

Home Treatments For Beauty and Grace

A woman who is unable to go to cosmeticians, coiffure experts and exercise teachers for beauty advice should realize the value of home treatments and act accordingly. First, of course, she must bravely figure out her defects to herself, figure out her needs and then be conscientious enough to stick to whatever routines she has planned.

To begin with, there is that important matter of weight. The girl who wants to be slender and supple should realize that home exercises are just as important as ones done under professional direction. She must use her will-power to keep from eating too many sweets and rich desserts and to order a vegetable plate when what she craves are the starches and greasy foods on the menu.

She must map out a careful daily beauty routine that will include complexion and hair treatments. If her skin is too dry, the wise woman will invest in a jar of tissue cream and use it every night before she goes to bed. She'll brush her hair each day and shampoo once a week and she'll set about learning how to push waves into place. Each step, of course, will seem difficult at first and it will be months before her way of beautifying herself even approach the perfection of an expert beauty operator's services. But it can be done and right now is a good time to start learning how.

Gratitude

Are we grateful enough for the good things which we have on this Earth?

Do we not often think that the "other fellow" is getting along better, and getting more out of life than we are?

If we would only stop and think for a few minutes, of the hundreds of things that we should be grateful for, and are not, we would indeed say, "what ungrateful people we are." It is the opinion of the Holy men of India, if children are not grateful to their parents they are thought very little of.

We do not realize how easy it is to get into the habit of being ungrateful.

Some people seem to find it an exceedingly difficult thing to say, thank you.

It does not cost anything to say these two little words, or to do some little act of kindness to someone who has been kind to us. In this manner we show our gratitude in the finest way possible.

Do not do kindnesses to only the people who have been kind to you, but try never to miss being kind to anyone who needs and deserves it.

Conscientious Doty.

Russian Egg Cup Hat Has Steel Pyramid on Top

Paris, — Patou, in his winter fashion show combined the influences of Egypt, the Victorian age, Russia and the future.

He launched a new onyx green and introduced cracked and antelope crepe. This was an evolution of the sapphire blue, navy, black and green which Patou, "the color king" launched in his spring show.

Double brimmed hats with pleated edges were another feature. There was also a Russian egg cup hat with a steel pyramid on top.

A return to embroidery and crocheted fabrics in angel wood thread was shown.

Patou has been inclined more and more to fantasy in hats. In colors he is pushing black—solid black and black combined fittingly with slight touches of color. The black and white idea comprises what may be called the uniform of the smart Parisienne.

Bare Legs to Immoral in China

Peking, China.—Bare legs, their effect on morality and national economy, is the grave question posed recently before the Chinese National government.

The famous new life movement, with its "keep your clothes buttoned" and "don't spit" slogans is the peg on which the hosiery makers in China have hung the question of bare legs for governmental consideration.

If the slim, lovely Chinese girls and women of the treaty ports with their skirts slit nearly to the bare leg phase go back to stockings to the interior and is likely to spread to the interior and bring about the ruination of the hosiery industry in China, the stocking makers declared in petitioning the Nanking Government to ban bare legs as immoral.

DECADENCE OF TOMMY ATKINS.
Keen observers of the army are suggesting that British soldiers are losing their sex appeal, and you can't help feeling that the critics are right, —onion Sunday Chronicle.

Speech is too often not as the Frenchman defined it, the art of concealing thought, but of quite stifling and suspending thought, so that there is none to conceal.—Carlyle.

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FINANCIAL FLASHES

The Mining Industry Leads the Way

Canada's place in the ranks of the world's mineral producers has probably been the biggest single factor in the Dominion's recovery towards normal business conditions. Ranking first in the world in the production of Nickel and Asbestos, second in Gold, Platinum, Radium and Cobalt, third in Copper and fourth in Lead and Silver, the grand total of over \$220,000,000.00 worth of minerals was produced in 1933. If some forty years ago, someone had told you that the mineral output would reach this stupendous figure about 1933, you would probably have thought that the prophet had lost his senses, and one could not blame him as, only a matter of four decades ago, mineral production in Canada was a very small item in the business of the country.

The growth during the past decade has proportionately been much greater than previously and appears to be gaining momentum as time goes on. Undoubtedly, the increase in price of gold to about \$35.00 per ounce, has provided the stimulus which has led to the tremendous activity in old and new gold camps from coast to coast, and where there were some 216 active operations in the auriferous quartz section of the gold mining industry in 1933, it is probable that at the present time, the number is close to 300. In 1923, there were only 65 active operators in this field, at which time they employed \$77,574.00 capital, hired 5,524 men and paid about \$9,000,000.00 in salaries and wages, while the cost of fuel and electricity used was \$1,497,000.00. In 1933 these figures had increased to \$158,599,000.00 capital employed and 12,823 employees, drawing a total of over \$20,536,000.00 in wages and salaries, while fuel and electricity costs were \$3,330,000.00. 1934 will undoubtedly see a further substantial increase in these figures.

