DON'T SUFFER WITH DANGEROUS INDIGESTION

Do you suffer after meals with a belching, from sour and acid stomach? Many believe they have heart trouble and tremble with fear, expecting any minute to drop dead. This condition can be prevented, likewise relieved.

Take Carter's Little Liver Pills after meals and neutralize the gases. Sweeten the sour and acid stomach, relieve the gas and encourage digestion. The stomach, liver and bowels will

be cleansed of poison, painful and dangerous indigestion disappears and the system enjoys a tonic effect. Don't delay. Ask your druggist for a 25c Pkg. of Carter's Little Liver Pills.

RURAL HEALTH UNITS NOW ADVOCATED FOR CANADA

Country Now Reported as Less "Healthy" Than City on Account of Attention Given to Health Matters in Larger Cities.

At present there is general discussion of the proposal for "County Health Units" for the Dominion of Canada." Some measure of the idea behind the "County Health Unit" may be gathered from the "District Medical Health Officer" plan in force in Ontario. Dr. George is District Medical Health Officer for this section of On-

ometimes in a Mother's Life

A great question arises. What shall she feed

her children? She knows they must have milk-

but in what form? The answer, as found by

thousands of happy mothers, is Nestlé's Evaporated

the best of fresh cow's milk with part of the water removed-

then sealed and sterilized in air-tight containers. Add water

again and you have absolutely pure, safe milk—but more readily digestible than ordinary milk because the large fat

globules of the milk have been broken up into small ones

of the same size as in Mother's milk. Also, the curds which

form in the stomach when Nestle's Evaporated Milk is used

coffee-in cocoa-in tea. Use it in all cooking and as a

NESTLE'S

EVAPORATED

(Unsweetened)

Use Nestlé's Evaporated Milk for Your Baby. Use it in

are soft and flaky and therefore easily digestible.

beverage by diluting with one to two parts water.

And here's the Reason! Nestlé's Evaporated Milk is just

Unit" plan. These particulars are well worth consideration and study. The letter says:-"Just a few days ago, the Canadian House of Commons did a remarkable thing. Without division it approved a motion requesting the Government to consider subsidizing "County Health Units," in order that the health of tario, and his work for the unorganizrural Canada might be given better protection.

"The gigantic scope of such a project at first eludes one, as does the great significance of the fact that by approving the motion without division, the House put the question of national health where it belongs-out of the fields of party-politics.

much smaller area.

"This is extremely fortunate, for it enables every Canadian citizen to discuss, and to give his approval without rancour or considerations of party affiliations, to what is probably the greatest piece of health-legislation ever contemplated in the history of the

of criminally negligent.

official statistics prove that the farmer many lives from all of them. has much less chance of long life and man's health is looked after scientifihealth departments, while the farmer, and the small-town dweller do not share in this advantage, because it in the district from general causes. afford it.

asset, and that rural lives are as valu- tant." able to Canada as urban ones.



CONFERS ON TRADE PACT Sir Richard Squires, Prime Minister of Newfoundland, who has arrived in Ottawa to confer with Hon. James Malcolm, Minister of Trade and Commerce, regarding the possibility of a trade pact between the Dominion and Newfoundland.

tical affiliations, agrees that Canada, "For the County Health Unit scheme, supporting social machinery capable of out-of-town guests were present bewhen it is in working order throughout serving more than double her present sides a host of the young couple's the Dominion, as it is bound to be population, needs people more than friends from Kirkland Lake and diseventually, and as it already is in parts anything else in the world. We seek trict. After the ceremony a wedding of Quebec, Saskatchewan and British and are willing to pay for immigrants dinner was held in the Synagogue. Dr. Columbia, will save more Canadian of the right kind. Yet every year we Joe Teich acted as master of ceremonlives, and more Canadian dollars than lose rural-born, native Canadians by ies and those giving short addresses the majority realize are now being thousands, years ahead of their time. were Reeve N. Evoy, A. Scott, father of wasted. For there is no doubt that through diseases which could be entire. the bride, and the three Rabbis who future generations will look back upon ly eliminated-for example diphtheria performed the ceremony. The conour present-day rural health manage- and typhoid, both of which are prement with horror, as being little short | ventable and could be wiped out within a generation—and tuberculosis, "At the beginning of this century, heart disease, complaints peculiar to the country was a healthier place to infants and their mothers, scarlet fever, live in than the city. In fact, most cancer, despite the fact that proper people will probably be surprised to measures of public health can save and learn that it is so no longer. Actually, in some centres are annually saving

