

RED ROSE TEA "is good tea"

Red Rose Orange Pekoe is
the best tea you can buy
In clean, bright Aluminum

WOULD TAKE THE DIN OUT OF THE DINNER

It will come as a surprise to many people to learn that noise is a big economic loss in every nation. Human nature being the same the world over, what applies to one country may safely be assumed to have application to all. In a recent address to the Society of Women musicians in England, Professor Spooner estimated that "noise" costs the British nation more than \$5,000,000 per week. He says:

I think that in the aggregate the economic loss due to impairment of working capacity owing to noise must be a good deal over £1,000,000 a week in this country alone, but the loss due to ill health and premature death cannot be estimated.

So far, little has been done to combat this noise menace and the only way I think is to agitate for a Public Health Noise Abatement Act and to try to get the medical organization of the League of Nations to take up the question in the cause of humanity.

Take the din out of dinner and put the rest into restaurants' Professor Spooner pithily quoted. His remarks might well have been applied to Canada. The fact of the matter is, the world is suffering to day from a surfeit of noise. Particularly in large cities is this true. Night and day human nerves are being fretted and weakened by a continual din. It seems as though peace and quietness had departed from the earth. Meals are eaten to the accompaniment of jazz and the clatter of dishes on marble top tables. Sleep is disturbed by the rumble of street cars and the unnecessary honking of horns. Much of the noise may be inevitable to the conditions under which modern life has to be lived, but much of it, on the other hand is absolutely unnecessary, and could be eliminated with a consequent improvement to health and efficiency. If the figures of Professor Spooner are correct the elimination of noise should commend itself to the legislators of any country as sound economics if for no other reason.—Toronto Globe.

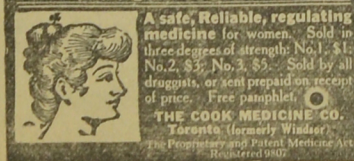
Prophecies for 1928.

(Kingston Whig-Standard)
The prophets are out with their prophecies for the New Year and one of them, as usual is Madame Oudat of Paris, France. She states that none of us need be anxious about 1928 except, and that immediately and particularly appeals to us the Fourth Estate. Her property

Prostrated with Catarrh; Despaired of Relief

"Because I feel I can help others to regain their lost health, I cheerfully testify to my marvelous recovery through using CATARRHOZONE. I was completely prostrated with Catarrh. My nostrils were plugged, my breath was rank, I was sneezing and spitting most of the time. The healing fumes of Catarrhozone brought me grateful relief. I cleansed my system with Dr. Hamilton's Pills, and kept on using Catarrhozone. Today I am well—entirely rid of Catarrh. I urge all sufferers to use CATARRHOZONE.

Cook's Regulating Compound



briefly is that there will be few great disturbances or catastrophes during the coming year, and for this relief much thanks but that three of the world's greatest newspaper editors will go crazy before the end of it. There you are! What shall we do about it?

Where a Newspaper Serves.

(From the St. Catharines Standard)
The space which newspapers are giving to enlighten the people in the matter of disease prevention shows that the science of medicine is no longer regarded as an occult science and in a broad way newspapers can do much to make people healthier. That is not to say that all sorts of quack advice which happens to find its way into the public print is to be relied upon. There is always danger of the power of the printed word being abused in this respect. But between spreading information and rendering advice to consult skilled medical practitioners the people can be greatly benefited.

Wants More Porridge.

(Kingston Whig-Standard)
The editor of the Canadian Observer of Sarnia is a man after our own heart. He thinks there is too much light cake and pastry in the diet of the present generation and not enough of the old fashioned milk pudding and porridge diet of two decades ago. We agree with him. What is there to compare with a big hot dish of oatmeal porridge to set one up for the day? How can a man expect to begin the day right on something that has been prepared and pre-digested until there is nothing to it?

New Proverbs

(From an Exchange)
The eighty-ninth literary competition in the London Saturday Review was set by Elizabeth Ribesco. The Princess called for original proverbs. Here are a few of those received:

Only the stalls see the make-up. Happiness has a slippery doorstep. The proof of the missionary is in the eating.

Smile at a peach and make a pair. Things are not always what they scream.

There's many a slip 'twixt the mistletoe and the lip.

Do not put all your needles in one haystack.

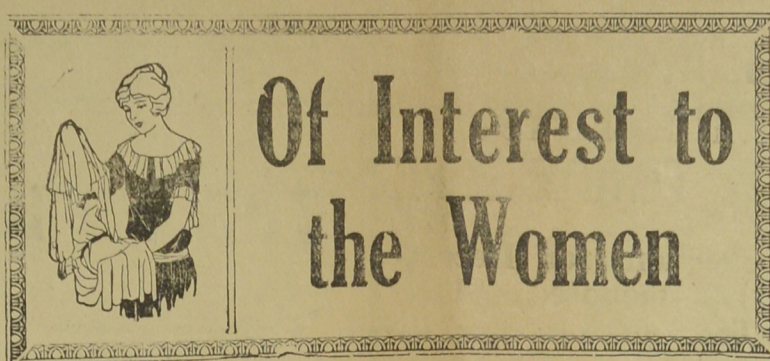
Many a price tag is without honor on a Christmas gift.

Cheerfully: An adjective meaning reluctantly, unwillingly or grudgingly; as in "Your money cheerfully refunded."

In the last photograph of a "companionate couple" that came to our notice the groom seemed more like a dependent than a companion.

