won't take this clothing and footwear."

Canada Has High Place In British Market

Figures compiled by the Dominion Bureau of Statistics show that for the year 1935 Canada had first place in the British import market for many important products. Canada was first in wheat, oats, oatmeal, wheat flour, apples, canned lobster, copper ore, pulp for industrial purposes, aluminum ingots, unwrought copper, zinc, non-ferrous metals, photograph plates and films, patent leather, rubber boots and shoes, rubber manufacturers. Canada was second in live cattle, bacon, hams, cheese, lard, hides and skins, pig lead, newsprint paper, vehicles; third in barley, undressed softwood lumber, wood and timber machinery; fourth in paper and card.

Mint is one of the oldest herbs in cooking; it is mentioned at least twice in the New Testament, both by St. Matthew and St. Luke.

Gold Production In Canada Better

Advances From $2,000,000 in 1929 to $16,000,000 In 1935

WASHINGTON — American exports to Canada rose 18 per cent in January the first month after enforcement of the new reciprocal trade treaty, according to Commerce Department figures published recently.

Shipments to Canada for the month were valued at $26,990,000, compared to $22,808,000 for the comparable month of 1935, the Department says.

At the same time, United States purchases from Canada rose approximately 20 per cent over the previous January or from $19,004,000 to $22,934,000. The United States thus enjoyed a favorable trade with Canada of 4,056,000 in January this year compared to $3,804,000 for the previous January.

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.

Issue No. 14 — '36

'I'll Be a Farmer'

(Chatham News)

"When I'm a man
"I'll be a farmer, if I can.
"I'll plow the ground and the seed I'll sow,
"I'll reap the grain and the grass I'll mow,
"I'll bind the sheaves and I'll rake the hay,
"And pitch it up in the mow away—
"When I'm a man."

The quotation may not be word-perfect — memories of boyhood days while still pictured in vivid colors, are not always accurate in minute detail—and maybe it is just as well that it is so.

However, that much of an old jingle in an old public school reader was recalled by a statement made the other day by Dr. O. E. Drake, an economist at the University of Wisconsin.

The doctor expressed the sincere hope that his boy, now five years of age, will eventually become a farmer.

Moreover, he gave his reasons for such an unusual wish, coming from a university professor — and they sound like very good reasons. The farmer, he claims, has better food, even in times of depression, than his city neighbors; he has better health; he can accumulate more property; he is more likely to enjoy his work than city people; finally, and most important, the farmer is more likely to rear a family and do his part to promote the general welfare of the nation.

He might have added that the farmer has the satisfaction of knowing that he is engaged in the most important industry of this country — the fundamental industry — upon the success of which every man, woman and child, in all other human activities, is directly and absolutely dependent for the means of life.

We hear a lot about practising the principle of service to our fellowmen. The farmer is in on the ground floor, when it comes to a question of contributing to the couse of humanity in his daily life —and when all these other advantages, as pointed out by Mr. Baker, are taken into consideration, it is not so much to be wondered at, that the professor, looking for a noble and useful career for his son, hopes that he will eventually become a farmer.

Tobacco Production Reaches New High

Tobacco production in Canada reached an all time high in 1935. The crop last year amounted to more than 55 million pounds and was 45 per cent. greater than that of 1934. The tobacco growing industry in this country has made rapid strides over the past fifteen years, especially in Ontario, where 85 per cent. of the crop is produced. Other areas of production are located in Quebec and in British Columbia.

The quality of the 1935 crop is reported as excellent. "With an improvement in general economic conditions and a closer co-operation between growers and purchasing companies in the marketing and production of flue-cured and Burley tobaccos, the price situation is much improved over 1933, particularly in Ontario," states the "Agricultural Situation and Outlook" for 1936. Authorities feel, however, that in the case of flue-cured tobacco the probable demand in 1936 does not call for any increase in acreage over that of 1935. Although the acreage devoted to Burley in 1935 was not as large as anticipated, an increase of over 10 per cent. in acreage of this type, does seem to be warranted for 1936. Other types of tobacco appear to have reached a satisfactory acreage, based on present consumption figures.

The only items of tobacco products to show a decline in consumption in 1935 were plug and snuff. These commodities appear to be somewhat less in fashion for the present at least. Withdrawals of cigarettes from bond for consumption in 1934 were 14 per cent. greater than in 1933 and in 1935 this figure was 21 per cent. over that of 1933.

Exports of tobacco to the United Kingdom declined in 1935, but the outlook appears to be more encouraging. The British West Indies imported substantial quantities of Canadian dark tobacco; a sharp increase in 1935 being reported.

Figures pertaining to the production and marketing of tobacco are discussed in the "Agricultural Situation and Outlock" for 1936. Published jointly by the Departments of Agriculture and Trade and Commerce, this bulletin is available free to farmers and others interested, from the Publicity and Extension Branch, Department of Agriculture, Ottawa.