"Quebec has attacked this problem. health than has his city cousin, and She has 17 Rural Health Units in operthe reason is simply that the city ation, and expects soon to have eight more. Consider what happened in cally, by modern, up-to-date public Beauce County, Quebec, following the organization of such a unit in 1925.

"During 1926 there were 643 deaths costs a great deal of money, and the 1928 this figure dropped by 156 to 487 country and the small town cannot Similarly, infant deaths were reduced from 213 to 160; deaths from tubercu-"The County Health Unit Plan, pro- losis from 56 to 51, and deaths from viding as it does, for Federal and Pro- contagious diseases, from 86 to 27 vincial payment by sudsidy of two- Statistics, indicating the reduction of thirds of the cost of each County disease generally are not yet available Health Unit-the municipality served but a study of the death rate makes paying the third-recognizes and acts logical the assumption that this too, upon the fact that health is a national must have been comparatively impor-

> A clear explanation of the workings Alphonse Lessard, director, and Dr. Emile Nadeau, assistant director, Quebec Provincial Bureau of Health:-

"What is the "County Health Unit" system which we are at present operating in our Province of Quebec? It consists in the establishment, in a county or in two small neighbouring counties, of what might be designated as a "Bureau of Health in miniature" composed of a full-time medical officer, two or more public health nurses, a sanitary inspector charged with the enforcepart of this staff. Health education is told by The Northern News, of Kirkintensively carried on, a considerable land Lake:amount of propaganda work is done continually, and not a single munici- had been cooked for Sunday's dinner pality escapes the attention of the offi- was full of porcupine quills resulted in cers of that unit. The medical officers | Mike Sobransky, residing at the rear of covers all the parishes, meets there 13 Duncan avenue, reporting the matter the civil and religious authorities, to the police. It is understood that the maintains cordial relations with local quills were first noticed when one of doctors, gives public lectures (announc- the diners had a piece of quill stick in ed the preceding Sunday by the cure in his throat. Inspection of the meat the pulpit) has friendly talks with which had been cooked with vegetables mothers on the necessity of pre-natal, shows numerous black specks, which post-natal and pre-school hygiene, were found to be more quills about half visits the school and looks after out- an inch in length. Investigation by the breaks of infectious diseases. The police and Sanitary Inspector McDonnurses examine the school children and ald shows that the pork was purchased refer those defective in any way to the at a local store, and that it was part family physician; they give the teach- of a quarter of government stamped ers instructions in hygiene which they, pork. While the meat was solid there in turn, pass on to their pupils; they was no indication of the quills, but the go directly into the homes of the people softening of it by cooking allowed the to make them understand the necessi- hard ends of the quills to be felt on ty of following the golden rules for passing a finger over the meat. This clean and healthy living; they advise was not, however, noticed by the family young mothers how to protect their till a piece of quill caught in the throat babies or babies-to-be, etc. The sanr- of one of them. The investigation will tary inspector watches the municipal be carried further and a report made to enforcement of the health laws, looks the government. In the meantime no after water supplies, sewerage, nuis- blame is attached to the store selling ances, sees that quarantine is observ- the pork as only a very close and careed in case of contagious diseases, etc. ful inspection of the meat would have The secretary attends to the office revealed the quills. Similarly the meat work, handles correspondence, answers might easily pass through the hands of queries, keeps records, and, one important matter, collects from all the ministers of worship, the birth, marriage and death certificates, makes corrections on them, if necessary, takes a copy of each, and sends them to our the pig came is now very doubtful. It Division of Vital Statistics in Quebes."

Powassan News published the vital statistics of that busy centre in the same paragraph with the vital statistics of the Village of Burks Falls and we detected a supercillous smile bebirths in our last issue.

