HIS LUMBAGO HAS GONE

A Sailor Finds That Kruschen Keeps Him Free

Four years ago this sailor had an attack of lumbago. Kruschen put him right again — and has kept him right since:—

"Four years ago," he writes, "I was troubled with lumbago intermittently, and tried several remedies, without getting any relief. I started taking Kruschen Salts, following the directions for lumbago, and I can assure you that after a few weeks I felt the benefit. For four years now I have never felt any recurrence of lumbago, although I still continue with Kruschen. I would not quit if they were double the price. I am sixty, and work on sailing craft, and apart from that lumbago have hardly ever had a day's illness."—E.O.

Kruschen is a combination of several salts which assist in stimulating your liver and digestive tract to healthy, regular activity. They ensure internal cleanliness, and help to keep the blood-stream pure. Thus lumbago, rheumatism, headaches and indigestion are less apt to trouble you.

New Heater

Small Fan Sends Warm Air To All Parts of Room

One of the newest bathroom gadgets is a portable heater that looks like a miniature radio. Convenient and inexpensive to operate, its small bladed fan forces the air past the hot coils circulating it to various parts of the room. It is mighty nice where there are small children in the family.

Air conditioning is now possible for a single room. Placed in the bottom of a window in the same manner as a ventilator, there is an electric fan which draws fresh air from outdoors through a glass wool filter which then matches dirt and other impurities. Moisture is added from a small tank of water, that is kept steaming by electricity. This according to the manufacturer circulates purified and humidified air throughout the room relieving dry air discomforts.

Perfects Navy Bean Adapted To Northern Ontario Climate

An outstanding achievement in agriculture and one of great interest to northern Ontario is the development of an early maturing navy bean in the Rainy River district. This new bean is adapted to more northern districts than those now recognized as the "bean zone," where the standard 125 to 130 day varieties are grown, in that it repeatedly matures in from 80 to 90 days from date of planting.

The originator of this new early bean is A. C. Gohn of Emo, Ont., who came to the Rainy River district in 1923 from the province of Saskatchewan. Mr. Gohn brought with him a sample of beans, unrecognized by the dominion seed branch at Ottawa, from which he had by carefully selecting for uniformity, productiveness and earliness, developed a variety that is most dependable.

Awarded Many Prizes

This new bean was under test for three seasons by the dominion seed branch and in February 1934 the commissioner granted its license as a new variety to be known as "Gohn's Rainy River," thus showing that it originated in a district far north of the standard bean zone.

Apart from this new navy bean being extremely early, it has already proved that it holds a high place in competition. In 1933 it won a major award at the Regina World's Grain Show. It won the Canadian championship at the 1934 Toronto "Royal," also defeated all the United State at the 1934 Chicago "International." Twice in succession it won the special at Chicago.

This new variety has all the good features of those grown in the old bean zone together with those required for our northern zone. Among these features are: earliness of maturity, uniformity of crop and sample, productiveness, chalk white color, cooking quality unexcelled, foliage protects pods from light frosts and maturing farther north.

In 1934, a most unfavorable season, Gohn's Rainy River navy bean ripened in less than 90 days at Gimli, Man., 50 miles northwest of Winnipeg, and arrangements have been made with Hudson Bay Co. to distribute this bean through their trading posts down the McKenzie River valley and report results next Fall.

The Swans of the Thames

One of the sights of the upper Thames is the swans which are to be seen floating around gracefully on the surface of the water often followed by a pair of cygnets. They move about the small boats which frequent these waters fearlessly, for no one disturbs them, as they are regarded as the King's property. As a matter of fact, they are owned jointly by the King, the Vintners' Guild and the Dyers' Guild. Every year in July the King's Swan Masters make a trip over the river and they make a mark on the bird's bill to indicate its ownership. The cygnets, which have been unmarked, are divided among the owners. Persons desiring to own swans may apply and if their application is passed upon favorably they are given a pair. They must prove that they have a suitable place to keep the birds.

