

## APPEAL TO GRADUATES TO STAY IN CANADA EVEN AT SACRIFICE

(Continued From Page Five.)

This man told him that it was breaking his heart because he had to leave the very best people in the world. They were good neighbors, most considerate, helpful and thoughtful to a degree, and he was doubtful if he would find elsewhere a community in which one could reside with the same degree of happiness. The farmer repeated to him what he said to the other man,—that he would find in Jamestown exactly the kind of people that he had left behind him in Jamestown.

The moral is "If you want to have a friend,—be one!" The spirit we inject into the community where we live comes back to us in its measure. Any education that does not bring to the home and to the community the kindly helpful spirit has not fulfilled the expectations of the Founders of our Universities. To quote Milton's definition of education:

"I call a compleat and generous education that which fits a man to perform justly, skillfully and magnanimously all the offices both private and publick of Peace and War."

The Grind Worth While.

No doubt you have occasionally during the years of study felt that your college work was much of a grind. Do you today realize that the grind was well worth while? You may be likened to the glass that by means of much grinding becomes the lens of a telescope which brings the stars nearer and reveals myriads of worlds that men knew not existed. The best that is in us has been brought out through the process of grinding. Good things are generally difficult, but difficulties should prove a real stimulus to all well balanced minds.

### Stay in Canada.

May I express the hope, that even though it may mean some temporary sacrifice, the young people graduating today from this University will take up their life's work in Canada where they can do so much to develop and strengthen the best that is in our land. We can ill afford to lose our College Graduates who have secured their education by the sacrifice of so much time, energy and money, and who bring to their life work youth, health, strength, a trained mind, and broadened, enlightened vision.

In connection with the cost of educating students in that institution, Dr. W. E. MacNeill, Registrar and Treasurer of Queen's University, Kingston, calls attention to the following facts:

At the end of the course a student in Arts had cost the University \$918.00 over and above what he paid in fees—a student in medicine \$1818.00 and a student in Science \$2095.00.

### What They Cost.

A large American life insurance company makes the statement that it costs \$6077.00 to bring up a boy and \$6617.00 to bring up a girl to the age of 16. I leave it to the ladies to explain why it costs \$540.00 more to bring up a girl than it does a boy. I do not know the amount that is allowed in the above figures for schooling, but they certainly do not provide for a college education. If one, therefore, takes the insurance figures, adds to them the figures given by Dr. MacNeill, and further adds that fees paid during the years spent in college, you can see that each graduate student has cost Canada about \$10,000.00.

Now if our College Graduates leave the country, not only do we suffer this large monetary loss, but we also lose their earning power for the remainder of their lives. Much greater still is the loss of constructive leadership in the Arts, Sciences and Industries that we expect from them—not to say anything of the irreparable loss of moral and spiritual leadership when the young men and women of our hearts and homes leave for a foreign land.

### Awakening to Situation

I think I see signs that at last our Legislators and Statesmen are awakening to the fact that our neighbours to the south are making the strongest kind of bid for our best people, and that we as Canadians must to some extent follow the fiscal policy and the business methods of the United States. Such a policy would, I believe, result not only in holding the people whom we now have within our borders, but also, through the development of our natural resources and our industries, many of our sons and daughters now living in the United States might be induced to return to Canada. We welcome to our shores men, women and children, sound in body and morals, from other lands; but these people, valuable as they are or may become,

can but inadequately take the place of those who have gone out from our own firesides, and whose hearts we trust are longing for the home land.

### Facts About Canada

Some of our people have become pessimistic about the opportunities that lie before the young people of this country, and we need to remind ourselves occasionally of the value, present and potential, of the land of our birth.

In 1903 our national wealth was approximately \$1100.00 per capita, while in 1923 it stood at \$3,400.00 per capita. On this basis our wealth is greater than any country in the world other than Great Britain and the United States, and having regard to our undeveloped resources Canada is doubtless the wealthiest country on the globe. Arable and pasture land in Canada is only 3.1 per cent under cultivation against 26 per cent under cultivation in the United States, and the same percentage in Britain.

On the average every resident of Canada owns more than one half a square mile of territory. This is God's choice land—rich in minerals, timber and agriculture, furs and water powers. It is the last great tract still to be peopled.

### Room for Millions

We have room here for millions of prosperous and happy homes. How satisfactory it would be to all of us if these millions that are certain to come to Canada could have the inspiration and the leadership of our own College Graduates; men who had such thorough and careful training for the task. Without the right kind of leadership the coming of these people from the countries of Europe may prove to us a curse rather than a blessing.

### Words of Counsel

On this occasion I suppose one is expected to offer a few words of counsel to the graduating class. I am sure that insofar as the fine group of young people I see before me is concerned this is scarcely necessary. Still there are some things that only come to us through years of experience, and, therefore, I take the liberty of quoting one who has passed the Meridian of life, and who in looking back over his past has come to the conclusion that there were certain things he would do if he were 21 again. Here they are:

**Health**—I should underwrite good health by a balanced diet, avoiding alcoholic beverages, and taking 5 miles of oxygen each day on foot.

