KEPT IN BED BY BACKACHE

Now — Thanks to Kruschen — Not a Trace of Pain

This woman's life was made a misery by the pains of backache. Then her father, who had proved the value of Kruschen himself, advised her to try it. She did, and here is her grateful letter:—

"For years I have been suffering with pains in the back. At times I had to stay in bed for days. I could not walk, or even stand. My father was using Kruschen Salts for the same thing. He, too, used to suffer badly, and Kruschen relieved him. He advised me to try it. I did so, and did not get a pain for three years. I then neglected my daily dose for about six months, and two months ago the pain returned. I tried another remedy—it failed, so I again started Kruschen. Now I have not a trace of pain, thanks to Kruschen."—(Mrs.) H.R.

Pains in the back are usually due to impurities in the blood — waste products which the internal organs are failing to expel from the system. The numerous salts in Kruschen assist in stimulating these organs to healthy, normal activity, and so help them to keep the system free from harmful waste matter.

Three New 1937 Cream Separators To Be Given Away In Contest

The manufacturers of the Anker-Holth Cream Separator announce a novel contest in which the company will give away three of its 1937 streamlined Chief Models with stainless steel discs and White Duco finish. Those who participate in the contest need not buy anything to enter—it is open to anyone except Anker-Holth dealers and their employees and employees of Anker-Holth Manufacturing Company.

Each contestant is to state in his own words, as many or as few as he likes, why he wants his next cream separator to have a self-balancing bowl and be guaranteed in writing to be self-balancing. That is all there is to it. To each of those sending in the three best answers, the manufacturer will ship, all charges paid, one of these new 1937 models.

Poultry Keepers

A Bargain For You

The last 100 complete sets of the famous Cold-Belt Poultry Course—to be cleared at a sacrifice. Discontinuing the Course. It will not be reprinted.

Here is an opportunity of a life time to get a real, practical, authoritative Course in Poultry Farming for a mere song—a Course taken by hundreds of successful Poultry Farmers. It consisted of 30 lessons and instructions by correspondence. Now we are discontinuing the Course and offer the 30 lessons only, bound neatly in a book form, for only $5.00. There are about 100 sets left and we are clearing them out quickly. Send firstly only 25c to cover postage and handling. We'll send you the complete set of 30 lessons. Keep them 10 days and if they are not all we claim them to be, just mail them back. If they please you, keep them and send a further $1 every month for 5 months. That's fair enough.

Write at once to

SHAW SCHOOLS LIMITED

Dept. P.W. 1130 Bay St., Toronto

GARDENING

By GORDON L. SMITH

During the early part of the season, a little cultivation every week will help plants along wonderfully. The purpose is two-fold. Unsightly weeds are killed and valuable moisture is conserved. Growth is hurried along. Later on as the flowers or vegetables develop it will not be necessary to cultivate so often. Sometimes a mulch of short straw or grass clippings is used to retain moisture during the Summer. It keeps the underlying soil moist, open and free from weeds.

Seed as a Foundation

The importance of good seed is impossible to over-emphasize. Other factors may be beyond control, but the gardener has absolute check over this foundation. Weather, soil and location may be ideal, but without good seed, especially selected to suit Canadian conditions, the garden is going to be a failure. There is no guarantee that a flower which has given wonderful results in Great Britain or the Southern States will do equally well in this country, and because of this the average gardener is well advised to secure his seed and nursery stock from a reliable Canadian source.

Flower Points

Many fine points can be considered when laying out a flower garden. Certain shades blend well together and often a whole bed will be selected with this blending in mind. Of course, for this sort of thing all the plants must bloom during the same period. Fragrance should be taken into account as there are some spicy things like Evening Scented Stock, Nicotine, Mignonette, Sweet Sultan and Verbena which, while rather plain as plants, fill the whole garden with a delightful incense, more especially in the evening. In shaded quarters, Tuberous rooted Begonias, Pansies and wild flowers will do well. In fact they prefer this location to any other. In partial shade nearly every annual can be grown. On poor soil Portulaca is a favorite, as well as Alyssum, Sweet-scented Stocks, Linum, Calendulas, Calliopis, Sunflowers, Schizanthus, Salpiglossis, Marigolds, Petunias, and many others. These will also successfully resist dry weather.