Teaching a Calf To Drink

"We were reading a tribute written about pioneers, and it recounted changes which have taken place in the years which separate us from pioneers," writes the Peterborough Examiner. "Like this: 'If the pioneer came back today he would marvel at the manner of 1936 agriculture; the manner of feeding has changed; the way in which milk is taken and separated at once; the putting down of production. It would seem strange to him to turn a button and illuminate the barn. He would find himself in a changed world.'

"It went on like that for quite a distance, and no doubt there's quite a bit of truth in it, but the change is not as great as stated. The pioneer farmer would find some things had not changed at all, and we mention just one — teaching a calf to drink out of a pail. We dare say he did it just the same as it was done on the Tenth Concession some years ago and just the same as it is being done on farms all over the country today.

"It is quite true many things are done differently today. No longer is a pig allowed to live long enough to demonstrate how big and how fat he can become; the pig is cut off in his youth. The pioneer allowed him to become a nice large pig before he considered it well to be done with him. It is the same with chickens; they are subjected to strange and great mechanical devices today. The pioneer used to help chip the eggs at the end of three weeks and if the old hen deserted her family he would rear the chicks in a basket beside the kitchen range. Much has changed, but we do not know of any new devices for teaching a calf to drink from a pail. The pioneer probably got some milk in the pail and put his hand down in the bottom and turned the fingers up to get the calf to start that way; we did the same thing in later years on the Tenth Concession and we believe the custom has not changed. Nor has the strength of the calf's neck. A calf may look wobbly on its long legs but it is never wobbly in the neck. A calf may even appear to be demure and in its eyes one may even see the light of reason and a certain degree of wisdom, but when it comes to drinking from a pail the calf is stubborn. Extremely so. The first few lessons in pail drinking when a calf is being weaned always spoiled a man's temper. We don't know if we can recall a man who taught a calf to drink out of a pail without saying the things which never should have been said. So if the pioneer were to return he might find a good many things changed, but if there was a calf near the weaning stage he would feel that he was back where he once belonged."

U.S. Antarctic Land

It is difficult at this time to conceive of the specific importance to the United States of 350,000 square miles of Antarctic territory just claimed for that country by the intrepid Lincoln Ellsworth.

The National Geographic Society, through President Roosevelt, has awarded Ellsworth the Hubbard memorial medal for the Antarctic acquisition, believed to have been the last band left unclaimed in either polar region. Ellsworth deserves high honor for daring and skill.

But the territorial question is something else. This Antarctic territory may never be worth one copper cent; on the other hand, it may some day be worth a great deal. There was a time, remember, when America's purchase of Alaska was considered sheer extravagance.

Pithy Anecdotes Of the Famous

Izaak Walton, the "Father of Angling" and author of "The Compleat Angler" — the Fisherman's Bible— was a sweet-souled, contemplative man, who spent much of his time, when he was not fishing, "in the families of the eminent clergymen of the old country." As Andrew Lang said: "He had a natural taste for a Bishop."

For 51 years old Izaak was in business in London occupying half a shop two doors west of Chancery Lane. There is some doubt whether he was a linen-draper or an iron-monger, says C. Lewis Hind (in "One Hundred Best Books"), but there is no doubt that important men sought him and would chat with this delightful shopkeeper-fisherman over the counter.

When George Eliot's first novel "Amos Barton" appeared in "Blackwood's Magazine" there was doubt and speculation as to the author's identity since "George Eliot" was acknowledged to be a pseudonym. There was little or none on the sex question. The author was a man. Dickens alone penetrated the secret He was quite certain the writer was a woman. And of course, he was right. "George Eliot" was Mary Ann Evans.

Even Major John Blackwood, her publisher was not let into the secret until some time later. All the correspondence and business arrangements with his new author had been conducted through George Henry Lewes—her close friend and literary adviser.

Eventually, Blackwood, whose suspicion and curiosity had been aroused went to call on George Eliot. He was received by Lewes and a young woman who was introduced as Mary Ann Evans. (The scene is described by J. Lewis May in his "Life" of Geo. Eliot).

"Well, am I to see George Eliot?" said Blackwood.

"Do you wish to see him?" replied Lewes.

"As he likes — I wish it to be quite spontaneous," said the Major.