**Play**—I should find my recreation, not in reading about games nor in watching them, but in playing them.

**Work**—I would choose some trade or profession in which my imagination would have freedom of action, and I would learn to love work for its own sake.

of my mind by feeding it less newspaper and more history, biography and Bible.

**Mind**—I would preserve the health

**Service**—I would strive each day to do something myself for some less fortunate individual, rather than pay some one else to do it.

**Friendship**—I would be more interested in being a friend than in having friends, and would take time to keep the fences of friendship in repair.

**Humour**—I would spend some time each day in the garden of humour, smiling at the flowers and pulling out the weeds.

**Patriotism**—I would practice the virtue of patriotism in times of peace, as well as in days of war.

### Dish Pan and Hoe

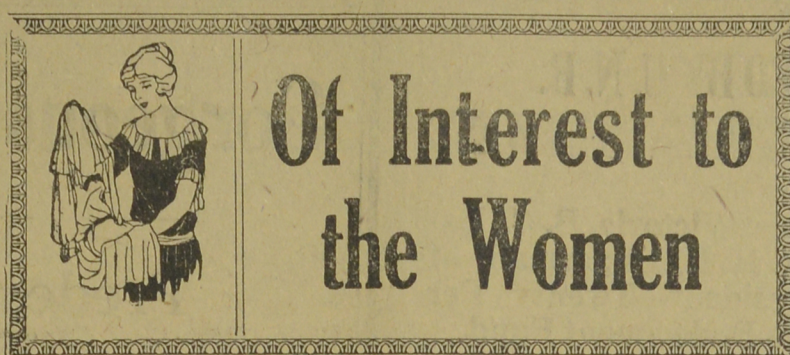
May I add a paragraph of my own. I shall call this your "Dish Pan and Your Hoe". Get what enjoyment you can out of the daily round, the common task. Dishes must be gathered and washed. One must strive and labour till all are cleared and laid orderly away. This must be repeated morning, noon and night during a lifetime. It is the same old grind.

Then your work with the hoe calls to you, and this call seems to come when the sun is the hottest and the fishing and swimming are the best. There is hoeing and spade work to be done, and we shirk doing our share at our peril. Self-denial may be necessary, but the ultimate results of doing our duty are always good.

Our Dish Pans and Our Hoes—our grinding irksome labours—are frequently our greatest blessings; invariably stepping stones to higher things. Don't dodge your Dish Pan and your Hoe.

### The Last Word

My last word is to thank Chancellor Jones and his associates for giving me the opportunity of addressing this splendid group of students; and to offer to those graduating my hearty congratulations on having attained the goal of their ambition, and to wish each one the utmost success to which his heart and mind aspire today.



## Of Interest to the Women

### FASHION NOTES.

Quilted taffetas and satins are being used for coats and ensembles. One sees many black satin coats and the smartest of these are invariably quilted and made on manish lines.

All gray costumes are appearing on Fifth Avenue these spring days. Coat, frock, hat, shoes and hosiery in soft gray shades are sponsored by many girls of the younger set. Occasionally the coat lining of the gray outfit will be a vivid scarlet.

Tailor made suits are much in demand for early spring wear. Navy blue is the favored color, and accessories include shades of green, red or plaid mixtures.

Underslips which accompany the tailored suit or the coat frock are very useful this season since they are fitted with vest fronts, jabots or short peplums which hang over the waist of the skirt giving the jumper blouse effect.

### BAD POSTURE MEANS ROUND SHOULDERS.

Not one woman in a thousand has beautiful shoulders—but at least 900 women in the same number have shoulders less beautiful than Nature intended. Yet nothing is more disillusioning than a lovely evening dress and shoulder blades that proclaim their existence with bony protuberances, ugly shadows, and the sense that, even if their owner is plumper than the mode demands, her plumpness is badly distributed.

Beautiful shoulders depend most of all upon posture—an erect carriage not stiff, not straight as a flower is straight, with litheness. Study yourself in a mirror, from the back, from the side and notice how you can decrease the size of your shoulder blades by the way you stand.

"But," says some one, "I'll sit all day long at a desk." Then, dear child, you must remember to practice a certain little exercise that I am about to give you. Not only will it improve your shoulders but your temper as well; for restfulness is its result. Here it is:

Sit erect. Stretch your neck up and your chin out until you feel the muscles pull. Now rotate the shoulders from front to back, round and round, ten times at least. Do this two or three times during the day and watch results. If your chest is hollow, add a moment or two of deep breathing exercises with the window open.

### BANANA MOUSSE WITH MARSH-MALLOW.

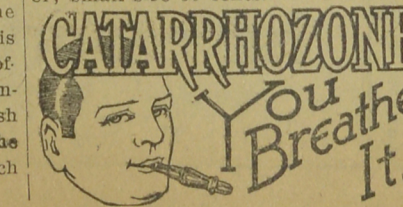
4 bananas  
3-4 cup sugar  
Juice of 1-2 lemon  
1 1-2 cups cream  
Cook mashed banana pulp in double boiler with sugar and lemon until firm. Fold the two mixtures together. Turn into quart mold, filling it to over-flowing. Spread paper over the top of the mixture and over this press the cover, to have the paper extend beyond the cover on all sides. Pack in equal measures of salt and crushed ice.

