FORMER CRIPPLE NOW PLAYS TENNIS

Rheumatism in Feet Relieved

Here is a story of a young man who had almost given up hope of taking part in active sports with his fellows again. He tells how he tried one remedy after another and how finally a former sufferer put him on the way to recovery:—

"Two years ago I started with pains in the feet which gradually got worse. I tried 'everything under the sun' but to no effect. Whilst waiting for treatment one evening, another patient advised me to try Kruschen Salts. That was twelve months ago; the relief was not sudden, but the pain and swelling gradually left my feet, and in six months I amazed my friends by taking long walks into the country. This year I have played a good deal of tennis, a thing which I had begun to think I should never do again."—C.W.

Rheumatic pain and swelling is frequently caused by excess uric acid accumulating in the body. Kruschen contains two ingredients which are notable for their work in dissolving uric acid deposits. Other ingredients in Kruschen assist the internal organs to expel this dissolved acid from the system.

Good Animals Are Lower Cost Of Production

Dr. Archibald Addresses Valley Ayrshire Breeders — Value Of R. O. P.

Conserve labour on the farm by using good cattle. To lower the cost of production on farms, keep live stock of high quality. A pure bred breeder should be a leader in a community. In this regard each member of a pure-bred association is responsible to the community as a breeder of pure bred cattle.

The above summarizes some of the practical advice given by Dr. E. S. Archibald, in his after lunch to the members of the Ottawa Valley Ayrshire Breeders' Club attending the Ayrshire barn meeting on April 14 at the Central Experimental Farm, Ottawa. Dr. Archibald also advocated the economic utility of the small regional fairs which might be increased if they made R.O.P. the basis of entry. "Pedigree alone," he said, "is the poorest standard for breeders. Standardizing certain families is the aim and R. O. P. the medium."

The attendance represented each of the communities in the Ottawa Valley area overtaken by the club. G. W. Muir, animal husbandman, conducted the demonstrations, explaining in his usual able manner regarding conformation points of an Ayrshire that indicate high quality. In demonstrating the herd sires are kept at the Central Farm the get of sire classes provided an interesting exhibition.

At the luncheon held in the Main Buliding, Frank Napier, addressed the gathering. Dr. Alan Deskin, of the Animal Husbandry Division staff, discussed the outstanding points arising from breeding problems as conducted on farms. Dr. C. D. Mackenzie, of the Central Farm staff, gave an informative address on Feeds and Feeding, paying particular attention to the requirements of minerals.

Well, Well, "Ain't" Science Wonderful

CHAPEL HILL, N.C. — Housewives got a word of advice from the American Chemical Society this week.

Look at the calendar before deciding whether to fry, boil, or bake fish.

Fish, it appears from a study announced by Maurice E. Standsby of the U.S. Bureau of Fisheries, College Park, Md., differ vastly from month to month in the amount of oil.

"Fish having high oil contents," he said, "should never be fried, since frying process decomposes the highly unsuitable oil to give rancid flavors. Some species of fish may be fried at one season when they have a low oil content, but are better broiled or baked at other seasons."

For instance, he said, the season to fry mackerel is in the spring. They should be broiled or baked in late summer or early fall. Late in the year their oil content rises nearly 30 per cent.

GARDENING

By GORDON L. SMITH

It is a good plan to use started annual flowers plants secured from any seed store, greenhouse or florist for planting among tulips and others of the Spring flowering bulbs which will be past their best in a few more weeks as these hide the dying foliage. Then again, quick-growing annuals will always be useful for filling in any blind spots in the perennial beds where Winter has been unusually severe.

AND PERENNIALS TOO

It is not too late in most parts of Canada to order and plant perennial flowers and even shrubs and vines. Often towards the end of the season prices are lower and while the selection is not as wide as earlier, there should be a good choice.

THE NEW LAWN

Unless the ground was thoroughly cultivated and then allowed to lie idle the year before the lawn was sown there is bound to be a good deal of weed seed in the soil, and some of this will germinate after the lawn is sown. Such weeds should be removed constantly, especially in the earlier stages. A good lawn fertilier every year will push the grass along sufficiently to choke out most of these offenders. The first cutting of the grass in the spring is made with a very sharp mower to avoid pulling out plants when the ground is soft. Frequent rolling is also advised at this time.

