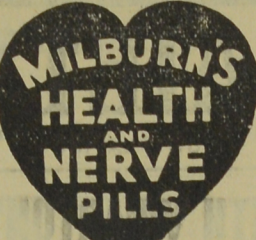


Are Your Nerves on Edge?

Does the least bit of noise bother you? Do you often feel that you simply can't do another tap of work? Do you have dizziness, faintness and weakness? Don't get the idea you can't get relief. Of course you can! Let Milburn's Health and Nerve Pills soothe your nerves, renew your health and vigor and make life worth living again. By all means, try this time-proven remedy now.

The T. Milburn Co., Limited, Toronto, Ont.



for Weak and Nervous People

UNCLE SAM'S BUSY MARKET FOR GOLD

What Is Going On Daily At the Headquarters Down at 32 Old Slip

NEW YORK, June 18—There is no pawnbroker's sign over the door at 32 Old Slip, but more old jewelry, medals, and works of art in precious metals pass over the counters there in one day than any Mont de Piété sees in a month. The United States Government is in the old gold and silver business with both feet. Its Assay Office at Old Slip and South street is its busiest collecting agency.

From tens of thousands of bureau drawers, safe deposits vaults and dusty trunks this metal torrent is pouring into the mint. Most of it flows through the offices of thousands of dealers, who exact some tribute before sending it on the way. An interesting number of private citizens are delivering directly to the Assay Office in spite of the alluring signs of the dealers proclaiming, "We pay highest prices for old gold."

Deposits of old gold are arriving at the New York office, which serves fourteen States, Puerto Rico, and the Virgin Islands at the rate of about 350 daily. Between hours of 10 a.m. and 2 p.m. a steady procession of dealers, business men, clerks, housewives, stenographers, men and women of all ages and conditions, passes through the closely guarded portals with boxes, brief-cases, envelopes of trinkets valued more for their metal than for their usefulness or sentimental meaning.

The outer gate must be unlocked by an armed guard for each person entering or leaving. After passing through an inner swinging door each visitor is scanned by another guard, who must open a sliding heavy gate. Patrolling the deposit office are more armed guards. Any visitor on business except that of depositing gold must undergo cross-questioning before admittance to any other part of the building. Even such a slight error as a

newspaper reporter's card dated April but presented as a credential on the first of May arouses the guards' suspicion of foul play.

Behind two large counter windows are stationed capable young men to test and weigh the deposits. Each seller of gold must present an affidavit, on the prescribed form, sworn before a notary public, that the gold was properly acquired and transported. The receiving clerk tests, with file and acid, pieces suspected of being base metal instead of gold, and rejects these as well as any gold-filled articles. The latter are not acceptable unless they contain not less than 200 parts of gold in 1,000.

Accepted articles then are weighed in bulk, and the gross weight in troy ounces is noted on the depositor's receipt and on a form that thereafter accompanies the metal in its trip through the Assay Office to the refinery. A check in payment is mailed to the depositor within five or six days, after accurate determination of the value of his gold.

A price of \$35 a troy ounce of fine gold was fixed by the gold reserve act of January 20, 1934, compared with the pre-Roosevelt price of \$20.67. Since fine gold is twenty-four-karat, it is comparatively easy to estimate the equivalent prices for alloys. Fourteen-karat gold is worth \$20.41 an ounce at the Assay Office.

To the dynamic director of the New York Assay Office, Sigmund Solomon, the golden flood is just so much merchandise, useful only in the arts and in settlement of international payments. Yet his is the responsibility for safe conduct of the metal. A glimpse behind the scenes of checking and double checking the transformation of the watch cases, cigarette cases, and similar trappings into

gleaming yellow bricks.

Each consignment is given a number and sent in its individual pan, about the size of a small bread loaf tin, to be melted separately. Semiprecious stones that might have been left in the articles are skimmed off the top of the melt before the metal is poured into a mold that makes a cake about a half inch thick and up to three or four inches wide and six or eight inches long.

The cold bar is stamped with hammer and chisel with the number of the deposit and sent back to be weighed. The weight must tally with the amount recorded for the original deposit.

This bar obviously is an amalgam of the gold, copper, nickel, silver and solder in the whole consignment. To determine the percentage of each metal it must be assayed from samples. A power machine takes a small bite, about as much as a .45-calibre bullet, out of two sides of the cake, which is held in the receiving room while the samples, after being numbered and weighed, go to the assay department. They are rolled into thin strips for testing, each strip then going through the hands of three skilled assayers. The assay reports must coincide to a fine degree.

