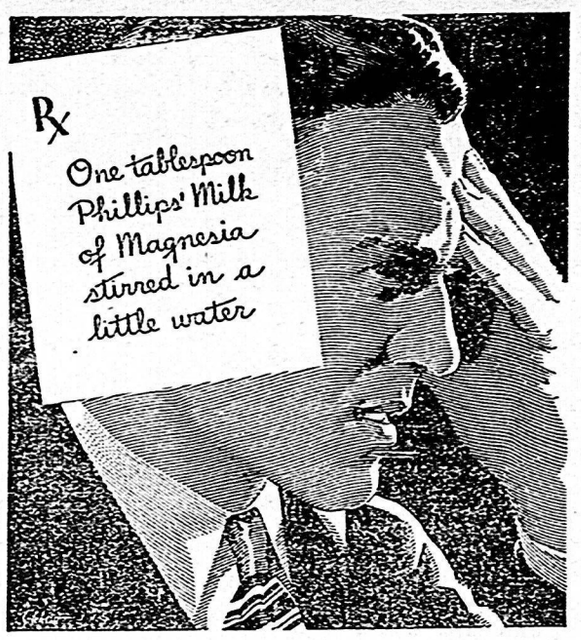
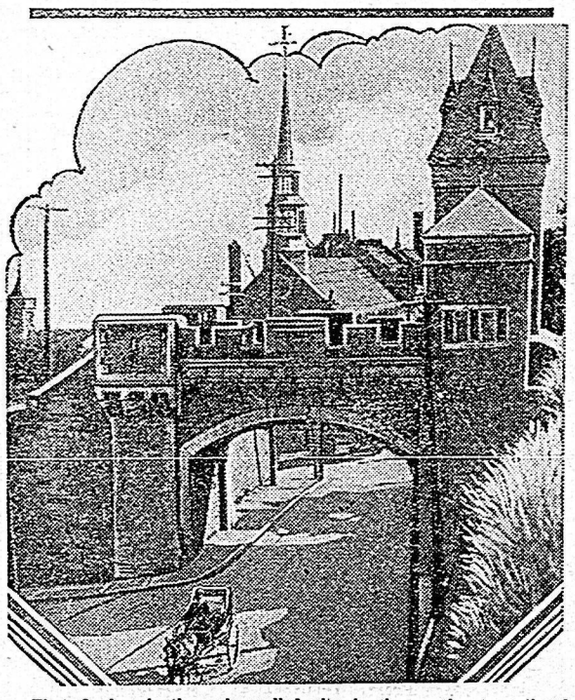
HEADACHE



Frequent headaches mean too much acid. Neutralize the acids with Phillips' Milk of Magnesia. It ends your headache because it removes the cause. Take a little whenever a coated tongue or sour stomach or sluggish bowels warn you of an acid condition. Take it when you've eaten too heartily, or after any meal that "disagrees." Be sure it is genuine *Phillips'* Milk of Magnesia, in this bottle.

ALSO IN TABLET FORM: Phillips' Milk of Magnesia Tablets are now on sale at drug stores everywhere. Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.

Do You Know?



That Quebec is the only walled city in the continent north of Mexico? Above is shown the Kent Gate, one of several entrances through the ramparts. The odd-looking vehicle is common to Quebec City and is known as a caleche.—Photograph, C. N. R.

The Electric Eye And Reckless Drivers

The grim hand of the law is slowly stretching out to reach those foolish people who persist in ignoring the traffic laws when driving automobiles. The latest plan to compel them to obey is an electric eye, which operates just as effectively as if two policemen were stationed along the road operating a speed trap. Photo-cells are concealed in the roadway at stated points, and when a car passes over them a bell is rung in a police telephone booth at a distant point. This bell shows how long the car took to drive from one photo-cell to the other, and if it is in excess of the speed limit the policeman on duty hands the driver a ticket as soon as the latter reaches him, regardless of the speed at which the car is then being driven.