Mary Ann Evans left the room followed by Lewes. She quickly gave him permission to reveal the secret. Back in the room, Blackwood was formally presented to "George Eliot."

Which recalls an Eliot story by Burton Rascoe (in "A Bookman's Daybook).

T. S. Eliot, the poet was once introduced to Marie Laurencin, the French painter, at a tea party.

"Eliot? Eliot? Eliot, the writer? But they told me you were a woman."

"No, I assure you the facts are otherwise," replied Eliot.

"But, surely I can't be mistaken. I was given to understand you were a woman," persisted Mlle. Laurencin.

"No! No! I have known myself for quite a long time and I am quite convinced that I am not and have never been a woman."

"But aren't you George Eliot?"

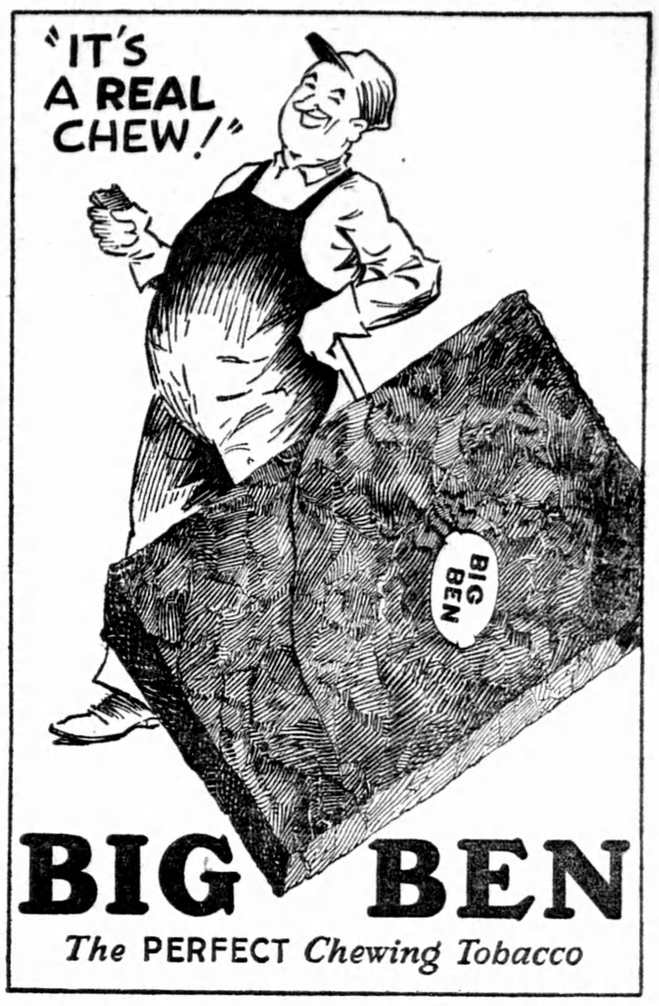
United Action Cure For Canada's Ills

KINGSTON, Ont. — Recovery after the depression in Canada is not merely a matter of getting back to the 1928 stock market prices nor of regaining the position as third greatest trading nation in the world, but is a task of reviewing the manner in which the Dominion has developed since Confederation and seeing wherein Canada has been successful and wherein she has failed and then setting forth on a new plan of reconstruction, Hon. Norman McLeod Rogers, minister of labor, told the Kinsmen convention here during the week-end.

One of the more serious results of the depression has been the growing talk of secession, said Mr. Rogers. He said he was certain, however, that these evidences of doubt, mistrust and sectional antagonism can be removed very largely by the realization that Canada's only escape lies in united action.

Mr. Rogers said he was confident that by 1938 the people of Canada would be able to look back and agree that theirs was indeed a goodly heritage.

South Africa leads the world in production of gold.



Building Outlook Reported Bright

Heavy Demand Evidenced for Small, Reasonably Priced Homes

ACTIVE IN SUDBURY

Ontario's annual big move with it's hustle and bustle brings a brighter picture to the construction industry and housing problems for cities to solve. A heavy demand for small reasonably priced homes has made its appearance as Summer approaches and moving vans start their yearly round.

