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Have You Heard?

"The persons who are most volubly bothered by the lot of the literary artist in America happen not to be literary artists."—Branch Cabell.

"There is no such thing as capitalism. It was a debating term adopted by Karl Marx."—Nicholas Murray Butler.

"Hollywood needs real actors—men who, for instance, can impersonate the perfect gentleman."—Cecil B. De Mille.

"Everybody likes and respects self-made men. It is a great deal better to be made in that way than not to be made at all."—Oliver Dendell Holmes.

"Accidents may happen to the race as to the individual." — Sir James Jeans.

"Life in cities is terrible. From morning to night it is a series of shocks and jars on your nerves and our sensibilities."—Andre Maurois.

"I feel positively that industry is on the threshold of great achievements."—Alfred P. Sloan.

"America seems to welcome the idea of having brains in politics." — Edward A. Filene.

"The preservation of the public health is one of the chief functions of government."—Alfred E. Smith.

"If, out of the terrible times of the past four years, we have learned the lesson of self-rule, the reward will be worth the cost."—Charles M. Schwab.

"Nobody has ever heard of a powerful country returning part of a newly-conquered land without having first been defeated in a new war."—Emil Ludwig.

"As a protection to society, the whole prison system has been miserably inadequate and ineffective." — Franklin D. Roosevelt.

"The next fifty years will see much greater scientific progress than has been made in the last thousand years."—Henry Ford.

"'Know thyself' is really the sum of wisdom; for he who knows himself knows also God."—Dean Inge.

"The successful man of one age may be the criminal of another; the saint of one age may in the next be counted a moron."—Havelock Ellis.

"Man's tragic destiny is war." — Benito Mussolini.

"It has been repeatedly stated that the gangster forces have more arms than the United States Army."—Gertrude Atherton.

"The best Englishman is the most civilized person in the world, but it's not always easy to find the best Englishman."—Joseph Hergesheimer.

"You cannot have planning and economic control and individual freedom."—Ogden L. Mills.

"If I had my life to live over again, I wouldn't."—Clarence Darrow.

"Unnecessary misunderstandings will occur even between individuals; much more so between nations." — Hirosi Saito.

"On the whole, our social service work is still a handout on the giving end and an insufficient dole on the receiving end."—Rexford G. Tugwell.

"Were men today paid a living wage for work honestly done, how simplified would be our problems."—Cardinal Hoyes.

Christian Missions

The change which Christianity worked in the conditions of millions of women, and the part which Christian women took in working these reforms was the theme of an address by Dr. J. R. Mott, president of the World Missionary Council, at a meeting of women workers of all Christian denominations at Highclere, S. Africa.

The effect of Christian missions upon the lives of women would be sufficient evidence, he said, to convince him of the worth of foreign missions. An additional argument lay in the devotion and the achievements of Christian women in the missions.

To thousands of women in heathen lands the relief brought by the medical missions, the establishment of hospitals, and the creation of nursing services had been immense. Women took the lead and did the greater part of the work in this field of service. It might be said that Christian missions had created the medical profession throughout Asia.

Boyle, Irish Free State, has a rush of applications from those who wish to take advantage of the offer to rent small farms at 25 cents for 11 months and to supply free seed and implements.

COULD NOT DRESS HERSELF

Neuritis in Left Arm

"For neuritis I am using Kruschen Salts," writes a woman of 60 years. "And they are a real benefit for I could not dress myself sometimes, my left arm was so painful. I take Kruschen every morning, and the pain has now gone. I was recommended by my doctor to take salts of some kind that suited me, and I find Kruschen is the best, in fact, it is wonderful. I feel ever so much better, and I shall always take it. I am 60 years of age and have not felt so well for years."— K.P.

The pains of neuritis and sciatica are a symptom of deeper trouble—the same trouble that causes rheumatism, gout and lumbago. They are a sign of an impure blood stream. They show that poisons have crept into the blood.

Kruschen is a combination of six natural salts, which ensure internal cleanliness and keep the blood-stream pure. New and refreshed blood is sent coursing to every fibre of your being. Then, neuritis, sciatica and kindred ills all pass you by.

Editors Have Snap

Every once in a while some cheerful individual remarks to us: "Well, now that the paper is out I suppose that you can take it easy for three or four days."

Yes, how delightful it is that a country editor has nothing to do between press days. Business runs along automatically. When paper bills come due money drops off the trees with which to pay them. Subscribers vie with each other to see who can pay the farthest in advance. Advertisers just beg for additional space and the way news nuts up the editor is also pleasant to contemplate.

