

# "OH, YOU ARE GETTING FAT!"

## Woman's Action After Friends Remarks

### Now She's 49 Lbs. Lighter

If you are one who hears remarks from friends about "getting fat," you will naturally be interested to hear this woman's story. Fortunately, it had a happy ending. Here is her letter:

"I had put on weight gradually — not noticing it myself — until my friends kept saying to me, 'Oh, you are getting fat.' I had myself weighed and nearly had a fit. I was 175 lbs., and I am only 5 ft. 3½ inches in height. Then I saw an advertisement for Kruschen, and I thought I would try it. I did so and today I weigh 125 lbs. and feel better. I continue to take Kruschen, as I find it is still reducing me, and I wish to lose a little more weight. I am recommending Kruschen to all my friends."

(Mrs.) T. W. Kruschen is an ideally balanced blend of six separate mineral salts. The formula represents the ingredients of the mineral waters of Carlsbad, Ems, Kissingen and other well-known European spas, which have been resorted to for generations by the over-stressed. Only in Kruschen can you get this precise combination of salts. The exact correctness of the



formula of every batch of Kruschen is checked by a staff of qualified chemists, before it is passed for bottling. Kruschen combats the cause of fat by assisting the internal organs to throw off each day those waste products and poisons which, if allowed to accumulate will be converted by the body's chemistry into fatty tissue. Thus Kruschen acts upon surplus fat only; if you have no excess fat to lose, you cannot lose weight with Kruschen. Kruschen Salts is available at all Drug Stores at 45c and 75c per bottle.

## Alter Hair Style To Suit Clothes

### Women, According to Hairdresser, Are Far Too Conservative About Their Coiffures — Change Appearance of Head as You Would Your Make-up

I had been wrestling with a new hat, writes a bright, young thing. In the shop I had imagined it would suit me, but when I got home, as is the way with hats, it turned against me.

After an hour of misery (it was an expensive model) I decided that it was my hair which was wrong, and betook me to a genius among hairdressers, one with the hands of a magician and the eye of an artist.

"What," I asked him, "can you do about this?"

Carefully he looked at me, first from the angle and then from that. Then very deftly he started to work, cutting a little here and a little there. As he worked he talked.

"Women," he told me, "are far too conservative about their hair. They get a style which they think suits them, and persist in it, year in and year out, regardless of the fact that time works changes.

"Faces alter. They become plump or thin and the style of hairdressing should alter with them, and it is not reasonable to expect a style which suited the hat with a large brim to be equally becoming to a small one. How is it possible?" He shrugged expressively.

### MORE FEMINE

The intelligent woman has learned to change her make-up to suit her clothes.

She must now learn to do the same thing with her hair. It must be dressed to suit her hat and the general trend of fashion.

Not so long ago practically every smart woman was wearing a short, soignée shingle, but with the advent of long flowing locks hair has been leaning more and more towards Victorianism, and become soft and delightfully feminine.

On leaving the hands of my hairdresser, marvellously transformed, I then visited other salons to see the latest and most up to date hairdressing styles.

Curls, I found, are by far the most popular style at the moment.

No matter how short the hair may be, it must be coaxed into curls. Curls combed to the front and round the ears, curls massed, and curls bunched. Curls brushed with an upward gesture, to give the backward movement which is now almost a necessity.

The general feeling must be UP, as though the wind were sweeping through the hair and pushing it back into a speed-nymph effect.

In most cases the hair is being persuaded up from the neck-line, but sometimes the top is smooth, and then

the curls are allowed to nestle in the shape of the neck. This is a particularly good arrangement for the woman whose neck is long. In her case the hair must not be raised too high, as this only accentuates the length of the neck.

A long face may be made to look wider if the curls are arranged in bunches at the sides, while a full face will get extra length and height if the hair is curled across the top.

### REAL FLOWERS

The hair must become the hat and the hat the hair. Curls are built up to suit the type of hat, and very often one side of the head is more elaborate than the other.

Young boys and debutantes are looking more than usually flower-like with their hair piled high, and supported by little Alice-in-Wonderland coronets made of real flowers.

When there are waves they must be wide and sweeping, finishing at the end in loose curls.

The woman with a good profile can afford to adopt the new fashion of having the hair swept across to one side, leaving the other side smooth and clean-cut.

Partings no longer take the straight and narrow path. More often they stray slantways across the head. Sometimes they even wind their way round the ears.

Either style is definitely becoming to a certain type of face and shape of head.

