LYONS' TEA
BLUE LABEL 31¢ HALF POUND
ANY TIME IS TEA TIME
J. Lyons & Co. (Canada) Ltd., Toronto & Montreal

In Your Garden

By GORDON L. SMITH

ARTICLE NO. 2

Informal planting, say the experts, is the most suitable for the average flower garden. True, it is possible with very large grounds and skilled help to do something with straight, dignified rows and borders. But in the average case planting irregularly in clumps will produce the most pleasing effects. Such planting too, will add an air of spaciousness, giving even tiny backyard gardens the appearance of much larger affairs.

Set Off By A Lawn

Where at all possible there should be a bit of a lawn in the foreground with an irregularly shaped bed of flowers around the edges and, possibly, groups of shrubs set at the corners. Screening of harsh, straight lines about the house and drives with clumps of flowers and shrubs and an occasional trailing vine over verandahs or garages will bring the whole thing together It will give the home the appearance of being part of the landscape rather than some rigid affair sticking out of the earth.

Vegetable Rows Straight

Vegetables on the other hand, should be planted in straight rows. But here, too, a little planning will help. There are a great many new varieties now available in Canada and by the liberal use of some of these newer things, and by adopting the rule to make at least three sowings of each variety a week or ten days apart, production can be materially increased. The big advantage of the vegetable garden right at the door is freshness, but to get full value in this respect it is important to have a new supply coming along frequently. Therefore, the modern gardener instead of planting all his peas, lettuce, or carrots on the same day, puts some in the first week and more a little later.

Britain Wants "Fitter People"

Will Assist Gymnasiums And Playing Fields—Sault Work Voluntary

Over in London, Parliament has adopted what is described as a "three year plan for a fitter Britain," a plan which involves a capital expenditure by the government of $2,000,000 in three years to assist in providing facilities for physical training and recreation, such as gymnasiums, playing fields, swimming baths, camping sites and club and community centres.

The main object of the scheme says London papers, is to provide adequate opportunities of physical recreation for young persons and adults whose lives are normally passed in offices and workshops. But back of all this is the realization of the need for something of the kind which arose from the discovery that 40 per cent of those examined for military service had to be turned down as physically unfit.

In such countries as Germany and Russia attention to physical development is looked upon as definitely one of the functions of government. In Britain however, the compulsory feature will not be adopted, the new scheme being entirely voluntary.

In Canada, although Hugh Plaxton, M.P., recently proposed a Minister of Sport, such things are not ordinarily considered part of the work of the government. Ontario has an Athletic Commission, but its work is really just regulatory. In grade schools and high schools attention is given to the physical training and municipalities assist in providing playing fields.

Aside from that, things are usually left to volunteer private effort. In the Sault, for example, there are such instituions as the Y.M.C.A., the boys' community camp, the various activities carried on by service clubs and churches, the various hockey and other leagues, the neighbourhood rink movement, and other activities, supported for the most part by popular subscription.

In carrying out its plan, the British government proposes to:

Establish two National Advisory Councils — one for England and Wales — and one for Scotland — each composed of 30 members, to survey the nation's need of physical recreation facilities and advise on the best methods of meeting them.

Establish two Grants Committees, each of three members, ,through which grants will be made to voluntary organizations and local authorities.

Invite the Advisory Councils to organize local committees to develop and co-ordinate t hweork in the various localities and to advise the Grants Committees on the distribution of the local grants.

Establish a National College of Physical Training.

Make a grant to the National Playing Fields Association, for the provision of more playing fields; and

Make a grant to the Central Council of Recreative Physical Training, to assist it to promote the supply of teachers and leaders until the Training College is ready.

The purpose, said Mr. Oliver Stanley is to give people opportunities for exercise in order to "make their lives happier, their work easier, their leisure more enjoyable." The results of the plan will be watched with interest.

To Alkalize Acid Indigestion Away Fast

People Everywhere Are Adopting This Remarkable "Phillips" Way

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. You feel made over; forget you have a stomach.