Scientists estimate that 40 per cent of the land area of the earth is desert, 30 per cent is productive, and 30 per cent is poor grazing ground, forest, high mountains, and waste.

YOU can cut Dixie coarse or flakey just as you like it. It's economical, too, for you cut it only as you use it—there's no waste.

DIXIE
PLUG SMOKING TOBACCO

To Urge Milk Pasteurization

(Editorial in Health, the journal of the Canadian Social Hygiene Council.)

Plans are under way whereby the Health League of Canada will organize a national Committee on Milk. The objective of this committee will be the universal pasteurization of milk in Canada. The importance of pasteurization of milk as a means for safeguarding health has been repeatedly discussed in this Journal and as far as possible in each issue Milk will continue to be a major topic of discussion.

But it has been realized that this is not enough. A very large proportion of the people of Canada are exposed to the dangers of drinking raw milk. Raw milk conveys disease and although milk is perhaps the most important of all of our foods, unpasteurized, it may be a positive menace.

There are many reasons why people till continue to drink raw milk. The most important is ignorance and the reiteration again and again of the truth will result in a demand for pasteurization. But the effective reiteration of the facts requirs greater machinery than is provided even by the magazine, "Health." Organization is needed and the utilization of every means of publicity if a demand is to be created which is likely to result in action. In addition, more effective health machinery is needed if there is to be effective action. "Health" is of the opinion, for example, that so long as we have the part-time health officer system over a great part of Canada, we will achieve little either in the direction of getting milk pasteurized or raising health standards generally.

For this reason a demand for pasteurization must be part of a demand for better health service in general. This demand will be organized by the Health League of Canada —and education as to the need for universal pasteurization will be part of the larger programme. For this reason a special committee or section to specialize in the whole question of milk, its consumption and safety, will be a definite part of the educational machinery in the process of formation.

Simplicity

There is great virtue in simplicity and directness. There is such a thing as protesting too much, loading our conversation with too many adjectives and making it altogether less effective thereby. The Quaker habit of modest speech has very much to justify it, for extravagance in words is about as bad as any other kind of extravaganve. Truth doesn't need any bolstering up, and if we are speaking we will hardly feel that it does. We ought to remember that.

First Impression

(St. Catharines Standard)

An editorial in the Rotarian Magazine quotes an outstanding architect who confessed himself amazed with the neglect so many progressive cities impose upon themselves in failure to attempt any beautification of the immediate territory in a community which railway trains enter and leave. It is quite true in this case that the visitor is first impressed with a down-at-the-heel shabbiness of surroundings.

If such neglect is damaging to a community around a railway right-of-way, how much more so when it extends to the highway entrances and exists.

But if the giver doesn't let his left hand know what his right hand does, some other hand claims the credit.

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.

COINS

COINS WANTED. HIGHEST PRICES paid; big illustrated list ten cents. Grant Groves, East Saint John, New Brunswick.

EXPECTANT MOTHERS

WOMEN who suffer periodically, who may have side-ache or headache, and those about to become mothers, will find Dr. Pierce's Favorite Prescription a dependable tonic. Read what Mrs. Mary Hutchinson of 41 Inverness St., Stratford, Ont., said: "I became extremely nervous before the birth of my son and was so weak I could hardly be on my feet. I felt all dragged-out and weary and suffered with backache and headache. In the morning I would become very dizzy. I realized to lose any more strength would be dangerous, so I started taking Dr. Pierce's Favorite Prescription. I took it all during this period but improved from the very beginning." Buy now. New size, tabs. 50c., liquid $1.00.

END PAIN—*Soothe*
SORE HANDS
by Rubbing in
MINARD'S
"KING OF PAIN"
LINIMENT

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.

Write—Wire—or Telephone
LYndhurst 1143
THE UNITED FARMERS
CO-OPERATIVE COMPANY, LIMITED
LIVE STOCK COMMISSION DEPT.
Union Stock Yards, West Toronto

FOR SALE
60 CYCLE—110 VOLT—C. G. E. MOTOR
IN EXCELLENT CONDITION, 2 HORSEPOWER, 3 PHASE
Wilson Publishing Co., 73 Adelaide St. W., Toronto

"The Contester"
A WEEKLY BULLETIN SERVICE
FOR CONTESTANTS, ARTISTS AND AUTHORS

This Service consists of International Prize Contests, Markets for Cartoons, Illustrations, Borders, Designs for Magazines, Advertising, Greeting Cards and Verses, Articles, Limericks, Poems, Slogans, and Stories.

$2.50 for 1 year, $1.50 for 6 months, $1.00 for 3 months, .50 for 1 month, and a sample sheet .10.

Send a 3c. stamped, addressed envelope for other money making ideas.

GIFF BAKER, 39 LEE AVENUE, TORONTO, CAN.