### Russian Egg Cup Hat Has Steel Pyramid on Top

Paris, — Patou, in his winter fashion show combined the influences of Egypt, the Victorian age, Russia and the future.

He launched a new oyx green and introduced cracked and antelope crepe. This was an evolution of the sapphire blue, navy, black and green which Patou, "the color king" launched in his spring show.

Double brimmed hats with pleated edges were another feature. There was also a Russian egg cup hat with a steel pyramid on top.

A return to embroidery and crocheted jabots in angel wood thread was shown.

Patou has been inclined more and more to fantasy in hats. In colors he is pushing black—solid black and black combined fittingly with slight touches of color. The black and white idea comprises what may be called the uniform of the smart Parisienne.

Have You Heard?



Here's the world's biggest gambler, the Farmer! He gambles with the weather, with the soil, with grass-hoppers, with army worms, with grubs and a score of other offshoots of the plagues of ancient Egypt. Every spring he takes a chance—a desperate and big chance. If he wins, as he does occasionally, he comes off with a big stake; if he loses, which he does more frequently, he has a chance to try again. Happily he is a good loser; or else the world would starve.

"The Hick Town" A "hick town" you say? Now that is where I live. An' where we raise taters an' ride in a "Zu". Instead o' streamline, new-fangled bus, and what you may call us we don't care a cuss. The hick town's the place where fertile brains grow, Where Edisons flourish, and Lincolns you know; Where most of the premiers learn to please, Where many immortals grew up, if you please. A "hick town"? Why sure, but, may-haps, a "hick" From one of these towns shall wield the big stick; For history proves such things come to pass. The fun-poking snob then will look like an ass.

For two hours, at intervals, the efficiency expert had been watching the man in the movie studio while the latter chewed on a pencil. Occasionally he would set something down on paper, but resumed his meditation almost immediately. Exasperated the efficiency expert addressed the man: Efficiency Expert—You are a writer in this studio, aren't you? The Man—"Yes." Efficiency Expert—"Well, why don't you write?"

Kissing your wife every day will keep down the divorce habit. Give her a little spending money occasionally and don't forget to behave yourself, and you'll trot through to the end in double harness.

In this family there was a large number of small children. Little Willie, aged six, was taken in one morning to see his father, who happened to be laid up with influenza. Little Willie was very quiet, almost reverent in the sickroom. When it was time for him to go, he went up to his father's bedside, and said: Little Willie—"I bin good, ain't I pop?" His Daddy—"Yes, son. Little Willie—"Well, then, kin I see the baby?"

Men attract to them the positions that belong to them. A small magnet never has the power to drag after it big things.

It depends on how you are getting along whether when the five o'clock whistle blows your pick up your dinner paid or your cane.

A woman was trying to be nice to the little girl whose mother was a great friend of hers. Woman—"I hope you got along well at school last term. Now I wonder if you can spell horse."

The Little Girl—"I could if I wanted to. But don't you think it is rather old-fashioned?"

A citizen in a small town recently went into the office of the railway agent at that town and demanded: Citizen—"I want you to give orders that the engineer of the train that passes through here at 11.50 every day be forbidden to blow the whistle on Sunday mornings."

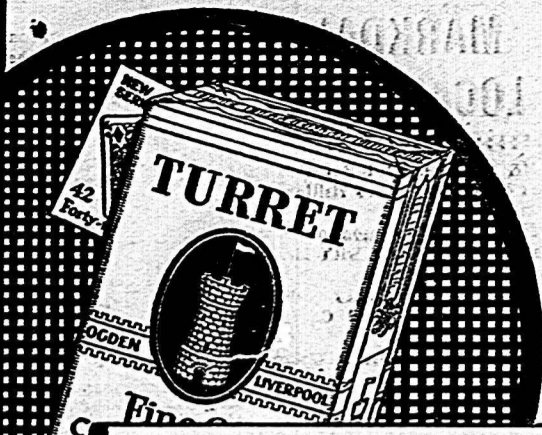
Agent—"Why that's impossible. What leads you to make such an unreasonable request?"

Citizen—"Well, our preacher always preaches until he hears the train whistle blow—and that confounded train was 35 minutes late last Sunday."

Do not do kindnesses to only the people who have been kind to you, but try never to miss being kind to anyone who needs and deserves it. Conscientious Doty.

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## Home Treatments For Beauty and Grace

A woman who is unable to go to cosmeticians, coiffure experts and exercise teachers for beauty advice should realize the value of home treatments and act accordingly. First, of course, she must bravely admit her defects to herself, figure out her needs and then be conscientious enough to stick to whatever routines she has planned.