Try this Phillips' way if you have any acid stomach upsets. 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

DON'T BE DEAF TO THIS
Deafness HEAD NOISES
RUB IN BACK OF EARS—INSERT IN NOSTRILS—
Leonard EAR OIL
$1.25 At Druggists. Descriptive folder on request
Also excellent for Temporary Deafness and Head Noises due to congestion caused by colds, Flu and swimming.
A. O. LEONARD, Inc.
70 Fifth Ave., New York City

STOP Scratching
RELIEVE ITCHING In A Minute
Even the most stubborn itching of eczema, blotches, pimples, athlete's foot, rashes and other skin eruptions, quickly yields to Dr. Dennis' cooling, antiseptic, liquid D. D. D. PRESCRIPTION. Its gentle oils soothe the irritated skin. Clear, greaseless and stainless—dries fast. Stops the most intense itching instantly. A 35c trial bottle, at drug stores, proves it—or money back. Ask for D. D. D. PRESCRIPTION. 29

for COLDS
Head Colds: Heat Minard's and inhale it. Chest Colds and Sore Throat: Heat, then rub well into affected parts.
Real relief . . . quickly!
31
MINARD'S "KING OF PAIN" LINIMENT

Women Secretaries Cramp Bosses' Style

NEW ORLEANS — Men soon may turn the tables and replace women as secretaries — because "a lot of bosses like to swear around the office."

Robert Hoppock, assistant director of the National Occupational Conference, told the conference that bosses "don't want women stenographers or secretaries to cramp their style."

"It's getting increasingly harder in many cities to find male secretaries and stenographers." Hoppock added. adequate precautions have been taken to protect the articles from injury by moths. The clothing and other articles after being thoroughly brushed, preferably in strong sunlight, should be placed in well-made trunks or chests with tightly fitting lids, or enclosed in cotton or paper bags, or in cardboard boxes sealed with paper strips. Enclosing clothing in two thicknesses of strong wrapping paper, or several thicknesses of newspaper, taking care that the edges are so turned that no moths may gain entrance, is also recommended as an alternative measure of precaution.

When carpets or rugs are supected of being infested with moth larvae, the carpets should be thoroughly cleaned on both sides with a vacuum cleaner. Vacuum cleaners may also be used for removing the lint from floor cracks, behind baseboards, and air shafts of central heating equipment, where infestation frequently occurs. Full information as to the methods of control and habits of the clothes moths is given in the circular which may be obtained free on application to the Publicity and Extension Branch, Dominion Department of Agriculture, Ottawa.

Away from Home

Westbrook Pegler, in New York World-Telegram writes: Hotel me and Pullman conductors report that people nowadays conduct themselves very badly when they get away from home for a few days. They throw their ashes everywhere and flip hot cigarettes on to the carpets or leave them burning on the furniture.

They shine their shoes with the towels. They get drunk and break furniture. They how and carry on far into the night, to the distress of guests who are not playful but wish to sleep. They throw food about the rooms and bottle out the windows. They keep the help a-running until all hours.

On the trains they crowd into drawing rooms and compartments and sing dirty songs, the ladies as well as the gentlemen, in a manner to be heard by passengers who are neither drunk nor obscene, and they drive well-behaved people out of the club cars with their goins-on.

Judge Suggests Rolling Pin Act

When a wife at Hull, England, suggested that there was "another woman," the stipendiary, Mr. R. Macdonald, said:—

"Why don't you women try the effect of a rolling pin, and say to your husbands: 'If you put your head over the fence at another woman again, down it will come.'"

"I will try it next time," said the wife..

Young Ontario Brides

Writes the Brockville Recorder and Times: The talk having turned to youthful brides, statistics show the average age in Ontario to be lowering in recent years. Seventy per cent of the brides of 1934 were under 26. In 1924 the percentage for the same age bracket was sixty-eight. In 1934 five per cent were under 18, ten years previously only three and one-half per cent. The biggest percentage age is 21.

"It is our task to perfect, to improve and to alter when necessary, but in all cases to go forward."
—Franklin D. Roosevelt.

SHE WAS AFRAID TO SHAKE HANDS

Rheumatism in Joints Caused Her Intense Pain

Read this letter from a woman describing the manner in which she was affected by rheumatism.

"For several years," she writes, "I suffered with rheumatism of the joints especially in my hands, and this caused me intense pain. I was even afraid to shake hands with anyone, for it made me suffer terribly. I began taking Kruschen Salts regularly, and after a little while my pains disappeared completely. I am naturally delighted with Kruschen." — (Miss) K.

The pains and stiffness of rheumatism are frequently caused by deposits of uric acid in the muscles and joints. The numerous salts in Kruschen assist in stimulating your liver and kidneys to healthy, regular action, and so help them to get rid of this excess uric acid.

Issue No. 10 — '37

Alleged WIT

Two professors were having an argument in an inn.

One called out. "Waiter, bring me an encyclopedia."

