

Her Limbs Were Almost Crippled

Suffered with Sciatica for 25 Years

Those who are subject to sciatica should read this letter from one who suffered for years before she found out how to obtain relief—

"For 25 years I suffered from sciatica in my right side, and I had backaches which forced me to remain in bed for two or three weeks at a time. When I got up in the mornings, my arms and legs used to pain me almost unbearably. One day I heard of Kruschen Salts. I took a bottle of them without feeling much improvement. I tried a second bottle, and that time I felt better. I have kept on taking Kruschen ever since." (Mrs.) H.L.

The pains of sciatica are frequently caused by an excess of uric acid in the body. Two of the ingredients of Kruschen Salts are notable for their work in dissolving uric acid. Other ingredients of these salts assist the internal organs to expel the dissolved acid from the system.

Sports Were Same 5,000 Years Ago

Today's athletes are still enjoying sports that were popular 5,000 years ago, according to Dr. Ephraim A. Speiser, leader of a University Museum of the University of Pennsylvania expedition, which recently discovered Sumerian relics and bronze figurines showing wrestlers and boxers of that remote era, notes the Christian Science Monitor.

The expedition spent one month at Khafaje, site of a Sumerian temple to the god of fertility, after devoting five months during the past season to continuing the excavation work at the mound of Tepe Gawra, 300 miles northwest of Khafaje in Mesopotamia.

With almost every spadeful of dirt removed from the Sumerian sites, Dr. Speiser declared on his return, these ancient people became more surprisingly "modern."

The most interesting "finds" at Khafaje this season, he said, are a stone relic of two boxers and an exquisitely cast bronze figurine of a wrestler, both found in the temple. "Both objects are unusually well preserved and were discovered in a pit near the altar of the temple, thus indicating that the two sports formed an authorized part of religious ceremonies of that period," Dr. Speiser explained.

"Except for the fact that one of the men is bearded, there is little to show that the work was executed 5,000 years ago. Both fighters are standing on their toes, with arms outstretched."

In the figurine of the wrestlers the two contestants wear only narrow girdles around their waists. Their feet are planted firmly on the ground and the arms of each man encircle his opponent's waist as if in an effort to force him out of position and bring him to the mat."

Britain Buys Canadian Onions

A small item in the news the other day tells of onions being exported from Canada to England for the first time during the last fiscal year ending in March, notes the Ottawa Journal. This is no doubt a cause for congratulating the Department of Trade and Commerce, even though the exporters might have wished the total to have been larger.

Why has the market so suddenly been opened to Canada? In the absence of further details it may not be far wrong to guess that Canadian onion-growers can thank the war. The British housewife for years has been accustomed to ask for "Spanish onions" at the green-grocer's. And in addition a familiar autumn sight in and around London, are swarthy, foreign-looking men, shouldering curious strings of onions, knocking at suburban doors and in broken English offering their wares for sale. Those foreigners are the sturdy Basques, who venture abroad regularly after the onion harvest to trade a bit and see a little bit more of the world than their own hardy country.

There will hardly be any picturesque onion-selling Basques in England this autumn. Instead, British and French food ships are trying to enter Bilbao harbor to succor these determined defenders of their country. The only Basques making the journey over to England this year are the hundreds of little refugee children who have lost home, parents and all their little world in the horror of a modern civil war.

But Canada for the first time on record sells onions to the United Kingdom.

U.S. Families Want Automobiles

Survey Reveals — Food Last To Benefit by 10 Per Cent. Raise

DENVER—Every other budget item would draw a greater share from a 10 per cent wage increase for American workers than food, it was reported here in a U.S. Bureau of Labor statistics study.

The report was based on the spending in 1936 of 245,000 families, in 326 cities large and small, with incomes running from under \$500 a year to over \$20,000. It was made by A. D. H. Kaplan of Washington to the American Association for the Advancement of Science.

The medium income (that is the one with as many persons above as below) was \$1,350 to \$1,600. If, said Kaplan, a 10 per cent raise went to all those receiving up to \$1,600, the next smallest portion would go to housing, fuel and light. A bigger share of each added dollar would go for clothing.

Next up the spending scale would be the equipment. Above that would

come transportation, particularly the automobiles.

It is an odd fact, Kaplan added, that a family receiving a 10 per cent increase would spend more than 10 per cent to get its auto. They would reach back into the original income to get the car.

But of the 10 per cent raise, even more would go for life insurance than for transportation. Still more would go for recreation. Above that would come item, "personal care," meaning soap, cosmetics, toilet, and other personal articles. Education and reading would get an even larger proportion. Medical care, he said, is the most fluctuating of all the family expenditures. It is almost never budgeted.