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as in addition to new operations, many of the older companies have expanded their activities.

Not so many years ago, mining was looked on by the average business man as a vehicle for a few promoters to make a living out of the unwary. Today, the leading business and financial men in Canada, United States and Great Britain have had forced on them the realization of the tremendous value of the industry to the Dominion.

It is doubtful if the average person, including those who purchase mining stocks from time to time, realize how much money is spent through the development of one mine to the producing class. The Northern Miner in its recent annual issue, gives an example of this in Howey Gold Mines.

Around this company's mine has been built a community of some 600 persons and in a carefully calculated estimate it is stated that some \$850,000.00 was spent by the Howey Mines, its employees and dependents in 1933.

Of this amount, some \$120,000.00 was expended on local items, such as potatoes, coal, wood, water, freighting, etc. In other words, some \$730,000.00 was spent by these people at outside points, either by mail or otherwise. It naturally follows that the largest part of this money found its way to manufacturing points, to the railways, to farming communities, to departmental stores, etc. When it is estimated that there are nearly eighty producing gold mines in Canada, some larger and some smaller than Howey, it does not take a great deal of imagination to realize the tremendous amount of new wealth which has been put in circulation in practically all classes of business through the production of gold alone. If producers of nickel, copper and other mineral products are added to the list, it can again be readily seen the fabulous sums which are being spent by mining companies and their employees and families.

From the above, it can thus be readily seen just what a tremendous asset Canada has in its mining industry.

On top of this, however, it must be kept in mind that outside capital is being brought into Canada through the industry, and that the general public in the United States are rapidly becoming "Canadian mining connoisseurs," is indicated by the fact that only recently a group of people from Washington, D.C., sent a special representative to Toronto for the purpose of looking into the possibilities from the viewpoint of the small investor. This representative happened to contact the writer, and, as a result of what was a very pleasant interview, it is likely that a group will come from Washington in the near future

to visit one or more of the producing camps in Ontario. This is only one of many instances of American interest, which has been indicated during the past year or two.

Canada has reason to be proud of the advancement made by the mining industry during the past decade.

Poundmaker Makes Progress
This company, holding about 700 acres located immediately north and west of San Antonio Mines in the Rice Lake Area of Central Manitoba, is reported as making good progress with its work. In earlier operations, a two-compartment shaft was sunk to a depth of 325 feet with a winze to the 525-foot level. Independent engineers estimate that there is \$450,000.00 in ore blocked out about the 325-foot level and that there is \$1,000,000.00 in ore indicated to a depth of 525 feet. In addition to which there is a substantial tonnage of commercial ore on the surface dumps. It is reported that there are some ninety tons of concentrates ready for immediate shipment.

Dominion Motors Special Meeting

A special general meeting of the shareholders of Dominion Motors Limited has been called for September fifth, at Leaside, for the purpose of considering the granting of authority to directors to sell the business in whole or in part on terms to be approved by the board. In the Notice to Shareholders, president J. A. Brand states that the company cannot engage in the production of automobiles without being allied to a strong United States company, as rapid change in design and model of cars makes costs prohibitive for an independent Canadian company.

MacFarlane Long Lac Gold Mines

Stripping and trenching on the Numbers One and Two veins of this company's property are continuing and development efforts are meeting with decided encouragement. Penetration of these veins indicates good

values and a wire from Mr. A. R. Farrell, who is in charge of operations, states that shooting in Number Two vein has resulted in opening up promising-looking ore body, showing width of 30 feet with coarse, free gold showing on the north side, near the porphyry contact. It is understood that samples from both veins are being prepared for shipment to the company's head office in Toronto, and results of assays should be available shortly.

Equipment Companies Anticipate Business

It is understood that plants are under way for active resumption of manufacturing railway equipment in the near future. Some of the companies engaged in this business have kept open at a loss for several years, but unless orders appear shortly, it would seem likely that closing down of plants would be necessary. It is understood that before long, orders will be placed from Ottawa for new C.N.R. cars, along with other equipment. Companies that stand to benefit from the placing of such orders include Canadian Car & Foundry, National Steel Car and Canadian Bronze, while such companies as Dominion Steel and Coal and Algoma Steel, along with several other industries, would benefit through call for raw material.

