Foolish Diets Are To Be Found All Over The World -Some Of Them Just As Regimes On This Continent.

extraordinary food fancies, and won't come back."-A. C. C. some of the foods eaten are decidedly not conducive to health, writes fective in keeping lumbago at bay? MacKenna Masterton in New | Simply because it goes right down to Health. It is a fact that most of us the root of the trouble, and removes in this country are satisfied with a the cause, which is an impure bloodmixed diet. And people who regard stream. The six salts in Kruschen health as the keyword to a happy keep the bloodstream pure and vigorlife live as plainly as possible and, ous by promoting a clockwork regueating the plainest of foods, they larity of all the organs of eliminaknow that a sense of fitness, har- tion. mony, and vigour, both mental and physical, springs from their natural living.

FILM STARS

Publicity agents of film stars, resorting to every device to keep their stars in the public eye, often tell us the queerest things about the foods the stars eat. These (often untrue) stories are calculated to arouse public interest; the food that Man eats is always of interest to the world at large.

But if Clark Gable wants to eat pancakes swimming in catsup, it is no reason why lesser-known mortals should follow suit. Such fare might agree with him, but might not with us. Again, we are told that Greta Garbo likes "koldommer." This mixture might give ordinary mortals the tummy-ache. It is made up of wellseasoned steak, together with raw eggs, the whole folded up in cabbage leaves. John Miljan likes butter in his coffee and not sugar; Ralph Morgan sprinkles salt on his ban- | bold." -- Louis D. Brandeis. anas; another star prefers sugar with tomatoes; Lionel Barrymore eats vast quantities of potato-crisps; unreasonable thing; any more than is Miriam Hopkins delights in a big art or poetry, to which it is akin."bowl of sour cream, while another | Sherwood Eddy. star has the habit of consuming twenty to thirty cups of tea each

If English film stars have eccentric tastes where foods is concerned, they rarely broadcast such harmful propaganda. via their publicity agents. Bad food habits are best kept in a dark corfier where they can do little harm. It is mostly foreigners who pander to the public: For instance, one American lived on peanuts for a year. He developed a scurvy skin as a result of such a diet. Man's stomach is not suited to such fare, and he ought to have known it. He was getting a supply of vitamins, but not the right proportion of them to meet the needs of the human body.

ODD MENUS Frenchmen are lovers of queer menus and have always been regarded as epicures. They may be lovers of palatable food, but their tastes are not the average Englishman's. We shrink from such dishes in which frogs and snails have pride of place. But we have had various men in England who have subsisted

on such queer diets. Mostly these men have been recluses who have, for some reason, ostracised themselves from their fellows. One man, living in a tumbledown cottage, so liked rats and mice that he made them his principal diet. Another, living alone on a lonely moor, existed on a diet of hedgehogs until he was over seventy years old. Borrow and Walton have told us, also, that hedgehogs and the like have always been cooked and eaten by the old gypsies and Romanies.

Pond newts sand lizards and green lizards were eaten for many years by another eccentric. These he would catch and roll in clay, then bake them in the embers of a wood fire. He said they were fit for an epicure.

THE CHINESE But the Chinaman is the world's most perfect epicurean, so we are told. It is a certain fact he has refined, if peculiar tastes. At one time of day he ate the strangest of fare. Dogs, for instance. Chows were the variety most preferred, and these were prepared into stews and

broths and served with rice. The fins of sharks and the maws and flippers of other species of fish were also in great demand for thickening and giving flavor to the Celestial's soup. A greater dainty was the nest of the sea-swallow, which was made into "sea-swallow nest soup." The nest, composed of mucilaginous seaweed, is highly esteemed; the birds pick up the seaweed on the seashore on the coasts of the Malay Archipelago. But most highly estemed of all is the Beche de-mer, which is procured from Torres Strait; ask the foreigner what delights his eye and appetite, and he'll often plump for his Beche-de-mer!

In Java (believe it or not) a kind of mud is eaten, while a greater delicacy is the fox-bat, a bird-like mammal that is one of the wonders of the world. These strange creatures that indulge in what is called "perpeutal flight" are caught in their hundreds and made up into a variety of dishes.

HIS LUMBAGO HAS NOT COME BACK

Keeps Free Of It With Kruschen

There can be no doubt about the effectiveness of the remedy this man uses against lumbago. Read his let-

About four years ago, I had a bad Sensible As The Reducing attack of lumbago. After being in hospital for two weeks taking heat treatment, I started taking Kruschen Salts. Since then, I am happy to say, I have not been troubled with lumbago, I shall still continue taking Man has some very strange and Kruschen to be sure the lumbago

Why is it that Kruschen is so et

Whatever violates, infringes or abrogates fundamental American

"Many people feel perplexed because of the municipality of churches and the conflict of their claims." -John Dewey.

"The U. S. Constitution was not designed to establish for all time any particular economic theory, whether of the organic relationship of the in dividual to the state or of laissez-

"If we would guide by the light of reason, we must let our minds be

"Religion is not a narrow, bigoted

Now Science Explains Why So Many People Past 40

Feel That They're Slipping Losing Their "Grip" on Things



Many people 'round 40 think they're "growing old." They feel tired a lot . . . "weak." Have headaches, dizziness, stomach upsets.