Farm Briefs

Enemies of the crow point out that 38 per cent of his diet consists of corn, but they fail to mention that the largest portion of this is waste grain, consumed in the winter.

The National Council of Wool Selling Brokers of Australia reports that 2,679,667 bales of wool were sold in Australia for the 10 months of the season to April 30, valued at \$275,000,000.

For the first time in history Australian butter is selling on the London market at as high a price as Danish. Australia now is one of the world's big producers of dairy products, and exports great quantities to the British Isles and Europe.

Asparagus is believed to be the oldest plant used for food.

Four times in two weeks a bear visited the bee yards of Wingham, Ont., of Ervin Hogarth and destroyed hives worth \$150. The bear has often been sighted but never caught.

Argentina ranks second among the countries of the world in exportation of wheat, with Australia third and Russia fourth.

Mrs. George McKenzie, a farm woman living near Rimby, Alta., received minor injuries when she was knocked down and attacked by two sows she was releasing from a pig pen. A sheep dog came to her rescue.

Adross Castle and estate, in Ross and Cromarty, are for sale. In the middle of the last century Sir Alexander Mathieson, of Messrs. Jardine, Mathieson & Co., bought Adross, once a stronghold of Clan Ross. He spent large sums in planting the forests, building farmhouses, and in reconditioning the castle. The present owner has given special attention to the sporting qualities of Adross, as well as to its general improvement. The mansion, in the Scottish baronial style, gives a grand view of mountains and forests, and Cromarty Firth gleams in the distance.

Let Children Handle Their Own Allowance

But If They Don't Use It Properly They Must Be Taught A Lesson

Summer is penny-catching time. It is surprising how sodas and ice cream cones, pony rides and balloons amount up. One mother says she'd rather face the winter's coal bills than this perpetual picnic.

The good old summer time is, as it should be, a season of happiness, and daddy hasn't the courage to deny nickels and dimes for popcorn or what have you?

Th's sermon will not conflict with papa's generosity in the least, since it's theme is the money the children handle themselves. Many parents are now practicing the plan of the weekly allowance.

So much for amusements, so much for sweets, this for socks, that for haircuts and carfare, down through the list of daily demands that would come out of the family purse anyway. The child with an allowance and no control is likely to find himself bankrupt in three days. Then off to mother for an extra handout.

"Why, Billy, where's your two dollars gone? It's only Tuesday and I told you it had to last. You were distinctly told that a dollar had to be saved for sneakers."

"Well, I'll give you extra money this time, but next week you'll have to manage better."

It hardly ever fails. And instead of learning a good moral lesson, Billy is being more extravagant than ever before in his life.

Thus the whole plan falls down. Why try it at all if it is going to weaken rather than strengthen William's powers of selection?

If the child is too indulgent to himself, let him learn some lessons; he'll be embarrassed, for example, when he has to tell the fellows he needs another quarter to buy new swimming trunks, but, as he spent his allowance foolishly he'll have to wait till next week to go swimming.

Forced to Read Dailies

No part of a dictatorship looks funnier to inhabitants of a democracy than its newspapers. And one of the funniest developments of all comes from Berlin, where a law journal suggests that under Nazi law it may be a misdemeanor to fail to read the daily papers, notes the Kitchener Record.

It seems that in a vast number of trials, witnesses and defendants have pleaded ignorance of some Nazi rule or edict because they hadn't been reading the papers. The courts have got fed up with this, and are instructing all such persons to mend their ways instantly.

Such a rule is logical enough, certainly. What indictment is there to read the newspapers in a land where every journal is under the thumb of a government ministry of propaganda, where all the news is filtered and colored and no writer dare disagree with the dictator if you are going to have that kind of newspapers, you might as well have a law enforcing people to read them, for part of the populace is apt to leave them entirely alone.

Drowning Fatalities

Rivers and lakes of this province have already started to take their weekly toll of life; and the most lamentable part of it is that this loss of life is quite unnecessary and could be prevented. If bathers and swimmers would use ordinary precaution in the enjoyment of their favorite pastime. The rules are very simple and not difficult to remember and follow. Summed up in a paragraph they might be outlined as follows:

"Know your own limitations as a swimmer, and never go beyond them. Remember that those limitations are very much greater if you go in the water tired, overheated or full of food. Never attempt any feat in the water if there is a chance that it will overtax your strength or your skill. Make safety first your guiding principle whenever you are in or on the water—and you'll be safe."

This same advice has been offered year after year and still the unfortunate toll of life continues. However there is a chance that eventually, venturesome and thoughtless people will read and learn.

"The new conception of national honor accords most glory to the nation which does not spend blood to expand or avenge, but makes sacrifices for peace." —Leon Blum.