This contraption is now in operation on the old Boston post road leading out of New York, and is said to be producing "perfectly splendid results." If it operates so that no error is made in serving the right driver with the ticket, then it certainly is an invention of which excellent use could be made around Montreal. Toronto already has installed in certain sections the signal lights that stop the driver and then turn green to pass him on when he sounds his horn. That is another wrinkle which might be considered here. Nothing that tends to make the breaking of the speed laws more difficult for the speed fiend should be ignored. — The Montreal Daily Star.

In the power of fixing the attention lies the most precious of the intellectual habits.—Robert Hall.

"The Only Medicine My Children Have Ever Had"

"From the day I purchased the first box for my first baby until the present day, BABY'S OWN TABLETS have been the *only* medicine my four children have ever had," writes Mrs. Harry Pilmer, Cumberland Bay, N.B. "This proves beyond doubt that BABY'S OWN TABLETS, by correcting slight disorders very efficiently at the beginning, prevent more serious ailments developing."

Mrs. Norman Langille, New Germany, N.S., says: "I have used BABY'S OWN TABLETS *exclusively* in rearing my three babies. My little girl, who was troubled for a long time with stubborn costiveness, derived the greatest benefit."

Give YOUR child BABY'S OWN TABLETS for teething troubles, upset stomach, colic pains, simple fevers, colds, constipation, sleeplessness, or whenever he is cross, restless and fretful. Children take these sweet little tablets as readily as candy—and they're absolutely SAFE (See analyst's certificate in each 25-cent package.)

Over 1,250,000 packages sold in 1931.

DR. WILLIAMS'

229

BABY'S OWN TABLETS

Make and Keep Children Well—'As Mothers Know.

Owl Laffs

The next time it rains try this one: We walked up to a man on the street, slapped him on the back and said, "Give me that umbrella." He handed it over and said, "I beg your pardon, I didn't know it belonged to you."

Rattled Young Husband — "Quick, Nurse, tell me, am I a father?"

Old Experienced Nurse—"Well, I don't know for sure, sir—but your wife's got a nice baby boy in there."

A scientist says it is the lower part of the face, not the eyes, that gives away one's thoughts. Especially when one opens the lower part of the face.

Gusts of Wind

It took a whale to swallow Jonah, but a lot of our pessimists are so small they wouldn't make a good meal for a tadpole. The pessimist has the advantage of being mentally prepared for the worst. Nobody questions the value of education; what causes the row is the definition of it. You can't expect to keep your friends if you give them away. The man who does the most talking usually has the least to say. Many who think they are a wit are only half right. When good fellows get together their wives get tired waiting up. A good many self-centered people mistake egotism for wisdom. If you think idle talk gets anywhere, you'd be surprised. A husband is a yes man who won't take no for an answer. One conquers a bad habit more easily to-day than to-morrow.

Mabel—"So you and Maurice are to be married? Why, I thought it was a mere flirtation."

Helen—"So did Maurice."

The husband of a woman crazy about antiques: "My wife's soul is wrapped up in old tables worth 40 cents."

Bridegroom—"I married you just for looks."

Bride — "Cheer up — you'll get plenty."

Harold—"They say you married her because her aunt left her a fortune."

Bill—"That's a lie. I'd have married her just the same whoever had left it to her."

When radios first came out they were troubled with static. Now it's advertising and more advertising.

Spinster—"So the waiter says to me, "How would you like your rice?"

Friend—"Yes, yes, go on."

Spinster — "So I says, wistfully, "Thrown at me, big boy."

Commander—"Now, suppose you are on your post one dark night. Suddenly a person appears from behind and wraps two strong arms around you so that you can't use your rifle. What will you call them?"

Cadet—"Let go, Honey."

Almost any woman can deceive almost any man. But it is hard for a woman to delude or keep anything from another woman.

Katherine—"A Flower dog? Never heard of one."

Gertrude—"Why, he's a Poinsettia—cross between a pointer and a setter."

In test to determine the most immovable thing in the world, a postage age stamp wich has been put on by mistake runs second to a woman asking directions of a traffic policeman.

