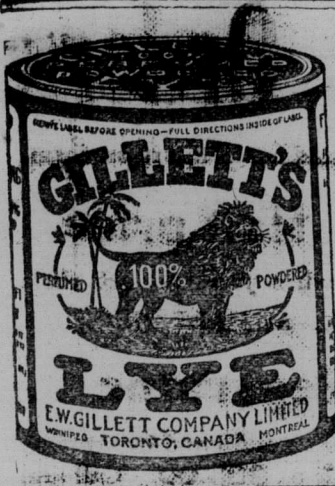




Increase in Horse Industry

Prediction That Horses Will Seriously Affect Automobile Business.

Looking for a steady increase in the horse industry of Canada to such an extent that it would seriously affect the automobile and truck business of the country, and asking on behalf of the Dominion Department of Agriculture for expressions of opinion as to the use of horses from an economic standpoint as against motors, H. S. Arkell, Dominion Livestock Commissioner, voiced the opinion that the horse industry is one which is likely to come back to real prosperity, in his address at Calgary before the annual meeting of the Western Canada Livestock Union.

Minard's Liniment Co., Limited.

Gentlemen.—Theodore J. Dorais, a customer of mine, was relieved of rheumatism after five years' suffering by the judicious use of MINARD'S LINIMENT. The above is a true statement, as I am willing to him, to the Parish Priest or any of his neighbors, that he is a sufferer. One, 12 May 1934.

Ex-Princess' Livelihood

Princess Truettzky, formerly Princess Truettzky, who escaped from the Crimea with the Dowager Empress of Russia, is now living at Kent House, Knightsbridge, on December 10 and 11. They are expected to remain in London for some time.

Worms in children work havoc on the intestines and, if not pursued, their ravages may ultimately perforate the bowels. Because these worms are of the hook variety that cling to and feed upon the interior surface of the bowels, they will not only cause pain, but also cause the child to be irritable and nervous.

Jinks had been out the night before and was late at his desk. "Jinks! (Heavily).—Well?" "Jinks! Not very, sir."—Sunny

Is your system clogged with working the stomach game?



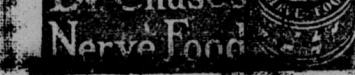
"I Wonder Would It Help Me?"

THIS question has been answered by many thousands of women who have found health and happiness in the use of Dr. Chase's Nerve Food.

Sleeplessness, irritability, nervousness, gloomy foreboding for the future, depression, and discouragement—these are some of the symptoms which tell of exhausted nerves.

In order to avoid nervous prostration or some form of paralysis it is well to get the building up process established at once by use of Dr. Chase's Nerve Food.

50 cents a box, 6 for \$2.75, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.



"Oral Hygiene" Lay Education Series

"YOUR TEETH"

First Stage of the Decay of the Teeth.

By Rea Proctor McGee, M.D., D.D.S., Editor Oral Hygiene.

Your knife and fork, spoon, plate, cup and saucer were left from one meal to another, without thorough washing, you would change your boarding house.

But why be so particular about outside matters, unless you thoroughly cleanse your own mouth after each meal.

When food is allowed to pack between and around the teeth, and decays it is commonly called, gets a good start. The packed food decomposes and ferments, this makes the bacteria happy so they all move in.

As the bacteria get settled upon the enamel surface of the teeth, they cover themselves with a coating called a gelatinous plaque. Under this protective covering the bacteria grow unless they are removed by thorough cleansing.

Decay of the teeth, caries, is a disease just the same as tuberculosis of measles is a disease. In this disease the hardest tissue in the body is attacked.

The bacteria of decay are really tiny plants. They live and die as other plants do, when they die they decompose and ferment, forming an acid. This acid, in its fresh state, will dissolve the enamel of the tooth a very little at a time at first, but the further the bacteria they get the more rapidly they work.

The enamel of the teeth is not sensitive. It is composed entirely of the salts of lime, shaped into microscopic rods that are bound together by a natural cement. The rods all point towards the centre like the bricks in an arch. Enamel is the armor plate of a tooth. When the decay gets through the armor it reaches the ends of the tiny fibres from the nerve that radiate through the body of the tooth.

It is here that you get your first sharp pain that tells there is trouble ahead. Don't delay, your teeth are too valuable.

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PROMINENT WESTERNER.

