

WHEN SHE LOST 28 lbs.

She Gained Energy

This young woman's method of reducing overweight is evidently as beneficial as it is effective, and a letter she writes is therefore worthy of publication.

"I am 24 years of age; height 5 ft. 5 1/2 ins.; and a short time ago my weight was 28 lbs. above normal. I was listless and without energy. Now after taking Kruschen Salts regularly I have lost 28 lbs. in weight, and have much more vitality. Also I have a very good complexion and I do not have face blemishes of any kind. Surely this must be due to my having pure blood, and I attribute the fact to my taking Kruschen Salts."

(Miss) M. S. (Kruschen combats the cause of fat by assisting the internal organs to throw off each day those waste products and poisons which would otherwise be converted by the body's chemistry into fatty tissue.)

Recent Events From Overseas

A RECORD

DEAL, Eng.—Old Rugbians, the holders, were beaten in the third round of the Halford-Hewitt Golf Cup on the Royal Claque Ports course here recently, by Old Watsonians by 1 game to 2.

The most spectacular shot of the day was a shanked drive by E. C. Tyrwhitt-Drake (Lancing) from the first tee, the ball going through the door of the clubhouse and coming to rest outside the dining room—the 19th hole in one!

The winners in the third round were O Wellingtonians, O Watsonians, O Foresters, O Radelians, O Uppinghams, O Carthusians, O Halleyburians and O Etonians.

NEW FUEL

LONDON—A fleet of new streamlined wagons recently delivered to the R.A.F. aerodrome, Biggin Hill, Kent, enough British coal-petrol to supply seven air squadrons.

It was the largest bulk supply of petrol made from British coal ever delivered.

So confident are the authorities of the quality of the fuel—proved by last year's gruelling tests—that the seven squadrons at Biggin Hill are to leave on protracted manoeuvres early next month, using nothing else.

For 17 Squadrons

The R.A.F. now consumes the whole of the British output.

This year 1,000,000 gallons of petrol will be produced for the force from 300,000 tons of British coal.

By the end of the year seventeen squadrons will be using it.

The South Wales coalfield, which, before the war, supplied the Navy with the bulk of its coal, has sent a deputation to the oil-conversion experts inviting them to establish a plant in Monmouthshire.

PAPER WORTH £10,000

LONDON—A frail little woman is fighting a legal battle with lawyers and executors in New York over a square inch of paper. But that piece of paper is worth between £10,000 and £15,000.

Meanwhile in England half a dozen connoisseurs are keeping in touch with New York by cable, watching and waiting for the opportunity to step in and gain possession of that piece of paper.

It is the British Guiana one cent stamp, the rarest stamp in the world. It is the only specimen in existence.

The frail woman is Mrs. Hind, widow of the millionaire brush manufacturer, whose hobby was collecting rare stamps.

She still possesses the stamp,

which, she claims, was given to her by her husband; the executors dispute her right to it. Negotiations continue.

Meanwhile the remainder of the collection, valued at £100,000, has arrived with Mr. R. H. Harmer, the stamp dealer, who, on hearing that the collection was to be sold, raced out to America in advance of hundreds of other dealers, and bought the lot.

Hope of Settlement

But the precious stamp which Mr. Harmer wanted more than any other in the world, for which he had waited many years to buy, eluded him.

When he reached America the squabble was still going on, and the stamp cannot yet be sold.

Mr. Harmer said: "The question has not been taken to court, and I hope it will be settled amicably."

"I am in touch with the executors, and as soon as the ownership of the stamp is settled I shall buy it."

"It is printed in black on magenta-colored paper, and was one of a few issued in 1856 by the British Guiana authorities."

HUGE EDIFICE

LIVERPOOL, Eng.—Thanks largely to the munificent gift, just announced of nearly £1,250,000 from Lord Vestey and his brother, Sir Edmund Vestey, Liverpool Anglican Cathedral is likely to be finished completely in another 16 years or within 50 years of the laying of the corner-stone by King Edward VIII.

Compared with the time it took to build some of the other great cathedrals of England this will be a truly amazing achievement. Whole cen-

turies were spent upon the erection of such noble piles as Canterbury, York or Lincoln. On the other hand St. Paul's was rebuilt after the Great Fire of London, in the short space of 35 years. The money for its rebuilding came largely from a tax on coal brought into London.

Freewill Offerings

Liverpool Cathedral is rising entirely through freewill offerings, ranging from the penny of the Sunday scholar to gifts even more princely than that of the brothers Vestey.