Glove Bath Latest Treatment for Rhuematism

Writing in The British Medical Journal of July 16, 1932, Matthew B. Ray describes a procedure which he has found very useful in the treatment of so-called rheumatic troubles of the extremities, according to The New York State Journal of Medicine. In the treatment of pain and stiffness associated with rheumatic and other conditions of the hands and feet, he says, the application of heat by means of hot air vapor, parraffn wax, mud, electric radiation or diathermy is usually adopted. As practically all these measure require some kind of special apparatus, which is not always available, he has found good results can be obtained by a simple and easily applied method which can be carried out wherever there is a supply of running hot water.

The hands, enclosed in rubber gloves a few sizes too large, or the feet encased in rubber socks that reach half way up the calf, are immersed in hot water maintained at a temperature of from 105 degrees to 110 degrees Fahrenheit for twenty to thirty minutes every day or every other day. If desired, an ointment or methyl salicylate, iodine, or menthol can be applied to the parts before putting on the gloves or socks. Owing to the retention of heat and the raising of the local internal temperature, it will be found that the hands and feet, on removing the coverings, are bathed in a copious perspiration and are more supple. Massage can therefore be much more efficiently carried out as all muscular spasm is relieved.

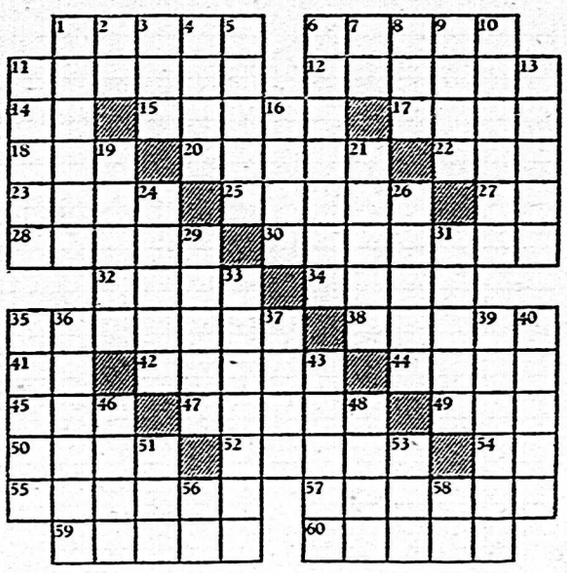
More Women Use "Gyms"

London.—The 1932 woman is as keen on physical fitness as any modern male, and at one place which caters to the training needs of both sexes women outnumber men by two to one.

In the heart of the city is the St. Bride Institute, near Ludgate Circus, where 180 women workers in city offices go three times a week for physical training classes. The men's class numbers but eighty and is held only twice a week.

Reginald Berwick, institute manager, declared that the predominance of women in clubs of this kind, was due, not to the laziness of men, but to the fact that they had a greater number of interests and had to work longer hours.

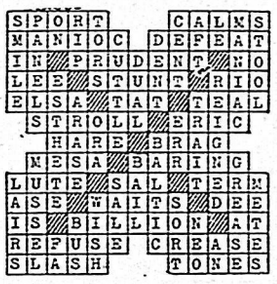
OUR CROSS-WORD PUZZLE



HORIZONTAL
1—Pile
6—Rows
11—Selected
12—Spirit
14—Conjunction
15—Requests
17—To fag
18—To put on
20—Stream of oblivion
22—Corded cloth
23—Days before
25—Parts of body
27—Thus
28—Stitched
30—Decorum
32—Organs
34—New star
35—Holds
38—Pertaining to Wales
41—Part of "to be"
42—Slumber
44—Roll
45—Heavenly body
47—Sly looks
49—Bow
50—Egyptian goddess
52—Test
54—Pronoun
55—To withdraw
57—Clerical vestments
59—Spanish title
60—Dealt.