For permanent lawns of deep green colour and fine texture, good quality package seed is advisable.

KITCHEN GARDENS

It is advisable of course, to keep a plentiful supply of salad material like leaf and head lettuce, onions and possibly celery in the kitchen garden. The latter is set out in the garden as well started plants usually after all danger of frost is over. For Fall storage, planting takes place in June or even July.

Alleged WIT

Experience teaches many things we would rather not know.

Rastus — "What do you think of my new gal, Sambo?"

Sambo — Dat girl's all right, sho' nuff, but her figger jes' don't rhyme, dat's all.

Someone said an old maid is like an electric bulb without the current on.

Teacher (in geography class) — Now can anyone tell me where we find mangoes?"

Knowing Little Boy — "Yes, miss, wherever women goes."

Hard work and no play may create a dull boy but, very likely he will have some money in the bank.

A few fellows have been conducting a sit-down strike for years. They are not asking to be unionized. They have just been striking against all labor in general.

It is good to dream — it is far better to dream and then work to turn your dreams into realities. Faith is mighty, we are told — but faith plus action is irresistible — Desire must be backed by the sterner virtues before achievement is possible.

Fond Mother (as her son was starting off to join the navy) — "Now my son, remember to be very punctual in rising every morning, so you will not keep the captain waiting breakfast for you."

Wife — "The paper says the man was shot by his wife at very close range.

Husband — "Then there must have been powder marks on the body."

Wife — "Yes, that's why she sot him."

The man afraid of his fingers never drives many nails.

Jeweller — "Did your watch stop when you dropped it?"

Customer — "Well, it didn't go all the way through the floor."

Tourist — "The climate here is salubrious, isn't it?"

Native — "Say, friend, just write that word down for me, will you? I get tired of swearing at this climate in the same old way. That's a new one."

It is a great deal easier to talk ourselves into trouble than out of it.

First Glue Factory Employee (emerging from factory) — "What is that funny smell?"

Second Glue Factory Employee — "It's the 'resh air."

Thinking to stop would prevent a lot of stopping to think.

He Didn't Want This Printed

There are people who are anxious to have something put in the paper. There are others who take exactly the opposite attitude, and this article has to do with one of the latter. At the risk of trouble later on we begin by giving the man's name—W. R. Parker; he is in the Customs Office and resides at 522 Charlotte Street. That, we believe, identifies him so there can be no error.

Mr. Parker plants bulbs and he does it so carefully and thoroughly that they seldom fail to grow and bloom. When they come to the stage of blooming they seem to enjoy it so thoroughly they bloom for a long time. His daffodils look like young sunflowers, and he grows tulips and hyacinths. He searches for the fertilizer he wants; he cuts and prepares the earth he prefers, and in the Fall he spends entire evenings working with his bulbs. During the Winter he keeps them in pots, cool and dark and moist, and insists they get well rooted before bringing them to the light. This year he had in all 225 pots filled with flowering bulbs.

We do not believe Mr. Parker will object to anything which has been so far written, but we must continue to the point where he insists that nothing be printed. He does not sell his flowers, but gives them all away — and he has been doing that for 17 years.

The Examiner first heard of it from a man outside the city who was in hospital here. He knew no person and found the days rather long until Mr. Parker arrived with a pot of flowers. How many sick folk and shut-in people have been treated similarly during all these 17 years we do not know, but the number would find totality only in a long and impressive list.

The idea seemed to be so entirely wholesome that the Examiner felt it was right that Mr. Parker's request that nothing be said about it should be put to one side for the moment. Living as we are, in an age when a good many folk are given to thinking of themselves it seemed right and just that the devotion of an ideal which Mr. Parker has held for 17 years (and perhaps longer) should be brought out in the open. So there it is and we believe our readers will agree that our judgment in this case was correct.—The Peterborough Examiner.

