HER HANDS WERE ALL OUT OF SHAPE

In Grip of Rheumatism for 15 Years

Here is a letter which shows the value of persevering with Kruschen:—

"For about two years I hardly went out, it was such a painful effort to walk owing to rheumatism. My hands and feet were the worst affected. I was unable to walk without a cane. I read so much about Kruschen, I decided to try it. I was three months before I felt any better, but I kept on and since then I have been fine and never used the cane. My hands were all out of shape, but they are almost normal now. Of course I could not expect to get better all at once, as I had suffered for 15 years before I started on Kruschen."—(Miss) A. L.

Rheumatism is frequently caused by an excess of uric acid in the blood. If you could see how Kruschen dulls these uric acid deposits, then dissolves them away altogether, you would agree that the Kruschen treatment should bring relief in cases of rheumatism.

British Advised To Advertise

There have been several extensive and no doubt profitable displays of Canadian merchandise in large cities in the United Kingdom. "Canada weeks" have been held in Glasgow, Liverpool and other places when not only central exhibits of Dominion products were staged but merchants were called upon to feature Canadian goods in their windows and push the sale of them over the counter, comments the Stratford Beacon-Herald.

But there is another side to that, and it was briefly referred to by the Canadian High Commissioner in London, the Hon. Vincent Massey, addressing a chamber of commerce. It is that British producers do not sufficiently promote the sale of their goods in Canada.

There is a large market in this country for the heavier kind of British products, but there is a conspicuous lack of retail merchandise on the shelves of the stores. A shopper may ramble through any grocery, for example, and find nothing at all of British manufacture. There are plenty of articles from American manufacturers and from factories of American-owned establishments on Canadian soil. Well-known British commodities which are common in every store in Britain are scarcely seen except for a few lines.

The fault lies chiefly with the British manufacturers. There is every good will here towards British products, but the root of the trouble is that British manufacturers apparently do not think it necessary to advertise in Canadian newspapers. They seem to feel that because their goods are British made that fact should be sufficient to make them sell. They let their goods speak for themselves, forgetting that the Canadian public may not be familiar with them all.

If large sales for a product have been built up in the United Kingdom by advertising it is just as necessary, even more so, to "educate" the public in Canada to buy what may be to it new commodities. And housewives are chary about buying articles of which they have no knowledge.

Here's that Fast "Phillips" Way

To Alkalize Stomach Quickly

On all sides, people are learning that the way to gain almost incredibly quick relief, from stomach condition arising from overacidity, is to alkalize the stomach quickly with Phillips' Milk of Magnesia.

You take either two teaspoons of the liquid Phillips' after meals; or two Phillips' Milk of Magnesia Tablets. Almost instantly "acid indigestion" goes, gas from hyperacidity, "acid - headaches" — from over-indulgence in food or smoking — and nausea are relieved.

Try this Phillips' way if you have any acid stomach upsets. You will be surprised at results. Get either the liquid "Phillips" or the remarkable, *new* Phillips' Milk of Magnesia Tablets. Only 25¢ for a big box of tablets at drug stores.

ALSO IN TABLET FORM: Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.

MADE IN CANADA

PHILLIPS' MILK OF MAGNESIA

Many Jobs Available This Year For Girls With College Training

Barnard's Occupational Bureau Head Advises Them To Supplement Arts Courses With Professional or Technical Work.

It looks as though the Good Fairies were going to put in some brisk work in 1937 providing jobs for college trained girls who need them. Miss Katharine S. Doty, head of the Occupational Bureau at Barnard College, which placed 459 girls in jobs last year, said in the New York Sun, "It is going to be easier this year but it will still be necessary for the college girl to supplement her liberal arts work with some professional or technical training.

"As a matter of fact, the total number of our placements—in permanent, Youth Administration and temporary work—in the last year was larger than it has ever been before and the number of placements in permanent, full-time positions was almost as large as in 1928-29."

