

STEAK AND IONS—NO GAS

I ate I had terrible
Now, thanks to Adler,
and friend onions and
J. Julian.
spoonful Adlerika re-
that bloated feeling
eat and sleep well.
upper and lower bowel
old waste matter you
was there. No mat-
have tried for your
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M. Schreiber, Drug-

BURY

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FOR SALE—Bell piano. Apply to Mrs. Armstrong, Jarvis.

STOVES FOR SALE—Good heaters: 1 large 2-burner gas stove and 20 lengths of 4-inch pipe (varnished ready to use, good condition). One small gas stove, can be used either with pipe or rubber tubing; a few lengths of small pipe for this stove. Very reasonable. Mrs. J. S. Burwash

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and dates see me.
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TRY THE RECORD
FOR JOB PRINTING

The Natural, Herbal Goodness Of Gallagher's Cleans Up Eczema

Stops Itchy, Burning, Tender
eczema eruptions.

There are no mineral drugs in Gal-
lagher's Tonic and System Builder.
It is entirely herbal. Natural. Amazing-
ly healing. By purifying the blood and
gently stimulating the kidneys and
liver, this reliable old remedy cleans
up skin troubles. Perfect for itchy, burn-
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colds. Sets you on your feet and keeps
you there. Sold as other Gallagher
Herbal Household Remedies, by
J. M. SCHREIBER, Jarvis

Hospital for Sick Children

47 College St., Toronto 2, Ont.
December, 1929

Dear Mr. Editor:—
For some years past the work that
this Hospital has been able to do
for the children of Ontario has been
seriously hampered through lack of
space. A plan was reached where
the Trustees agreed to restrict their
service to the most serious cases
whom it could provide with care
whether it should add to its room.

There are many youngsters suffering
from afflictions of the spine and
joints, whom only many long months
can restore to health and strength.
Medicine will help; but what
they principally need is fresh air
and sunshine. Hitherto the Hospital
for Sick Children has looked after
such children in an institution close
by a city playground, where more
fortunate boys and girls enjoy their
sports. Imagine their plight, lying
month after month listening to the
laughter and laughter of other children.

In October last, the Hospital for
Sick Children opened its country
annex devoted to youngsters whose
one chance to have their limbs
straightened or their bodies built up
must be in some place where they
have sunshine and fresh air plus
trained care and medical attention.
On a height of land near Weston,
children are winning their way back
to health in an environment of sun-
shine, pure breezes and quiet.

The country hospital at Thistle-
town is a God-send for children
whom it will take a long time to
cure. It also liberates a hundred
cots in the parent institution for
youngsters who can be set right in
a short time if quickly given con-
stant attention. So the Hospital for
Sick Children has now two doors to
keep open day and night to every
class, color and creed.

For more than half a century the
Hospital has depended for its very
existence upon the public response
to its annual appeal which, being in
behalf of children is appropriately
made at Christmas time. For over
fifty years the H.F.S.C. has been
enabled to make both ends meet by
the donations of its friends, whether
such be a dollar or an endowment.
But the end of 1929 finds it with
many bare hills to pay for its new
venture.

To its old friends the Hospital for
Sick Children once more appeals. It
is because so many of your readers
are included in that ever-growing
circle, that it troubles upon your
space to remind them that it and
their generosity in the past that has
bolstered the Hospital's Trustees to
build for the future. With an extra
effort stimulated by a new need,
cannot the income of the "Sick
Kids" be put once more abreast of
its urgent needs?

Faithfully yours,
IRVING E. ROBERTSON,
Chairman Annual Committee

1928 Christmas Seals

The 1928 Christmas Seals, in aid of
the Muskoka and Toronto Hospitals
for Consumptives, have just been
issued. These handsome Seals, bear-
ing the double-barred Red Cross
and a message of hope to those who
are afflicted with consumption. Every
dollar received through their sale is
used for the maintenance of patients.
The National Sanatorium Associa-
tion is in need of funds to carry on
the work of its hospitals in Muskoka
and at Weston. Why not buy these
Seals in lieu of others? Not only will
you get good value in return, but
your money will serve a greater end
—for it will go to help someone in
distress.
Look for the double-barred Red
Cross on every packet. None others
are genuine.
For sale by school children and
banks, or direct from the Xmas Seal
Department, Gage Institute, Toron-
to 2, Ontario.