Waiter, (returning without it): "I am sorry sir, we haven't got one in this hotel. But what is it you gents would like to know."

Sotto Voce

Mrs. Brown had occasion to reprimand her colored cook rather sharply. The victim looked daggers but said nothing until she reached the kitchen, where her voice could be heard in shrill vituperation. So loud became the clamor that her mistress hurried downstairs.

"Why, Liza," she began in amazement. "Who earth are you talking to?"

"Ah ain't talkin' to nobody," was the reply, "but ah don't keer who in dis house heah's me."

The Worst of Jutland

The real tea drinker cannot go very long without his tea! Alfred Noyes tells a delightful story about one of them. During the war he was writing up important incidents and was assigned to interview sailors right after the battle of Jutland.

He found a sailor who had been sent aloft, and had to stay there during the whole engagement with half-ton shells hurtling past his head. Thinking to get an exciting "story" from him, Mr. Noyes asked him to describe his sensations during those terrifying hours.

All the man said was: "Well, of course, I had to miss my tea!"

Puzzled

Motorist (to friend): "How much petrol is in the tank, Bill?"

Bill: "The indicator says "half" but I don't know whether it means half full or half-empty.

Psychology

Magistrate: "How can you be so mean as to swindle people who put confidence in you?"

Prisoner: "Well, your worship, they are the only ones that you can swindle."

One Way of Thinking

The president of a firm of cleaners and renovators held up a garment for his foreman's inspection.

"You see what I mean, Wiffle," he said, "and look the other dresses bear me out. Look" — he turned over a pile and brought several articles of ladies' wear into view — "notice how those dresses that were re-colored by the older men are streaked and spotted, while these here" — he indicated the pile on the left — "which were done by the younger laps are perfect."

"Ah, yes," said the foreman. "The old fellows have lost their eyesight for such work. I'd get rid of them, but it's a hard thing for me to do. For some of them have been with us forty years or more."

"I know," remarked the president, "but they must go. Remember, old fellow, that only the young dye good!"

Value of an Opinion

"Everybody is entitled to his own opinion."

"Of course," answered Miss Cayenne. "But you don't always know what to do with a perfectly good opinion unless you can enjoy the lonely satisfaction of writing it on a postcard and mailing it to a radio station."

Anywhere But —

The golfer who has paid his club dues, settled for some lessons and bought an entire outfit finds it hard to believe that the game started in Scotland.

Shaky

Betty (just engaged): "Doris, can you imagine what it is like to be in love, to sit next to the man you adore and feel your very innermost soul vibrate?"

Doris: "Of course, my dear, I feel like that every time Joe takes me out in his old car."

"Until the hearts of men are changed, the League of Nations cannoa be the guarantee of peace which its founders tried to provide for the world."
—Sir Austen Chamberlain.

Need Building-Up?

WHEN you feel out-of-sorts, when you've no appetite, or stomach gives trouble, with gas or dyspepsia, try Dr. Pierce's Golden Medical Discovery. For coughs due to colds try this tonic. Read what Robert Wurr, Jr., of 56 Water St., Galt, Ont., said: "Dr. Pierce's Golden Medical Discovery has proved itself to be a fine system builder and for coughs due to cold it is the best. It clears up the cough and makes a person feel fit as a fiddle." Buy now of your nearby druggist. New size, tablets 50c., liquid $1.00 & $1.35. Write for free medical advice to Dr. Pierce's Clinic, Buffalo, N. Y.

NONE FINER MADE!

DOUBLE Satisfaction
DOUBLE Convenience
DOUBLE Automatic Booklet
Chantecler CIGARETTE PAPERS
only 5¢

Along Canada's Mining Highway

Mining properties from Coast to Coast known either as producers of base metals or to contain base metal ores received marked stimulation during the past week by price advances in copper, lead and zinc to new high records for many years.

Mining Corporation's important subsidiary, Normetals, formerly Abana, announced financing rights to shareholders at 75 cents a share. With the further announcement that the property would be placed on production in July on a 250-ton daily basis, the shares attained a market price of over $3 per share. Mining Corporation will own close to three million Normetal shares on the completion of the financing. Mining Corporation is further interested in Base Metals through its large shareholding in Hudson Bay Mining and Smelting and its control of Base Metal Mining Corporation, with properties in British Columbia. The Company's holdings of gold equities are also substantial. Mining Corporation is conceded to have most able and efficient management.

The important development in oil was the listing of the shares of United Oils on the Toronto Stock Exchange. In addition to holdings in Turner Valley, including a holding immediately adjoining the Foundation well, the Company has extensive holdings in other Alberta oil fields.