UNION BANK DIRECTOR

G. M. BLACK, prominent westerner, who has been elected a director of the Union Bank of Canada, is of the firm of Black and Armstrong, of Winnipeg, financial agents. He is President of Manitoba Investment Agency, Ltd.; Past President Manitoba Board of Insurance; Underwriter, Director, Canadian Mortgage Association; and Director of Netherlands Financial Corporation.

World Happenings Briefly Told

The Wiser Distillery, at Prescott, Ontario, recently absorbed by Montreal interests will re-open to manufacture industrial alcohol.

The official Russian Bureau announces that Prussia will demilitarize her civil air force in accordance with the provisions of the Treaty of Versailles.

Felix Diaz, nephew of former President Porfirio Diaz, has arrived in Guatemala and is reported to be contemplating aggression against the Mexican Government.

Official denial is given to reports published in New York that Canada is entering into negotiations with the United States, Australia and New Zealand, to prohibit Japanese immigration. No such negotiations, it is stated, have taken place.

Mrs. Amelia Gagliardi, grand opera star of Chicago, announces her coming marriage to Homer Emanuel, her accompanist and the man whom she has been married to for a year.

Anticipation is made that Sir Alfred Mond, financier, will leave London early this month for Palestine, where he will spend some time studying conditions in connection with Zionist plans for the country's development.

Influenza attacks come with them "a definite immunity from subsequent attacks, lasting several years," according to conclusions reached by the United States public health service after extensive study of the homes where the disease was prevalent in 1918-19.

Minard's Liniment For Diphtheria.

Then She Knew
She found my father getting old when ever father called you an idiot.

FREQUENT HEADACHES

A Sure Sign That the Blood Watery and Impure.

People with thin blood are more subject to headaches than are those with thick blood. The form of anaemia that affects the blood is almost always accompanied by headaches, together with disturbance of the digestive organs.

Whenever you have constant recurring headaches and a morose face, that show that the blood is thin and your efforts should be directed toward building up your blood. A frequent sign with Dr. Williams' Pink Pills will do this effectively, and the rich red blood made by these pills will remove the headache.

More disturbances to the health are caused by their blood than most people have any idea of. When your blood is impoverished, the nerves suffer from lack of nourishment, and you may be troubled with insomnia, neuritis, neuralgia of sciatica. Muscles subject to strain are undernourished and you may have muscular rheumatism or lumbago. If your blood is thin and you begin to show symptoms of any of these disorders, are building up the blood with Dr. Williams' Pink Pills, and as the blood is restored to its normal condition every symptom of the trouble will disappear. There are more people who owe their present state of good health to Dr. Williams' Pink Pills than to any other medicine, and most of them do not hesitate to say so.

You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail. Sixty cents a box or six boxes for \$2.50 from Dr. Williams' Medicine Co., Brockville, Ont.

Working for Solution

Carriers Studied Exchange on International Freight.

Definite progress towards a solution of the vexed question of exchange on international freight charges between the United States and Canada seems likely as a result of a meeting of representatives of the principal Canadian carriers at Montreal recently.

The question, which is a most complicated one, was again considered from all angles, and a tentative plan was prepared involving an average varying schedule, which, it is hoped, will lead to a solution, which will be satisfactory to all parties interested. It is appreciated, however, that in the working out of this problem it is of the utmost importance that the integrity of the through rates by the different gateways must be maintained to avoid the danger of a cancellation of all international tariffs.

Owing to the diversity of conditions affecting the various classes of traffic, and the far-reaching effect of any action which may be taken, a full examination of the international charges of consultation with United States carriers is necessary. This has already been undertaken by a committee appointed for the purpose, and the matter will be pressed to a definite conclusion at the earliest possible date.

A Frightful Death, Suffocated by Asthma

The Dread of Such an Unhappy End Oppresses Every Sufferer.

Every sufferer from asthma knows the terror, the abject fear that overcomes them when struggling for breath. The old-fashioned remedies may help, but never cure. Best results come from Catarrhazone, which relieves Asthma after hours of agonizing struggle. It's because Catarrhazone kills the asthma germs that it relieves. Choking spells and labored breathing are relieved, suffocating sensations and loss of breath are relieved. Every trace of asthma is driven from the system and even old chronic experience immediate relief and lasting benefit. Equally good for bronchitis, throat trouble and Catarrh. The large one-dollar outfit includes the medicine and lasts two months, sold by all dealers or from the Catarrhazone Co., Kingston, Canada.

Alberta's Pulp Forests

Huge Quantity of Poplar and Spruce Available.