Issue No. 29

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More convenient to carry, and more convenient to use, the double automatic booklet keeps every paper fresh.



Chantecler CIGARETTE PAPERS
NONE FINER MADE



Following the example of the reforestation work carried out for some years at the Scout Forest near Angus, Ont., the Scouts of Port Erie this spring planted 700 saplings on property near their Scout cabin. Beamsville Scouts planted 600 trees in the game preserve south of that town and a group of Ottawa Patrol Leaders planted the same number on a reforestation project at Carlsbad Springs.

The King's Coronation Honours list included many distinguished figures prominent in Scouting in many parts of the Empire. In addition to Lord Baden-Powell who received the Order of Merit, and His Excellency the Lord Tweedsmuir, who was made a Privy Councillor, the list included the Hon. Sir Patrick Duncan, Chief Scout for the Union of South Africa; Viscount Galway, Chief Scout for New Zealand; Baron Gowrie, Chief Scout for Australia; Sir Herbert Emerson, Provincial Chief Scout for the Punjab; the Raja of Khilchipur, Chief Scout for Khibichur State, and Sir Bernard Bourdillon, Chief Scout for Nigeria.

One of the after-stories of the London, Ont., flood concerned the services of many kinds rendered by the Boy Scouts. Within half an hour of a radio mobilization call, at the request of the police, 250 boys and leaders had reported for orders at

Fish Bites a Dog

When a dog bites a man that is not considered "news" but when a fish bites a dog the story seems worth recording. This one was told us in good faith.

A well known sportsman was visiting one of our fish hatcheries, accompanied by his dog, a fine spaniel. While he was admiring the parent fish in one of the ponds the dog ventured down to the water to have a drink. His long ears drooped into the water and a hungry voracious speckled trout immediately snapped at an ear and tenaciously held on. The dog was no more surprised than his master, and both were relieved when the trout was gently persuaded to spare the dog! — Ontario Fish and Game Bulletin.

"Labor is the most difficult hurdle you've got, greater than monetary or other problems; you'd better recognize labor." —S.R. Josiah Stamp.

An English "Trading Estate"

More than thirty factories have now been arranged for on the government-aided Team Valley trading estate at Gateshead-on-Tyne. When completed these factories should employ between 3,000 and 4,000 workpeople and when the whole of the estate, which covers 700 acres, is full, ten times that number should be employed. It is not anticipated, however, that the estate will be fully developed for twenty or thirty years.

Although work on the laying out of the estate was only begun seven months ago, and though a good deal has yet to be done before it is finished, three factories are already taking in machinery and ten more in various stages of construction. Industries which are wanted and are being attracted on to the estate are of the "light" and "light heavy" type. Among the industrialists already coming to the estate are makers of confectionery, laminated glass and rugs, of cycle lighting apparatus and electric wiring. Products of other factories will be pies, sausages, glass bottles, packing boxes, bakelite, doors, motor bodies, furniture and clothing.

The size of the factories taken so far range from 20,000 to 1,500 square feet. A special feature of the estate, to encourage the small man, a certain number of standard 6,000 square feet factories are being built and divided into four sections of 1,500 square feet each. These are being offered at £1 a week each all-in, that is, including rates, lighting and central heating. They are regarded as nursery factories and are let in the hope that the small industrialist will prosper, expand his business and occupy a greater site in a few years.

Within a radius of 10 miles of the estate there is a population of 1,250,000 people, so that no difficulty is likely to be experienced in obtaining labor. Furthermore, the estate management is making arrangements with the railway and bus companies for the conveyance of workpeople at special rates.

The success achieved so far in the matter of letting factories is greater than the management expected. There seems to be little doubt that this success will continue and that the estate will provide some part at least, of the solution of the troublesome problems of a special area.

Advertising Sold Canada's Wheat

Advertising pays, and it pays in no matter what field of business it is carried out, notes the Windsor Star.

The latest evidence of this is given by Mr. George H. Melvor, member of the Canadian Wheat Board and former sales manager of the central selling agency of the prairie wheat pools, who states that the United Kingdom is becoming "Canadian wheat conscious." Testifying before the Turgeon Royal Commission he attributes this to the campaigns to increase sales of the Dominion's product in the Mother Country.

Mr. Melvor, in describing the advertising and publicity campaign, said that it was the first serious attempt to sell Canadian wheat to the consumer — the baker and the bread eater. If it was the first serious attempt to do so, then there has been a laxity in the past in promoting the sale of this Dominion's greatest product. It is all very well to do business through agents, but they cannot buy much Canadian wheat if the consumers do not demand it. If no action is taken to see that its value is placed before them, how can one expect that they will stipulate that they want flour, or bread, made from Canadian wheat, admittedly the best in the world?