Lord Vestey and Sir Edmund Vestey are making the gift in memory of their parents and the money is to be devoted to the building of the great Central Tower of the Cathedral. This, the crowning feature of the design of Sir Gilbert Scott, will rise 327 feet above ground level, making the Cathedral a landmark for many miles out at sea.

"Up to now we have had rather a shapeless building from the outside," says Sir Gilbert Scott. "The tower will give it a certain completeness and dignity. We shall start on the tower in about two years, and it ought to be completed in about four."

Anticipate Criticism

The nave, which is the final stage of the Cathedral building, will cost £2,500,000 and if money comes in to enable the committee to spend \$300,000 a year the Cathedral will be completed in 1950, or 50 years from the date it was begun.

In anticipation of criticism about the spending of so much money on a cathedral, it is pointed out that 23 per cent of the Vestey donation will be spent in local wages and material.

THE ENCHANTMENT OF ENGLAND

We are visiting the British Isles this summer and the prospect has a glamour and allure that it is difficult to put into words. We enter a different world, full of the romance and history of the past; unbelievable castles, hedges along the winding roads, green fields that merge into the landscape, the quaint villages with the steeped church dominating the whole, thatched cottages—you can see this all in no other country but England. There is no other country where you can take scenic beauty as a matter of course; where pageantry fits into the picture and where dreams come true.

Thousands of years have made these Islands what they are; there is a continuity which, in spite of modern improvements, definitely links the past with the present. You are in a foreign country and yet you are home—quite a paradox.

Cathedral Cities

We shall visit some 21 Cathedral cities this summer. I shall refer only to two of these.

Winchester, the old Capital of England was a tribal capital in Roman days; a long line of kings were crowned and buried here and, as late as the time of Henry III, the citizens of Winchester disputed with the citizens of London over the right of precedence. No factories foul the air or mar the outlines of her streets and the Romans, in planning the system of roads, had them radiate like the spokes of a wheel, so that the city is the natural county town. Water meadows stretch for miles to the north and south and, thanks to the foresight of its builders, Winchester has probably more open spaces than any town of its size in the Kingdom.

Henry Ward Beecher proclaimed the Cathedral to be the most beautiful in Europe and recently, in talking to a prominent Catholic Church dignitary, he told me that he considered Winchester Cathedral to be the finest ecclesiastical edifice in the British Isles. Here is the tomb of William of Wykeham, founder of the church, William Rufus and others Mary was married to Philip of Spain in this Cathedral. The nave is the longest in the world, with the exception of St. Peter's at Rome. Wonderful carvings in stone and wood give artistic grace to the interior—it is history in a form which charms the eye and spirit.

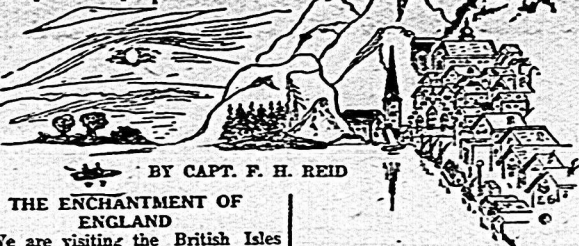
The Rare Old City of Chester

Chester, the City of the Legions, has been well described by this quaint bit of verse:

"I do love this ancient citie,
We never tread upon it but we set
Our foot upon some reverend
historic."

Memories of Chester cannot, with certainty be carried back further

TRAVEL IMPRESSIONS



BY CAPT. F. H. REID

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THE BRITISH ISLES.

England, Scotland, Ireland and Wales—just think of visiting them for the first time, or, if you have been there before, think of renewing your previous experience.

It is worth while to build up an estate of memories for the future: it is worth while DOING IT NOW. Captain Reid's all motor, all British tour sails on the "Empress of Australia" on June 21st. You can take 31 days, 45 days or continue on the whole trip for the 52 days. It costs nothing to enquire—it is a wonderful opportunity.

Or, if you want to go to the Continent or the Passion Play, there are seven itineraries available, ranging from 27 days to 57 days and in price from \$341 to \$778.

Write to Captain F. H. Reid, C. P. R. Building, Toronto, or telephone Waverley 6646.

than 47 A.D., when the Romans advanced from the Midlands to attack Wales. Recently, however, two stone axes have been found in an old section of the town. It is one of the rare examples of a walled town and, even today, one can make a circuit of the old city on the top of what is the most perfect structure of its kind in Britain. A history of the Wall would be an article in itself and some time I may write about this.

The Rows are a remarkable feature of Chester and are unique in that there are rows of shops one over the other; the sidewalk of the upper shops being immediately on top of the stores on the street level. The main street of Thun in Switzerland more nearly resembles the Chester Rows than any other street. This idea might be adopted, in modified form, to overcome our traffic problems of the future—who knows!