$98,000,000 In New Revenue

London Reports Smokers And Motorists to Bear Added Tax Burden

LONDON, Eng. — Increased tax burden predicted for the coming fiscal year will be carried in the main by the motorist and smoker, the News-Chronicle predicted this week.

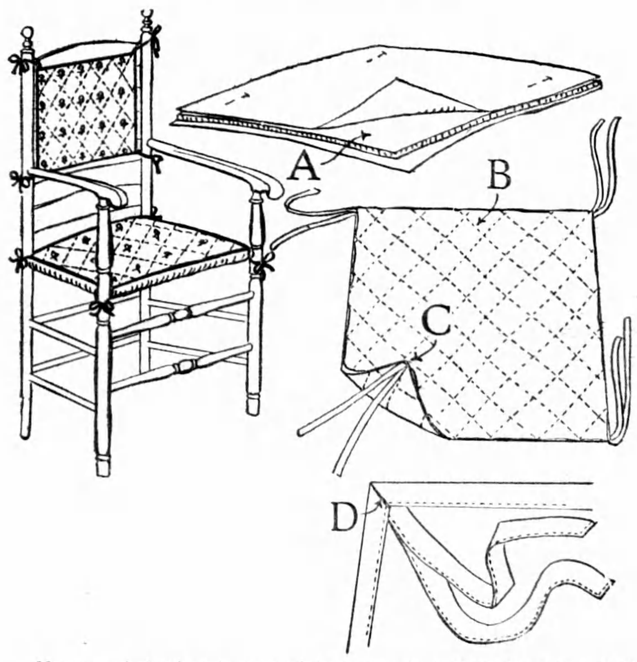
The paper said that when Neville Chamberlain, chancellor of the exchequer, brings down the budget he will have to find £20,000,00 ($98,000,000 in additional revenue.

Five possible sources were listed, of which, the News-Chronicle said, he would have to use three. They were:

1. A threepence increase in the income tax.
2. Creation of a new tax on drugs and cosmetics.
3. Increase of eightpence per pound in tobacco tax.
4. Increase of one penny per gallon in gasoline tax.
5. Restoration of the £1 per horsepower tax on automobiles instead of the 15 shilling rate now in effect.

QUILTED CHAIR PADS LEND A QUAINT TOUCH

By RUTH WYETH SPEARS



Many a chair that is now picturesque, but decidedly uncomfortable, might gain both in comfort and quaintness with the addition of quilted chair pads. Our great grandmothers used such pads on ladder-back chairs, and chose the gayest of chintzes both glazed and unglazed for them.

Today we can use duplicates of those fine old chintz patterns, and what charm they add to our room color schemes! Even the old quilt block designs of colonial days, with all their gay calico patterns, are reproduced in chintz now. You might like to use one of these for your chair pads, and if you do I suggest that you let your quilting follow the outline of the quilt block pattern in the chintz instead of using the diagonal quilting shown in this sketch.

You will find that in making such small things as chair pads the quilting may be done very efficiently on the sewing machine. Few people have time to do hand quilting any more, and decorators are using machine quilting for many purposes.

The pads shown here are made with one layer of sheet wadding between two layers of chintz. The edge bindings and ties are made of bias tape. Cut the three layers of the pad material exactly the size and shape you want them to be when finished. Place the sheet wadding between the two layers of chintz, as shown here at A. Either pin or baste in this position and then quilt as shown at B. Make the ties by stitching the lengthwise edges of the tape together and then tack the ties to the corners of the pad before it is bound, as shown hre at C. Now, bind the edges of the pad as at D, sewing the ties right in with the binding.

NOTE:—Mrs. Spears' new 48-page book of illustrations and directions for making curtains, slipcovers, dressing tables, and numerous other items for the home will be sent upon receipt of 14c, (10c plus 4c postage). Ask for SEWING, for the Interior decorator. Address: Mrs. Spears, Room 421, 73 Adelaide St. W., Toronto.

Discovery Made In Purifying Food

Pulverized Carbon Attracts Unwanted Tastes and Odors

CHAPEL HILL, N.C. — The gas masks of wartime have resulted in the discovery of a "magnet" that extracts the bad tastes and flavors and unwanted odors from food and drink.