Although most cities in Ontario report slight change in building figures compared with last year, some real activity is promised in Sudbury, Hamilton and London, with the Northern Ontario city expecting a $1,000,000 program to boost business outlook.

Toronto city building department officials declare the construction picture this spring is only "a trifle better" than last. Up to the end of March total value of building work done was $46,212, slight increase over 1935 figures.

About $200,000 will be expended in London, the majority in industrial expansion. Hygrade Corrugated Products Limited, manufacturers of containers and similar articles, is arranging for a $30,000 addition to their plant while the Atlantic Pacific Tea Company plans spending $35,000 on two new stores.

For the first three months of 1936 total value of new buildings in Hamilton was $198,000 compared to $140,000 last year. This year a $64,000 factory is under construction and other large contracts are appearing.

Active in Sudbury

A real rosy tint to the picture is painted in Sudbury, where $1,000,000 will go into construction jobs, many large business blocks are to make their appearance and accommodation for more than 400 families anticipated. The quarterly report of H. Roseborough, building inspector, declares the construction value for the first three months of 1936 is second only to the figure for the same period in the 1931 boom.

In this busy northern city permits granted for the first three months this year amounted to $33,700 compared to the $7,515 figure for the same period in 1935. It is about half the value of permits issued in the first three months of 1931.

Sault Ste. Marie, another northern centre, reports prospects better than for several years with permits issued up to the present worth $39,000 compared to $29,500 in the same period in 1935.

St. Catharines hopes for an improved construction year. A new city hall and police station will be erected at a cost of $150,000. And in Sarnia where operations have been practically at a standstill for several years, revival signs are seen this spring A shortage of moderate-priced dwellings for rental purposes has turned householders to studying the federal housing act with a view of building their own homes.

Value of Sarnia building permits for March was $10,040, largest for that month since 1931, with the total for the first three months $18,540, an increase of $10,181 over last spring. A new theatre is planned with an expenditure of nearly $100,000.

Classified Advertising

WEEKLY NEWSPAPER

ADVERTISER WOULD PURCHASE country weekly at reasonable terms. Send particulars to Box 42, Room 421, 73 Adelaide St. W., Toronto.

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BEE SUPPLIES

QUALITY BEE SUPPLIES — HIVES, Frames, Sections, Foundation, Honey Pails and Jars, Extractors, etc. Prompt shipment. Illustrated catalogue on request. We take beeswax in exchange for supplies. H. M. Clubine and Co., Dept. W., Brantford, Ontario.

GOHN'S NAVY BEAN

CANADA'S NEW NAVY BEAN — "Gohn's Rainy River" ripens farther north. White. Splendid cooker. Heavy yielder. Frost resistant. International winner since 1932. Foundation stock, grade 1, 50c per lb. (5 or more pounds at 40c lb.) delivered. Albert C. Gohn, Emo, Ont., originator.

WASHO

WASHO — CLEANS EVERYTHING. Used daily every home. Harmless, economical. Free needle threader with each package, beats all sales records. Good repeater. Good commission. Exceptional proposition. Write quick. 9 Washo Bld., Alexandria, Ont. a25

FOR SALE

RASPBERRY CANES, VIKING, $20.00 thousand. Alsonia Farms, Cooksville.

BULBS

GLADIOLUS — 100 for $1.00 POSTpaid Blooming size. Rainbow mixture. R. Corman, Harriston, Ont.

SALESLADIES WANTED

SALESLADIES, FAST SELLING CANadian magazine with liberal commission. Write to Knitting and Homecraft, Department 7, Unity Building, Montreal, Quebec.

FREE **ANGLERS** FREE

SKINNERS new 40 page illustrated Fishing Tackle Catalogue ready for delivery at once, including fish and game laws.

WRITE TODAY FOR YOUR COPY

78 Victoria St. SKINNERS Toronto Ontario

HOW'S YOUR BLOOD?

