

Does YOUR System Make Excess Acid?

Acid Indigestion, Colds, Headaches, Bilious Attacks, Constipation

OFTEN START THIS WAY

Some people are what are known as acid-makers. They can't help it—and often they don't know it. The results of an excess of acid may seem just like ordinary stomach trouble—but they can't be put right by ordinary stomach remedies. Excess acid may be the reason why you wake up fat, sour, heavy-eyed, bilious—and the reason why fierce purgatives only leave you in the grip of a weakening habit and the same old symptoms.

But there's one thing that acid can't face. That's the neutralizing power of Vange Salts, the alkaline remedy with your system just like the medicinal spring water far away in England where Vange Salts come from. Excess acid is neutralized quickly, painlessly. Your blood is purified of poisons. Your sore stomach walls are soothed. And that mass of hard, poisonous waste matter lying in your intestines is softened gently, naturally, and passed out of your body. These do you feel good! It's marvelous! But the most marvelous thing is that Vange Salts cost only 50 cents a tin! At your drug store now—but if you're wise, on your bathroom shelf tonight!

SPECIAL MUSIC GRANTS FOR SECONDARY SCHOOLS

Special legislative grants for the teaching of music in collegiate institutes, high schools and Grade A and Grade B continuation schools, have been announced by the Department of Education to be effective Sept. 1.

Where music is taught for not less than one hour, but less than three per week, the Department will pay a grant of \$50 to a School Board. Where it is taught for not less than three hours, but less than five per week, the grant will be \$75, and where it is taught five or more hours per week the grant will be \$100.

As a further encouragement to the teaching of music in these secondary schools, the Department will give a special grant equal to one-half of the amount spent during the school year for the purchase of equipment for the teaching of music, where the School Board has earned the music grant formerly specified. The Department will give a minimum grant of \$5 for equipment and a maximum one of \$40.

To qualify for the grants the teacher, by Sept. 1st, 1938, must hold a specialist's or supervisor's certificate in vocal music; the inspector's report on the equipment, organization, teaching and pupils' efficiency must be favorable, and the course must be taken in at least Grade IX and cover at least two half-hour periods per week with such additional courses and practices as may be prescribed by the regulations.

In Grade C continuation schools, grants for music are to be the same as in public and separate schools, according to the announcement.

TESTED RECIPES

SALADS

Green Lettuce Mould
2 tablespoons gelatine
1/2 cup cold water
1/2 cup mild vinegar
2 cups boiling water
1 teaspoon salt
2 cups leaf lettuce (finely shredded)
1/2 cup pimento (finely chopped)
1 teaspoon chopped onion
1/2 cup sugar

Cream Salad Dressing
1/2 cup heavy sweet cream
3/4 teaspoon sugar
1 teaspoon mustard
1/2 cup vinegar or lemon juice
Beat cream until stiff, add mustard, sugar and vinegar, or lemon juice to taste. Beat again, and it is ready for use.

Fruit Salad Dressing
2 eggs
4 tablespoons sugar
1/2 teaspoon salt
2 lemons
1/2 cup whipped cream
Beat eggs until light, add salt and lemon juice and sugar. Stir over boiling water until thick. Cool and fold in cream just before serving.

Cabbage Salad

1 medium sized cabbage
1 tablespoon mustard
1 quart vinegar
1/2 lb. butter
1/2 teaspoon salt
2 tablespoons corn starch
1 cup sugar
4 egg yolks

Shred cabbage, add ingredients. Cook slowly for 20 minutes. Seal at once in hot sterilized jars. This will keep indefinitely.

Hot Cabbage Salad
Shred 1/2 cabbage finely. Cook in salted water 15 minutes, drain and keep hot. Just before serving, pour over the cabbage the following dressing:
1/2 cup vinegar
1 tablespoon butter
1/2 cup water in which cabbage was boiled
1 tablespoon flour
1 egg
Melt butter, add flour, when it bubbles add hot water slowly. When thick and smooth add vinegar, then pour over the well-beaten egg. Return to fire and stir until thickened. Combine with cabbage and reheat.

Such is Fame

The marble tournament was in full fury. One little boy had missed an easy shot, and let slip a real cuss word. "Edward!" called a man from the spectator's bench. "What do little boys who swear when they are playing marbles turn into?" "Golfers," was the reply.

THE NEW GOVERNMENT PROGRAMME FOR THE SANATORIUM CARE OF TUBERCULOUS PATIENTS

Following the approval of the Lieutenant-Governor in Council of the regulations relating to the recent Amendments to the Sanatoria for Consumptives Act, whereby the Provincial Government relieves the municipalities of the cost of maintenance for indigent patients in sanatoria, the Honourable Mr. Harold J. Kirby, Minister of Health, outlined the policy of the government in respect to this matter.

This Legislation was introduced as a result of an extensive study of the programme of tuberculosis control which revealed that in many instances suitable and necessary care for those suffering from this disease had frequently not been provided because of the cost to the municipalities. Heretofore approximately half of the patients dying from tuberculosis have not received the benefit of sanatorium treatment. Furthermore the burden of the costs of sanatorium care have been strikingly unequal from municipality to municipality throughout the Province.

Prior to the last Session of the Legislature, all cities, separated towns and counties were required by Statute to pay \$1.50 per day for the treatment in sanatorium of each indigent person suffering from tuberculosis. In the case of counties, one-half of this amount was charged back to the township, town or village as the case might be. The amount of money raised by the municipalities through taxation for this purpose amounted to \$1,250,000.00 last year.