The taste magnet, described to the American Chemical Society to-day by John W. Hassler of the West Virginia Pulp and Paper Co.(Tyrone, Pa., uses the same kind of carbon as gas masks

The carbon is "activated", that is it is given an unusual power of attractio. This is done by pulverizing the black material into particles so fine that the carbon is virtually all surface. In that condition it acquires the electrical forces common to the carbon atoms that form one of the basic substances of all the living world.

Use of the taste magnet is limited to food which can be temporarily reduced to a liquid or a gas during the treatment. It is also limited to the tastes and odors due to impurities.

"For example," said Hassler, "it is not possible to make quinine less bitter by treatment with activated carbon, because bitterness is a physiachemical property of quinine. However, if a liquid happens to contain quinine, then activated carbon will remove the bitter taste by actually absorbing the quinine and removing it from the solution."

He said that the carbon magnet takes unwanted flavors out of sorghum, cane and corn syrups, pineapple juice, vinegar and various drugs. It is particularly good, for cleaning up alcoholic liquors, wines, glycerines and water.

It has worked out well on lard and sugar. In the case of gelatin, the carbon removes virtually all traces of animal odors.

Wart Cure Given

A method of absorbing warts, which he said may be of use in some cancerous or pre-cancerous skin conditions, was reported by John R. Caldwell of Ohio State University, now with the Tennessee Eastman Corporation.

The water is first treated like the proverbial boy who swelled up because he drank water after over-eating dry apples. Sodium hydroxide is place on the wart, which thereupon fills itself full of water and becomes abnormally swollen.

"If," said Dr. Caldwell, "a wart swollen by the action of sodium hydroxide is immediately treated with diluted alcoholic hydrochloride acid, the proteins in the wart are coagulated. A portion of the wart comes off after a day or two. By repeating the process at suitable intervals the wart may usually be removed painlessly and with very little scar."

Some of the troubles of hay fever sufferers who fail to get relief from proteins whose injection is intended to immunize them, can be avoided by a discovery reported by five New Yorkers.

There has been trouble, they said, because proteins sometimes deteriorated after preparation. They found the enzymes always present with the proteins are responsible. The scientists kill the enzymes by heat or formaldehyde, and report that this in all cases leaves the hay fever proteins unchanged.

Forest Tree Breeding

The tree planter is beginning now to pay more attention to the pedigree of his stock. Much of the bad plantations that we have are due to the fact that we have been planting trees of the wrong kind or "race." There are quite obviously trees of bad form and trees of good form, in any forest, and the trees of bad form have been found to remain trees of bad form no matter how carefully they are tended and managed.

In any particular species, say Scots pine, Douglas fir, or spruce, there are individual specimens which develop clean, straight stems. These trees produce seed which will give rise to trees of similar type. There are others which have heavy crowns, strong, thick branches, and which, no never produce clean stems with good quality timber; and their seed gives rise in turn to bad types of plants.

These differences are being noted, and an attempt is being made to discover the precise locality from which each type comes . . . .

The plants from different origins not only show differences in shape and in the quality of their timber, but they show variations in such important things as frost hardiness and resistance to disease. In some kinds, the buds flush too early, and are nipped by late frosts; or they carry on their growth too long in the late Autumn, and are killed by early frost.—Edinburgh Scotsman.

Benny Eats Old Cars

Just now junk has a new status in the world and now we shall know what to do with our old automobiles. The piles of ungainly, rusty car parts and bodies have been eyesores in many cities in the past few years. If they can be removed by the mere demand for scrap iron the civic outlook and community pride will be inspired.

If we lived in Buffalo, N.Y., we could attend quite decent obsequies of our faithful old cars and see how machinery deals with junk in the mass. The trouble with old automobiles has been the great loss if the car bodies were pitched into a crucible porcess or furnace for reconditioning. Buffalo has a giant auto-smashing machine, quaintly called "Big Benny." It saves the loss. It crushes old car bodies and bundles them into neat packages to cast into the steel furnaces to reduce more profitably.

This powerful auto-cruncher wolfs down 30 car bodies in an hour. The operator pushes a button, a magnetic crane lifts a car body, stripped of glass, wood, engine, wheels, chassis, and dumps it into a pit.