Then the sample strips are returned to be weighed again with the bar of metal from which they were taken, the total to be the same as on the first report. From the assayer's reports the value of the metals is calculated, and after certain deductions a check is made out to the depositor. The bar of amalgam then is shipped to the refinery for separation of the metals.

HISTORY BOOK IN N. S.

SCHOOLS ONLY GUESSWORK

MONTREAL, June 18—The Story of Civilization, much criticized Nova Scotia school history text book "purported to be based on science but was only crude guesswork and anything but expert knowledge," Rt. Rev. Alexander MacDonald, Bishop of Hebron, told the Canadian Catholic Historical Association.

The text book was based on the Darwinian hypothesis, he said, evidence supporting which was only a few fossilized malors and skulls plus a disbelief in Scripture. Man was shown to be the end-product of the amoeba, but still after centuries there was the long line of amoeba unchanged from its original state, still reproducing by fissure and unable to arrive at any other stage. He warned his audience of the dangers of the book.

The Wages of M.P.'s

Members of parliament apparently are unable to make up their minds as to whether or not being an M. P. is a profession or calling. The finance minister, Mr. Rhodes, said:

"It is obvious that it would be hard to construe that language (re the income tax) to cover a member of parliament as pursuing a trade or conducting a business."

To which Mr. Mackenzie King immediately replied: "It is the noblest of all callings."

It has never been our desire in this country to build up a group of professional members of parliament, men running for office in order to obtain indemnities as their chief means of support. The most desirable legislator is the man who has independent means or an independent source of income. His indemnity is then to be considered, partially as a token of appreciation of the state for his particular services, and partially as a means of reimbursing him for the out-of-pocket expenses that are inseparable from the office. To think of the indemnity of a member of parliament or a provincial legislature in the same way that one thinks of a banker's salary or a farmer's income or a merchant's profit is to misconstrue the main function of the parliamentarian, which is to represent all the people in his constituency in the making of the nation's laws. He is not a professional parliamentarian but simply a carpenter or a lawyer or a blacksmith chosen by his neighbors, as representative of them and typical of them, to speak for them.

True, some men do dedicate their entire lives to politics and abandon other professions or callings or other sources of income. They run certain hazards. Being dependent upon a parliamentary or cabinet salary is a poor defence against the ordinary financial risks of life, as men as prominent as Sir John A. Macdonald and Rt. Hon. W. S. Fielding knew.

It takes a great many specialized activities to keep society functioning. Whether the man who makes the laws is engaged in any nobler profession than the man who heals the sick, the man who counsels the godly and the ungodly, the man who grows food products, or the man who distributes clothing is very much to be doubted.

There is much to be said for the point of view aired in parliament the other day that the indemnity to members of parliament should not be subject to income tax or at least, that their expenses in connection with their office should be deductible from the amount of the indemnity in calculating the taxes. The indemnities are not large. They are a substantial sum to certain of the members and an inadequate sum to others, the determining factors being the character of a man's other responsibilities, his distance from Ottawa, the keenness of election fights in his community, etc. But to most members of parliament the annual indemnity is not the major end and object of seeking office. To tax it without exemption is to classify it as earned income when in reality a very large part of it is not income at all although it may be earned.

CANADA'S FIRST RAILWAY STARTED 100 YEARS AGO

One hundred years ago this month construction was begun on the first part of the present Canadian National Railways System. This was the Champlain and St. Lawrence Railroad, a line from Laprairie, near Montreal, to St. Johns, sixteen miles distant on the storied Richelieu River. From St. Johns transportation to New York was effected by boat through the Richelieu to Lake Champlain and then along the Hudson River. This, Canada's first enterprise in railway building, was in reality a portage railroad, the original purpose being to shorten the journey between Montreal and New York. It is of peculiar significance in studying the development of transportation on this northern part of the Continent to note that a great deal of it was international in character, there being much traffic to and from New York by the Richelieu River to Lake Champlain and thence via the Hudson.

Construction on Canada's first venture in railroad building commenced in June, 1935, the road being open for traffic a year later. Operation of this pioneer railroad went on for ten years, when it was decided to lengthen the route. Rails were extended to St.