Burk's Falls Arrow:-Recently the

T. & N. O. EVIDENTLY GOOD BELIEVER IN ADVERTISING

The North Bay Nuggett last week says:-"The Temiskaming & Northern Ontario Railway officials believe that "it pays to advertise," and to this end they have had ne wimpressive folders drawn up setting forth the fine points of Temagami as a summer resort. This in itself is not new, but that 30,000 will be distributed throughout Canada and the United States is an innovation. They will appear on practically every folder rack on the continent, especially in the states where the fame of Northern Ontario has not fully penetrated."

POPULAR COUPLE WEDDED AT KIRKLAND LAKE RECENTLY

The Northern News of Kirkland Lake last week says:- "A very pretty wedding was solemnized at the Kirkland Lake Hebrew Synagogue on Sunday March 16th, when Sonia, daughter of Mr. and Mrs. A. Scott, became the bride of Harry Simons. The ceremony was performed by Rabbi Linder, o Timmins, assisted by Rabbi Shapiro, of Kirkland Lake, and Rabbi Kaminepsky of Cobalt. Rubben Scott assisted the groom while Misses Black, Dubinsky, Cohen, Martin and Duke acted as "Surely this is eminently sound on bridesmaid. Miss Lilly Simons, of Topractical, as well as humanitarian ronto, was maid of honour. Two little grounds. Everyone, regardless of poli- girls, Sonia Duke and Faye Rosenberg, were flower girls. A large number of gratulations of a large circle of friends is extended to the happy young couple.'

THE ART OF MUCH TALK AND YET NOT SAYING ANYTHING

The Northern Miner says:-"Mining shareholders who are in receipt of annual reports sometimes have difficulty in grasping the significance of information offered them by the company officers. Usually there is considerable public interest in ore reserves, this being a feature that can be readily recognized by even the tyro investor in such shares. The preparation of an ore reserve statement is a ticklish business for the operator. His problem is to show the situation conservatively enough to forestall any future criticism and at the same time to give the mine credit for what it has developed. Faced by this problem one Western silver mine manager spoke of the ore reserves in this fashion: "Th development work at the mine during the year has placed in sight an ore reserve sufficient to assure a profitable operation of the mine for a period the length of which of one of these units is afforded by Dr. it is impossible to determine." This is sidestepping with a vengeance. The Engineering and Mining Journal says that philanthropists with leanings toward metaphysics might well offer a

PORCUPINE QUILLS FOUND IN KIRKLAND LAKE PORK

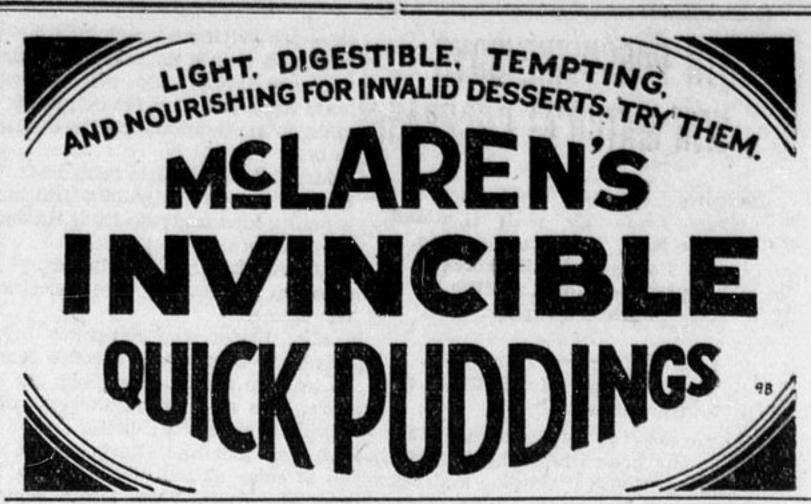
any sense from such a statement."

prize to the person who can win now

According to The Northern News a Kirkland Lake man had a great surment of the health regulations and prise recently when he discovered that with the education of the municipal some pork he had bought and cooked officers, together with a secretary to was more or less filled with porcupine handle the clerical work of the office quills. The story is so good that at which is generally located in the prin- first reading there was the temptation cipal town of the county. The whole to believe that the date line, "Sault Sie. population of the county is thus sub- Marie," had been left off by mistake. mitted to constant supervision on the However, here is the story in full as

"Discovery that a piece of pork, which the slaughterer and government inspector without anything wrong being noted owing to the smallness of the quills Whether there is any possibility of tracing the original locality from which is quite possible that the animal may have come in contact with the porcupine when quite small and the quills have become thoroughly embedded in the flesh without the knowledge of the pig's owner."

