

HIS BACK AGED FOR 4 YEARS

Kruschen Put Him Right
 For four years, this man's back ached almost continuously. Now, at 57, he starts the day fresh as a daisy, and his back aches no more. Read his story:
 "I had continuous backache for four years. I looked on the back side of everything. Now I write with extreme gratitude for what Kruschen Salts has done for me. The freshness with which I start my day's work is perfectly marvellous. After seven days of Kruschen, I felt better and could get up immediately without any special effort. I am 57, and my early morning dose of Kruschen is my salvation."
 The kidneys are the filters of the human machine. If they become sluggish, impurities and their way into the blood-stream and produce troublesome symptoms — backache, rheumatism, and depression.
 The numerous salts in Kruschen quickly coax your kidneys back to healthy normal action. As an immediate result, you experience relief from those old dragging pains. As you persevere, you lose your pains altogether.

WORKMEN'S COMPENSATION STATEMENT

There were 5,306 accidents reported to The Workmen's Compensation Board during the month of January, as compared with 5,728 during December and 4,689 during January a year ago.
 The benefits awarded amounted to \$548,875.38, of which \$446,351.68 was for compensation and \$102,523.70 for medical aid.

He Got Told
 An irascible old soldier was kept walking on a golf course while a woman with a baby in her arms sauntered across a path that happened to be right of way.
 "Shurry up, there, with that baby," shouted the soldier.
 "Baby yourself!" retorted the woman, "playing with that little ball and in these silly short trousers. Go home to your mother, you naughty little boy!"

The man who says it can't be done is liable to be interrupted by somebody doing it.



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HEALTHY

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

BILIOUSNESS

Biliousness is a word which holds its place in every-day language to describe a state of mental depression and physical discomfort, which is marked by headache, dizziness, a mouth which tastes badly, a feeling of nausea, weakness and depression, together with constipation.
 The popular idea is that this unhappy state is due to what is called a "sluggish liver." This idea apparently comes from the fact that when the so-called bilious person vomits and he generally vomits up contracted walls of the stomach draw up a small amount of bile. This small amount of bile is sufficient by its yellow colour and bitter taste to convince the patient that all his trouble arose from his liver which produces the bile.

The liver is a very reliable organ and it does its best, but sometimes the excess of food and drink, or the failure to eliminate wastes from the body, may give rise to a condition with which the liver cannot cope and so it rebels. It is not the liver alone which protests, but other parts of the digestive tract will join with it, producing that form of disorder which the public, if not the doctors, know as "biliousness."
 The relationship of mental efficiency to bodily health is seen in the sad look and gloomy spirits of the victims of digestive upsets. The way to a man's heart may be through his stomach; certainly, the way to his good or ill humour is by way of his digestive tract.

The treatment is not by "liver pills" or purgatives, but through the correction of faulty habits; this means simple food, outdoor exercise, plenty of sleep, and a freer use of water between meals. Regular elimination can be secured by habit, diet and exercise.

Biliousness does not trouble those who lead a fairly simple life, who avoid excesses of one kind, and another, who pay reasonable attention to the requirements of their bodies, and who pay attention to their food and their elimination instead of taking medicines.

Some people think that they are born bilious, but in doing so they are only blaming their ancestors for what is really their own carelessness with regard to their eating and other habits.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

Hiram Steps In

By EUDORA BAINBRAY RICHARDSON
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 WNU Service.

"WHY, Lucy Green," Hiram Thompson said in real dismay, "you can't mean that after all these years you are going to leave me." The lady addressed compressed her spindly mouth and resumed her knitting. "Yes, Hiram," she replied with terrible finality in her tone, "I mean just that."
 "Haven't you had a nice home to live in?" the poor man inquired timidly, the furrow between his eyes deepening. "If it's money, Lucy, name your price."

Lucy Green clicked her needles impatiently and kept her eyes upon her flying fingers. "I have no complaint. I'm forty years old, and I want to see the city. For ten years now I've been keeping house for you, and I'm not getting any younger. I'm going next week, but I'm getting you a housekeeper."

"All right, Lucy," the man almost moaned. "I can't hold you."
 Miss Lucy gathered up her knitting and almost ran out of the room. Hiram Thompson stared into the fire and thought that life was a thing exceedingly hard to endure. Lucy had made his home comfortable, had cooked just the things he liked, had been such a nice body to have around, and his little girl, whom Lucy had taken care of since the child was two, adored her. Really he could not picture life without Lucy Green.

The inexorable passing of time brought the departure of Lucy and the coming of her successor, Hetty McLeod, whom from the first Hiram felt he could never like.
 That evening Hiram took his seat at the supper-table and looked across at the bony face of Hetty McLeod who talked in strident tones as she poured the tea.

