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 flat, sour, bleary-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 the *natural* mineral spa action. A teaspoonful in warm water surges through 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. *Then* do you feel good! It's marvellous! But the most marvellous thing is that Vange Salts are only 60 cents a tin! At your druggist now—but if you're wise, on *your* bathroom shelf tonight!

VISITED FAR NORTH POST

Headed by a Governmental party going north to inspect development work the Sixth Annual Tour to Canada's northernmost seaport at Churhill has just been concluded. The party visited Riding Mountain National Park, The Pas, and at Flin Flon the largest of Manitoba's mining centres. After a day and night at Churchill on the Hudson Bay, the special train of the Canadian National returned to Winnipeg. The popularity of the Northern trip among Americans was attested by representation of virtually every large city in the United States in the party.

AN IRISHMAN'S COMEBACK

Said the American: "Waal, I guess this beats everything. I once knew a guy in the States who could take a 20-foot rung ladder into a field, stand it on end, walk up to the top and down again." Said the Irishman: "Begorra! That is jist nothin' at all. I ken a man in Oireland who could take the same lader into a field, stand it on end, walk up to the top, and pull it up after him."

We are great little bookkeepers. We always credit ourselves with our successes and blame Providence for our failures.

SURPRISING FACTS ABOUT TEA

by Betty Barclay.

NOW that the warm weather is bringing iced tea back into popularity, I decided to ask an expert just what tea is. I learned some surprising facts.

"All tea—black, green and oolong—is the same on the bush," said my expert, Robert A. Lewis, the specialist who is a member of the United States Tea Board. "Grocers' shelves hold many kinds of tea. But before the tea is 'manufactured,' tea is tea.

"Most people", said Mr. Lewis, "know that there are green teas and black teas, but they think of them, botanically, as entirely different species of the tea plant. This is not the case, for the tea plant, wherever it grows, is the same. Green tea and black tea may be produced at will from the same bush, and are merely the result of manipulation in manufacture. Irrespective of the country of production, all leaves when plucked from the bush are green. The difference in tea leaves on any one bush is that some are tender and some are tough. Naturally, tender leaf tea has better quality.

"Green tea is a product largely of Japan. Immediately after picking, the green leaves are steamed to seal the pores and set the natural green color. The leaves are then dried over charcoal fires, curled and prepared for shipping. Because of the lightness of the color of green tea, many people think it is impossible to make it strong. However, the strength has little to do with the color, for green tea may be made to any required strength.

"India, Java and Ceylon supply black tea. It differs from green tea only in the process it goes through after picking. The leaves are taken to the tea factory, withered and rolled. They are then fermented, and it is this process which gives the tea its dark or black color.

"From the island of Formosa comes the Oolong tea. It is neither black nor green but a semi-fermented product half-way between the other two best known kinds. China also supplies both green and black tea, while Sumatra is coming forward in the production of black tea. All commercial varieties of tea, such as Orange Pekoe and English Breakfast, belong in one of the three general classes of black, green and oolong."

Mr. Lewis speaks with authority because he has tested tea for Chase and Sanborn for 36 years. He points out that although all tea is alike on the bush, there are many grades and the quality of the product depends to a considerable extent upon the climate and soil where it is grown. The United States embargoes all inferior grades through the services of the Tea Board. As a result, the tea in this country is of high quality.

United Church Pays Pensions to 1,581 Pastors and Kin

PAID TOTAL OF $747,363 DURING 1937 IN BENEFITS

Ministers Get $463,738; Widows $244,099; Orphans $10,040—Mortality Costs $9,400.

More than 800 aged and wornout ministers of The United Church of Canada receive benefits from the Pension Fund of The United Church, according to a report to be presented next month to the General Council by Rev. S. W. Dean, secretary of the Fund. His report reveals that 654 widows of ministers and 127 orphans also receive benefits from the Pension Fund. Approximately one half of the ministers receiving benefits have been either home or foreign missionaries.