Victoria Scene of Yuletide Festival



"Who does not love the very name of 'Chris-
mas'?" asks Dickens in "The Christmas Carol"
knowing well enough that there is no such person
and that if there were his punishment would pro-
bably be nothing less horrible than that which
proved so effective in the case of the unpleasant
Mr. Scrooge. And where, one may ask, is the proper
Christmas spirit more truly observable and
more thoroughly enjoyed than in England. Back
in the dim middle ages Christmas was an English
institution and it came down the centuries bring-
ing nothing of its charm although customs of celebra-
tion changed a little now and then as time went
by. But Christmas remained English and is to-day
as English as ever wherever English people are
settled.

Outside the British Isles there is no place as
English as Victoria. The climate is English, but
still its scenery is English, and best of all, its
people are English. Great holiday bustles "with red
berries" grow in profusion, and English Ivy
shrouds the walls of mansion and cottage—what
better setting for English revels?
Victoria is this year going to celebrate Christmas
in right good Christmas fashion. Old customs

old carols, old music—a Christmas festival that will
pull at the heart-strings of English people no mat-
ter how many years or generations they have been
away from "home". The celebration will last
from Christmas to Twelfth Night and will center
around the Museum Hotel as one of the musical
and historical traditions that have been organized
by the Canadian Pacific Railway.

Among the features of the Festival will be a
presentation of "The Chester Mysteryes", a nativity
play that had its first performance at Chester
Abbey, Christmas, 1223, just 600 years ago, when
Edward III was on the throne, and about twenty-
five years before the battle of Cressy. Christmas
mysteryes have been known in the times of the
Reformation and there will be a Christmas play based on
Mr. Pickwick's famous Christmas Dinner at "Dingley-
Dell Farm". The celebration will wind up with a
grand dress ball, and as Victoria is Canada's most
popular winter resort the event will be attended
by people from all parts of this country and the
western states.

HEALTH SERVICE OF THE CANADIAN NURSING ASSN.

THE PUBLIC HEALTH NURSE

During the past few years, a great
deal has been learned concerning the
prevention of disease and the im-
provement of health. Today we have
a fund of knowledge which, if we
were to use it, would result in less
illness, fewer deaths and better
health, thereby increasing the well-
being of mankind. The problem that
faces public health workers is, first
of all, to see that this knowledge is
imparted to every individual, and
then, that it is put into every-day
practice.

The most successful method of
carrying the health message to the
individual is thru the Public Health
Nurse. She might well be called the
Health Teacher of the community,
because that is what she is. By word
of mouth she imparts health know-
ledge; by demonstration she shows
how to put such knowledge into prac-
tice; by encouragement she helps thru
difficult times that require persever-
ance; by planning with the mother,
she aids in securing proper food for
the family.

Because her work is done mostly
with individuals, it is not seen by the
masses. Because it is not seen, be-
cause it does not advertise itself, there
is not the general appreciation of it
that there should be. It is not known,
as it deserves to be, that the educa-
tion of mothers as to the care of
their babies, by public health nurses,
is the greatest factor in the reduc-
tion of infant deaths. Mothers do not
know by instinct how to care for their
babies; they must be taught. Friend-
ly neighbors and the woman who
knows all about babies because "she
has buried six" do not make good
teachers. The Public Health Nurse
is trained; she has modern knowledge
to impart.

The citizen who desires to have the
babies in his community protected
from disease and their health pro-
tected, should see that there is a suf-
ficient number of Public Health Nurses
to serve the community in which
he lives.

Questions concerning Health, ad-
dressed to the Canadian Medical As-
sociation, 184 College Street, Toronto,
will be answered by letter. Questions
as to diagnosis and treatment will not
be answered.