"I see the neighbor's cat makes free on our side of the fence," she began. "I ain't a-goin' to have that—never did-like cats."
 "Oh," little Mary wailed, "Aunt Lucy uster feed him. We love that cat."

Miss McLeod sniffed and made no reply as she poured a dark fluid into the cups.

"We don't have coffee for supper; we have tea," Mary complained.
 "Tain't coffee. Can't you squell the tea?" the new housekeeper corrected.

A few days later Hiram noticed that dust had begun to coat the mahogany furniture Lucy had always polished with such pride. Little Mary, studying beneath the lamp, kicked her father gently on the ankle and wrote on the dark surface of the table, "I'm hungry, and I want Aunt Lucy." The child had expressed the longing that filled his whole being. He was hungry not only for the food Lucy prepared,

SHORT SHORT STORY

Complete in This Issue

for the tastefully kept house that breathed the presence of Lucy, but he was hungry for Lucy herself.

The next day Hiram Thompson journeyed to find Lucy Green at the address she had given. She was staying, he had known, at the home of a sister in a not far-distant city until she could find the sort of situation that would enable her to see the things she professed to yearn for. As he walked up the steps, Hiram Thompson, forty-five and usually at ease, was as nervous as a school-boy. Lucy herself opened the door.
 "Oh, Hiram," she gasped, "what's happened? Is Mary ill?"
 Hiram walked in and laid his hat and coat on the chair nearest the door.

"We're starving for you, Lucy—Mary as much as a child can and me more'n I ever thought a man could. I thought maybe you'd consider comin' back not as Lucy Green, housekeeper, but as Lucy Thompson, owner. We just can't live without you, Lucy," he finished lamely.

There was a soft light in Miss Lucy Green's clear eyes—and also the glimmer of a twinkle. Her little plan that involved sending him the poorest housekeeper in the gate and the grouchelest old maid had worked, but there was no use telling Hiram what he needn't ever know. So she dropped her lids and said gently, "Well, Hiram, I guess I'm homesick, too."

Noughts for Naught

The Armenian merchant's arithmetic is somewhat elastic, as when he asks \$200 for an embroidered tablecloth and accepts \$2. An English official tells of an instance when adjusting claims of the allied subjects for damages in the Near East after the war. An Armenian asked for \$500,000 damages, was awarded \$400 and insisted he should have \$500. "But you asked for \$500,000 originally," they told him. "That's nothing," with a shrug of his shoulders, "my lawyer just added a few noughts."

Seven Chief Units Guide

Electrical Measurement
 There are seven units of electrical measurement, such as ampere, ohm, volt, etc. The names were arbitrarily applied, being adaptations from the names of pioneers in the field of electrical science.

The ampere is named for A. M. Ampere, a French electrician; the ohm for the German G. S. Ohm; the volt for Alessandro Volta, while the others take their names from Charles A. de Coulomb, Michael Faraday, James P. Joule and James Watt.

The ohm is a unit of resistance; it represents the resistance offered to an unvarying current by a column of mercury at the temperature of ice, 14,5421 grams in mass, of a cross-sectional area of 1.00003 square millimeters and of the length of 106.3 centimeters.

The ampere is a unit of current. An ampere decomposes 0.003374 of a gram of water in one second, or deposits silver at the rate of 0.01118 of a gram per second, when passed through a solution of nitrate of silver in water.

The volt is a unit of electromotive force. One volt equals one ampere of current passing through a substance having one ohm of resistance.

The coulomb is the unit of quantity; the amount of electricity transferred by a current of one ampere in one second.

The farad is a unit of capacity; the capacity of a condenser charged to a potential of one volt by one coulomb.

The joule is a unit of work. It is equivalent to the energy expended in one second by one ampere current in one ohm resistance.

The watt is the unit of power. It is equivalent to work done at the rate of one joule per second.

Washington Church Owes Start to British Threat

Of all Washington's historic churches, Foundry M. E. boasts the most romantic origin. It owes its existence to a pious Georgetown resident of the last century named Henry Foxall. Foxall owned a foundry which, tradition has it, supplied the guns with which the American fleet won its victories on Lake Erie.
 When the British entered Washington following the Battle of Bladensburg, in 1814, says a writer in the Washington Post, his foundry was among the buildings they intended to destroy. Hearing of their plan for vengeance, Foxall took an oath that if God would protect the foundry, he would erect a church in gratitude.

On August 26, the date set for the attack, a terrific storm arose and discouraged the invaders. The foundry was spared and Foxall purchased a lot at Fourteenth and G streets, where a year later he built the original of the structure.