There is something strange about the way news items act. When the paper is out, the editor simply goes to his desk and leans back in his easy chair, looking wise and waiting for a next week's press day. The day before press day the people line up before the office door, and then file in past the desk and tell him all the news of the week. He writes it up in 15 or 20 minutes, takes it back and hangs it on the hook. The compositor takes the copy and shakes it over the type case, says a few mystic words, and the type flies into place, and after a few passes by the foreman the forms are ready for the press again. And the editor goes down and deposits some more money in the bank.

It is the greatest snap in the catalogue.—(Baltimore Enterprise.)

McClelland Barclay Gives Designers Some Advice

NEW YORK—Although American women are among the best dressed in the world, they could look still more nearly "the way they want to look" if dress designers knew something about anatomy, in the opinion of McClelland Barclay, the illustrator.

"Clothes could be designed not only to improve the appearance of women but to improve their definite defects" Barclay said.

"For one thing, they are all designed on beautiful figures that would look well wearing a sack, whereas they ought to be designed for figures that are not beautiful."

"The caterpillar figure is out," he added, "the debutante slouch, the poiret slump—they're pretty much passe.

"Girls now are interested in having fine healthy bodies, strength, endurance, and pep. These aren't found in flat-chested women."

London,—It is expected that the expansion of the Royal Air Force to be proposed in the House of Commons by the Right Hon. Stanley Baldwin will consist of the creation of 50 new squadrons involving an addition to the force of 600 airplanes.

A Service to The Community

The Canadian National Express is very definitely identified with the progress of the communities served by the Canadian National Railways. Selling of farm produce and purchase of manufactured goods alike is made easy through the services of this Company. The farmer or rural dweller is no farther away from the big city store than he is from the Canadian National Express office, nor is he any further removed from his city-dwelling customers to whom he may desire to consign shipments of butter, eggs, cream or other produce. Not only in the shipment of goods does the Canadian National Express serve him, but also in the transfer of money and valuables to any part of the world for an Express Money Order has become recognized as the safe method of transferring currency at all times.

While not so unusual, the fruit service provided by Canadian National Express is of great importance to the growers of this country. During the season when soft fruits are being marketed, special care with their handling is provided in refrigerator and specially equipped air-cooled cars, with the result that Canadian fruit growers are enabled to place their product on the markets of the large cities in excellent condition.

HEAVY PROTEIN MEALS ARE A GREAT MISTAKE

Roughage of Off-Setting Foods Essential to Sound Health — Eat Ample Wholemeal, Fruits and Vegetables.

By "BON SANTE"

Greatly to be deplored is the unfortunate habit on the part of so many people of eating an excess of proteins and a deficiency of the off-setting roughage contained in wholemeal, fruits and vegetables. Such people are only building up trouble for themselves, as the human system cannot withstand forever a diet which does not provide for the proper elimination of the waste materials. Roughage substitutes like bran have some value but they can never properly replace the natural roughage found in wholemeal, fruits and vegetables.

We are not suggesting that one's diet should consist only of these off-setting foods, but it should be noted that these foods are essential to sound health, that all other foods are more or less subsidiary and while valuable as food, should be taken in moderation.

For example, it is not at all uncommon to run across families whose main meals are made up almost wholly of meat, mashed or fried potatoes, white bread and a starchy dessert. Such meals represent a great dietetic mistake. While they possess great caloric value they are almost wholly lacking in roughage and sadly deficient in vitamines. They would probably add fat but provide little nourishment, and if persisted it would eventually clog the digestive organs.

The hospitals are filled today with patients who have committed this grave dietetic error, and are suffering from a great variety of complaints to which the human system is subject.

While there is life it is never too late to take warning. For sound dietetic reasons we recommend wholemeal foods, including whole wheat bread, fruits and vegetables as an important part of the daily diet. Eat other foods but in great moderation. Meat, for instance, is advisable not more than once a day. Make several glasses of fruit juices a part of your daily diet, and get the habit of taking a modest amount of exercise daily.

If you will do these things, being very careful not to overeat, you will find your health will improve, your vigor increase, your spirits rise and your general onlook on life undergo a great change for the better. There is nothing so depressing, so destructive to ambition and happiness as ill-health. Reversely there is nothing which contributes more to the zest of living, buoyancy of spirits and hopes and ambitions fulfilled than vigorous good health.