The experiences of secretaries and committee members in the several clubs of college women in New York, who seek to render service to the job hunting graduates of their respective colleges, are in line with those of Miss Doty. Unanimously, they report that all indications point to more jobs and better pay for the college girl in 1937.

Some of the larger clubs of college women here have supplemented the placement work of the bureaus maintained in the colleges themselves by setting up volunteer committees to investigate local conditions, to collect reliable information about employment agencies and about salary levels and trends in various fields of business and professional activity. All of this information is made available to graduates of their respective colleges. Some groups even do placement work and have established many desirable contacts with employers.

VASSAR'S SERVICE

At the Employment Information Service maintained by the Vassar Club here, Miss Eleanor Prendergast, chairman, said: "Our activity began in 1935 and we have happily been able to find positions for eighty of the 275 Vassar girls who have registered here. We have built up a list of consultants who are Vassar graduates and when a girl comes to us saying that she wants to go into museum work, into a chemical laboratory or to work as an investment counselor, we have these consultants of our own to turn to for advice. Nearly 75 per cent. of the positions that come in to us demand some secretarial work, such as stenography and typing.

Mrs. Norman Bankart, at the Mount Holyoke Club, said: "Fewer girls are coming here for information and I take this as an index that they are more easily finding jobs for themselves. In 1936 we have not had half the number of registrants we had in 1935. The position offered have varied from requests for a girl who had majored in mathematics or in physics to requests for a good hostess, an insurance solicitor and a subscription agent for a magazine."

INCREASED PAY

Miss Ruth Houghton, assistant vocational secretary of Smith College, telephoning from Northampton, said: "We are gratified to note a slight increase in salaries offered. Business offices that were willing to pay $15 a week last year now offer $18, $20 and even $25. Our girls who wish to be teachers and who go into some school for a year's apprenticeship, now get a small salary or living expenses and sometimes both. A few years ago they could expect neither.

"More jobs are being reported than last year, more employers come to interview girls and more school heads have come looking for possible teachers. We also find that over 75 per cent. of the jobs offered call for some secretarial training."

The efforts of the clubs to be of service in the employment field to their graduates has led to some informal discussion, of whether it might not be advantageous for the different college groups to join forces in this special activity. It has been suggested that a central office, open every day, with a secretary always in attendance, and able to make available to any visiting graduate the information collected by the different volunteer committees, might permit desirable expansion of present services.

Physically speaking, this should not be difficult to arrange. Six college clubs—Radcliffe, Wellesley, Mount Holyoke, Bryn Mawr, Goucher and Mills—now have their college rooms in the Women's University Club at 106 East Fifty-Second street. The American Association of University Women also has an office there. And around the block, at 35 East Fiftieth street, the two large clubs, Smith and Vassar, have their club homes.

Maple Syrup Evaporators Makes real high class syrup retaining the maple flavor you like so much. Evaporators that will make profitable your maple bush for a small investment. Write for catalogue of equipment. It is interesting.

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Dept. WP 2, P.O. Box 2454, Montreal. Orders for seeds must be sent direct to:—Ryder & Son (1920) Ltd., Seed Specialists, St. Albans, England.

Three Conditions of Water Found In The Common Farm Soil

Only One of the Three Forms of Moisture is Necessary for the Growing Crops

Water exists in the soil in three conditions: Free water, capillary water and as film water. Free water is that form which must be drawn off in the drains as it is detrimental to plant growth. It takes up all the space between the soil particles and crowds out the air so the plant actually suffocates for want of oxygen. It also keeps the soil cold and unfit for cultivation.

Useful To Plants

Capillary water is the only one of the three forms that is useful to the plants. It is the water that is left in the soil after the free water has escaped. It moves about by creeping over the soil particles and through the spaces between them. This action can be understood if it is remembered that the soil is made up of many small particles or grains and that the spaces between these grains act like continuous crooked tubes through which the water can pass just like the oil in a lamp wick or the ink in a blotter.