Shoulder Joint Hurt, Back was Sprained

"That stab-like pain hit me in the back one day, and I knew I had strained my back," writes S. E. Couture from Colon. "At Espinosa's drug store they urged me to use Nerviline. I am glad I did so, because with Nerviline I rubbed all the soreness out of my back and shoulder joint." There is wonderful relief for muscular pain in Nerviline. It drives away rheumatism, takes the stiffness out of sore joints. It's fine for strains, sprains and stiffness. For coughs, hoarseness and sore chest Nerviline is a boon to the entire family. Get a 35-cent bottle from your druggist today.



Of Interest to the Women

FASHION JOTTINGS.

Jeweled buckles, preferably rhinestone or crystal are very much used on dresses and matching shoulder pins are added for a greater elaboration.

Every sort of dress has a belt, and most have buckles.

A soft, cool almond green is one of the smartest shades. Vionnet uses this color for her intricately cut and pleated afternoon dresses.

There are fewer two piece models shown for afternoon wear, but all sports costumes are in two pieces, sweater or blouse and skirt.

FUR VESTS PRACTICAL AND ALSO ATTRACTIVE.

Paris—The fur vest, which Paris calls a gilet is one of the latest bright ideas of the style makers.

It is credited to Jeanne Lanvin. She shows small one button vests of beaver for wear with wool coats without fur collars.

The high price of fur has become a serious matter with women who must count the dollars carefully. Paris does not always trouble to be practical but in the fur vest some thing both attractive and practical has found many admirers.

FIG NUT SANDWICH.

1-2 pound best figs
English walnuts or pecans
Day old bread, cut thin, crust removed
Butter

Put the figs through food chopper; use coarse knife; spread the bread lightly with soft butter and put figs between with a few broken pieces of English walnuts or pecans. Decorate the top with half an English walnut. To make it adhere to the bread put a little butter under the nut.

These are very good if made into canapes; that is spread one slice of bread with the figs and put half walnuts in centre. The canapes are especially attractive if the bread is cut with biscuit or plain cookie cutter.

CHEESE AND GINGER SANDWICH

1 cream cheese
2 tablespoons finely chopped candied ginger
Mix the cream cheese and ginger with enough cold milk to make a smooth paste. Spread on thin slices of whole wheat or bran bread; cut into three corner shapes.

PEACH SURPRISE DUMPLINGS.

Squares of pastry
Halves of canned peaches
Orange marmalade
Bits of butter
Place halves of peaches on squares of pastry. Put a spoonful of marmalade in each half, cover with another half of peach, dot with bits

OLD FOLKS NEED A MILD BOWEL TONIC

Constipation Best Overcome by the Occasional Use of Dr. Hamilton's Pills.

Dr. Hamilton's Pills

Thousands of people, young and old, stop habitual constipation by using Dr. Hamilton's Pills. This mild, yet active medicine, is noted for its promptness in restoring the bowels to a condition where they will perform their needful function at a certain time each day. Because Active, Yet Very Mild, Old Folks Prefer Dr. Hamilton's Pills.

You'll improve your health, you'll eat well, digest well and look better if you regulate your system with Dr. Hamilton's Pills. 25c. at all dealers.

of butter. Bring corner of pastry up over peach set in English muffin ring in a pan and bake until crust is done. Baste with juice from canned peaches. Serve with following sauce:

1 cup juice from canned peaches
1 tablespoon cornstarch
1 tablespoon lemon juice
1 tablespoon sugar
1 tablespoon butter
Cook until clear.

NUT COOKIES.

1-4 cup mayonnaise
1-2 cup sugar
2 eggs
2 teaspoons baking powder
1-2 teaspoon salt
1 cup flour
1 cup flour
1-4 cup milk
1 cup chopped nuts
Flavoring

Mix in order given. Add nuts to dry ingredients. Drop from a teaspoon. Bake at 400 deg. F. for eight minutes.

The cook in the kitchen is the interior decorator that appeals to most men.

Corns Drop Out In Hot Foot Bath

Quite easy to take a special kind of hot foot bath. Apply a few drops of a painless remedy, and wake up to find your sore corns have dissolved away. With every package of Putnam's Corn Extractor are special directions that tell you how to do it. For lasting relief from foot lumps, callouses, corns, etc., try the "Putnam" method.

WHITE STREET.

I like to walk out on our street a night
Like this and watch the first white fall of snow
And scuff its down before me as I go
And feel the cool caress of flakes alight
Upon my face—Lamps make grotesque sight
In their fluffed wigs and dotted veils that blow
Before each blinking eye. Perhaps they know
Their droll indulgence gives us new delight.

Our street is still as scenes in fairyland,
With ermine carpet spread out everywhere.

A glistening softness now drapes every tree,
And while I reach to catch within my hand

Some fragile spangles as they slip through air
I think how calm a clattering street can be!

—AGNES MACCARTHY HICKEY
in New York Sun.

CHRISTMAS LAMENT.

It's hard for me to face this fact
Oh, very, very hard!
My uncle used to send me cash
But now he sends a card.

Big Man—What will you be when you grow up, Sonny?

Little man—A giant with a circus if I'm tall 'nough—and a drawl with a side show if I ain't.

Headache
Rub Vicks on forehead; also melt in cup of hot water and inhale vapors
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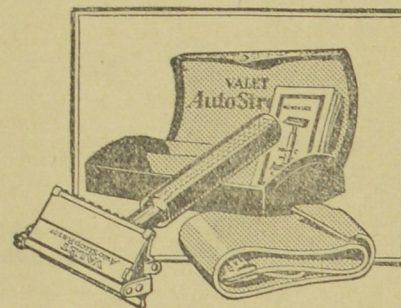
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