Huntingdon Gleaner:—A hen's egg tween the lines in that the births re- weighing four ounces and measuring corded at Powassan by far exceeded in circumference eight inches lengththe births recorded at Burks Falls. wise and six inches around the middle, That is only natural for the Powassan- was found recently by Mrs. Sidney ites have little else to attract their at- Hooper of Montreal, in making the tention. Nevertheless we think Burks morning rounds of her poultry run. Falls does not intend to be beaten even Mrs. Hooper has a pen of White Legin this respect for we recorded five horns, she claims the woman's poultry raisers' championship of Montreal.





Children say "great"

You can eat Shredded Wheat Biscuit right out of the package with milk or cream—but it tastes better if you crisp the biscuits in the oven and pour hot milk over them. The flavory shreds of baked wheat are so crisp and delicious-children always ask for more and it is so good for them. Contains everything their growing bodies need. Delicious with fruits.

SHREDDED NHEAT WITH ALL THE BRAN OF THE WHOLE WHEAT

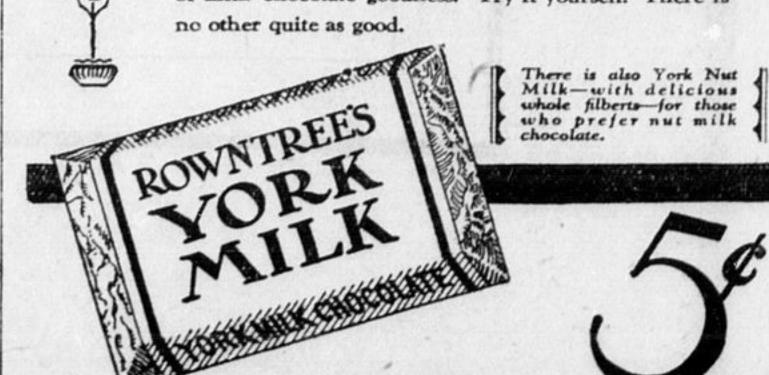
THE CANADIAN SHREDDED WHEAT COMPANY, LID.

For Sure Results Try Our Want Ad Column



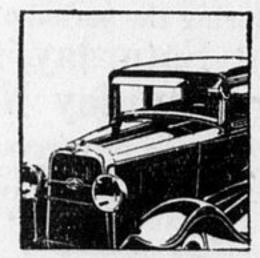
THADDEUS K. Pim, the successful salesman, doesn't know why people put chairs in outer offices. Himself, he just walks right through and talks to the sales manager. Now we know how he works it-with a bar of Rowntree's York Milk.

Rowntree's York Milk Chocolate is the best card of introduction ever invented. It crashes the gate to a thousand things you like-perfect flavour, delicious zest, smoothness that melts away in your mouth. Rowntree's York Milk Chocolate opens the way to a new standard of milk chocolate goodness. Try it yourself. There is



THE ROWNTREE CO. LIMITED, TORONTO





AND THE SAME **FUNDAMENTAL** DEPENDABILITY



THE attractiveness of Oldsmobile is now heightened by its longer, lower body . by refinements in the roof lines, rear quarter and side panels.

Increased roominess - greater richness in upholsteries—and added comfort in the seats—provide additional luxury in Oldsmobile interiors.

And improved fully-enclosed weather-proof fourwheel brakes, easier steering, and improved carburetion make the fine dependable Oldsmobile chassis even more capable and durable than before. Yet these splendid improvements have been accomplished without affecting the fundamentals which made this car so popular throughout all of Canada.

See Oldsmobile now. Drive it and test its brilliant performance. You will find it a finer car-a smarter car-and a greater value than ever before. And you will find that purchase is made easy by the G.M.A.C. Deferred Payment Plan.

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IT'S BETTER BECAUSE IT'S CANADIAN