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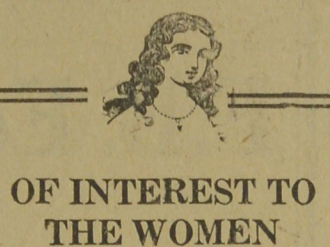
Our New Line of Light and Heavy O'Coatings Have Arrived

Irish Frieze, Chincillas, French and English Montinage, Beavers
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Our EVENING DRESS MATERIAL is better than usual. We make
a specialty of these garments.

WALKER BROS.

Queen St. Fredericton



OF INTEREST TO THE WOMEN

SEVEN ROADS TO PERSONAL BEAUTY.

Most of the factors which contribute toward personal beauty can be controlled by the individual. Beauty depends on the health and well being of the whole body.

Seven factors which contribute to personal beauty are given by the New York State College of Agriculture; good posture and balance in walking, a good complexion, well groomed and arranged hair and well kept teeth properly placed in the mouth are four important points. A pleasant expression, good poise and good health combine to make up another priceless personal attribute that almost anyone can obtain, the college claims.

The two other factors a symmetrical and well proportioned body and regular features, ordinarily regarded as the only beauty qualifications worth mentioning are greatly enhanced when the first mentioned factors are developed in the right way.

Good posture may be cultivated by standing as tall as possible without using the toes. The muscles should be in balance resting easily without any strain. The head is erect with the chin in the chest is held high and the abdomen is flat. The weight should be on the balls of the feet. Such a posture lets the vital organs function properly and also carries the idea of physical and mental alertness. It contributes toward special ease and poise which in themselves make for attractiveness.

HOW TO SELECT WOOL BLANKETS.

Now is the time to inventory the linen closet and if there are not enough sheets and blankets for the needs of the family, to supply the deficiency before the wintry winds begin to blow. The main points to be taken into consideration where one is shopping for these bed coverings are, appearance, ease in handling and laundering, weight and warmth.

There are of course many grades of sheeting ranging from coarse unbleached muslin to the finest quality of bleached sheeting. Durable sheeting should feel firm, smooth and rather leathery. The usual measurement for a sheet are from 12 to 18 inches wider on each side and longer than the mattress at each end.

Lovely all wool blankets are a much desired luxury. Nothing else with the possible exception of a down puff will give the same degree of warmth without weight. In purchasing blankets it is best to select those that feel spongy are slightly wiry, light in weight and have quite a deep nap.

WELSH RAREBIT.

Put four ounces of cheese into a small stewpan with a teaspoon of mustard, two tablespoons of oil and a half teaspoon of pepper. Stir until the mixture is dissolved, place on hot buttered toast and serve very hot.

RINKTUMDIDDLE.

Use one tablespoon of butter one cup of strained tomatoes (juice only) pinch of soda, one cup of cream and milk mixed, two cups finely cut cheese, two beaten eggs, two tablespoons of water. Melt the butter in double boiler, add tomato juice and soda. When it reaches boiling point add cheese and melt it; then add milk and cream. Add water to the beaten eggs and put all in double boiler. Serve on toast and crackers.

BOSTON COOKIES.

One cup butter, one and a half cups sugar, three eggs, one teaspoon soda, one and a quarter cups flour, one teaspoon salt, one teaspoon cinnamon, one teaspoon cloves, half teaspoon nutmeg one cup walnut meat. One cup currants, half cup raisins, half cup citron may be used instead of walnut meats.

BLACKHEADS

Get two ounces of peroxine powder from your druggist. Sprinkle on a hot, wet cloth and rub the face briskly. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.

Her Face Was Covered With Large, Red Pimples

Miss Greta Carlisle, 23 Leonard St., Brantford, Ont., writes:—"A short while ago, my face was completely covered with large red pimples, and it seemed that it was almost impossible for me to get rid of them, as nothing I took seemed to do me any good. One day I noticed an advertisement of

Burdock BLOOD BITTERS.

and I will never regret the day I bought it, as, now, my face is entirely cleared up of blotches and pimples of every kind."

For the past 47 years B.B.B. has been put up only by The T. Milburn Co., Limited, Toronto, Ont.

Arrangements are being made for the holding of the western annual meeting in Winnipeg from November 3rd to 5th of the Canadian Institute of Mining and Metallurgy. The meetings will be held in the Royal Alexander Hotel. Delegates from all points in the West, as well as from Eastern Canada, are expected to attend.

A memorial known as "The Altar of Peace" has recently been unveiled in Stanley Park, Vancouver, to symbolize the spirit of international good-will existing between the United States and Canada. The memorial was raised by joint subscription of United States and Canadian Kiwanis Clubs, and stands on the spot where the late President Harding delivered the last speech of his life while visiting Canada, in July, 1923.

One of the largest shipments of live foxes for export ever to leave Prince Edward Island, left recently for New York for transshipment to Norway. The shipment comprised 200 foxes in all, with a gross value of \$40,000. Several small shipments of animals were consigned to Norway last year and this large order has followed the success which the Norwegian breeders have had with those animals previously sent from this country.

As illustrating the volume of grain delivered by the Port of Montreal compared with that of Vancouver, figures given by the Pacific coast port for the crop year ending July 31 last, show Montreal deliveries were six and three-quarters times those from the British Columbia port. Vancouver shipped 25,133,213 bushels of grain for the crop year ending July 31, while Montreal, during this period, disposed of 160,929,618 bushels.

CANADIAN PACIFIC—COMPARTMENT SLEEPERS.

Several months ago, the Canadian Pacific Railway commenced the operation of Compartment Sleeping Cars on train leaving Saint John for Montreal at four o'clock in the afternoon, as well as train leaving Montreal at seven in the evening. The results have been highly satisfactory, and patrons are greatly pleased with the new idea. Of course such Sleepers have always formed part of the standard equipment or the more important lines of the Canadian Pacific and travellers from and to the Maritime Provinces are glad to know of the addition of this class of Sleeper to the regular equipment of these particular trains. When it comes to comfort and luxury at not too great an expense, the three compartments in the car meets all the requirements of the most exacting. Considerably less in price than the standard drawing room, designed and equipped in practically the same fashion they afford the strictest privacy, and contain one upper and lower berth, as well as other accommodations and facilities afforded in ordinary sleeping car drawing rooms. Outside the space taken with compartment structure, the remaining portion of the car is given to observation purposes. There is no doubt at all but when the service becomes more generally known there will be growing demand for compartments, which will insure Canadian Pacific patrons the very best of service in travel requirements.

City Council Doings

To put through the tax reduction will require some tall hustling. Meantime lots of corn will be tramped on. The remedy is "Putnam's", the old reliable Corn Extractor that has been removing corns and warts for years. "Putnam's" never fail, 25c at all dealers.

More Loaves

From Purity Flour you will get more loaves than from the same quantity of ordinary flour. Purity is the strongest and most nutritious flour made---it absorbs more water, and the housewife benefits in her baking and reduces the family budget.

The Purity Flour Cook Book will be mailed postage paid to you for thirty cents---it's worth more. Write for one to-day to Western Canada Flour Mills Co., Ltd., Toronto, St. John, N.B., Winnipeg.

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DYE or TINT any cloth any shade Perfectly.

Ask your Druggist or Storekeeper to show you the Shaded Color Card, also ask for a booklet.

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Knee High, waterproof with noiseless flexible Sewed-on Sole of heaviest oil-tanned leather.

Hand made to your individual measure.

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