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PREDICTS CREDIT UNIONS IN 5 YEARS CONTROL MILLION

St. Francis Xavier University Professor Tells Ontario Farmers of Remarkable Growth of Credit Unions in Few Years.

TORONTO, Dec. 7.—Rise of a "co-operative democracy" in eastern Nova Scotia was described today to the annual convention of the United Farmers of Ontario by Prof. A. B. Macdonald of St. Francis Xavier University, Antigonish, Nova Scotia.

Growth of the University-promoted co-operatives evoked deep interest from convention members, with attention focussed chiefly on the story of the credit unions which preceded the co-operatives in Nova Scotia sections.

"We are building a co-operative democracy in eastern Nova Scotia among the fishermen, steel workers, miners and farmers," Prof. Macdonald said. "We started in 1930 through the university extension department. Now there are banks, stores and all kinds of co-operatives."

Prof. Macdonald said it was decided the problem of 80 per cent of the people could not be met by government regulation because the 20 per cent who exploited the 80 per cent controlled the government.

"The only solution was for the producers to go into business for themselves. That was our job in 1930," he declared.

Starting Points

The 73 credit unions now operating give the starting points for all community and rural reform, he said.

The credit unions are financed by their members. No loans are made until there is \$100 in the treasury. Then \$50 may be loaned.

"In New Aberdeen, where there are 1,000 miners, we have \$80 in the union. In three years \$30,000 had been accumulated by the union, Prof. Macdonald said. "In eastern Nova Scotia there will be close to a million dollars controlled by the people within five years."

Dr. H. F. Munro, Superintendent of Education for Nova Scotia for the past 10 years and newly-elected president of the Canadian Association for Adult Education, at its annual meeting here, cited the work by Prof. A. B. Macdonald, of Antigonish, along the lines of organizing study groups and co-operative movements in the Maritimes. Prof. Macdonald, elected one of the five vice-presidents of the association at the meeting here, has helped organize the conduct 350 weekly study groups during the past five years, in addition to having aided in the establishment of 70 co-operative associations in that district.

Americans who once doubted if they would ever again be in a position to buy a new automobile are now fretting with impatience because they have to wait 3 weeks for delivery.

The Embarrassment

that incorrect eyesight can cause you—the often expensive mistakes—the fatigue and headaches, ALL can often be relieved by properly fitted glasses.

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Interest to Women

NO FOOD IS GIVEN SOME PATIENTS FOR DAY OR TWO

(By Dr. James W. Barton)
Until recently if a patient entered a hospital he was allowed little or no food, a purgative medicine was administered followed often by an enema. The thought was to have everything "clean" inside in case an operation was to be performed.

Today, while the intestine is kept clear by a mild cathartic or enema, the individual is given the dextrose (sugar) in solution which is injected into the veins immediately after and often before operation in order to give the patient strength.

Similarly in various acute ailments it was the custom to starve the patient for a day or two in order to give his digestive system a rest. Today the patient is given light, easily digested food of a nourishing nature so as to give him immediate strength with which to fight the ailment.

However there is one ailment where food is not immediately given but held off for 12 to 36 hours, and that is in cases which we commonly call "biliousness."

There is the dull appearance of the eyes, skin sallow, dirty tongue, headache, nausea and sometimes vomiting and constipation. These symptoms have been brought on by overeating;

at least eating more food than was needed, or for the amount of exercise taken or work done.

As you know, the liver, the king of the organs, with more work to do than any other organ and more ability to, or capacity for, work than any other organ can be asked to do too much work, and despite this ability, just can't do the work piled upon it.

While some authorities blame too much meat for this "back-up" on the part of the liver, others blame too much starch food, and still others too much fat food. Speaking generally it would appear that too much food, of any or all kinds, is to blame.

Instead of feeding this type of case, commonsense directs that no food be eaten for 12 to 36 hours. A little water may be taken however.

The treatment consists of giving calomel and Epsom salts immediately or Epsom salts alone, as this is still considered effective treatment. The food given after this period of starvation is milk or milk soups so as to give the whole digestive system a much needed rest.

These "bilious" individuals can usually do without food for a day or two without having any hardship inflicted upon them.

VELVET GIFTS FOR A GAY CHRISTMAS

Velvets have a way with them this year. They are not only Crush-Resistant but they seem to like the crowd. They have certainly gone places, done things and looked right smart, and "we ain't seen nothin' yet"—because they are stepping right along into December ready for the holiday festivities. Velvet wraps, gowns, and little jackets, velvet lounging pyjamas for the leisure hours of winter sports. They are getting ready to go along down south after Christmas and when the winds of January and the snow and ice make us hug our furs closely about us, there will be a new smart velvet dress under the fur coat.

Velvets make beautiful Christmas gifts. Velvet nighties and robes of washable velvet, pyjamas, hostess gowns and bed jackets, lovely velvet mules and sandals, boudoir quilted pillows and bed covers of delicate shades of velvet. Hostess gowns, and regal house coats of Lyons velvet. Belts, scarves, bags and gloves, all presents for a lady and will she like them!

Men have dressing gowns, smoking jackets, and collar boxes of velvet in rich, dark shades.

Little girls may have velvet dresses just like mother's, and little girls get the same satisfaction out of their velvet dresses that mother gets out of hers. They feel dressed up and they love it.

Smart velvet coats for little boys as well as little girls with tiny velvet berets to match, are to be found and they do look well.

The older woman finds velvets for every hour of her day, and this year we have our velvets properly styled, not only for every hour of the day but becoming clothes for women of every age.