The Cathedral associations go back over 1000 years and bring recollections of King Alfred's daughter, Ethelfleda; and the grim Earl Leofric of Mercia, husband of the celebrated Lady Godiva. He and succeeding rulers made notable additions to the building, the latest change being made about 1880.

Of interest to Canadians is a corner of the transept where, hanging near the ceiling, is a tattered battle flag and, in the corner under it is a picture of the Plains of Abraham. The flag is that of the Cheshire Regiment and was used to cover the body of General Wolfe when he lay mortally wounded at Quebec.

The medieval streets, with their half-timbered houses are being judiciously maintained and the character of the town preserves its old time atmosphere.

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Human Historie

Siegfried Sassoon in the Spectator. The multitudinous dead, like books unread. Are somewhere in the library of Time. Glimpses we get, of what they felt and said. Humdrum and homely, or loftily sublime; But mostly they are ghostly, nameless, nought. Whose journeying shadows fell and left no trace; Whose worlds in worlds of woe and welded thought Are now the language of a vanished race. Nothing exists in life more strange than these Lost lineaments of human histories.

Recovers Gold Even From Chimney Soot

Since the government devalued the dollar, almost doubling the dollar value of every scrap of gold, the Assay Office in New York has been using every conceivable precaution in its melting rooms to conserve the metal.

The Assay Office is housed in a relatively new building, white and severe, at the corner of Old Slip and South street. One of its important installations is called a fume precipitator—in reality, a series of metal sleeves each plumbed by a chain. Alternating currents run through the chains and the sleeves; and, as the smoke passes up the chimney, the soot particles, containing minute particles of gold, are dashed from the air by this electric barrage, and fall to the bottom of the flue.

This precious residue is collected once or twice a year by men who go into the basin of the chimney and shovel it out. The Assay Office realizes \$10,000 to \$15,000 on the sale of gold reclaimed from chimney soot. Even the dust on the walls is collected for gold.

The Editor's Dream

The editor after working over his list of delinquent subscribers until he was weary, fell asleep. He dreamed that he was a boy away back in the district school, that they were having an entertainment and that his part was to recite "The Old Oaken Bucket."

"When it came to his turn, he spoke out in his sleep but this is what the stenographer heard him say: How dear to my heart is the steady subscriber,

Who pays in advance at the birth of each year.

Who lays down the money and does it quite gladly,

And casts 'round the office a halo of cheer.

He never says "Stop it, I cannot afford it;

I'm getting more magazines now than I read."

But always says "Send it; I like it; I like it;

The fact is I think it a help and a need."

How welcome his cheque when it reaches our sanctum,

How it makes our pulse throb; how it makes our heart dance!

We outwardly thank him, we inwardly bless him—

The steady subscriber who pays in advance.

Knows Onions

Mess Sergeant Explains He's Biological Instructor

Caldwell, Idaho.—Mess Sergeant Cornelius T. Cramer of headquarters troops, 116th Cavalry, Idaho National Guards, knows his onions as well as his cabbages and vitamins.

Major John Hood was giving the organization its annual examination. "Do you believe in feeding your troops on salads and greens?" he inquired of Sergeant Cramer.

Yes, sir.

"Why?"

"Because green stuff contains Vitamin C."

"Name some disease this vitamin prevents," directed the major.

"Scurvy, sir."

"Do you know what a sacrimiscercivia is?"

"Yes, sir."

"How do you happen to know that?"

"I'm biological instructor of the College of Idaho here sir."

"I am no optimist, but I see no immediate danger of war."—Benito Mussolini.

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 digestive 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 salts, 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.

More Tobacco for the Money!

and POKER HANDS, too with TURRET FINE CUT!

Wise smokers who "roll their own" cigarettes are making 10c do a bigger job than ever before. They're using Turret Fine Cut—the mild, cool, fragrant tobacco that gives them more and better smokes for the same money and Poker Hands to exchange for free gifts.

A turn to Turret Fine Cut is a turn in the right direction: greater economy, greater pleasure and the extra value of Poker Hands. Don't wait!



Save Poker Hands to get Better Cigarette Papers FREE—Everybody agrees that "Chanticleer" and "Vogue" are the best papers—you can get 5 large books of either brand—free for only one complete set of Poker Hands, from your nearest Poker Hand Premium Store or by mail from P.O. Box 1380, Montreal.

It pays to "Roll Your Own" with TURRET FINE CUT CIGARETTE TOBACCO. SAVE THE POKER HANDS. Imperial Tobacco Company of Canada, Limited.