"Bon Sante" will be pleased to answer questions. Simply address "Bon Sante" care of this paper, enclosing self-addressed, stamped envelope.

Elastic Fabrics For Swim Suits

Paris—Tout Paris is taking notice of the two-way-strech elastic fabrics, thanks to Dilkusha's many intriguing creations in this versatile fabric, which tends to outdo tricots for swimming suits. The linen ones, which dry instantaneously if the sun is hot, are ideal for southern beaches, but woolen models are better for Deauville, Le Touquet and others in the north, where both wind and water are more than likely to be cold.

Dilkusha has lots of ideas that lend individuality to the two-way-stretch maillot. She equips them with one-stray businesses that do up different ways and shiny bracelet belts in cellophane, rhino hide or unbreakable glass. The elastic fabric is used to make the most of its intrinsic quality in a blue linen sun suit. It has a skirt with a strapless waistcoat top that pulls up without any opening or fastening over one-piece shorts.

Marcel Rochas features the most exciting swimming suits of the season in the new cellophane elastic fabric, which looks simply marvelous when covered with drops of water. It is specially effective for moonlit or, "sun-lighted" swimming pool parties. Its great drawback is that it is scratchy and must be lined to be bearable to a sensitive skin.

Russian Women Ready to Run Soviet Industry

Machine Tool Factories Operate Night and Day Nurseries Attached

When, if ever, millions of Russian workmen receive the call to arms, Soviet industry will be run by women, many of them mothers, who are now being trained in highly skilled factory work.

The process may be seen in Kalinin tool cutting plant in the suburbs of Moscow. This is one of the new specialized factories which are becoming an important part of Soviet industry. In the factory, and others like it, tremendous efforts are being made to achieve economic self-sufficiency by making the machines and tools necessary for the manufacture of other machines. Hitherto, most of the machine tools in use in the Soviet Union have been imported.

The Kalinin factory opened two years ago and now turns out 24,000,000 drills of the hardest steel each year. These drills are used in motor plants, shipyards, and machine factories. The building, American in style, is well-lighted and ventilated. Of the 4,500 employees, about half are broad-faced peasant women, most of whom, until a few years ago, had never seen anything more complicated than a plough. Now they handle difficult and expensive machinery with the same skill as men.

Women Are Mothers

A great number of the women are mothers. They live in large apartment houses about a stone's throw from the factory, and nearby is a great nursery where more than 100 children are cared for by trained nurses during the day. The children have their own community with dining rooms, playrooms and workrooms. Nor do the Soviet authorities forget to imbue the children with Communist doctrine. Nearly every room of the nursery contains a picture of Lenin and slogans of the usual type.

As everywhere in the Soviet Union the Kalinin factory is operating at what might be termed "war-tempo." There are three shifts a day, of seven hours each. The average salary is about 225 roubles a month, though some of the most highly skilled workers get as much as 700 roubles.

Rouble's Purchasing Power

It is impossible to translate roubles into sterling and give an accurate idea of the real value of wages. Nominally 225 roubles is £22.10.0 but actually it does not represent anything like that in purchasing value.

The high-grade steel used in the factory which is equipped largely with German machinery, is produced in the Soviet Union, but Russia still imports steel from Sweden and other countries. These imports, according to officials, are only temporary and will cease if, and when, the Soviet Union reaches its ultimate goal—economic self-sufficiency.

Walk a Mile Before You Buy New Shoes

The right home treatments and shoes that actually fit are two factors which insure summer foot comfort. When you set out to buy new sports, street or evening shoes for the hot months, go to a salesman who will measure your feet instead of getting your size from the shoes which you're already wearing.

When buying street shoes, it's a good idea to walk a mile before you go in to try them on. Your feet swell a trifle after a long walk in hot weather and if you buy shoes while they're in that condition, the new shoes will always be comfortable no matter how long you have them on or how far you walk in them.

Sports shoes usually come in wider widths than street models. In that case, you can get them a half size shorter than you generally wear. However, remember that most women need all shoes a half size larger during the summer months. In other words, don't buy shoes until your feet have been accurately measured.

Stockings should be exactly the right size. If they're too long, they'll wrinkle around the toes, causing blisters. If too short, they're apt to crowd the toes, making them ache. And, as a final word, never wear stockings a second day without washing. A fresh pair each and every day is the rule.