HAVE YOU HEARD

Guffs of May Wind

Greed distorts the vision of even the most careful investors . . . The only two who can live as cheaply as one are a flea and a dog . . .. Life begins when you are told that you are going to be a father . . .. We are beginning to suspect that a large part of the unemployed did not work even when times were good . . . It is four o'clock before many people really begin to work .. .. .Men do their hardest work at the bottom of the ladder, not at the top .. . . Good thoughts and good things do survive in this world . . . A man must agree with us before we are able to admit he is a sensible person . . . Gay parties always seem to come in bunches . . .. We can't do everything at once, but we can do something at once . . . Nobody makes good socially until he learns to look interested when he is bored . . . Genius does take short cuts, but it rarely escapes initial drudgery . ..In tasks requiring mental activity, the hardest part is getting started . When a man is resigned to his fate, his resignation is usually accepted . . . If you make it easy for people to reach you they will form the habit of doing business with you . . Some men burn their candles at both ends in order to make both ends meet . . . Face the facts, brutal though they may be . . . Leisure is a by-product of efficiency .. . . Eventually everyone will have to settle down to the old grind . .. Brains aren't everything, but they're important . . . If you're lying about your age, keep quiet about your college year . . . Girls who can't add or count change have no right to get married . . . Concentrate on your job and you will forget your other troubles.

There were two bidders for the dog offered by a New York youngster. One, a visiting English lad, offered $5. The other, a boy from Philadelphia, offered only $3, but his offer was accepted.

English lad (afterwards)—I say, old ahing, who did you sell the dog to that other chappie for less money?

New York Youngster (grinning eagerly)—The dog can walk back from Philadelphia, but he would have a heck of a time swimming the Atlantic ocean.

All the seasons in Malay have the same temperature, and the sun rises and sets at the some hour the year around.

A very bashful young man was invited to a dinner party. He sat next to a charming young lady, but could not think of a thing to say to start the conversation. At last he ventured:

Young man—Do you like cheese?

Young lady—No, I despise it.

Young man—Does your brother like cheese?

Young Lady—I have no brother.

Young Man—If you had a brother would he like cheese?

History does not record the lady's answer.

Will the Passing Years Lead Us This Way?

A little more tired at the close of day;
A little less anxious to have our way;
A little less ready to scold or blame;
A little more care for another's name;
A broader view and a saner mind;
A little more love for all mankind;
A little more charity in all our views;
A little less thirst for the daily news;
A little more leisure to sit and dream;
A little more real the things unseen;
And so we are faring a-down the way
That leads to the gates of a better day.

Jamison — I used to sell underthings to nudist colonies.

Jackson—What kind of underthings?

Jamison—Cushions

A lot of time is wasted when, instead of using our heads and analyzing our problems, we try to argue that our first guess was right.

The electric motors of a modern battleship have the energy of 1,000,000 men.

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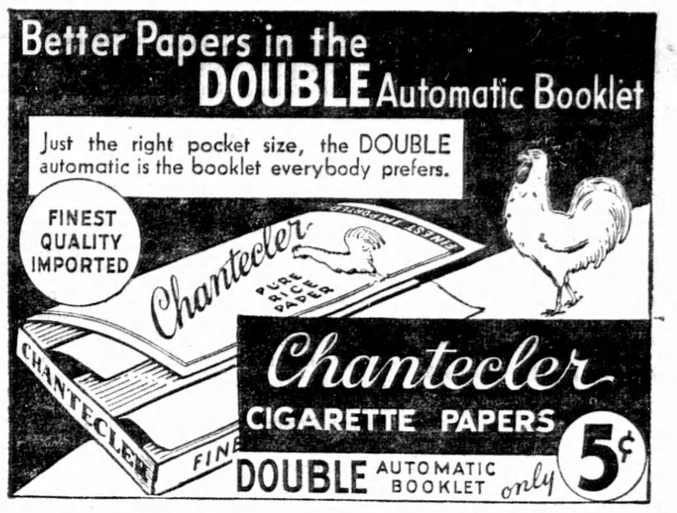
Trial Tests Of Root And Vegetable Seeds

A comprehensive scheme for an extension of trial tests of field root and garden vegetable seeds is to be put in operation at Macdonald College, Quebec, Manitoba Agricultural College, Winnipeg, the University of British Columbia, Vancouver, B.C. and Vineland Station, Ontario. Horticulturists at these stations have now agreed to co-operate in the tests, setting aside for this purpose at least 1½ acres of land. They have also agreed to supervise the necessary work of preparation, the sowing and the cultivation. An undergraduate or graduate will be appointed by each station for a period of at least six months to take direct charge of the trials.