VERTICAL.
1—Day of merrymaking
2—Part of infinitive
3—Serpent
4—Small room
5—To genuflect
6—Mode
7—Within
8—Landed
9—Mohammedan officer
10—Most certain
11—Ciphers
13—Hindu soldier
16—Small particle
19—More modern
21—To equip
24—Scorches
26—To part
29—Humorous
31—Reception
33—More saccharine
35—Foundation
36—Entertains
37—Prophet
39—Packed
40—Infernal region
43—A solid figure
46—Fine
48—To surfeit
51—Japanese coin
53—Fortune
56—To act
58—French for "the"

ANSWER TO LAST WEEK'S PUZZLE



Experts Praise Finish Of Anti-Crease Textile

The anti-crease process for finishing cotton, rayon and other textile fabrics, invented in England and obtained by an American company is regarded an encouraging indication of the rapid strides made in textile research and gives promise of further advances in the near future. Experts in the market who have viewed swatches of fabrics finished under the new process stated that it appeared practical and that the goods possessed the more or less non-creasing qualities of wool goods.

For the time being there is a limited market for fabric processed under the new patent, as a substantial premium will have to be paid over the prices prevailing on regular cloth, it was pointed out. As the volume of orders increases, however, the price for finishing is expected to be reduced, consequently broadening the market. The process is regarded as particularly adaptable to men's cotton and linen suitings and to neckwear, if the price of the process does not bring cotton suits, for example, to a too costly level. The anti-crease process is the third major development in textiles, the first being fast colors and the second pre-shrinking, it was said.

40 Volumes of Clippings Keep Record of Prince

London.—That the Prince of Wales is one of the leading figures in the world's news is shown by the remarkable collection of press clippings concerning his many activities, which is kept at York House.

A new one had just been added to the collection of more than forty volumes, bound in half morocco. Each contains nearly 7,000 clippings. The Prince's doings throughout the world are followed by a press clipping bureau. Twice a year a selection of these is made and they are bound.

Every incident in the life of Edward P. is recorded from his sixteenth birthday. When he was 27 years old there were more clipping in his collection than in that which covered the entire life of the late King Edward. The largest of the volumes, nearly a foot thick, was presented to the Prince by America.

"My Only Medicine"

Mrs. McEachnie Says Dr. Williams' Pink Pills Helped Her at Every Crisis in Life

Greatly Benefitted Her

"Dr. Williams' Pink Pills have been a real friend to me in all stages of life," writes Mrs. Archie McEachnie, Hopeville, Ont. "I commenced taking the Pills when I was just budding into womanhood as a very delicate girl. I was much benefitted. Then at the critical time of life, I again took Dr. Williams' Pink Pills, and they certainly helped me through that period safely. Now at 60, every time I feel a little out of sorts, I take them—they have really been my only medicine."

Growing girls, and women at the dreaded time of life, have special need of Dr. Williams' Pink Pills. The rich new blood cells created by these Pills carry to every part of run-down systems the vigor-building properties required to restore health and strength. Try them. At your druggist's in protective glass containers, 50c.

WHOLE FAMILY WITH INDIGESTION

A mother of four writes:—"Myself and family of four all seemed to suffer from acidity, pains in the back, and other forms of indigestion. I suffered whatever I ate. But since we have been taking Kruschen (for the last three months) we can eat anything, and all enjoy our food much better. We never have a trace of acidity or pain now. I think it is wonderful—it has no upsetting results. Whatever we may have to go without, we could not give up Kruschen."—(Mrs.) M. K.

Kruschen Salts swiftly neutralizes acid, takes all the torment out of it, and gently expels it from the system. And by stimulating your organs of elimination to perfect regular action, Kruschen will prevent this harmful acid from ever accumulating again. After that you'll experience no more misery after meals. Kruschen will keep your inside clean and serene. Pure and invigorated blood will be sent coursing to every part of your body. You'll feel wonderfuly energetic and well. As healthy and hearty as it is humanly possible to feel.

Our Medical Needs

By Edward A. Filene, Boston Merchant, addressing the Eigth Annual Clinical Congress at Yale University.

We shall see a national organization of guilds and associations, so that the average man can have the benefit of expert diagnoses and the best preventive and curative medical advice and care at a price within his means.