In all soils that have drainage, the water will soak or drain away to a certain depth beneath the surface, where it remains constant. This point at which the water stands in the soil is called the "water table."

Contains Food in Solution

The capillary flow of water is in all directions, but mostly upward. It is always away from the wettest soil towards that which is drier, no matter the direction. As the surface soil is usually driest and the soil tubes rest on the water table it is evident that the action should be upward. The size of the spaces between the soil particles determines the distance and the height which the water can be drawn by capillary. In fine grained soils, like clays, water may rise as high as ten feet, that is the water table may be 10 feet below the surface and yet the moisture would reach the surface soil.

Capillary water is the moisture which the plant roots absorb and it contains the plant food in solution which the plant uses in building up its tissues. This water gathers up the soluble plant foods scattered throughout the soil, makes insoluble forms soluble and brings it to the surface where it can be used by the plant.

Must Be Dissolved

This important office can better be realized if it is remembered that all plant food whether it already exists in the soil or whether it is applied in the commercial fertilizers must be dissolved and held in solution before it can be absorbed by the plant roots.

As the water rises from the subsoil by capillarity it escapes from the surface through exaporation either from the surface of the soil or through the growing plants. The amount of water lost in this way is enormous. To prevent this loss from the surface of the soil, evaporation should be reduced by the use of mulches. Anything that will break up the capillary action and prevent the water from coming to the surface will check evaporation.

Capillarity is stronger in a moist soil than in one relatively dry. For that reason a soil may lose more moisture because of increased capillarity and the consequent evaporation immediately after rain than before. This shows why land should be cultivated as soon as possible after a rain to break up the surface and form a mulch of fine soil.

Girls in Search of Good Time Should Heed Nature's Limitations

Included with the information made available in connection with the offering for sale of Christmas seals, proceeds to be used for tuberculosis preventive work ni this district, is a paragraph dealing with the prevalence of the disease among girls and young women.

In this it is stated that "the death rate among girls and young women between the ages of 15 and 25 is one and one-half times that of boys and young men of the same age. One of every four deaths among girls and young women between the ages of 15 and 30 is due to tuberculosis."

Taken in conjunction with the further statement that the general death rate is less than one-third that of the nineties, it is quite evident that girls and young women are in a special class. People will be looking for some special explanation.

Many will feel inclined to think that these facts have some association with what is described in certain quarters as the new freedom which girls have obtained for themselves in recent years. Broadly, this may be described as the right of girls to appropriate to themselves the privileges which society not so many years ago reserved for boys.

As a social and moral question the rights of girls in this respect are not open to debate. No good reason can be advanced to deny a girl the same privileges as a boy, except—

And that exception is nature.

There can be no arguing with nature and, if nature has given to girls and boys different constitutions there is nothing anyone can do but accept the fact and be guided thereby.

The evidence at hand is that the girls must be particularly careful of their health during those dangerous years between their early teens and the thirties. An authority has stated that what they principally require at this age is an abundance of rest, good food, fresh air and regular habits.

As far as is known these things and these things only are the guarantee of good health and a strong constitution. They are the rules of the game and they cannot be violated with impunity. The tuberculosis death list points out the penalty of breaking the rules.

Again speaking generally, it is commonly supposed that girls who fail to meet the requirements of good food, abundant rest and fresh air and who otherwise depart from the rules usually regarded as contributing to their good health, do so because in search of a good time.

That, in its turn points to one of the greatest mistakes young people can make; and that means both sexes; which is the belief that youth is the only time in life when happiness can be found. The suggestion so often carried in the phrase "You are young only once" is quite false.

People who have lived to middle life or into old age will tell that the truth is that capacity for happiness and enjoyment of life increases with age, rather than diminishes. As the outlook broadens so does the conception of things change it becomes possible to put the factors of success and happiness in a more suitable relationship. The non es-while those which contribute to the real enjoyment of life may at the same time be retained and cultivated.