Children Like Variety In Books

Adventurous Yarns Stimulate Their Imagination — Lists Given

If children like animals, they want to read about them, and there are a wide variety of such books on the stands.

"Small," by Kathleen C. Greene, gives the title role to a Cairn puppy, pet of five English children. The book opens with the family moving from London to the country. Into their new life come picnics and sports, a horse show in which the twins take ribbons, a fire, and a robbery. For children from eight to 10, this story is as real as oatmeal in the morning.

Everyone down to the five-year-old can take pointers from "My Circus Animals" by V. L. Durov, world-famous animal trainer. Stressing gentleness and sympathy as his first rules, he tells just how he taught tricks to his dogs, pig, monkey and elephants, in a series of lively and amusing anecdotes.

Catherine Cate Coblentz has gone behind the scenes of history to write the experience of animals who took part in great events. From the story of the bull who came to America with the Vikings, to the Puritan cat, and the horses of Cortez, the tales in "Animal Pioneers" are all true gleanings from old records.

No milk-and-water reading diet is "Fierce-Face", a book for children from five to ten. Dhan Gopal Mukerji writes a powerful story of a tiger cub being trained by its mother to live skillfully the jungle life. A red-blooded subject done in superb prose.

Some splendid mysteries, that will have children agog, also are listed among the new books.

"Mr. X," by Griffin Jay, is a swift adventure-mystery for boys of junior-high school age, in which the young members of a crime prevention club are instrumental in solving a kidnapping. This is a plausible, twentieth-century story, as the author states that anti-crime bands much like the one in the book are actually being formed. Tension and danger mount to a high climax.

Hawaii forms the setting of "Footprints in the Dust", a mystery book for girls by Alice Cooper Bailey. The puzzle of half a footprint in the dust of an abandoned wing in the house where she lives with her father, leads Agatha Grey to the solution of the plantation's enigma, and the finding of a lost heiress. Featured in the eerie story are a hidden passageway, a lost cave, and a menacing caretaker.

"Censorship began in politics and, like the dove to its cote, any government censor flies straight home to politics."
—Will Irwin.

FOR BACKACHE KIDNEY AND BLADDER TROUBLE

Stop Getting Up Nights and Feel Younger

Here's one good way to flush harmful waste from kidneys and stop bladder irritation that often causes scanty, burning and smarting passage.

Ask your druggist for a 40-cent box of Gold Medal Haarlem Oil Capsules — a splendid safe and harmless diuretic and stimulant for weak kidneys and irritated bladder.

Besides getting up nights, some symptoms of kidney trouble are backaches, puffy eyes, leg cramps, and moist palms, but be sure to get GOLD MEDAL — it's the genuine medicine for weak kidneys — right from Haarlem in Holland.

Canadian Gold Production

has consistently improved with the new gold-producing areas developing in importance.

Authentic statistics regarding the Canadian Gold Mining Industry and individual operating companies, may be obtained upon request and without obligation, from our Statistical Department.

BRIDGER, HEVENOR & Co.
Members TORONTO STOCK EXCHANGE
60 King St. W. Toronto

Classified Advertising

INVESTORS

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.

BEAUTY CULTURE SCHOOL

ROBERTSON'S HAIRDRESSING ACADEMY Toronto, Dominion Chartered. Write for free booklet.

PURE GUARANTEED WOOL

"QUILT PATCHES" FIVE POUNDS $1.00

BEAUTIFUL Materials! Washfast! Prints! Broadcloths! Makes five quilts! "Free Pattern." Refund guarantee! Eton Mills Department Wils, Outremont, Montreal.

5 POUNDS QUILT PATCHES—$1.00 (PLUS postage. Prints, Broadcloths, finest Washfast Materials! Free:— Pattern with instructions. Federated Textiles Limited, Montreal.

MEDICAL

IF YOU ARE TROUBLED WITH GALL Bladder and Liver Ailments, write: Marlatt's, Two Eleven Gerrard Street, Toronto.

PLANTS

CANADA'S LARGEST LIST GOVERNment Certified Raspberries, including Starlight, the earliest, Newburgh, the largest; also the earliest Tomatoes and Potatoes. Edward Lowden, Hamilton.

WHEELING YARN — GUARANTEED pure Canadian wool—Grey, white, mottled 69c; colored yarns—79c lb. plus postage. Bancroft Woollen Mills, Bancroft, Ontario.

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.