While the bulk of the financial burden, formerly borne by the municipalities, has been assumed by the Government, the responsibility for the after-care of certain patients is still left with the municipalities. Failure on the part of the municipality to supply such after-care, will result in the retention of these patients in sanatorium at the expense of the municipality. Such cost would be greatly in excess of that entailed in providing proper living accommodation and treatment outside the sanatorium.

When pneumothorax treatments are necessary following the discharge of indigent patients from sanatoria, the municipalities are required to provide transportation from the place of residence to and from the nearest centre in which such treatment facilities are available, and to pay physicians appointed by the Department for giving these treatments. The Government, however, will reimburse the municipality for the amount paid to these physicians up to \$3.00 per refill treatment.

This programme became effective July 1st, 1938. Patients who are able to pay all or part of their maintenance in sanatorium will be expected to do so as heretofore. The Minister emphasizes the fact that the Government is taking on no additional responsibility whatever with respect to Public General Hospitals and the care of indigent patients therein. Such institutions will continue to receive Government support in the way of statutory per diem grants but the main responsibility for their operation will, as in the past, remain with the communities which they serve.

THE RED CROSS IN CHINA

The June issue of the Canadian Red Cross Junior reports additions to its Chinese Relief Fund from Quebec, Prince Edward Island and New Brunswick, which is a reminder of the progress made by this great organization since the setting up, last November, of "The Shanghai International Red Cross". This was a committee organized to co-ordinate the relief efforts of the several charitable agencies in that city.

Today, the S.I.R.C. is guiding eleven relief organizations and directly supporting 153 refugee camps conducted by these bodies, according to the monthly bulletin of the League of Red Cross Societies issued from Paris. The Shanghai Committee is feeding some 128,400 mouths, teaching some 30,000 refugee children, has distributed nearly 200,000 articles of clothing and has been entrusted with a relief fund amounting to 1,286,583 Chinese dollars.

The work of the S.I.R.C. has been entrusted to five committees denominated as follows: Visiting Committee, Education Committee, Wounded Soldiers Committee, Medical Committee and Committee on Surrounding Areas. The Medical Committee has a number of mobile clinics working in the refugee camps, and is conducting four hospitals for sick refugees. It also makes grants to leading Shanghai hospitals for the care of refugee patients.

The Committee on Surrounding Areas is keeping in touch with conditions at the theatre of war, and has made grants to assist relief work among war refugees in Sungkiang and Sookchow. Of the sums received to date, the S.I.R.C. has allocated \$654,166 for the care of refugees, \$13,906 for work among wounded soldiers, \$89,795 for medical supplies, \$19,379 for grants to civilian hospitals, \$15,000 to the Chinese Medical Association, and \$20,000 for relief work in Nanking. According to the Visiting Committee, there is now no acute shortage of clothing among the refugees in the majority of the organized camps. On February 1st, the Wounded Soldiers Committee opened a new hospital for crippled soldiers.

His Defence
"I have been twitted with being a turncoat," exclaimed the street-corner orator. "Years ago, I admit, I supported the other party. Then I had a reason. But now, gentlemen (here came a triumphant gesture), now I have lost my reason."

The Bribe
Auntie: "Well, Tommy, give me a kiss and you shall have a nice new penny."
Tommy: "No auntie, that's not enough; that's what I get at home for taking castor oil."



WHAT! WHITE GLOVES FOR THE COOK?

"We're buying our ELECTRIC RANGE now!"

HYDRO THRIFT PLAN
To all citizens of Georgetown and Glen Williams installing Electric Ranges, the Local Hydro Commission will make a grant of \$25.00 towards paying the extra cost of installing a three-wire service where required. This offer is good until August 1st, 1938.
Ranges must be purchased from local dealers in Georgetown in order to secure grant.

OF COURSE, we're not really suggesting that you wear your party gloves in the kitchen. But madam... you'd never soil them if you cooked the clean electric way.

There's no flame—no soot—no fumes—no smoke—when you have an electric range. Pots and pans stay clean and shiny new... no need for elbow-breaking scouring after every meal! Kitchen walls, ceiling and curtains never get that dingy, grimy look—seldom need washing—saving you much redecorating expense.

And you don't have to pay a high price to enjoy this clean, modern, labour-saving way to cook. Check today's reasonable electric range prices... and you'll find you can easily afford yours now.

Learn, too, about the attractive HYDRO Thrift Plan. It makes buying easy—shows you the way to end all your kitchen drudgery forever... to banish cooking failures... to prepare varied, delicious, thrifty meals every day of the week!

- HUGH LINDSAY — Moffat
- H. C. McCLURE — General Electric
- G. R. MUCKART — Westinghouse and Northern Electric
- J. P. REID — McClary's
- RICHARDSON'S HARDWARE — Findlay and Tudhope
- R. H. THOMPSON & CO — McClary's and Moffat

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Low Brothers NEPTUNITE Floor Varnish gives your floors a hard, durable surface which best, moisture, or heavy furniture will not mar. Use it to-night and you can safely walk on your floors to-morrow—because it's so light in color, it will not darken or discolor the lightest of woods.
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A BUYING GUIDE...
Before you order dinner at a restaurant you consult the bill-of-fare. Before you take a long trip by motor car you pore over road maps. Before you start out on a shopping trip you should consult the advertisements in this paper.
The advertising columns are a buying guide to you in the purchase of everything you need—including amusements! A guide that saves your time and conserves your energy; that saves useless steps and guards against false ones; that puts the s-t-r-e-t-c-h in family budgets.
The advertisements in this paper are so interesting it is difficult to see how any one could overlook them... fall to profit by them. Just check with yourself and be sure that you are reading the advertisements regularly—the big ones and the little ones. It is time well spent... always.
Your Local Paper is Your Buying Guide!
Avoid time-wasting, money-wasting detours on the road to merchandising value. Read the advertising "road maps."