More than 2500 ministers and missionaries of The United Church of Canada are paying into the Pension Fund, the report shows. In addition to these, there are 300 to 400 who will some day be entitled to limited benefits, notwithstanding they are non-contributors. Present condition of the Fund requires approximately a 25 per cent. increase in the capital reserves, or a total increase of $4,461,480, the report indicates. An increase in the annual income of $225,761 would completely balance the assets with the liabilities.

In the year 1937 the total disbursements of the Pension Fund were $747,363. Of this amount $733,538 was paid out in benefits; $463,738 to ministers, $244,099 to widows, and $10,040 to orphans. Also the sum of $9,400 was paid in mortality benefits; emergency grants amounting to $6,250 were also paid.

At the time of Union there were 1304 unionist annuitants deriving benefits from the Fund, the report shows. In 1929 there were 1590. The cost of benefits in the year 1928 when the Funds were first consolidated under one management was $639,724. In 1937 it was $733,538.

While the Pension Fund serves the whole United Church of Canada, less than one-third of its annual requirements is obtained from the annual givings to the Church. The Pension Fund serves the whole United Church of Canada, less than one-third of its annual requirements is obtained from the annual givings to the Church. The Pension Fund is the second largest disbursing department of the Church. Its administration expenses is less than two per cent. of the monies disbursed.

The Pension provision is one of a long established and universally recognized plan of pastrol support. A "living" allowance, usually described as "salary" is paid the minister by the congregation which he serves and a "retiring" allowance is arranged to be paid in the case of disability or old age. This is provided in part by the ministers' or missionaries' personal payments and in part by the payments of the congregations.

TAXES TOTAL $600 PER FAMILY

Canadians, who pay taxes and take the time to analyse the revenue collected and taxes levied by the Federal, provincial and municipal governments, will be surprised to learn that taxes collected amount to approximately $600 per family each year. Last year the Federal government alone collected $57,000,000 more than in any previous year. Non-tax revenues also reached a new high total.

The Dominion Government collected each year nearly $250 per family when the national income was close to $4,870,000,000. Out of that amount the Federal government took 11 cents out of every dollar, the provincial governments about five cents, and the municipal government about 12 cents, a total of 28 cents out of every dollar of national income. These figures do not include the amounts that were borrowed and added to public debts, but merely the cash the government collected.

And with these huge expenditures being made from year to year and increasing, the taxpayer is wondering how long it will be allowed to continue.

CANNING FRUITS FOR EXHIBITION

Prize winning canned fruits are those which have the most natural colour, flavour and appearance. The usual canning methods result in fruits which have lost some of their original colour and in shrivelling or shrinkage, the jars consequently being incompletely filled. In order to preserve the fruit with its natural colour, flavour and form, the sterilizing treatment should be just sufficient to effect sterility without cooking the product, states R. W. Arengo-Jones, Assistant in Fruit and Vegetable Products, Horticultural Division, Central Experimental Farm.

General directions are as follows: 1. Use sound, firm, uniformly sized fruit. 2. Pack the fruit into the jars as tightly as is possible without damage, and to slightly above the top. 3. Fill the jars to the top with cold syrup. 4. Partially seal the jars and place them on a false bottom in a suitable vessel. 5. Cover the jars with lukewarm water and then, using a reliable thermometer, heat the water slowly to 175 degrees and hold at that temperature for 10 minutes. 6. Remove the jars from the hot water and seal tightly. Invert to cool. 7. when cold shake the jars gently to distribute the fruit evenly.

This process can be used for all fruits with the exception of strawberries which are best preserved by a different method. When canning pears or peaches, the prepared halves should be held under weak brine (3 tablespoons of salt per gallon of water) to prevent browning. They should then be dipped in boiling water for a few minutes and cooled in cold water before packing, this softens them so that they may be more closely packed in the jars.

MIGRATORY BIRDS CONVENTION ACT

Ottawa Issues Regulations That Will be in Force in the Province For Current Year.