First Bottled Milk

In 1878 the first bottled milk was put on the market at Brooklyn, U.S.A., says the International Review of Agriculture. At first beer bottles with patent stoppers were used. In 1889 cardboard discs began to be used to seal bottles. To begin with, only guaranteed milk or special milk for infants was put into bottles, then later, milk was delivered in bottles at public markets, schools, offices, and factories, and finally it has come to be used for general home consumption, cooking included. To-day in addition to ordinary milk, skim-milk, sour milk, whey, and butter milk are sold in bottles.

STOP THAT ITCH
In One Minute
D. D. D. Prescription Speeds Relief

It is really surprising to see how Dr. D. D. Dennis' pure, cooling, liquid, antiseptic D.D.D. Prescription quickly stops itching tortures of eczema, pimples, mosquito or other insect bites, rashes and other skin afflictions. Forty years' world-wide success. Its gentle oils penetrate the skin, soothing and healing the inflamed tissues. No fuss—no muss. Clear, greaseless and stainless—dries up almost immediately. Try D. D. D. Prescription today. Stops the most intense itching instantly. A 35c trial bottle, at any drug store, is guaranteed to prove it—or money back. D. D. D. is made by the owners of ITALIAN BALM.

Save Poker Hands to get Better Cigarette Papers FREE

Everybody agrees that "CHANTECLER" and "VOGUE" are the best papers—you can get 4 large books of either brand—free for only *one* complete set of Poker Hands, from your nearest Poker Hand Premium Store or by mail from P.O. Box 1380, Montreal.

THE FIRST AND ONLY CHOICE OF THOSE WHO KNOW—
and Poker Hands, *too!*

It *pays to* "Roll Your Own" with
TURRET
FINE CUT
CIGARETTE TOBACCO
Imperial Tobacco Company of Canada, Limited

Rail Speed Record

Not so very long ago many students of transportation were seriously asking whether the airplane would ever be able to excel the train very far in the matter of speed, writes the Baltimore Sun. That was in the days when commercial airplanes capable of a sustained speed of 150 miles an hour appeared to have reached the maximum limits of the air speed bracket, and when new trains then being developed in Europe were attaining 100 miles an hour or more.

Nowadays, when the record for an ordinary mail plane between Los Angeles and Newark is eleven hours and thirty-one minutes, it seems probable that the airplane will hold a very decided supremacy in the matter of speed. On the recent airmail flight on which the Los Angeles-Newark record was made, the pilot, Jack Fry, average 227 miles an hour for 1,609 miles, with only one stop for refueling. His speed was nearly three times that of the Burlington Railroad's "Zephyr", which on Saturday averaged 77.5 miles an hour for the 1,015 mile distance between Denver and Chicago.

But while the airplane has demonstrated its superiority, the fact that a train has been able to do what the Burlington's new stream-lined "Zephyr" did puts the railroads rather more effectively into the competition in the speed business. The Burlington's train has to its credit a feat the like of which has never been recorded before in rail history. And for that great mass of groundlings who prefer to have their speed somewhat closer to the earth than is possible in an airplane, the possibilities of travel in such a fast train as this will seem very attractive indeed.

Moreover, while in the matter of speed records, the train is usually checked against the airplane, in the matter of patronage it must be compared with the bus and the private automobile. And the bus and the private automobile are still very far removed from the stage of their development where they can go from Denver to Chicago between sunrise and sunset. When, as and if trains get to doing as a regular matter of business what the Burlington train did for exhibition purposes, the railroads will be in position to recover some of their lost passenger traffic, which is of course, what they are after.

LOS ANGELES—Special letters of administration in the estate of Lew Cody, movie actor, who died May 31, were granted by the Superior Court here recently to Cody's half-sister, 14-year-old Cecile Len Cote, of Berlin, N.H. The value of the estate was placed in the petition at $48,209.

Miss Cote came here from New Hampshire with her mother, Mrs. Lena T. Cote.

Soured on the World? — That's Liver
Wake up your Liver Bile — No Calomel Necessary

Many people who feel sour, sluggish and generally wretched make the mistake of taking salts, oil, mineral water, laxative candy or chewing gum, or roughage which only move the bowels and ignore the liver.

What you need is to wake up your liver bile. Start your liver pouring the daily two pounds of liquid bile into your bowels. Get your stomach and intestines working as they should, once more.

Carter's Little Liver Pills will soon fix you up. Purely vegetable. Safe. Sure. Quick. Ask for them by name. Refuse substitutes. 25c at all druggists. 51

Auto Smash-ups Responsible For Plastic Surgery Advance

Cleveland—For the first time in 2,000 years the male sex can have a handsome new nose by plastic surgery, and the automobile is mostly responsible for the change.