What would these guilds mean to the average man? A full medical examination twice a year, a complete check-up on the slightest ailment, medical attention whenever necessary, the advice of specialists, and all at a prearranged, standard fee based upon mortality and health figures. The fee, of course, would be the minimum charge possible, upon a basis of adequate earnings to medical men, and, as the guilds would be operated upon business principles, the trend would be to give increasing service for diminishing costs.

A sudden sickness in the family, a birth or a death would not entail, as it often does at present, the withdrawal of the family's savings from the bank or the maximum use of the family credit with resulting financial hardships, worry and sometimes privations. With annual payment, the medical expense of the family for the year would be paid, and the treating of sickness under the most modern and expert care assured.

French Committee Formed To Curb Auto Accidents

Paris.—A committee to investigate the pathological causes of motoring accidents on the public highways of France has been named by Justin Godart, Minister of Public Health.

Such accidents, M. Godart points out, constitute a growing danger to the population, and they often are said to be due to some physical or mental weakness of the man at the wheel.

"The heavy meals and the libations of Sunday outings," the Minister observes, "are to a certain degree responsible. But allowance must also be made for the slight disturbance of mental equilibrium which is common and which is augmented by the sensation of speed, the excitement of passing other cars and other incidents of driving an automobile. Moreover, the fatigue of long hours at the wheel weakens and even annihilates the attention and the reflexes."

Several leading medical men have agreed to serve on the committee. They will have the expert assistance of Baron Petet, president of the Chamber of Automobile Constructors; Viscount de Rohan, president of the Automobile Club of France, and Edmond Chaix, president of the Touring Club of France.

The quality of RED ROSE makes it good value whichever price you pay

Red Rose Tea

Red Label, 25c. ½lb.

Orange Pekoe, 38c. ½lb.

Scott's Vision of Life

According to the London Times' Literary Supplement, if we tried to select a scene from the Waverley novels that should sum up Scott's vision of life we might do worse than choose the episode at the beginning of "Montrose," in which the M'Aulay brothers are in wager with the English visitors, who had been flaunting their silver plate in their own home, to show "mair candlesticks, and better candlesticks . . . than were ever lighted in a hall in Cumberland." When the moment comes the Englishmen are ushered into a dining hall where behind every seat stands a gigantic Highlander a drawn sword in his right and a blazing torch in his left hand.

"Behold, gentleman cavaliers, the chandeliers of my brother's house," cries Allan, "the ancient fashion of our ancient name . . . Would you dare to compare to them in value the richest ore that was ever dug out of the mine? How say you, cavaliers—is your wager won or lost?"

"Would you dare to compare to them," we imagine Sir Walter crying to his detractors to-day, as he points to his throng of robust and brilliant creatures, "the blackest ore that was ever dug out of the psycho-analytical mine?" And we know who has won the wager.

Gems from Life's Scrap-book

"Holiness is an unselfing of ourselves."—F. W. Faber.

"Holiness is the architectural plan upon which God buildeth up His living temple."—C. H. Spurgeon.

"Seek and possess holiness and consolation will follow as assuredly as warmth follows the dispensation of the rays of the sun."—Upham.

"Holiness is religious principle put into motion. It is the love of God sent forth into circulation."—F. D. Huntington.

"The most holy men are always the most humble."—Aughey.

"Being is holiness, harmony, immortality."—Mary Baker Eddy.

"The narrow way, the way of holiness, not only leads to life, but it is life."—Richard Fuller.

Remember—John Wesley lived the holiness he taught.

Artists Form Co-operative

Rio De Janeiro.—With "nothing over $10" for a slogan, Brazilian artists have followed the example of their Greenwich Village brethren and have formed an association through which they hope to sell more paintings. The resolution leading to the formation of the association states that "unemployment, plus the high cost of living," are responsible for the lack of buyers. The artists believe, however, that sales could be made if paintings were offered through a central agency and exhibited under one roof.

"What game of bridge does your wife play?"

"Judging from the cost, I think it must be toll bridge."