Of Interest to Women

Grow Your Own Perennials From Seed; Big Savings May Be Made and Many Will Bloom the First Summer

Delphiniums and Hollyhocks are the tallest perennials and no perennial border can well do without them. When it comes to those of medium height ranging between 3 and 4 feet, there is a wide selection. These, however, form the mainstays for sheets of bloom at various times during the season. For the earliest display, starting in mid-May, as the tulips wax and wane, come the pyrethrums or painted daisies and the columbines.

In the latter there is a wide latitude as to blooming season, extending from late April through July. The pyrethrums come all at once in great sheets of bloom for a month, with later scattering bloom.

Pyrethrums are one of the finest of cutting materials, the long-stemmed daisies, sometimes growing 3 feet tall, keeping for days when cut. They range in color from pure white to palest pinks, rose, scarlet, maroon and crimson. The dark shades are the rarest and a packet of seed will give a prevailing number of light tones. To get a good strain of pyrethrums it is necessary first of all, to buy a good strain of seed from a reliable seedsmen.

It is necessary also to grow a much larger number of plants than you really need and select the types. It is best to grow the seedlings—a packet will give scores of them—in rows like vegetables until they bloom. Then take the ones you want and throw the rest away, propagating any particularly fine variety by division, which is easily done. There will be a large number of plants with washed out coloring. Select those of clear color and throw away the inferior ones.

Columbines do not need this selection, as they show a wide diversity of color but not much diversity in size or form if the seed is from a good strain. Mrs. Scott Elliott's strain of long spurred is as fine as any. These are fine-named types that come fairly true from seed. You may select the color you like in columbines, but it is one perennial which, because of its soft coloring, is as effective in mixed coloring as grows in separate colors. It is best in shade, but will grow well in full sun. Set plants a foot apart for masses of bloom.

COOKERY HINTS

"Cookery hints" were stock in trade long before there were cookery books, women's magazines, newspaper food pages, or radio kitchen broadcasts. Women and men, too, where cooking was a man's job, passed on their little kitchen secrets or guarded them carefully, according to dispositions and circumstances.

The use of the word "hint" in this connection tells much about the history or development of cookery. Hint is used here in the sense of "a suggestion or a reminder without a full declaration." In the early days cooks learned from one another by seeking and passing on hints. Recipes giving "a full declaration" of ingredients, amounts and procedures, as we find them now, were practically unknown until comparatively recent years.

Today our cookery knowledge for the most part is circulated in the form

WRONG COOKING

Sir W. Arbuthnot Lane, the famous physician, states that we are throwing away or spoiling by wrong cooking our most natural and healthful food. Preserved food, tinned food and overcooked sloppy food have taken the place of our true diet. We give to the animals the outskirts of the wheat and other grains containing the precious vitamins, those mysterious substances which we so need, and they contain in addition, the wonderful mineral elements which help in building up sound teeth and strong bodies. We overboil our vegetables and destroy the vitamins in the green vegetables by adding soda.

There is a man ifaor white flour. To please us, millers bleach flour with harmful chemicals.

Brown bread and brown sugar both exceedingly wholesome and life giving, are disdained.

Lambert (just across the river from Montreal) in one direction and to Rouse's Point, on Lake Champlain, in the other. In 1846-47 the Montreal and Lachine Line was begun and completed. Five years later the railway was extended as the Lake of St. Louis and Province Line, which ran from Caughnawaga to Mozer's Junction, where it made connection with the American roads. This enlarged line later known as the Montreal and New York Railroad, did not pay and was absorbed by the pioneer Champlain and St. Lawrence. In 1852 the pioneer was absorbed by the Grand Trunk Railway which, in turn, was absorbed on January 30, 1923, by the Canadian National Railways.

The humble beginning of a century ago, with its 16 miles of track, has now grown into the great system which constitutes the Canadian National Railways of today, operating 24,000 miles of line, the largest rail-

road system on the American continent. From the pigmy wood-burning engine, the Dorchester, and a few carriage-like coaches, operating on a few miles of strap-iron track, has grown the tremendous extension of lines spread like a spider's web over the Dominion, the vast telegraph mileage, the chain of modern hotels in the principal cities of Canada, the express service covering the entire Dominion, and the fleet of passenger and freight vessels linking Canada with the West Indies and the Antipodes.

"Don't count your chicken before they are hatched", may be all right in theory, but Johnny Hauser finds the adage doesn't work in practice. The 24-year-old vocalist, who is featured on the "Hit Parade", had to construct a coop in a hurry last week when almost fifty new baby chicks were hatched on his New Jersey farm.

SHIP AHOY!