To begin with, there is that important matter of weight. The girl who wants to be slender and supple should realize that home exercises are just as important as ones done under professional direction. She must use her will-power to keep from eating too many sweets and rich desserts and to order a vegetable plate when what she craves are the starches and greasy foods on the menu.

She must map-out a careful daily beauty routine that will include complexion and hair treatments. If her skin is too dry, the wise woman will invest in a jar of tissue cream and use it every night before she goes to bed. She'll brush her hair each day and shampoo once a week and she'll set about learning how to push waves into place. Each step, of course, will seem difficult at first and it will be months before her ways of beautifying herself even approach the perfection of an expert beauty operator's services. But it can be done and right now is a good time to start learning how.

## Gratitude

Are we grateful enough for the good things which we have on this Earth?

Do we not often think that the "other fellow" is getting along better, and getting more out of life than we are?

If we would only stop and think for a few minutes, of the hundreds of things that we should be grateful for, and are not, we would indeed say, "what ungrateful people we are." It is the opinion of the Holy men of India, if children are not grateful to their parents they are thought very little of.

We do not realize how easy it is to get into the habit of being ungrateful.

Some people seem to find it an exceedingly difficult thing to say, thank you.

It does not cost anything to say these two little words, or to do some little act of kindness to someone who has been kind to us. In this manner we show our gratitude in the finest way possible.

Do not do kindnesses to only the people who have been kind to you, but try never to miss being kind to anyone who needs and deserves it. Conscientious Doty.

# FINANCIAL FLASHES

## The Mining Industry Leads the Way

Canada's place in the ranks of the world's mineral producers has probably been the biggest single factor in the Dominion's recovery towards normal business conditions. Ranking first in the world in the production of Nickel and Asbestos, second in Gold, Platinum, Radium and Cobalt, third in Copper and fourth in Lead and Silver, the grand total of over \$220,000,000 worth of minerals was produced in 1933. If some forty years ago, someone had told you that the mineral output would reach this stupendous figure about 1933, you would probably have thought that the prophet had lost his senses, and one could not blame him as, only a matter of four decades ago, mineral production in Canada was a very small item in the business of the country.

The growth during the past decade has proportionately been much greater than previously and appears to be gaining momentum as time goes on. Undoubtedly, the increase in the price of gold to about \$35.00 per ounce, has provided the stimulus which has led to the tremendous activity in old and new gold camps from coast to coast, and where there were some 216 active operations in the auriferous quartz section of the gold mining industry in 1933, it is probable that at the present time, the number is close to 300. In 1923, there were only 65 active operators in this field, at which time they employed \$77,574.00 capital, hired 5,524 men and paid about \$9,000,000.00 in salaries and wages, while the cost of fuel and electricity used was \$1,497,000.00. In 1933 these figures had increased to \$158,599,000.00 capital employed and 12,283 employees, drawing a total of over \$20,536,000.00 in wages and salaries, while fuel and electricity costs were \$3,330,000.00. 1934 will undoubtedly see a further substantial increase in these figures, as in addition to new operations, many of the older companies have expanded their activities.

Not so many years ago, mining was looked on by the average business man as a vehicle for a few promoters to make a living out of the un-wary. Today, the leading business and financial men in Canada, United States and Great Britain have had forced on them the realization of the tremendous value of the industry to the Dominion.

It is doubtful if the average person, including those who purchase mining stocks from time to time, realize how much money is spent through the development of one mine to the producing class. The Northern Miner in its recent annual issue, gives an example of this in the Howey Gold Mines.

Around this company's mine has been built a community of some 600 persons and in a carefully calculated estimate it is stated that some \$550,000.00 was spent by the Howey Mines, its employees and dependents in 1933. Of this amount, some \$120,000.00 was expended on local items, such as power, coal, wood, water freighting, etc. In other words, some \$730,000.00 was spent by these people at outside points, either by mail or otherwise. It naturally follows that the largest part of this money found its way to manufacturing points, to the railways, to farming communities, to departmental stores, etc. When it is estimated that there are nearly eighty producing gold mines in Canada, some larger and some smaller than Howey, it does not take a great deal of imagination to realize the tremendous amount of new wealth which has been put in circulation in practically all classes of business through the production of gold alone. If producers of nickel, copper and other mineral products are added to the list, it can again be readily seen the fabulous sums which are being spent by mining companies and their employees and families.

From the above, it can thus be readily seen just what a tremendous asset Canada has in its mining industry.

