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**BURY**  
USY STORE  
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**STOVES FOR SALE**—Good heat-ers: 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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**A Safe old Herbal  
Remedy for Sick  
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**Risk in these leading herbs  
Indians used**  
People so crippled by Rheumatism they  
couldn't walk have taken Gallagher's  
Kidney Remedy and got well. It is  
wonderfully healing and cleansing to  
kidneys. Comes right from the heart of  
Nature.  
Throbbing backaches, dizzy spells, rheu-  
matic pains and nagging bladder ills  
are usually caused by inflamed kidneys.  
Gallagher's herbs soon ends these ills.  
It is one of James Gallagher's famous  
50-year-old Herbal Household Remedies.  
Sold now by  
**J. M. SCHREIBER, Jarvis**

**HEALTH HINTS**  
By Mrs. C. Erwin

**THE PULSE**

Whenever an artery approaches the  
surface the pulse beat can be felt  
by pressure of the finger.  
The pulse depends upon the heart  
action and varies according to its  
condition. While the heart beats,  
there is life and hope. In sickness  
the pulse gives the first sign of dan-  
ger. Thus in pneumonia, to an un-  
trained eye, the patient's condition  
may show no change, but by taking  
the pulse and finding it either weak  
or rapid, the nurse knows that seri-  
ous changes are taking place in the  
patient's condition.

In some patients the heart begins  
to fail early, the pulse revealing this  
condition, this we call the failure of  
the heart. In other instances the  
nervous system gives way first. This  
is shown by sleeplessness and mut-  
tering delirium, and while this sym-  
ptom causes anxiety, yet so long as  
the heart or pulse remains good we  
hope to save the patient, but nerv-  
ousness has a depressing effect on  
the heart. The disease may effect  
the heart directly or it may indirect-  
ly effect it by its depressing effect  
on another part of the body. In  
either case it is the effect of the dis-  
ease on the heart that destroys life.  
It is of importance to thoroughly  
understand the significance of the  
pulse. The average normal adult  
pulse rate is 72 beats a minute; it  
may vary in different healthy indi-  
viduals. You will find normal rates  
slightly higher or it may be slightly  
lower. A woman generally is of

higher pulse beats than a man.  
Average pulse beats are:  
Men ..... 60 to 70 per minute  
Women ..... 65 to 80 per minute  
Children ..... 90 to 100 per minute  
Pulse rates at birth, from 120 to  
150 per minute.  
1 year ..... 120 to 130  
2 years ..... 90 to 115  
3 years ..... 80 to 110  
By the seventh year it is generally 75  
to 90.

With different diseases there are  
different pulse rates. This will be  
recognized by the physician or the  
trained nurse.

**THE DECEMBER ROD AND GUN  
And Canadian Silver Fox News**

In view of the increasing interest  
in the farming of muskrats an article  
in the December issue of "Rod and  
Gun and Canadian Silver Fox News"  
on a new muskrat ranching venture  
on a large scale is of special note.  
In addition to this, the latest issue  
national sporting magazine carries its  
customary acceptable collection of  
hunting, fishing and outdoor yarns by  
well known authors.  
Among the contents are a narra-  
tive of moose hunting by N. H. Rob-  
erts, a prominent shooting expert and  
one on fish hatchery work by Jack  
Foyle, and many other timely articles  
on deer and duck hunting, trapping,  
angling, guns and ammunition, dogs,  
and the silver fox industry by thor-  
oughly capable writers.

"Rod and Gun and Canadian Silver  
Fox News" is published monthly by  
W. J. Taylor Limited, Woodstock, Ont.

Every editor an expert. The de-  
partments of the Family Herald and  
Weekly Star, Montreal, are all headed  
by men of practical experience and  
nation-wide fame—that's why it's  
first in public esteem. The subscrip-  
tion price is only \$1 a year or three  
years for \$2.