The National Parks Service of the Department of Mines and Resources, Ottawa, has just issued the Regulations regarding Migratory Birds for the current year. A summary of the Regulations as they apply to Ontario follows:

Open Seasons

Ducks, Geese (other than Brant) Rails, Coots, Wilson's or Jack-snipe:—In that part of the Province of Ontario lying north and west of a line commencing at the southwest angle of Bruce County; thence in a general easterly direction along the southerly boundaries of Bruce and Grey Counties to the southwest angle of Nottawasaga Township in the County of Simcoe, along the south boundaries of Nottawasaga, Sunnidale and Vespra Townships to the line of mean high water of Lake Simcoe, along the said line of mean high water on the south side of Lake Simcoe to the northwest angle of Brock Township in the County of Ontario, and along the north boundary of Brock Township to the centre of King's Highway No. 12; thence southerly along the centre line of the said Highway to the centre line of the right-of-way of the Canadian Pacific Railway in the vicinity of Myrtle; thence in a general easterly direction along the said centre line to the city of Peterborough, along the centre line of King's Highway No. 7 to the west boundary of Lannark County, along the west and south boundaries of Lannark County to the line of mean high water on the north side of Rideau Lake, and along the line of mean high water on the north side of Rideau Lake and Dideau River to a point opposite the northeast angle of Grenville County; thence southerly along the east boundary of Grenville County to the northwest angle of Dundas County; thence easterly along the northerly boundaries of Dundas, Stormont and Glengarry Counties to the interprovincial boundary: September 16 to November 15, both dates inclusive.

In that part of the Province of Ontario lying South of the line defined in the preceeding paragraph: October 1 to November 30, both dates inclusive, except that in the Counties of Essex, Kent and Elgin the open season for geese (other than Brant) shall be from October 15 to December 15, both dates inclusive.

EIDER DUCKS—North of the Quebec, Cochrane, Winnipeg line of the Canadian National Railways: September 15 to November 15.

WOODCOCK—September 15 to November 30.

Closed Seasons

There is a closed season throughout the year on Brant, Wood Ducks, Swans, Cranes, Curlew, Willets, Godwits, Upland Plover, Black-bellied and Golden Plover, Greater and Lesser Yellow-legs, Avocets, Dowitchers, Knots, Oyster-catchers, Phalaropes, Stilts, Surf-birds, Turnstones and all the shore birds not provided with an open season in above schedule.

There is a closed season throughout the year on the following non-game birds:—Auks, Auklets, Bitterns, Fulmars, Gannets, Grebes, Guillemots, Gulls, Herons, Jaegers, Loons, Murres, Petrels, Puffins, Sherwaters and Terns; and there is a closed season throughout the year on the following insectivorous birds:—Bobolinks, Catbirds, Chickadees, Cuckoos, Flickers, Fly-catchers, Grosbeaks, Hummingbirds, Kinglets, Martins, Meadowlarks, Nighthawks or Bull-bats, Nuthatches, Orioles, Robins, Shrikes, Swallows, Swifts, Tanagers, Titmice, Thrushes, Vireos, Warblers, Waxwings, Whippoor-wills, Woodpeckers, and Wrens, and all other perching birds which feed entirely or chiefly on insects.

No person shall kill, hunt, capture, injure, take or molest any migratory game birds during the closed season; and no person shall sell, expose for sale, offer for sale, buy, trade or traffic in any migratory bird at any time.

The taking of the nests or eggs of migratory game, migratory insectivorous and migratory non-game birds is prohibited.

The killing, hunting, capturing, taking or molesting of migratory insectivorous and migratory non-game birds, their nests or eggs is prohibited.

The posesssion of migratory game birds killed during the open season is alowed in Ontario until March 31 following open season.

Bag Limits

Ducks (exclusive of mergansers) 12 in any day; Geese (other than Barnt) 5 in any day; Rails, Coots and Gallinules 25 in any day in the aggregate; Wilson's or Jack-snipe 25 in any day; Woodcock 8 in any day; and not more than 125 Woodcock and 150 Ducks (exclusive of mergansers) and 50 geese (other than Brant) in one season.