The Seed Branch and the Experimental Farms Branch, Dominion Department of 9griculture and the Canadian Seed Growers' Association are co-operating with these stations in the tests. This extension of tests is partially the outcome of the discussion and resolution by the Horticultural Plant Breeders Committee of the Canadian Seed Growers' Association the idea of the Committee being that, if all parties interested in this work were to co-operate and the trials extended to stations nearest the wholesale see dcentres, information of inestimable value to all would be secured.

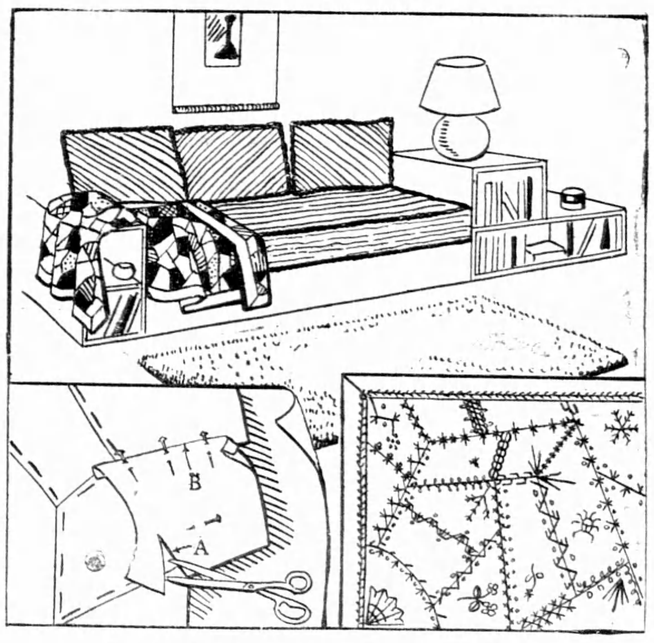
The extending of the purity of variety tests is also intended as an alternative to the licensing of new varieties of field roots and garden vegetable seeds being omitted when the Seeds Act comes up for revision in Parliament during, it is hoped, the present session of Parliament. The working out of the details of the program have been tentatively agreed upon, the Horticultural Division of the Experimental Farms Branch being delegated to collect approximately 50 samples of new recommended varieties for merit tests, and the Canadian Seed Growers' Association having about 100 samples of Canadian-grown registered seed stocks for verification tests. These samples will be forwarded to the office of the chief of the Seed Division, Dominion Department of Agriculture, for entry and transmission to the trial grounds.

After allowing for these tests, also there will be more room at each of the trial grounds for about 150 samples of garden vegetables taken by the Seed Branch from the trade for purity of variety, tests to check the truth in advertising under Section 10 of the Seeds Act.



HOW TO SEW

By RUTH WYETH SPEARS



Crazy Patchwork at Home in a Modedn Setting

The crazy patch is the oldest of quilt patterns yet there is something amazingly modern in its angular lines. So whether your living-room is traditional in style or newer than tomorrow you will be interested in the revival of crazy patch work for what our grandmothers and great grandmothers called a "slumber throw".

A corner of one of these old silk crazy quilts is shown here at the lower right. The pieces were small—many not more than 1½ inches wide or long. A variety of embroidery stitches join the pieces. Both plain and figured silks were used, the plain patches often being embroidered with flowers, fans and other amusing motifs—not the beetle embroidered on one patch. Several colors of silk embroidery thread were generally used but in the most artistic of these quilts one color predominated in the embroidery.