The Edmonton Bulletin says that a source of pulp and paper supply is to be found in the very considerable areas of spruce timber which are included in the vast tracts of white poplar in the region north and west of Edmonton.

White poplar predominates there are considerable areas of spruce timber that would be valuable for pulp manufacture. The great demand is for newsprint and newsprint must be made largely or altogether of spruce. But some poplar can be used for almost every other kind of pulp. E. A. Burrows, in a recent interview, spoke of the quantity of spruce pulp wood available on the banks of the Saskatchewan and Athabasca rivers.

Burrows is a practical lumberman of very many years' standing. He has limits on the upper waters of both the Saskatchewan and Athabasca. Therefore he speaks with authority. "The vast timber basin of the Athabasca was originally almost covered with spruce forests. Fires have cleared away much of the original timber, but a large area remains chiefly by poplar. But there are still many spruce trunks in the Athabasca waters, that are available for pulp making as well as lumber. In all cases the presence of poplar and aspen makes the spruce more valuable than could be derived from spruce alone."

Green Food For Hens.

With hens being confined to the pens it is important that plenty of green food should be given. Not only does it help to give the required amount of vitamins but it also is beneficial as a regulator. The nearer one makes the hen feel that they still have spring conditions the better egg production can be expected. Cabbage, mangels, chopped and steamed Alfalfa, and such like make fine food for fowls.

The Oil for the Athlete.

In building down, the athlete, and in building up, the athlete, the oil is a most valuable article. It renders the muscles and sinews pliable, takes away soreness out of them and makes them more pliable for strains that may be put upon them. It stands up to the test of this purpose, and for years, have been used by athletes to its value as a lubricant.

Broths for the Invalid

BY LORETTO C. LYNCH

An Acknowledged Expert in All Matters Pertaining to Household Management.

Perhaps one of the first things the average housewife thinks about when broths is recommended for the one who is ill at her home is chicken. But the chicken broth suitable for sick folk differs considerably from the rich, somewhat greasy soup that well folk get. A four-pound fowl may be selected.

Where there are other members in the family, have the butcher split the bird in half and chop one half into small pieces. The other half may be cut into several larger pieces and, perhaps, made into stew, with rice for the well members. But the half that has been chopped in very small pieces is that from which you make your invalid broth.

Put the pieces into a cook-pot and cover them with cold water. If the physician has no objection to the patient having salt in his diet, add half a level teaspoonful of salt. Salt helps to draw out the flavoring matter and the nutriment. The smaller the pieces the more perfectly will this process of extraction be accomplished. The bones, of course, should be used, as well as the meaty part.

Very gradually bring the water to the boiling point. Then reduce the temperature, so that the mixture simmers very slowly. When the meat has fallen from the bones remove the pot from the flame and strain. Let the broth cool. When cool the fat will have hardened into a cake, which can easily be removed from the top. This fat makes excellent shortening for biscuits for the well folk. Pour off liquid carefully so as not to disturb the sediment from the bottom. The cold broth may either be stored in a wide-mouthed covered jar in the refrigerator, or it may be immediately reheated for use.

If the broth does not seem as clear as you would like it, strain it through double cheesecloth or stir the lightly beaten white of one egg into the hot broth. The egg in coagulating will draw to itself all the tiny particles. This egg may be strained out and combined with the chopped chicken strained out of the broth, green pepper, onion and potatoes and made into a tasty hash for the well folks.

A pleasing variation for chicken broth is a certain expensive sanatorium offers some patients is chicken broth with egg custard. To make the custard beat the yolk of one egg slightly with a silver fork. Add a few grains of salt, if permissible, and a tablespoon each of water and milk. Pour into a small buttered tin mold, place in a pan of hot water and bake until firm. When cool, remove from the mold and cut into fancy shapes, such as diamonds, circles and the like.

The custard forms are served with the broth.

Often when a patient has been used to highly flavored food he objects to the rather plain dishes of the invalid dietary. Especially when he is getting a bit better. It is this time that you might make some onion soup if a doctor permits it. Cook one-half onion, thinly sliced, in one tablespoon of butter for five minutes. Add one cup of chicken broth, and simmer twenty minutes.

Rub through a sieve, add two tablespoons of cream or top milk and the yolk of one-half egg beaten slightly. Season with salt and pepper. The physician concerned, the use of a very ordinary seasoning like salt for there may be reasons for a free diet. So be sure to inquire.