YOU lose vital nerve force if you allow your stomach to distress you. When nervous and rundown and in need of a tonic — when your weight is below normal, and you feel tired-out and weak, follow the advice of Mrs. Rose Cook of 101 Walnut St. So., Hamilton, Ont., who said: "My daughter, Doris, (picture above) was in a badly run-down condition when she was six years old. She was quite thin, had no appetite and had pimples on her face, caused by faulty elimination. Dr. Pierce's Golden Medical Discovery built her up so that she ate better, gained weight and the pimples cleared up." Buy now! New size, tablets 50 cts., liquid $1.00 and $1.35.

CORN PAIN AND WOTTA WART

Undesirable guests of Mrs. Public were removed by Cress Corn Salve

Price 50c a jar. Try Cress BUNION Salve, it's good too. Made in Canada. Sold by all Drug and Dept. Stores. Distributed by Harold F. Ritchie & Company Ltd., Toronto.

INDIGESTION A THING OF THE PAST GASTRONOX

will give you relief from indigestion and other gastric disorders! Let it help you to better health as it has helped thousands. GASTRONOX, an amazing alkaline stomach powder, neutralizes acid and peps you up. Business and social success depend upon physical fitness. Eat and drink what you like and take GASTRONOX! Get it today! Sold at all drug stores.

SCOUTING Here There Everywhere

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

Nearly 1500 Boy Scouts of London and adjacent counties took part in what was described as the biggest musical show ever put on at the Royal Albert Hall, London. The play, "Boy Scout," depicted the Scouting history of a London boy who joined a Scout Troop in search of adventure. Armies of ghostly explorers, adventurers, crusaders, soldiers of Wellington and sailors of Nelson, formed a background for his various experiences, and wished him well as their modern descendant. One scene featured 1,000 Indians.

* * *

A prize which has created keen competition between the different patrols of Fort Erie Scouts is a week-end to be spent at the district Scout cabin early in May.

* * *

Nnumbers of Scout troops in all parts of the Dominion are securing for themselves, or are being presented with pictures of King Edward VII, their new Honorary Patron. The first anniversary of St. Anthony's Troop of Fredericton, N.B., was made the occasion for presented a beautiful framed portrait of King Edward by Rev. Fr. W. M. Donahoe. The troop stood at salute while the picture was unveiled by a Patrol Leader.

* * *

A special postage stamp will be issued by the Netherlands in 1937, to mark the holding in that country of the 5th World Boy Scout Jamboree. Similar special issues of postage stamps have been put out by Roumania, Siam and Hungary to mark Scout gatherings in those countries.

* * *

A father and son banquet of the 1st Ormstown Scout Troop of Quebec, was attended by the Mayor, several of the Town Councillors, the four local clergymen, the high school principal and most of the professional men of the town. The troop is headed as Scoutmaster by the assistant high school principal. Toasting the Scout movement, Dr. W. S. McLaren stated his belief that "no better organization has ever been started in this town."

* * *

The Town Council of High River, Alta., has placed the old High River "Times" building at the service of the local Scout Association, rent free, for a year. The Scouts are asked only to take care of the fire insurance.

* * *

In the meeting place of the International Scout Troop at the Canadian Academy at Kobe, Japan, the Scout Law is displayed in English, German, Dutch, Spanish, Danish and Russian. When the boys "salute the flag" no less than twelve different national flags are hoisted, so that each Scout can pay respect to his own country's colours

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W. J. GALBRAITH
"Mapledene" Stayner, Ont.

New Seed Potato Certified WARBA

The new Warba potato is without a doubt, the finest origination of a century in the early potato class. It has been tried in many parts of United States and Canada and all results have shown that it is fully two weeks ahead and more productive than the well known early variety Irish Cobbler. Its shape is roundish, skin and flesh white, eyes about the same depth as those of the Cobbler variety, but pinkish in color. It cooks well, is delicious and keeps very well. Our trial at Macdonald College last Summer, has convinced us that it will soon be the leading early variety of potato for our northern climate. While our stock lasts:

5 lbs.	$ .75	10 lbs.	1.20
30 lbs.	3.00	60 lbs.	4.50
100 lbs.	6.00	F. O. B. Store	

Our 1936 seed catalogue, the best ever put up in North America, free on request.

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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. 20 — '36