Larger patches with simple feather stitch and herring-bone stitch at the joinings also give a good effect. The pieces are sewed to a foundation of some firm soft material. Outing flannel or an old wool blanket are good. Pin a piece in place over the space to be filled, trim the edges to the right shape, as at A, allowing enough to turn under, as at B, where the patch laps over the one next to it. Baste the turned edges down, as shown. When a number of patches have been basted in place, sew them down to the foundation with the embroidery stitches and then remove the bastings. The backing is tied to the front with silk embroidery thread as comforters are tied. Little or no padding may be used and a plain band around the edge is effective.

NOTE:—Mrs. Spears' new book, "Sewing For The Interior Decorator," contains 47 other fascinating things to make for the home. Now ready for mailing upon receipt of 14c (10c plus 4c postage). Address: Mrs. Ruth Wyeth Spears, 73 Adelaide Street West, Toronto

Thinks Children Like Discipline

BOSTON, — Dr. W. Linwood Chase well-konwn educationist, lecturer and author, thinks children like discipline. They like the security that comes from parents who take responsibility and make demands upon them. They may object vigorously at the time, and vociferously, but they like parents who take decided stands on all things," he said.

Dr. Chase has little patience with the kind of schooling that sugar-coats or the kind of discipline that countenances unwise freedom, for he thinks that the boy must then suffer the inevitable consequences of such treatment.

If a child's behavior irritates an adult, it may only be the symptom of a real conflict that the child himself is engaged in when he tries to do what is expected of him. Until this conflict is understood, little can be accomplished in settling the child on the path of adjustment to things all about him.

Dr. Chase also believes a happy atmosphere at school is essential.

40 Carpenters Build A House In One Way

PORT ARTHUR, Texas.—Speaking of speed: As a courtesy to Mrs. Ivan Vick, widow of a fellow union member, the Carpenters' Union built her a four-room house in a day's time. Construction was begun at 8 a.m., and finished by nightfall. Forty carpenters did the work.

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.

New Drug Eases Faster Walking

Scientists Hear of Hormone Which Aids Physical Exertion

MEMPHIS, Tenn., — A drug which increases the ease of fast walking by about 14 per cent and which upsets theories that in the human body normal perfection cannot be improved upon was reported to the Federation of American Societies for experimental biology.

This scientific surprise was furnished by cortin, a hormone produced by the adrenal glands, two small cap-shaped bodies above the kidneys. Some of this hormone, obtained from the glands of beef, was given to eight men and three women by Fred A. Hitchcock and R. C. Grubbs of the department of physiciology, Ohio State University.

The effects were measured in the changes in their breathing while lying down, standing and walking rapidly. In all cases their bodies required less oxgen and breathing was easier. This was noticeable when they walked at a speed of nearly four miles an hour. In that case there was an average decrease of oxygen that was breathed of about 14 per cent.

Building During March in Canada

TORONTO, — Building contracts awarded in Canada during March as compiled by MacLean Building Reports, Limited, totalled $16,058,100 as against $8,728,800 in February and $10, 289,100 in March 1936. Total value of contracts for the first three months of the year was $31,409,100 as compared with $32,127,200 last year.

Ontario's contribution to the March total was $8,875,600.

Among large construction contracts was the international bridge at Ivy Lea, Ontario, $2,500,000.

Classified Advertising

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EAT WELL — SLEEP WELL. TAKE Blue Mountain Mineral Water. Generous 10c sample. Address Blue Mountain Products Limited, Toronto.

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35 AUSTRALIAN LYRE, KOOKABURRA, Birds, Victoria, McArthur, Jubilee, Air, Commemoratives, 25c. Bedworth, 200 Davenport, Toronto, Ontario.

THE FAMOUS RUBBING LINIMENT

Rub on—pain gone. Get the new large economy size—Also available in smaller, regular size.

65¢ MINARD'S "KING OF PAIN" LINIMENT

WHAT EVERY WOMAN SHOULD KNOW!

NO need for women or girls to suffer every month from periodic pains, headache or nervousness due to functional disturbances. Dr Pierce's Favorite Prescription is a very beneficial tonic. This is what Mrs. Ada Diss of 157 Front St., Stratford, Ont., said: "I got so rundown, weak and upset that I had to give up and go to bed. I suffered severely from pains in my side and was a physical wreck when I began, as a last resort, taking Dr. Pierce's Favorite Prescription. It restored me to health."

Buy now of your neighborhood druggist. New size, tablets, 50c. Liquid $1.00 and $1.35.

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