Another variation of onion soup is a mushroom soup. To prepare this, chop and chop three mushrooms and saute in a tablespoon of butter for five minutes. Add three-fourths of a cup of chicken broth and one-fourth slice of an onion. Simmer about ten minutes. Rub through a fine strainer, add one egg yolk slightly beaten, one tablespoon cream, a teaspoonful of butter, and a little salt and pepper.

Place the mushroom soup in one small bowl, add a teaspoon of cream and a little salt and pepper. Add one cup of chicken broth and one-fourth slice of an onion. Simmer about ten minutes. Rub through a fine strainer, add one egg yolk slightly beaten, one tablespoon cream, a teaspoonful of butter, and a little salt and pepper.

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Out, Weak Men and Women Test!

Chatham, Ont.—"For many years I suffered with stomach trouble and I tried many remedies but they seemed to be of no avail. My stomach seemed to be getting worse instead of better. One day I came in possession of a bottle of Dr. Pierce's Golden Medical Discovery and took it. My stomach seemed completely cured. I have great faith in this medicine and hope any sufferer that reads this will give the Discovery a trial. Once tried, I feel I will never be without it."—C. TITUS, Jr., 28 Duke St.

New Wiltshire, P. E. I.—"I suffered three years with bronchial asthma. I was so weak I could hardly walk three steps at a time. I could not sleep so would get up and stay up the rest of the night. One day a friend advised me to use Dr. Pierce's Golden Medical Discovery so I sent to my drugist for a bottle and when I had taken half of it I felt a great deal better. When I used that bottle I sent for two more, and when I finished the third bottle I was completely cured. It is over two years since I first took Dr. Pierce's Golden Medical Discovery and I have not been troubled a day with asthma since."—ALEX. McLEOD.

Hamilton, Ont.—"I have suffered with rheumatism for the last forty years and only taken three bottles of Dr. Pierce's Anurie (anti-uric-acid) Tablets and three bottles of 'Golden Medical Discovery' and am nearly cured. I also had that dread disease, Spanish Influenza, leaving me in a terrible condition. Only those who have had it know what an awful condition it leaves one in. I am sure it had not been for Dr. Pierce's medicines and advice I certainly would have died."

"I want to recommend Dr. Pierce's medicines to any sufferer with kidney trouble or to anyone run down after having the 'Flu.' Also try Dr. Pierce's Pleasant Pellets for constipation."—MRS. ESTELLE LA GRANBY, 64 1/2 James St. North.

Bell Announces New Invention.

The announcement of the completion of a new invention which he declined to describe, was made by Prof. Alexander Graham Bell, father of the telephone, upon his arrival on the liner Empress of France. Prof. Graham Bell has just returned from a visit to his birth place in Scotland. The professor will go to his home in Baddeck, C.B., where he is to spend a portion of the winter.

They Promote Good Digestion.

Food that is imperfectly digested is harmful in two ways. First there is the loss of vital energy arising from insufficient nourishment. Then there is the congestion of the lower bowel which tends to poison the system by the absorption of impurities into the blood stream. By gently cleansing the bowels and at the same time toning up the stomach and liver, Parke's Vegetable Pills promote thorough digestion and consequently a healthy state of the whole body.

Modest.

Ebb—"Why don't you wear calico any more?" Flo—"Oh, I just hate to see myself in print."—Cornell Widow.

No matter what a girl's political belief may be she always wants protection.

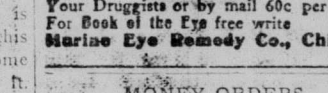
Contentment may be better than money, but it is equally scarce.

Your Eyes

Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust and Wind quickly relieved by Marine Eye Remedy. No Smarting, just Eye Comfort. At Your Druggists or by mail 60c per Bottle. For Book of the Eye free write Marine Eye Remedy Co., Chicago.

MONEY ORDERS

The safe way to send money by mail is by Dominion Express Money Order.



BOOK ON DOG DISEASES and How to Feed. Mailed Free to any Address by the Author. H. CLAY GLOVER, CO., INC., American Plaster, 225 West 31st Street, New York, U.S.A.

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in the degree of strength: No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Send for all drugists or send prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Whitely).

WEEKS BREAKUP COLD TABLETS

TRY THEM. PRICE 25c.

WANTED

Send for list of inventions wanted by manufacturers. Fortunes have been made from simple ideas. "Invention" booklet and "Proof of Invention" on request. HARRISON SHIPMAN & CO., ATTORNEYS, OTTAWA, CANADA.

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