"Benny" grinds his teeth and the sides of the pit come together. Under terriffic pressure, a heavy ram moves forward against the rasping metal. "Benny" backs off, and the once sleek auto comes out of the pit, squeezed into a lump of metal about the size of an orange crate. The ponderous mechanical monster also relishes bed springs, oil barrels, old wastepaper baskets or any sheet steel graded as No. 2 heavy melt.

"Man is essentially an animal of the heart, rather than the head." — Sir Arthur Keith.

"Dictatorship of any kind in any field is impossible in France." — Premier Leon Blum.

Classified Advertising

AGENT WANTED

AGENT FOR SENSATIONAL, NEW PATented tie. Slip-Not Cravats, Yonge Street Arcade, Toronto.

STEADY WORK — EVERY DAY A PAY Day supplying thousand families, 200 guaranteed necessities. Make up to $35 weekly. No risk. Experience unnecessary. Free Catalogue and Details. Familex Company, 570 St. Clement, Montreal.

"AGENTS WANTED TO SELL WELLknown line of Men's and Ladies' washable apparel, complete range as used by Restaurants, Taverns, Hotels, Hospitals, Butchers, Beauty Shops, Soda Fountains, Dairies, Doctors, Waitresses, etc. 20% Commission, volume and repeat sales. Apply Utility Garments, 179 Craig St. W., Montreal."

BAILIFFS AND COLLECTORS

ONTARIO COLLECTION AGENCIES, EXperienced Collection Service. Bailiffs. — Stair Bldg., Toronto.

CHINESE VEGETABLE OYSTERS

WONDERFUL! DELICIOUS NOVELTY! Grow in water. Ready in 70 hours. Outsell potato chips ten to one. Unlimited Possibilities $200.00 weekly or more. Fascinating year round work! Be wise! Be first in your locality to handle this new money maker. Sample, full cultural and marketing directions 50c postal note.—Sunbeam Sales, Yarmouth North, N.S.

EARN MONEY AT HOME

WITH THE AUTO KNITTER MAKING men's socks for us; with small investment, start this pleasant employment; for improved terms and wages paid, write now. —Auto Knitters, Department 203, Toronto.

POULTRY

BUFF ORPINGTON COCKS, PEKINS AND Rowen drakes, 250. William Waterbury, Picton Ontario.

BARRED PLYMOUTH ROCK BREEDERS

IMPROVE YOUR STOCK BY ADDING northern blood from heavy layers and registered sires. Buy six to ten weeks old cockerels at fifty to seventy five cents. Also started pullets at attractive prices. Montmagny Hatchery (Certified) 228, Montmagny, Que.

REMEDIES

DR. McGAHEY'S LEG ITCH REMEDY — One application stops itching, stamping biting. $2.00. Kemptville, Ontario.

STAMPS BOUGHT

HIGH PRICES FOR OLD CANADIAN Stamps and Stamped Envelopes. Immediate cash paid. — Marigold Stamp Co., 77 Victoria, Toronto.

The Salvation Army Annual Self-Denial Appeal

This may surprise you!

The Salvation Army operates over 1,500 Social Service Institutions. Out of this number 52 Social Service Institutions are serving Canada's needy.

Your Support of this work will be appreciated

Contributions may be addressed to:

THE SALVATION ARMY

20 ALBERT STREET - - - - TORONTO

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.

Nerves at Breaking Point

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. J. Lizmore of 569 First St., Niagara Falls, Ont., said: "Years ago I was in a run-down, weakened condition, my nerves were at the breaking point, the least little thing irritated me and I could scarcely eat a thing. I had constant headaches, dizzy spells and felt so weak I just had to drag myself around. I took Dr. Pierce's Favorite Prescription and picked up steadily. I gained weight, my appetite improved and the headaches, and other trouble disappeared." Buy now!

for **BURNS**

Mix equal parts of Minard's and sweet oil, castor oil, or cream. Spread on brown paper. Apply to burn or scald. Before long the painful smarting stops

MINARD'S "KING OF PAIN" LINIMENT