Old Gold, Jewellery, Etc., bought for cash. Send it to us by registered mail, and we will advise you how much we can allow you.

ELLIS BROS., JEWELLERS, 98 Yonge Street, Toronto.

Stuffed up inside?

Feen-a-mint is the answer. Cleansing action of smaller doses effective because you chew it. At your druggists—the safe and scientific laxative.

Feen-a-mint FOR CONSTIPATION

Cuticura Ointment
To soothe and heal burns, cuts, rashes and all skin irritations of childhood.
Price 25c. and 50c.

CORRECT THE CAUSE OF CHILD'S FAILING

Children should not be punished for bed-wetting. It is caused by weakness of kidneys or bladder. Mothers will find our home treatment helpful for their little ones. Send no money, but write today for Free Trial Treatment. Adults with urinary weakness will also find our treatment beneficial.

VANDERHOOF & CO., Box 25 Windsor, Ont.

For Sale by Leading Druggists

ISSUE No. 42—'32

Classified Advertising

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.

REMEDIES FOR ALL SICKNESSES. Write Mrs. Anna Penner, 308 Burns St., Winnipeg, Man.

FORMULA.

ANY FORMULA, $1.00 EACH. WRITE Midland Laboratory, 308 Burns St., Winnipeg, Man.

Coolies Carry 100-Lb. Packs

In the Hupeh Hills of China coolies carry 100-pound packs. Men and wheelbarrow are used for freight near the place called the future trade center.

Hotelkeeper—"What is that rope you have with you?" Guest—"A rope ladder in case of fire." "Very good—guests with fire escapes pay in advance."

Smoplastic

Renders your chest stone-like a few days. New scientific plastic compound—wears like leather, fully applied—no special tools. Non-inflammable. Fills holes, cracks, waterproofs and renders wind-tight. Many uses for home and farm. There is no other sold like guaranteed, patented SMOPLASTIC—a depression necessity.

Half Pint 75c • Pint $1.25

ECONOMY PRODUCTS CO.
50 Hayter St., Toronto

OFF COLOUR? HOW IS YOUR LIVER?

Wake up your Liver Bile —Without Calomel

Your liver's a very small organ, but it certainly can put your dig stice and eliminative organs out of kilter, by refusing to pour out its daily two pounds of liquid bile into your bowels. You won't completely correct such a condition by taking castor oil, mineral water, laxative candy or chewing gum, or roughage. When they've moved your bowels they're through—and you need a liver stimulant.

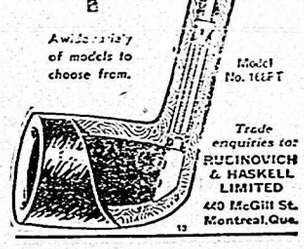
Carter's Little Liver Pills will soon bring back the sunshine into your life. They're purely vegetable. Safe. Sure. Ask for them by name. Refuse substitutes. 25c at all druggists. 48

DR. PLUMB'S PERFECT PIPE

The name is stamped on the stem—and the word, "PLUMB" is impressed in white on the mouthpiece.

BEWARE OF IMITATIONS

$1.00



A wide variety of models to choose from.

Model No. 1616 T

Trade enquiries to: RUCINOVICH & HASKELL LIMITED 440 McGill St. Montreal, Que.

for CHAPPED SKIN

Dilute Minard's with one-half sweet oil or cream. Apply once a day. For Frost Bite use the Liniment freely and undiluted.

25 No trouble. Very healing!

MINARD'S "KING OF PAIN" LINIMENT

WEAK WOMEN

Take Lydia E. Pinkham's Vegetable Compound

Have you ever felt that you were too weak to do anything . . . that you did not have the strength to do your work?

Women who are weak and run-down should take a tonic such as Lydia E. Pinkham's Vegetable Compound. Headaches and backaches that are the result of a tired, run-down condition often yield to this marvelous medicine.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.

Protect Your Boy From coughs and colds

SCOTT'S EMULSION of Norwegian Cod Liver Oil

Builds Resistance Easy to Take

21