This advance in surgery was explained at the scientific exhibition of the American Medical Association by Claire L. Straith, M.D., of Detroit.

The automobile influence has been coming with a rush, Dr. Straith says, since the recent great increases in auto speeds. The accidents in cars have thrown occupants against windshields, smashing faces, often disfiguring or removing noses.

In these accidents it has been the case of the woman who pays and the man who profits. Dr. Straith says eight times as many girls and women as men go to the plastic surgeon for smashed faces due to auto crashes.

But the crop of damaged faces has led to the new surgery for rebuilding male noses.

On the neck, below the ear, and between the scalp hairline and the beard hairline on the face, there is a strip of skin which matches the nose perfectly. This strip is lifted like the handle of a suitcase—that is, its upper and lower ends remain fastened, one under the ear, the other low down on the neck.

The surgical name for this strip is a pedicle. Underneath the pedicle the neck skin is drawn together, and meanwhile for three weeks the pedicle grows arched in the air, getting accustomed to an independent life.

Then one end of this skin handle is cut and bent up to the missing nose. The scar which already was formed on the nose is turned under to form a stiff lining, shaped like the nose. Upon this is laid the neck skin.

The exhibits show noses repaired by this method until in photographs it is not possible to detect the difference from a normal nose.

Not Habit Forming

DITYDRO—MORPHINE-D, A NEW PRODUCT OF SCIENCE

CLEVELAND— Dihydro-desoxymorphine-D, a new product of science, is being given to human beings as a first step in a search for a non-habit-forming type of morphine.

The human experiment was mentioned, without details, in a report made to the American Medical Association by Dr. C. W. Edmunds and Dr. Nathan B. Eddy of the University of Michigan. It is under direction, the report said, of the federal public health service.

The report told of the chemical changes which produced this new substance and of its effects on animals. The modified morphine is one of 190 of these compounds made at the University of Virginia for investigation of medicinal effects.

The work has been carried on under direction of the National Research Council. Today's report pointed out that while such ordinary morphine effects as pain-killing, depressant qualities, respiration changes, digestive results and emetic action may be found on animals, only human beings can be used to show whether the new drugs are habit-forming.

The animal tests show whether modified morphines are non-poisonous, and whether they have sufficient new properties to justify further investigation.

One of them, the dihydrodesoxymorphine-D, became so interesting that the report said "this compound is being subjected to clinical trial at this time."

On the Michigan animals this substance showed 10 times the pain-killing power of morphine. Its depressant effect was 30 to 40 times that of morphine. It had no emetic effect. But it was three times more toxic than morphine.

A remedy which has protected children in Fresno, California, for many of the worst ravages of whooping cough was described by J. M. Frawley, M.D., of that city. A vaccine is made from antigens produced by whooping cough bacteria.

HOW TO KEEP COOL

Take an effervescing glass of pleasant-tasting Andrews Liver Salt when you begin to feel the heat. At once you will feel cooler—and you'll stay cooler. Andrews not only quenches thirst, but cools your blood. Taken occasionally—say twice each week—Andrews will keep you fit by purifying your system and insuring regular and *complete* elimination. At all druggists. In tins, 35c and 60c. New, large bottle, 75c. Sole Agents: John A. Huston Co., Ltd., Toronto. 26

Drops Eight Names

Charleston, S. C.—A few days ago Anthony Albert Alexander Adrian Paul David Napoleon Maria Salvatore Sottile Restivo, born in Italy, became an American citizen.

The array of eleven names was a little too much for the government official charged with making out a certificate of citizenship, so the applicant consented to drop eight of them.

He is officially registered as Anthony Albert Restivo and he and officials agreed that these are enough names for anybody to remember. Restivo did not explain how he happened to be so thoroughly named by his parents.

Classified Advertising

POULTRY AND EGGS WANTED

FRESH EGGS wanted. Prices sent weekly. W. A. Milton, 420 Bourgeois St., Montreal.

BARGAINS IN FARM PUMPS

ELEVEN only, belt drive power pumps, 1933 models. To be sold quickly at greatly reduced prices. Write to-day for prices and state depth of well. Mr. Anderson, Beatty Bros. Limited, Fergus, Ont. Box 238-W

MATURITY—MATERNITY MIDDLE AGE

At these three critical periods a woman needs a medicine she can depend on. That's why so many take Lydia E. Pinkham's Vegetable Compound. 98 out of 100 say, "It helps me!" Let it help you, too.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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