Well, scientists say the cause of all this, in a great many cases, is simply an acid condition of the stomach. Nothing more. All you have to do is to neutralize

the excess stomach acidity. When you have one of these acid stomach upsets, take Phillips' Milk

of Magnesia after meals and before going to bed. That's all! Try this. Soon you'll feel like

another person! Take either the familiar liquid "PHILLIPS" or the convenient new Phillips' Milk of Magnesia Tablets. Made in Canada. ALSO IN TABLET FORM:



Cardening

SWEET PEAS.

Sweet Peas must be planted just as soon as it is possible to get spade in the ground. There are usual ly one or two days in early April when it is possible to work up the soil in the warmest part of the garden, and this is the time and place for these flowers. They have best results in a climate where the summer nights are inclined to be cool. They must have extra water during dry weather. It is advisable to sow in a trench and support on brush, strings or poultry netting. The trench should be dug a foot deep and in it put three or four inches of wellrotted leaves, or manure. This, in addition to plant food provides open material in which a deep root system can be developed. On top will be three inches of fine garden soi and place in this the seed, about two inches apart the same deep. Gradu ally the spring and summer rains will fill in the remainder of the liberty violates the life principles of trench assuring stout stems and ab-America as a nation." - Herbert | undant deep roots. If the flowers are picked daily, they will bloom from early July until frost.

STARTING PLANTS IN BEDS.

Where many plants are wanted the best arrangement for starting seed indoors is a hot bed, though where only a few plants are required, a shallow box in a sunny window will be sufficient. A hot bed simply consists of an old window assh laid on a wooden framework about 18 inches high, which contains two inches of fine garden soil on a layer of fresh, slightly strawy, horse manure, In an open place and facing south, dig a pit of the same dimensions as the window frame and about a foot deep. Into this put the manure, (If frost prevents digging, simply pile on top of the ground.) When well pressed down, the layer of manure should be about 18 inches thick. It is held in place by the sides of the pit and the frame. On top is placed two inches of light garden soil, preferably mixed with a little sand. The window is fitted snugly into place on top and should be about 15 inches above the soil at the back and 9 inches at the front to allow rain to run off and also to catch the full rays of the sun, At first the soil will heat rapidly but in about three days it will have cooled to around 80 degrees, which is the proper temperature. The seed is planted in rows about two inches apart, and the bed watered frequently. On warm days it will be necessary to ventilate by raising the window frame an inch or so. When the second set of leaves develop thin. The seedlings are transplanted to a cold frame, which is the same as a hot bed only without the heating manure, about three weeks before going outside. Here they are hardened thoroughly before being set out in their permanent quarters. No heating material is néeded in , the house, otherwise the procedure is

Earning Capacity Determines Fare Paid

Earning capacity and social status will determine how much a man pays for his fare on the Hamburg (Germany) Elevated Railway under new fare scales just introduced.

Bachelors earning less than 100 marks (£5 at par) a month, and fathers of familes earning less than 150 marks a month will pay only 10 pfennigs (1d) for each journey on the municipally-owned lines. People who are better off will pay 20 pfennigs. Students will continue to

pay only 10 pfennigs. "MADE IN CANADA" The "Lift" and Energy of Cod Liver Oil



Scott's Emulsion.

PLUS GREATER EFFICIENCY

Vitamins A and D, abundantly found in Scott's Emulsion, bolster up tired, Winter-worn bodies, restoring vitality and strength. But Scott's Emulsion gives you more: Emulsification-the minute breaking up of the particles-making for quicker assimilation, easier digestibility. Yet none of the virtues of pure cod liver oil are lost. One of the PLUS values you get only in



THE COD LIVER OIL WITH THE PLUS VALUE For Sale by Your Druggist



practically the same. Boxes about three inches deep are filled with a mixture of sand and light soil and placed in a bright window, where, preferably, there is a double glass, to prevent cold droughts at night.

The future

Reginald H. Wiggins, M.D., C.M., L.M.C.C.

"Child training is the most important problem before the nation today."-Frank R. Cheley.

training of our children today depends the peace and order of our homes; the character, ability personality of our citizenship to come, and the future of the race. So that Canadian mothers and fa-

available to those who need it.

ticles are appearing in the press.

Mothers always-and increasingly cessful with one child) to the varying needs of their several children. Mothers and fathers of adolescent desire to know the nature and needs of their growing boys; grandmothers who find their own tried methods of discipline ineffectual and in conflict with those of their children and their grandchildren-all these desire som up-to-date and sound advice on the care and training of children and are demanding it. -

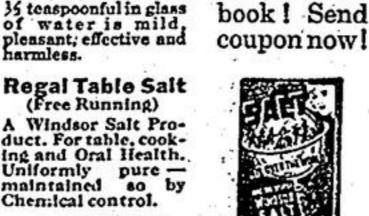
As we all know, conditions in the world today are not satisfactory. For this state of affairs, we are very lar



How the faithful slave girl saved her master's lifehow the robber was foiled through a great eastern custom regarding Salt-is told in picture and story in new book for Children! Yours free! Send coupon now for "Salt

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gely responsible. It will be our children's work to rectify matters. In later years, whether they will be capable of the task depends on the care and training they are receiving

(A series of these articles will appear weekly in this paper. Next week: "The Child's Physician."