On top of this, however, it must be kept in mind that outside capital is being brought into Canada through the industry, and that the general public in the United States are rapidly becoming "Canadian mining conscious," as indicated by the fact that only recently a group of people from Washington, D.C. sent a special representative to Toronto for the purpose of looking into the possibilities from the viewpoint of the small investor. This representative happened to contact the writer, and, as a result of what was a very pleasant interview, it is likely that a group will come from Washington in the near future to visit one or more of the producing camps in Ontario. This is only one of many instances of American interest, which has been indicated during the past year or two.

Canada has reason to be proud of the advancement made by the Mining industry during the past decade.

### Poundmaker Makes Progress

This company, holding about 700 acres located immediately north and west of San Antonio Mines in the Rice Lake Area of Central Manitoba, is reported as making good progress with its work. In earlier operations, a two-compartment shaft was sunk to a depth of 325 feet with a winze to the 525-foot level. Independent engineers estimate that there is \$450,000.00 in ore blocked out about the 325-foot level and that there is \$1,000,000.00 in ore indicated to a depth of 525 feet, in addition to which there is a substantial tonnage of commercial ore on the surface dumps. It is reported that there are some ninety tons of concentrates ready for immediate shipment.

### Dominion Motors Special Meeting

A special general meeting of the shareholders of Dominion Motors Limited has been called for September fifth, at least, for the purpose of considering the granting of authority to directors, to sell the business in whole or in part on terms to be approved by the board. In the Notice to Shareholders, president J. A. Brand states that the company cannot renege in the production of automobiles without being allied to a strong United States company, as rapid change in design and model of cars makes costs prohibitive for an independent Canadian company. It is proposed to liquidate the business and realize something, if possible, on the investment of shareholders.

### MacFarlane Long Lac Gold Mines

Stripping and trenching on the Numbers One and Two veins of this company's property are continuing and development efforts are meeting with decided encouragement. Penning of these veins indicates good values and a wire from Mr. A. H. Farrell, who is in charge of operations, states that shooting in Number Two vein has resulted in opening up promising-looking ore body, showing width of 10 feet with coarse, free gold showing on the north side, near the porphyry contact. It is understood that samples from both veins are being prepared for shipment to the company's head office in Toronto, and results of assays should be available shortly.

MacFarlane Long Lac Gold Mines

Limited holds a group of nine claims lying south and east of Long Lac Adair Mines, in the Little Long Lac area. Company has an authorized capital of 3,000,000 shares, of which approximately 1,568,000 shares have been issued.

### Equipment Companies Anticipate Business

It is understood that plans are under way for active resumption of manufacturing railway equipment in the near future. Some of the companies engaged in this business have kept open at a loss for several years, but unless orders appear shortly, it would seem likely that closing down of plants would be necessary. It is understood that before long, orders will be placed from Ottawa for new C.N.R. cars, along with other equipment. Companies that stand to benefit from the placing of such orders include Canadian Car & Foundry, National Steel Car and Canadian Bronze, while such companies as Dominion Steel and Coal and Algoma Steel, along with several other industries, would benefit through all for raw material.

### Tranfalgur Long Lac Gold Mines

Surface work on this company's property, which has been under way for some time continues, to meet with encouraging results and most recent report from J. A. Paterson, engineer in charge, states that several quartz stringers have been found in a well pronounced "shear zone." Test pits are being put down on their vein and same will be sampled and assayed.

### Stripping and trenching is continuing

on the original showing found some weeks ago in the south-west section of the property and formation uncovered to date appears very similar to that in which the Long Lac vein on the east covers about 800 feet of trenching has been carried out during the past two weeks.

### Ontario Gold Output Increases

During the month of July, twenty-one gold mines in the Province of Ontario (totaling 531,541 tons of ore with gross value of \$3,825,430.00, according to reports issued by the Department of Mines.

Total production for the Province for the first seven months in 1934 amounted to \$10,692,759.00, which compares with \$29,616,649.00 for the same period in 1933, or an increase of roughly 35%. Ore tonnage handled for the seven months of 1934 was 3,580,356 tons, as against 3,206,707 tons for the first seven months of 1933, which represents an increase of about 11%.

The Kirkland Lake field continues to lead the way with production of \$20,277,533.00 for the seven-month period, as against \$18,349,043.00 from Porcupine.

### DECADENCE OF TOMMY ATKINS

Keen observers of the army are suggesting that British soldiers are losing their sex appeal, and you can't help feeling that the critics are right, —on Sunday Chronicle.

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