**School Teacher Attached**

Not so very long ago, Henry was  
very anxious to get into one of the  
professions, so in order to make  
enough money to keep up with his  
expenses, he took up school teaching.  
Well, teaching isn't so easy now-a-  
days as it used to be, and Henry had  
to work doubly hard to do his day's  
work and also keep up with his pri-  
vate studies. More than that, he had  
to spare some of his slender earnings  
to help keep his widowed mother.  
His father died some fifteen years ago  
from tuberculosis, and, in time, and  
long before his goal was reached,  
Henry, too, had outworn his slender  
reserve of strength. Now he has had  
to give up his position as a teacher,  
and his life's ambition, and enter the  
Hospitals for Consumptives,  
where a long fight is before him. It  
may be many months before the ex-  
perienced medical attention and sur-  
gery he is getting at this institution,  
the last hope of so many unfortun-  
ates like him, will do their part and  
set him on his feet again. Wouldn't  
you like to help in this work? A  
contribution would be most welcome.  
Write to Henry, 100 St. George Street,  
Toronto 2, Ontario.

**Furniture Sale!**

**What a Pleasure to Know Every-  
thing Will Be Satisfactory  
Before You Buy!**

**EVERY KROEHLER CHESTERFIELD SUITE  
IN OUR SHOWROOM OFFERED IN THIS  
OPPORTUNE PRE-XMAS SALE—  
DELIVERED TO YOUR HOME**

**New Style Livingroom Suite in Taupe or Blue  
Mohair, with Reversible Cushions in  
French Frieze—\$157.00**

One of our latest designs with walnut finish-  
ed stump panels and lower moulding with drop  
carvings. Tailored in fine grade taupe or blue  
mohair; reversible cushions in a Linen French  
Frieze.

**Graceful Chesterfield Suite Priced  
Very Low—\$133.00**

If you need a reasonable Livingroom Suite  
for a small room come and see this one tailored  
in a fine grade of taupe or blue mohair, with  
reversible cushions in Linen Frieze.

**Three Large Comfortable Pieces in  
Taupe Mohair—\$189.00**

Upholstered in high-grade imported mohair  
—Kroehler reversible spring cushions of contrast-  
ing colors—deep spring under construction, which  
is guaranteed. Here is a Livingroom Suite that  
will give you many years of satisfaction.

**New Style Kroehler Davenport Bed in  
Mohair, Reversible Cushions—\$185**

This delightful davenport opens to a full size,  
restful bed—two-room convenience in one. All  
three pieces upholstered in walnut or taupe mo-  
hair with reversible cushions in a French Frieze.  
One of the finest Kroehler Davenport Bed Suites.

**FREE! FREE! FREE!**  
**Choice of Any Lamp with Any Suite**

**MEN'S WINTER OVERCOATS  
IN TWO OUTSTANDING GROUPS**

These coats come to us from two of Canada's  
leading tailors. They are carefully and correctly  
tailored from domestic and imported fabrics:—  
Meltons, Tweeds, Chincillas, Diagonals, Herring-  
bones, Plain Weaves and Checkback Plaids.

The models are the very sort most in demand  
—double and single breasted box coats, all-weather  
ulsters, etc.

In colors of Tans and Blues that seven out of  
ten men want, along with Greys and Mixtures.

Sizes 36 to 46, and priced regularly at \$35,  
and worth that, too.

**2 Days' Selling Beginning Sat., Nov. 24  
\$22.95**

Many men do not wish to spend a fortune  
when it comes to an overcoat for themselves, and  
yet it's not easy to produce an outstanding value  
for little money. But one of our best makers,  
eager to please you as well as us, has specialised  
us this very remarkable line of extremely well  
tailored quality coats.

Navy, Meltons in ulster and D. B. models,  
with velvet collars. Also a splendid number of  
snappy English Tweeds.

All sizes in this group of coats that sell in  
the regular way at \$18.50 and \$20.00.