This, however, is not intended as a treatise on the philosophy of life or anything of the sort but is merely mentioned to remind young people that they need not be in such a hurry to crowd pleasures into the years of their youth that they endanger their health through the demands thus made upon their constitutions. The days of their youth would be much better employed in building up their health and strength that they may enjoy the longer years of life and happiness.

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.

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Along Canada's Mining Highway

One of the best mediums for the conservatively minded, for participation in the development along Canada's mining highway, is through the holding companies.

Ventures controls excellent mining enterprises in Quebec, Ontario and Manitoba, and has important interests in the North West areas. Premier Gold has, in addition to British Columbia and Ontario interests, a very important investment in Australia.

Towagmac Exploration has interests in copper, silver, gold, lead and zinc, through its important holdings in Aldermac Copper, Francoeur Gold and Lake Geneva Mines.

Royalite is a safe medium among the oil holding companies.

Market interest, however, is still concentrated on the developing gold properties. The public memory is still fresh with the spectacular movement in Moneta shares, following diamond drilling results. Federal Kirkland, with one drill started and a second ready to begin, is being watched with great interest. The proximity of its adjoining neighbors—Sylvanite, Toburn and Continental Kirkland is the reason. Jellicoe — in the Little Long Lac Camp — has reported what promises to be a very interesting development, according to diamond drilling indications. Its rich ore discovery is of importance, not only to Jellicoe, but promises much for Bankfield and Magnet Lake.

Hutchison Lake should provide market news at an early date. Shaft sinking is nearing the first level. Smelter Gold should provide news from its diamond drilling campaign already started.

Underground work on the Kerr Addison and Martin Bird properties in the Larder Lake District of Ontario is creating a big public following for these issues.

In the Quebec Field, Francoeur Gold, Astoria Rouyn, Dempsey Cadillac, Powell Rouyn and Rouyn Reward are likely to provide important mining news.

In the Oil fields the important development has been the formation of the Brown Oil Corporation with finances provided by Eastern capital. The Company is financed to drill three wells on the west flank of Turner Valley. The Company's holdings are regarded as proven acreage. Pacalta Oils is expected to start drilling operations in the Wainwright field at an early date. The Company's Alberta Oil leases approximate 17,480 acres

What's In a Face

J. V. McAree writing in the Toronto Globe & Mail observes—Looking over three photographs in a newspaper recently, S. A. Clark, before reading the names beneath them, made notes of their character as suggested by their features. He reports: "Of No. 1, my note read, features appear relentless; hard, like the face on a coin, as of one who would say, "Take this bird off for a ride and don't bring him back." No. 2 had shifty eyes, and thoroughly untrustworthy cast of countenance. No. 3 seemed to be kindly, generous and benevolent, a man who would likely have his hand continually in his pocket because he couldn't stand a touch. Then I read the names and learned that No. 1 is a prominent member of the judiciary, notable for his sympathetic understanding of the less fortunate. Mercy tempers all his decisions. No. 2 is a tired church dignitary, a sweet-souled, aging gentleman, the very acme of honesty, goodness and truth. No. 3 is a millionaire banker and industrialist. That seems to be the answer to the question, "What's in a face? . . . "

A Friendly Wish

I wish for you abundant health
And then your share of worldly wealth;
Long sunny hours when you may see
The beauty in each flower and tree.
And if perchance a cloud should stray
To dim the brightness of your day,
I wish you faith that falters not,
A trusty friend to share your lot.
May pleasant memories brightly glow
And those less happy quickly go.
My wish for you, dear friend o' mine,
Is happiness for all the time.

—Maud Kerr.

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Fowl-pox has been reported from nearly all countries of Europe, from South Africa, from many parts of the United States, and from Hawaii. The disease not only attacks chickens but may also attack pigeons, turkeys, geese and quail.

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