It was at first suggested that the new church be named in honor of its donor, but Foxall declared his gift was a memorial to God, not to himself. When the name Foundry was suggested instead, Foxall is said to have replied, "I accept that to myself. It shall be called so in honor of the Foundry in London, Wesley's first church."

Order of the Garter

The Order of the Garter is the highest order of knighthood in the world. It is believed to have been instituted by Edward III about 1348, says London Answers Magazine. The story goes that, at a court ball, the Countess of Salisbury of that day slipped her garter. To cover her confusion, the king picked up the pretty thing, bound it round his own leg, and said: "Honi soit qui mal y pense" (Evil be to him who evil thinks of this). This afterwards became the motto of the order and of the crown of England. The Order of the Garter is limited to the sovereign and other members of the royal family, with 25 knights and such foreign royalties as may be admitted.

Island of Orleans

The island of Orleans, situated in the St. Lawrence river a few miles below Quebec, is one of the most historic districts of the province. Jacques Cartier called it island of Bacchus but the name was later changed in honor of Valois, duke of Orleans. Since its early colonization, sometime after 1651, the customs of the original settlers have been preserved. Its population has remained French and many French-Canadians trace their ancestry to one of its five villages. Still old-fashioned are the parishes of St. Laurent, St. Jean, St. Francois, St. Pierre and St. Famille along the forty-two-mile road that grades the large stone houses with high-pitched roofs, gardens, old churches and wayside shrines.

Snake Rattles Don't Count

A persistent and popular notion, is that the age of a rattlesnake may be told by counting the rings or buttons of the rattle, each one of which is supposed to represent a year in his life. This is entirely erroneous, says a writer in the Detroit News, because they actually take on an average of three each year. Vibration at the tip is so pronounced that very frequently a segment is broken off and lost. Some small specimens carry more buttons than some twice their size.

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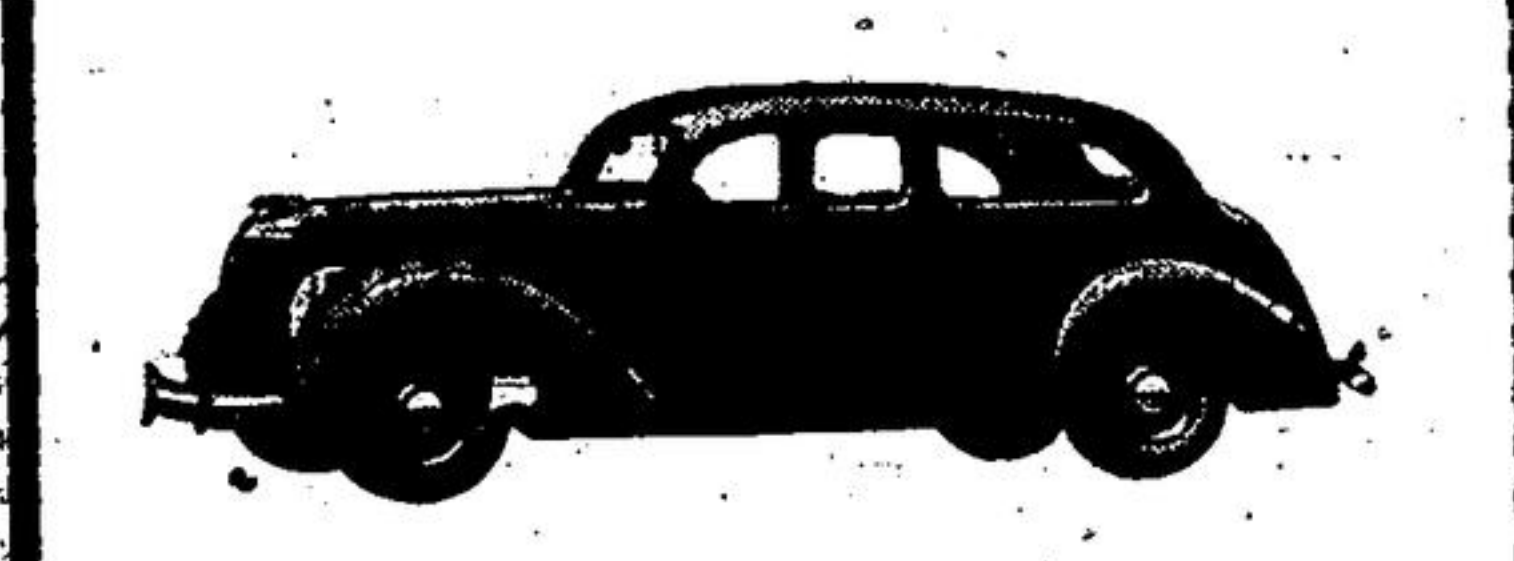
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