**2 Days' Selling Beginning Sat., Nov. 24  
\$14.95**

**MEN'S PYJAMAS**

Men's fine quality Pyjamas, made from real  
English Flannelette of a quality you'd expect  
to pay very much more money for. And the col-  
orings and patterns are most pleasing. Nicely  
trimmed with silk frogs. Sizes 36 to 44. Well cut  
and roomy,  
**\$2.00**

**MEN'S UNDERWEAR**

Now is the opportune time to replenish your  
wardrobe of Winter Underwear. We can serve  
your every want in this regard, selecting from  
any of these well known brands: Penman's, Turn-  
bull's Ceetee, Stanfield's, Zimmerknot, Mercury or  
Hatchway.

**TRY US**

**FALLS' DEPARTMENT STORE  
SIMCOE**

**A City Store in a Town, but Not City Prices**

**Now A Sea Music Festival**



The Sea Music Festival, January 25-26, will be staged in this, the Hotel Vancouver. Inset is a general view of the Pacific Coast City as viewed from the roof garden of the hotel.

The idea of a Music Festival is not new to Vancouver, but the Festival devoted entirely to sea music, which is being organized to take place in this city next January, is the first of its kind, and as such is attracting wide-spread attention. There is a vast amount of music connected with the sea, dating back as far as the Song of Miriam, which tradition says was sung to the Children of Israel, on the bank of the Red Sea. Yet somehow no one till now had thought of devoting a whole series of concerts to this subject, and it is a tribute to the growing importance of Vancouver as a world port that the Canadian Pacific Railway, which is organizing this Festival, should have chosen to locate it here.

It is less than two years ago since the Canadian Pacific experiment with its first Music Festival, which was held at Quebec and dealt with the folk songs preserved by the French-Canadians whose forefathers brought these old songs with them to this country three hundred years ago. That experiment met with such favor that it was repeated on a still more ambitious scale last Spring. Both these Festivals drew many visitors to Quebec from other parts of Canada and from the United States, the Governor-Gen-

eral showing his interest by going down to attend the celebration by special train. They have had the effect of creating a better understanding of the French-Canadian people, and the lovely old melodies which had hitherto been known mostly in the backwoods of Quebec, are now being sung all over Canada. The leading musicians of this country are realizing that in these melodies Canada has a priceless heritage.

Following on the Quebec experiment, a Scottish Musical Festival was staged at Banff, in connection with the Highland Gathering. This made such an appeal to the national pride of the Scots that the idea was repeated at the second Festival last September. At Winnipeg, the Canadian Pacific selected another phase of popular music available in this country, namely, the folk songs of the settlers of Continental European extraction, who are now generally classified as New Canadians. Fifteen racial groups participated, and the demonstrations of folk songs and folk dancing was a revelation to the Anglo-Canadians. One practical result of this festival is the projected open-air folk museum, for which the City of Winnipeg has declared its readiness to provide the land on which the various racial

groups have offered to build typical peasant cottages in which their handicrafts may be permanently exhibited. Such a museum would undoubtedly provide Winnipeg with the tourist attraction which at present is admittedly lacking, and would also be the source of everlasting interest and pride to every thoughtful citizen of Canada.

What will result from the forthcoming Festival at Vancouver remains to be seen, but there is every evidence that it will be well worth attending. A galaxy of concert stars will be supported by a number of local choirs and by the Scottish Symphony Orchestra. John Goss, Jeanne Dumont, Paul Bel, and the Hart House Quartet, represent but a few of the names that should attract the crowd. Most interesting of all, perhaps, will be the Sea Chanties which F. H. Wallace, once a Captain on a Bostonian boat and author of "Wooden Ships and Iron Men" will stage. Captain Wallace has collected chanties from sailors on Canadian sailing ships, and can then give a truly Canadian flavor to these fine old Sea Songs. The Festival, which will last four days, will be under the same direction as the Tyneside Festival which will continue around the Empress Hotel at Victoria a month earlier.