### Expell Catarrh Germs From Your Throat

You can guard your throat against the inroads of dangerous germs by inhaling the soothing vapor of CATARRHOZONE.

If sore throat has already been contracted, you can easily drive away its discomforts by this simple treatment. Children that are exposed in school or in the street, to whooping cough, influenza, and sore throat, should be made to use Catarrhozone frequently; it will do them a world of good.

Because Catarrhozone exterminates the germs of Catarrh, because it is so good for sore throat, hoarseness, and bronchitis, it is relied upon in most homes as a family necessity. Sold by all dealers in medicine. Get the dollar size; it contains a hard rubber inhaler; small size 50 cents.



Let stand about three hours repacking once meanwhile. Cut marsh-mallow candy in small pieces and decorate across the top of the mousse.

### PLAIN PIE CRUST.

1-2 teaspoon baking powder  
1 1-2 cups flour  
3-4 teaspoon salt  
1-2 teaspoon shortening  
1-4 cup water

### TOO LITTLE BLOOD

The Cause of Nearly All the Everyday Ailments of Life.

Too little blood—that is what makes men and women look pale and sallow and feel languid. That is what makes them drag along, always tired, never real hungry unable to digest their food breathless after even slight exertion, and often feeling that life is scarcely worth living. The doctors tell them they are anaemic—the plain English being too little blood.

More weak, anaemic people have been made strong, energetic and cheerful by taking Dr. Williams' Pink Pills than by any other means. The case of Mrs. A. P. Foster, Bowden, Alta., is excellent proof of this statement. Mrs. Foster says:—"Some years ago I was very badly run-down. My doctor attended me for several months and then told me I had better go South to spend the winter as my blood was so poor that he feared I would not stand the cold of our winter. I took his advice and went to my mother's, and as soon as she saw me she said, 'Dr. Williams' Pink Pills are what you need.' She got the pills for me and I began taking them. I had intended staying three months, but at the end of the second month I came home a well woman. When the doctor saw me he said, 'You are all right now, but don't let yourself get run-down again or nothing will save you.' Then last winter I had the influenza, which left me as weak and pale and miserable as before. Again I took Dr. Williams' Pink Pills and again they made me well and strong. I can gratefully recommend the pills for I feel that they have saved my life."

Weak, ailing men and women should begin taking Dr. Williams' Pink Pills today and note the speedy improvement that follows. You can get these pills from medicine dealers or by mail at 50 cents a box by writing The Dr. Williams Medicine Co., Brockville, Ont.

### EXECUTIONER ASKS FOR RAISE OF SALARY

Paris May 12—Executioner Deibler who supervises the beheading of French criminals with the great knife of the guillotine, receiving 1,000 francs for each execution has given notice that he will not work any more on that basis because the income is so small. The executioner's attitude became known at Cabinet meeting recently when Premier Briand seeing that Minister of Justice Laval seemed downcast, asked the reason.

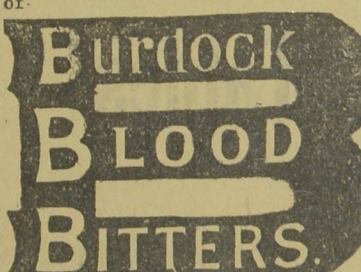
"As if there were not enough other functionaries heckling us with demands for money here," answered Minister Laval, "Deibler now is refusing to work piece rate any more."

The Premier replied that Minister Laval's department was supposed to keep the executioner busy enough to provide him with an adequate income.

### 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



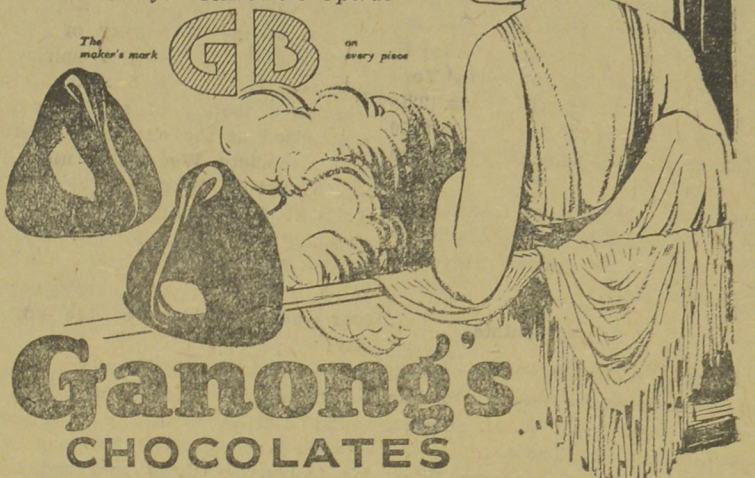
and I will never regret the day I bought it, as, now, my face is entirely cleared up of blotches and pimples of every kind."

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

## OPERAS

So small, so exquisite, the daintiest chocolates made. A perfect balance of creamy centre—strawberry or vanilla—with just enough NEW IMPROVED "G.B." chocolate to charm.

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