Here's the Perfect Beauty Routine

A perfect nightly beauty routine and one which every skin needs, regardless of its age or type, makes use of the four essential cosmetic preparations—complexion soap cleansing and tissue creams and skin tonic. Today we'll concentrate on a regular home treatment.

First, wash your face and neck with soap and water, rubbing with the palms of your hands as well as with a rough wash cloth. Then rinse several times with tepid water and finish with a very cold rinse.

Cleansing cream comes next. Using upward and outward strokes cover the skin with a thin layer of the quick-melting cream. Let it stay on for two minutes and then with soft cleansing tissues remove every trace of it.

Skin tonic is the third step. Pour a bit of it on a cotton pad and pat throat face and forehead with the pad. Use brisk upward movements that stimulate and strengthen sagging muscles and lazy tissues. Let the tonic dry into the skin before you put on a very thin coat of tissue or nourishing cream.

Tissue cream should be patted into the skin and the spot under the chin deserves a few extra vigorous slaps. See that there is plenty of cream around the eyes and across the forehead where fine lines have a tendency to form. When you have finished, wipe off the excess and go to bed.

Beauty Preparations Used by Men

Montreal—Men use beauty preparations. There are still business offices where the appearance of a woman is interpreted as a request for a subscription to something or other. These facts were glanced from addresses delivered before the Business and Professional Women's Club.

Nearly 60 per cent of all Canadian exports which in their original state were produced on Canadian farms went to the United Kingdom during the fiscal year ending March last year.

Classified Advertising

PROSTATE GLAND SUFFERERS—Free information regarding a treatment from which I have received amazing relief. No obligation is hereby implied at all. "Freely ye have received, freely give." Alfred Beadle, 1649W Minnehaha, St. Paul Minn., U.S.A.

BARGAINS IN FARM PUMPS

A few low priced belt drive power pumps, 1823 models. To be sold quickly at greatly reduced prices. Write today for prices, and state depth of well. Mr. Anderson, Beatty Bros., Limited, Fergus, Ont., Box 238W.

Are You WEARY?

Do you find it hard to do things some days? Days when body and brain feel oppressed? Incomplete elimination of body wastes is probably the reason. It is most likely the reason even though you are as regular as can be in your daily habits, because regularity is no guarantee of completeness. Follow these simple health rules: Eat moderately, sleep sufficiently, get lots of fresh air and exercise—and once or twice every week take a bracing, sparkling glass of Andrews Liver Salt. Andrews will purify and invigorate your whole system and help Nature end those tired, headachey days. Get Andrews Liver Salt from your druggist. 50c and 60c in tins. 75c for the new, large bottle. Sole Agents: John A. Huston Co., Ltd., Toronto.

Kennedy & Menton

421 College St. Toronto

Harley Davidson Distributors and Used Parts

Write at once for our bargain list of used motorcycles. Terms arranged.

Ask Mother—She Knows

Mother took this medicine before and after the babies came. It gave her more strength and energy when she was nervous and over-tired. It kept her on the job all through the Change. No wonder she recommends it.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Issue No. 20—34

DOCTORING YOUR DAIRY HERD

Cows aren't machines. They can get sick or hurt. But Minard's Liniment makes it easy to care for their ills. Mrs. Thos. Bulmer of Lardo, B.C., found one of her herd with a lump in her udder. "I rubbed it with Minard's Liniment," she says, "and it soon got better."

Minard's is best for Cuts, Bruises, Colic, Distemper, etc., and equally good in stable or in house. Well named "King of Pain".

If Past 45 and "Low" and Upset Look for Acid Stomach

HERE ARE THE SIGNS:

Nervousness Frequent Headaches
Neuralgia Feeling of Weakness
Indigestion Sleeplessness
Loss of Appetite Mouth Acidity
Nausea Sour Stomach
Auto-intoxication

WHAT TO DO FOR IT:

TAKE—2 teaspoonfuls of PHILLIPS' Milk of Magnesia in a glass of water every morning when you get up. Take another teaspoonful 30 minutes after eating. And another before you go to bed.

OR—Take the new Phillips' Milk of Magnesia Tablets—one tablet for each teaspoonful as directed above.

If you have Acid Stomach, don't worry about it. Follow the simple directions given above. This small dosage of Phillips' Milk of Magnesia acts at once to neutralize the acids that cause headache, stomach pains and other distress. Try it. You'll feel like a new person.

But—be careful you get genuine Phillips' Milk of Magnesia, or Phillips' Milk of Magnesia Tablets when you buy—25c and 50c sizes.

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

Lloyds MAP OF CANADIAN MINES

FREE

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GRANT MAHOOD & COMPANY, TORONTO, CANADA

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