THERE'S FLU IN THE AIR

Wise Precautions and Prompt Treatment May Keep You From This Disabling Affliction.

There are still many illnesses the causes of which remain unknown, writes a doctor. Throughout the world research is going on day after day in the hope that the cause and cure of these conditions may be discovered. One of these is influenza. But, although its actual cause remains a secret, there is now not the Upon the proper care and adequate slightest doubt that it is due to a germ which is too small to be seen. It is so tiny that it can pass through and a close filter which would stop the passages of many organisms.

Experiments have so far progressed that it is now only a matter of thers might have the requisite up-to- time for it to be possible to isolate date, information of the rearing and this germ and probably produce an training of their children, these ar- antidote. Meanwhile, we can only do what we can to prevent this dis-The press is the most effective abling infection from leading to commeans of making this knowledge plications and to cut short its attacks as soon as we are able.

In the first-place it is well to refathers too-are showing more and member that influenza is infectious even more interest in this vital pro- It can be passed from one individual blem. Mothers of young children; to another. Anything which tends young mothers surprised and baffled, to lower the powers of resistence by the first unexpected resistance of makes it easier for infection to take a small infant to authority; older place. Two factors seem to be worth mothers unable to adapt their meth- considering; the first of these is ods of child training (apparently suc- fear. Although, at this season of the year there are usually in the air seeds of influenza, it is asking for trouble to go about in fear of catchboys and girls; fathers who really ing it. When you are afraid, your general health suffers and you are less likely to resist infection. There is little to be afraid of if you do catch it. Provided treatment is prompt and your general health is good you stand an excellent chance of making an uninterrupted recovery. The second factor again concerns these same powers of resistance which are definitely lowered by the bad habit some people have acquired of setting out in the cold

> oreakfast. Late nights, hot stuffy atmosphere and fatigue also lower resist-

mornings of winter without any

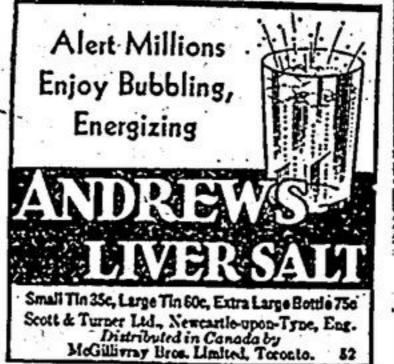
Color Renaissance In Men's Clothes

A color renaissance in men's wear is predicted by Raymond Twyeffort, New York tailor for the swanky. "We are sick of gloom and black," he said addressing the annual convention of the National Shoe Retailer's Association. Color is the necessary vitamin to stimulate men's desires." Twyef fort displayed a dark blue cutaway coat and tailcoat with gold fixings on the lapels. He also displayed red velvet coat for home wear, a brown cocklail-hour suit and plenty of brilliantly-check vests.



- Does Not Blister At first sign of a cold on the chest apply a Mecca Poultice with the addition of mustard. The warmth in combination with marvellous healing properties of Mecca Ointment will give quick relief. Full directions in each package. 38



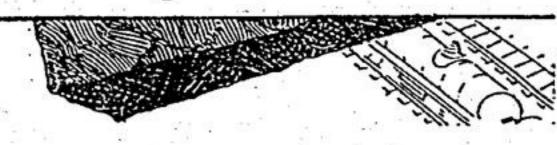


Issue No. 11—'35

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THE PERFECT

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"I made up my mind years ago that nobody knows much about political economy, including the so-called economists." - Bruce Barton.

"Sooner or later the disturbing realization comes to us that even that which we cannot understand may be true." - Will Durant.



Mrs. Mary C. Kilby of 48 Main St., Woodstock,

strength to carry on with my duties." All druggists. New size, tablets 50 cts., liquid \$1.00. Large size, tabs. or liquid, \$1.35. Write Dr. Pierce's Clinic, Buffalo, N. Y.

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healthyactivegirl is both happy and

day's work is done you are too tired to enter into the good times that other women enjoy. For extra energy, try Lydia E. Pinkham's Vegetable Compound. It tones up your general health. Gives you more pep-more

Is Prescription of Doctor

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skin attracts. The popular. Perhaps you are not really ill

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Check ROUP (Bronchial Flu)



Growing Deaf With Head Noises? Try

This If you are growing hard of hearing, and fear catarrhal deafness, or if you have roaring, rumbling, hissing noises in your ears, go to your druggist and get 1 oz. of Parmint (double strength) and add to it 1/2 pint of hot water and a little sugar. Take 1

tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy, and the mucous stop dropping into the throat. It is casy to take. Anyone who is threatened with catarrhal deafness or who has head noises should give this prescription a trial.

Don't expect your boss to pay you a dollar an hour for your working hours when you use your leisure hours as though they were not worth five cents a dozen. .



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