Guns, Appliances & Hunting Methods

The use of automatic (auto-loading) guns unless the magazine has been permanently plugged or altered so that it will not carry more than one cartridge, or swivel, or machine guns, or batter, or any gun larger than No. 10 gauge is prohibited, and the use of any aeroplane, power-boat, sail boat, live birds as decoys, night light, and shooting from any vehicle drawn by a draught animal or from a motor vehicle is forbidden. The hunting of Migratory Game Birds on areas baited with grain or other artificial food is prohibited.

Persons using blinds or decoys for hunting migratory game birds are urged to consult the Regulations for details of the restrictions upon this method of hunting.

The shooting of migratory game birds earlier than sunrise or later than sunset is prohibited.

The penalty for violation of the migratory bird laws is a fine not more than three hundred dollars and not less than ten dollars, or imprisonment for a term not exceeding six months, or both fine and imprisonment.

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WOMEN DRUNKARDS ON INCREASE ALARMS SALVATION ARMY

Increase in the number of women charged with being drunk is giving concern to two women officers of the Salvation Army who spend six mornings every week in the cells of Toronto City Hall, in the police courts and in the reformatories.

Long before nine o'clock in the morning Captain Esther Perry and Captain Elizabeth Watt are talking with every woman prisoner in the cells offering advice, obtaining legal help for them and bringing friends to their aid before they are called before a magistrate.

While the Salvation Army has been able to do wonderful things for many women who have yielded to the drink habit, the problem of the repeater is very serious and not easily solved, according to the Salvation Army officers.

Last year the Salvation Army made 6,454 visits to police courts; spoke for 3,163 cases; were handed 2,507 cases by magistrates; conducted 11,591 interviews in court. Throughout Canada and Newfoundland "The Army" has 560 centres of operation, officered by 1,500 men and women competent to engage in police court work, to visit and conduct meetings in prison, and to render after-care to discharged prisoners and aid to dependents. The Army maintains over 50 institutions for the after-care of discharged men and women prisoners.

Captain Watt told about a young girl who came to Toronto from a village in Eastern Ontario. She was seeking work. It wasn't long before she was out of funds. She was arrested for vagrancy and appeared in court. The magistrate handed her over to the Salvation Army.

A letter was written to the girl's mother. She replied: "We cannot have her come home. We are poor people. We have a family of twelve We live near a small village and there is no work here for our daughter." So the girl was taken to the Army's Receiving Home for a few weeks. Then a job was found for her. Last week the mother wrote the Army expressing her thanks.

THE FALSE HOOD OF EXTREMES

This troubled world has never been in less lack than now of advocates of social, economic and political doctrines, theories, policies and plans for producing prosperity and happiness for all. If only they could get people everywhere to follow them as the children in the old story trooped after the magic music of the Pied Piper, they would lead the way to Utopia. People of common sense and good will desire with all their hearts that prosperity and happiness should prevail for all but they are unable to make themselves believe that the dreams of Utopia visionaries can be made to come true. Life, in its larger relationships especially, has always had in it a large element of brutal struggle. The story of the progress of civilization is the story of the overcoming of that brutality by the growing sense of the truth of the human relationship, of the unity of us all as brothers and sisters, parents and children of one another, of the violation by social injustice of the human values which make life worth living. No violent revolutionary upheaval can start a Golden Age for mankind. Nothing could be more plainly evident now than that civilization cannot be bettered by violence and that the worst of the troubles of the world at this time have been caused by extremists who succeeded in having their ideas prevail. The fable of the Pied Piper with his magic piping has been outdone in actual fact by the spectacles presented by the countries whose people are acting and thinking in obedient submission to dictators. Extreme nationalism is one of the greatest world evils of the present time. Extreme internationalism would have worked no better. Extreme radicals, if they could have their way, would land us into worse troubles, and so would the extreme antiradical reactionaries, if they could have their way. All extremists have visions of a highway to some kind of Utopia constructed out of their doctrines and theories, but in spite of the percentage of good intentions in their paving material, it cannot form a safe road for human travel.—The Philosopher in National Home Monthly.

Timekeeper—"I am very sorry to hear of your partner's death. Would you like me to take his place?"

Boss—"Very much, if you can get the undertaker to arrange it."

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