After all, we 'ain't' all sixteen, and the dressmakers of 1936 and 1937 have found it out.

Velvet enhances the coloring and complexion of the wearer no matter what her age is and this is the secret of the success of velvet. Give her a velvet present for Christmas.

Even the little Dalmatian waistcoats and boleros, and the tiny little caps are made of velvet. Also, gloves, bags, for daytime or evening, and those fur fabric capes made of a fabric that looks like ermine and are stunning and very reasonably priced.

There are Lyons velvets and, of course, Crush-Resistant velvets, novelties, printed velvets, velvets woven with silver and gold threads. There are velvet fur trimmed wraps, or little gay neck scarves. No matter how much, or how little there is in the budget for Christmas, there are velvet gifts available for every type of purchaser.

WHY NOT GIVE HER GLOVES?

Why not give her gloves? Ever since we have had an American Christmas, gloves have been a proper gift for a gentleman to give a lady, and clever gentlemen know that a box of assorted gloves is a most welcome, usable gift.

Now that color in gloves is so very much in vogue, a box of gloves could be as gay as Christmas itself. A box of gloves in red, green, beige, Burgundy, London tan and black, in such leathers as Mokado, pigskin, suede, Kasanova and glace kid, would give her a selection for every occasion during the day.

For evening, the short white glace kid gloves with little frills and gold or silver trimming are very smart, quaint and young. The luxurious long evening gloves with beautiful buttons have come back into their own and are par excellence as a gift. Either or both of these might be included in the box.

The variety of styles is endless. There are handsome short gloves with handstitched details, pull-ons in every color and type of leather, gauntlets, "two-faced" gloves in two leathers, one-clasp gloves with "petticoat" frills, and infinitum.

The beautiful afternoon and evening gloves in woody tones or soft off-shades are so gay when the snow is on the ground, and yet so subtly dyed that the most discriminating lady will enjoy them.

With all the black we are wearing, the gloves may so well be the one note of color with black shoes and a black bag.

Never have gloves been prettier or

more feminine and never, since the Civil War days, has more attention been paid to glove details. A glove is no longer something to cover the hand. It's a work of art.

Paul Chanut, that ace of glove designers of Paris, has given to Aris gloves a chic and smartness of details that makes them outstanding in a year when all gloves are being better styled and designed.

Look for such chic details as hand-sewing, cording, stitching, gloves that open in the back instead of the palm, lacing and piping. Then there are gloves decorated with gold or silver buttons, buckles, gold or silver kid trimming, and embroidery.

If you cannot decide just what she would like, every department store that carries Aris gloves will give you a little glove order in a Christmas envelope and 'she' may select the pair or pairs that she likes best and it will still be your gift.

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OTTAWA ACCORDS SPECULATION RIFE

Reports That Cabinet Has Completed Revision Unconfirmed

OTTAWA, Dec. 7.—The Ottawa agreements have been the subject of active consideration by the Cabinet in the last month. The report, however, that the matter has been wound up and the new accord likely to become operative at New Year's lacked confirmation here. The information given was that the revision is still under consideration.

There has never been any doubt about the agreements being renewed. The whole question was turned upon the terms and conditions and the time of effect being given to them. Great Britain, particularly, has sought changes giving certain of her commodities more favorable access to Canadian markets. The Ottawa Government would be happy to hold the advantage it has now but, as indicated earlier in the week, they are not certain about retaining at its present maximum of 280,000,000 pounds a year the existing quota on hams and bacon.

The chances are that at this end concessions will be made in textiles, iron and steel.

Two procedures are possible. The changes can be made effective in advance of Parliament and ratified by it later or they can be brought about incidentally to the budget. There is precedent for each course. If the former is followed it will require a separate legislation.

If it is done in connection with the budget, one bill would cover these and all other tariff changes which may be made. In what is designed to be a hurried session the latter procedure would have more time.

Only by mutual consent can the agreement be changed before next August and, if the revision is to be on less favorable lines to Canada than now exist, the reason for speed will not be generally acknowledged.

If the agreement is brought into force in advance of the session it would duplicate the budget process. Nevertheless, if the parties agree to facilitate all the business of the session on the assumption that the Corporation is to take place, it is figured that the Ottawa agreement revision might take much less time than usual. If effective at New Year it would be the first business for the House. No decision as to the time of operation had been reached today. There are advocates of both procedures, but it is clear that any idea of waiting for the Imperial Conference has been abandoned.

MOTHERHOOD AT HOME

There will probably be violent disagreement with the opinion of Dr. Joseph B. De Lee that most women would be wiser and safer to have their babies born at home, though he is a world-famous obstetrician and should know whereof he speaks. The average hospital, he says, is not able to isolate its maternity wards from dangers of contagion, and there is too great a tendency "to interfere too much with normal processes." He believes, in a word, that the best place to be born is at home, which is not the fashionable opinion today.

His statement may serve as antidote to a rather prevalent dread of the dangers of childbirth which persuades many women to take refuge from its risks in a hospital. But nearly ninety-five per cent of births in the United States, says Dr. De Lee, are entirely normal.

Another advantage of being born at home, not much considered in the modern world, is that the earliest days of a child's life deserve to be surrounded by the intimate affection and concern of motherhood, which is considered out of place and old-fashioned in a hospital. Many mothers have sacrificed much to surround themselves with expert care and equipment, for safety's sake, in the maternity ward of a hospital. Many of them will be surprised to hear from high authority that they would be safer at home.

"As stars grow older, they decrease in weight," says a scientist who could not have had a Metropolitan Opera House soprano in mind.

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