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Experienced cooks are successful because they leave nothing to chance. They know their ingredients, mix them carefully and get the results desired.

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Milk is most important in a majority of staple food recipes. But the quality and richness of ordinary milk is apt to vary considerably from day to day and many dishes fail to please because of the milk used.

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Borden's St. Charles Milk is so widely used by good cooks because it is always of exactly the same creamy richness. It can be depended on to give the dish that appetizing goodness that not only pleases the palate but nourishes the body as well. It can be used in rich recipes just as it comes from the can, or it may be diluted with an equal quantity of water. And it is so convenient. You can buy it at any grocery and it keeps perfectly in the pantry in the unopened tin. Order a few tins today.

Send for Free Recipe Book

Every woman will find the St. Charles Recipe Book helpful. It contains dozens of tested, simple recipes for soups, breads, cakes, puddings, desserts and candy. It is free. Write to

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MONTREAL



Use it Wherever the Recipe Calls for Milk

**Borden's ST. CHARLES MILK**

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**It Pays to Advertise in the Mail**

## CHURCH WINDOW DEDICATED TO REALM OF ATHLETICS NOT A NEW THING BY ANY MEANS

(By George Trevor in New York Sun)

A sporting page in stained glass; a cathedral window dedicated to the realm of athletics! There was a lifting of eyebrows a shaking of heads when the idea of sports bay as an integral unit of the nave was suggested for the Cathedral of St. John the Divine.

Churchmen not particularly sympathetic to sports whispered "sacrilege." Old-fashioned Puritan beliefs die hard. Not a few Christians felt that there should be no place in a cathedral for worship for anything that savored of the frivolous. The Episcopal faith encourages latitude of thought, yet there were those who deemed a sports bay incongruous with the purpose of a cathedral. We are slow to put aside an ingrained belief, anything which contributes to human pleasure is ipse facto inconsistent with religion. "If it's fun it must be bad," is a Cromwellian manner of thinking which does not easily down.

New York has in Bishop William T. Manning a religious leader who champions clean sport as a vital adjunct of the church. Bishop Manning does not regard athletic games with patronizing toleration. Rather does he see in sports a positive assert for good. He has set his stamp of approval on participation in Sunday sports following religious exercises. Hence his enthusiastic endorsement of the sports bay with its Gothic window symbolizing in stained glass the spiritual significance of competitive athletics.

As Bishop Manning puts it—"What could be more wholly in accord with the Temple of the Living God than emphasis on clean, wholesome, well regulated sport? It calls out and develops those qualities which are essential to Christian manhood. Few things have done more harm than the idea that religion frowns upon sport. A well played game of football as in its own place as pleasing to God as a beautiful service of worship in a cathedral."

### Leon's Sport Window

Hide bound conservatives who imagine that the stained glass sports window now being fabricated for the Cathedral of St. John the Divine will constitute a dangerous precedent may be surprised to learn that the Spanish Cathedral of Leon dedicated a window to sports three hundred years before Columbus gave school children something to commemorate a jingly verse. Fox hunting, tilting, wrestling and other contemporaneous sports are depicted in the Leon window.

The medieval churches of France and England abound in pictorial representation of popular games. Wrestlers struggle for holds on stone capitals and carved wooden misericords at the Cathedral of Chartres, Rouen, Ely, Sens, Bordeaux and Paris. A weight man—Ralph Rose might have posed for the sculptor—puts the shot at Exeter Cathedral. On a Gloucester misericord two football players pursue a free ball. One wonders if the retriever fell upon the ball or picked it up a la Sam White and ran for a touchdown. Going back to classic times the Greeks adorned their temple friezes with vivid action groups of discus throwers, marathon runners, boxers, wrestlers and charioteers.

Eight centuries after the first cathedral window symbolizing sport was consecrated at Leon, the second stained glass sport memorial is designed for St. John the Divine. Cram and Ferguson, architects of the Morning-side Heights edifice, are the composers of this symphony in rich reds and blues, studded with diamond points of green and white to add sparkle and relieve the somber majesty of the ensemble.

The sports bay should be a sanctuary for lovers of athletics. In this cloistered retreat, a dusty light filtering down from the clerestory window high above, one may see in retrospect the figures of sport's immortals. Football enthusiasts, studying the lower central merallion in the right panel, may be reminded of such inspiring characters and courageous players as Johnny Poe, "Ma" Newell, Alec Wilson, Gordon Brown, Denis Michie, Heinie Schoelkopf, Win Osgood and other gridiron warriors who fought the good fight and died gallantly.

Princeton men will think of Johnny

Poe when they stand before the glowing sport window—Johnny Poe whose inspirational play on the football field fired his teams with irresistible ardor; Johnny Poe who never treated an opponent unfairly; Johnny Poe who muttered his football signal as he went over the top in a grimmer game; Johnny Poe who died on the drab slagheaps of Loos, shouting "hurry up with the boxes."