Every issue of the Family Herald
and Weekly Star of Montreal is worth
the year's subscription price to the
farmers of Canada, and farmers' fam-
ilies rejoice in getting the addition
of a superb magazine.

New Things Pouring in Every Day at Falls' Store

CHARMING COATS IN THE WOMEN'S COAT DEPARTMENT

At \$25.00—This group includes Broadcloth,
Suede Cloth, Duvnere and imported mixtures.
Crepe lined and warmly interlined.

At \$35.00—This group includes the smartest
styles. All nicely fur trimmed. Venise, Suede,
Cloth, Broadcloth and mixtures. Women's and
Misses' sizes.

At \$45 and \$50—These luxuriously fur-trim-
med types include all the newest cloths, typifying
individual coats which cannot be repeated at the
price.

The Sports Coat—the Dressy Coat—the Travel
Coat—the everyday Service Coat—richly trim-
med with choice furs, beautifully tailored, of se-
lected materials, in the newest styles. All prices
substantially less than coats anywhere near like
them are marked elsewhere.

SECOND FLOOR

The Colors—New Reds, Green, Grey, T
Browns and Blacks.

The Furs—Kit Fox, Civit Cat, Can Wolf, Ca-
racul, Skunk, Raccoon, Dyed Skunk, Dyed Fox.

The Fabrics—Novelty Coatings, Broadcloths,
Velours, Tweeds, Twill Kashmirs.

LADIES' FLETTE PYJAMAS

Comfortable styles in neat Check Flannelette,
low neck, no sleeve. Shades of Rose, Blue, Pink
and Sand. Small, medium and large sizes.

98c Pair —Second Floor

CHILDREN'S PLAY DRESSES

Checked or striped Cotton Flannel Dresses
with long sleeves and neat collar. Contrast trim.
Bloomers to match. In 3, 4, 5 and 6 year sizes.
Dresses only 8, 10, 12 and 14 years. Colors, Green,
Rose, Navy, Sand and Gray.

98c and \$1.49 Each —2nd Floor

CHILDREN'S RAINCOATS

A few only in sizes 8, 10, 12 and 14 years. In
Sand, Blue, Red and Green. Regular \$2.95. Are
slightly faded

Special \$1.69 —2nd Floor

WOMEN'S DRESSES

An opportune time to select a new dress from
one of these unusual value-giving groups. These
four special lines arranged in order to give you a
real dress offering. Don't miss the chance. Four
groups:

\$4.95, \$6.95, \$8.95, \$10.95 —2nd Floor

MEN'S SWEATERS

V-neck Coat Sweaters and all-wool Wind-
breakers grouped on one table for special selling.
Colors are Greys, Browns, Maroons and fancies.
Value to \$3.75. Special \$2.50 Each
—Men's Wear, South Entrance

LADIES' BLOOMERS

Fine quality Fugi Silk, Habutai, or Pongee.
Made with wide gusset; small, medium or large
sizes, in shades of Mauve, Black, Sand, Rose or
White. Values to \$2.95. Note—Elastic not good.
Special 95c Pair —2nd Floor

LADIES' SILK VESTS

An odd line of opera-top Rayon Silk Vests.
Not all sizes in the assortment. Shades: Mauve,
Nile Green, June Rose and Poudre Blue.
Special 59c —2nd Floor

FLANNEL SHIRTS

Heavy all-wool Work Shirt in plain or fancy
check. A real outdoor comfort shirt. 14 1/2 to 17 1/2.
Special \$2.39 Each
—Men's Store, South Entrance

Smart Overcoats for Men GROUPED FOR SPECIAL SELLING

The best coat-makers in Canada have added
to this special event. Coats in medium and heavy
weight cloths; also imported Tweeds. The ever
popular Chinchilla, Overchecks and English Mel-
tons. The young man's model is here. The staple
for the older gentleman, and the sizes 35 to 46.
Many coats in this group are our regular \$32, \$35
and \$50 coats. —Men's Store

ONE SPECIAL PRICE \$24.75

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A City Store in a Town, but Not City Prices