No product, however good, can be sold in the largest possible quantities, or at the best possible prices, unless the ultimate users of it are shown its advantages. Canada is more dependent upon export markets for its wheat than it is in regard to any other product. A continuous campaign should be maintained that the people of the United Kingdom and other countries, are apprised of the excellence of our hard wheat.

Keeping the Iron Horse

The steam locomotive is still the backbone of railroad transportation and will continue to be so for many years to come. So says W. W. Wintorow of Chicago, vice-president of the Franklin Railway Supply Co., in an address before the convention of the mechanical division of the Association of American Railroads in Atlantic City.

"In its field," says Mr. Wintorow "the steam locomotive remains the simplest, most reliable mechanically, most flexible unit, involving lower initial and maintenance costs than any other form of railroad motive power that has been suggested."

Most of us have only an academic interest in locomotives; yet there will be few, probably, who will not be glad to hear this bit of news. For a vast amount of sentiment attaches to the Iron Horse. Its sturdy puffing, its steaming, hissing air of infinite power—all of these would be hard to replace. Railroads just wouldn't be railroads without steam engines. —Kitchener Record.

MILL RUNS GIVE HIGH GRADE RETURNS ON NEW SPLIT LAKE GOLD ORE

Average \$41.65 Per Ton

RECENT mill runs made of ore from the high grade ore shoot on the Bigstone Bay property of Split Lake Gold Mines Limited showed average mill heads of \$41.65 and an average recovery of \$39.55 in gold per ton of ore. The ore shoot has been stripped and blasted for a length of 85 feet and shows an average width of three feet. The ore for the mill runs was taken at regular intervals along the full length so far exposed. The vein is nicely mineralized with fine sulphides, and native gold can be seen disseminated through the sulphides.

Recommendations of the company's geologist call for shaft sinking, immediately, on this high grade deposit and with this first shaft to be sunk directly on the orebody, information regarding the downward continuation of the high grade should be forthcoming almost daily.

In view of the results so far obtained in the form of consistently high average values over important length and width, the underground development program may reasonably be expected to quickly place a sufficient tonnage of high grade ore in sight to permit establishing the mine on a producing basis.

NEW HIGH GRADE DISCOVERY

Since the above, word has been received from the Property that a new find with heavy showings of gold has been made at a point 1,200 feet along the strike of No. 3 vein. No. 3 vein is JARVIS, Thomson, Ont. 400 feet from the first deposit referred to in this advertisement. Regarding this new find, the company's engineer states it is undoubtedly the continuation of No. 3 vein and that it appears to be the most important discovery on the property to date.

Present Public Offering at 20 cents per share.

200,000 shares are being sold at 20 cents per share. A portion of this offering is open for public subscription. The right is reserved to reject applications in whole or in part and also to award in any case a smaller number of shares than applied for. The offering is also subject to close without notice. Applications should be mailed direct to Split Lake Gold Mines, Limited, Bank of Hamilton Building, Toronto, Ontario.

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To SPLIT LAKE GOLD MINES LIMITED,
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Kindly forward further information regarding Split Lake Gold Mines Limited.

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This contract is to provide financing for the Split Lake Gold Mines Limited. It is to be paid to Split Lake Gold Mines Limited. The Company will not be liable for any part of this contract.

To SPLIT LAKE GOLD MINES LTD.,
Head Office:
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Ontario

I hereby make application for shares of the Capital Stock of SPLIT LAKE GOLD MINES LIMITED, (1,000,000 shares) at 20 cents per share.

Enclosed please find the sum of Dollars
Dated this day of 1937
Kindly issue and mail these shares to:

Name

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Witness

All Money to be paid direct to the Company.

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"VOL-O-PEP" TABLETS

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In a test run of 507.6 miles a 1936 Chevrolet Master Six Coach consumed 18 gallons of gasoline to which Vol-o-Pep Tablets had been added—an average of 28.2 miles per gallon. Without Vol-o-Pep Tablets the mileage was 22.2 miles per gallon. The increase per gallon effected by Vol-o-Pep was 27%. The same gasoline was used on both runs over the same roads and no adjustment of the carburetor made. Tests were conducted by a well known Toronto firm of Inspecting and Testing Engineers, whose name will be furnished on written request.

Vol-o-Pep is in a convenient tablet form. Dropped in gasoline it completely dissolves, leaving no sediment whatsoever. Recommended for use in autos, trucks, motorcycles, tractors and all gasoline and diesel engines.

Send one dollar for a tin of Vol-o-Pep Tablets (65 tablets treat 65 gallons), use ten tablets and if you can not notice improvement in your car, return the balance and get your money back in full. Mail \$1.00 to

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