Blue Jay

Anne Altha Singleton.
Perhaps you are immoral—
A cannibal of birds—
Yet your blue is worthy
A eulogy of words.

A very scrap of Heaven
Caught upon a tree:
Cerulean robe and crown
Make you wonderful to see!

"There never was a good war or a bad peace,"—Benjamin Franklin.



Here's the world's biggest gambler, the Farmer! He gambles with the weather, with the soil, with grasshoppers, with army worms, with grubs and a score of other offshoots of the plagues of ancient Egypt. Every spring he takes a chance—a desperate and big chance. If he wins, as he does occasionally, he comes off with a big stake; if he loses, which he does more frequently, he has a chance to try again. Happily he is a good loser; or else the world would starve.

"The Hick Town"

A "hick town" you say? Now that is where I live. An' where we raise taters an' ride in a "bu". Instead o' streamline, new-fangled bus, And what you may call us we don't care a cuss. The hick town's the place where fertile brains grow, Where Edison flourishes, and Lincoln you know; Where most of the premiers learn their A.B.C.'s, Where many immortals grew up, if you please. A "hick town"? Why sure, but, mayhaps, a "hick" From one of these towns shall wield the big stick; For history proves such things come to pass. The fun-poking snob then will look like an ass.

For two hours, at intervals, the efficiency expert had been watching the man in the movie studio while the latter chewed on a pencil. Occasionally he would set something down on paper, but resumed his meditation almost immediately. Exasperated the efficiency expert addressed the man: Efficiency Expert—"You are a writer in this studio, aren't you?" The Man—"Yes."

Efficiency Expert—"Well, why don't you write?"

Kissing your wife every day will

keep down the divorce habit. Give her a little spending money occasionally and don't forget to behave yourself, and you'll trot through to the end in double harness.

In this family there was a large number of small children. Little Willie, aged six, was taken in one morning to see his father, who happened to be laid up with influenza. Little Willie was very quiet, almost reverent in the sickroom. When it was time for him to go, he went up to his father's bedside, and said: Little Willie—"I bin good, ain't I pop?" His Daddy—"Yes, son. Little Willie—Well, then, kin I see the baby?"

Men attract to them the positions that belong to them. A small magnet never has the power to drag after it big things.

It depends on how your are getting along whether when "the five o'clock whistle blows" your pick up your dinner paid or your cane.

A woman was trying to be nice to the little girl whose mother was a great friend of hers. Woman—"I hope you got along well at school last term. Now I wonder if you can spell horse." Little Girl—"I could if I wanted to. But don't you think it is rather old-fashioned?"

A citizen in a small town recently went into the office of the railway agent at that town and demanded: Citizen—"I want you to give orders that the engineer of the train that passes through here at 11:50 every day be forbidden to blow the whistle on Sunday mornings." Agent—"Why that's impossible. What leads you to make such an unreasonable request?"

Citizen—"Well, our preacher always preaches until he hears the train whistle blow—and that confounded train was 25 minutes late last Sunday."

Australia will spend \$71,500,000 on unemployment relief during the financial year 1934-35.

"OH, YOU ARE GETTING FAT!" Woman's Action After Friends Remarks

Now She's 49 Lbs. Lighter

If you are one who hears remarks from friends about "getting fat" you will naturally be interested to hear this woman's story. Fortunately, it had a happy ending. Here is her letter: "I had put on weight gradually — not noticing it myself — until my friends kept saying to me, 'Oh, you are getting fat.' I had myself weighed and nearly had a fit, I was 178 lbs., and I am only 5 ft. 3 1/2 inches in height. Then I saw an advertisement for Kruschen, and I thought I would try it. I did so and today I weigh 129 lbs. and feel better. I continue to take Kruschen, as I find it is still reducing me, and I wish to lose a little more weight. I am recommending Kruschen to all my friends." — (Mrs.) T. W.



Kruschen is an ideally balanced blend of six separate mineral salts. The formula represents the ingredients of the mineral waters of Carlsbad, Ems, Kissingen and other well-known European spas, which have been resorted to for generations by the overstout. Only in Kruschen can you get this precise combination of salts. The exact correctness of the

formula of every batch of Kruschen is checked by a staff of qualified chemists, before it is passed for bottling. Kruschen combats the cause of fat by assisting the internal organs to throw off each day those waste products and poisons which, if allowed to accumulate will be converted by the body's chemistry into fatty tissue. Thus Kruschen acts upon surplus fat only; if you have no excess fat to lose, you cannot lose weight with Kruschen. Kruschen Salts is obtainable at all Drug Stores at 45c and 75c per bottle.

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