The vivid football medallion will remind Cornell and Pennsylvania men of Win Osgood, a halfback fashioned on the flawless lines of a Greek statue. Osgood championed the oppressed. Lost causes touched his heartstrings. Hailed as the "Red" Grange of his era, Osgood left college to lead the Cubans in their insurrection against Spanish misrule. Osgood's presence inspired Cuba's demoralized irregulars. A Mauser bullet split Osgood's skull as he sat, a conspicuous target on a white horse. It wasn't mere bravado that caused Osgood to shun cover while under fire. He knew how the Latin temperament responds to an example of personal daring.

Harvard grads of the nineties will think of Marshall Newell as they gather reverently in the sports bay. The poet might have had Newell in mind when he wrote "the gentlest are the bravest." "Ma," as Newell was affectionately known even to the lowliest freshman, was respected by football adversaries and idolized by his college mates. Newell won every honor that his class could shower upon him, but he liked best to go for long walks through the countryside with some inconspicuous student and expound at length on trees, flowers, bird life and various phrases of nature. The kingpin of Harvard tackles was killed by a locomotive during a snow storm while performing his duty as section superintendent.

Somewhat the gridiron has been intimately identified with religion. Hector Cowan, Titan of Princeton tackles, is a clergyman, as is Art Howe, Yale's brilliant quarterback. "Old Horse" Gill, Eli lineman of the "rock and sock'em" eighties, and "Beef" McCracken of Pennsylvania are militant missionaries. Sports readers of 1906-7 will recall how Tad Jones used to kneel in a dusty corner of the locker room before a big game and pray for strength to confound Yale's enemies. It is only natural that men who excel at a game which puts a premium on courage should be among the first to volunteer for service in war. Dennis Michie, father of football at West Point, was struck down at San Juan Hill, Worth Bgaley, mighty Annapolis punter, was the only American naval officer killed in action in the war with Spain. Bagley fell on the deck of the torpedo boat Winslow while reconnoitering off Cardenas.

Above the football medallion in the right panel of the sports window one sees a hurdle race, a crew contest and a horse race. The artist has caught his hurdlers in full stride across the obstacle. The oarsmen are bending to their sweeps, while the truceless little coxswain, megaphone strapped to his mouth, is exhorting his men to "give 'em ten!"

Above the stirring Poughkeepsie scene you glimpse a blanket finish at Belmont Park, monkeylike ockeyes crouching on the withers of sleep thoroughbreds. For a wonder, the action of the horses is anatomically correct.

The left-hand panel features polo, golf, tennis, baseball, basketball, billiards and yachting. A chap with a Bobby Jonesian swing is driving off the seventh tee while his caddy scans the distant farway. Two tennis cracks—possibly Borotra and Tilden—are caught in a close range volleying duel at the umpire's feet. Below, Babe Ruth crowds the plate, his bludgeon manacring an unseen pitcher. Boxing, bowling, soccer, cycling and motor boating are among the other sports graphically portrayed in glass.

Sport fans recall that Eddie Grant, Christy Matheson, Hobey Baker, Jean Bouin, Frank, Luke and Johnny Overton were among the gallant athletes who gave their lives for their country in the great war. Remembering such men, the visitor who stands in the sports bay of St. John the Divine and seeks inspiration from that majestic window may recall the stirring lines of Vita Lampada:

Thus they all with a joyful heart  
Bear their lives like a torch in flame  
And falling, fling to the host behind,  
Play up-play up—and play the game!

## Was Subject to 'BRONCHITIS' Every Winter

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CITY OF FREDERICTON

## Notice of Legislation

Notice is hereby given that application will be made at the next Session of the Legislature of New Brunswick by the City of Fredericton for the passing of an Act to authorize the City of Fredericton to issue debentures for the purpose of extending Carleton Street, from Needham Street to Aberdeen Street.

Dated at Fredericton this 7th day of February, A. D. 1928.

FRED I. HAVILAND,  
City Clerk.

## FIRE ALARM LOCATION IN THE CITY

6 Argyle and York Sts.  
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8 Children's Aid Home.  
12 Westmorland and Aberdeen Sts.  
13 Northumberland and Saunders Sts.  
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15 Charlotte and Smythe Sts.  
16 George and Northumberland Sts.  
17 King and Northumberland Sts.  
21 Queen and York Sts.  
23 York and George Sts.  
24 Queen and Westmorland Sts.  
25 Brunswick and Westmorland Sts.  
26 Charlotte and Westmorland Sts.  
27 King and York Sts.  
28 Saunders and York Sts.  
31 Queen and Regent Sts.  
32 Needham and Regent Sts.  
34 Queen and Carleton Sts.  
35 Brunswick and Carleton Sts.  
36 Charlotte and Carleton Sts.  
37 George and Regent Sts.  
38 King and Regent Sts.  
43 St. John and Aberdeen Sts.  
44 Queen and St. John Sts.  
45 Brunswick and St. John Sts.  
46 Brunswick and St. John Sts.  
46 Charlotte and St. John Sts.  
51 King and Church Sts.  
52 George and Church Sts.  
53 Union and Church Sts.  
54 Shore St. and University Ave.  
55 Brunswick St. and University Ave.  
56 Lansdowne St. and Waterloo Row.  
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