

Of Interest to Women

MISTAKEN KINDNESS

Pay Attention to Doctor's Orders and Keep Convalescent Child in Bed—Don't Allow Yourself to Be Coaxed Into Letting Mary or John Come Downstairs Until It's Safe to Do So.

No one knows better than the doctor how futile it is to tell an invalid not to go out too soon.

The adult skeptic learns to his sorrow that his lowered resistance after gripple, or flu or a hard cold, is doubly ready to pick upon another germ, and it's all to do over again. Perhaps he won't be sick the same way; most likely not, because there are literally dozens of so called "low grade" germs and symptoms are rarely the same.

This should teach us something about children. When a boy or girl has been ill and the doctor says "Stay there for a few more days," he means exactly what he says. The child may feel all right, and fever may be gone, so he wants to get up and about. "Please, mother, can't I put my bathrobe on and go downstairs?"

Dangers Lurk Everywhere Perhaps it is warm down there and perhaps not. Who notices the draught under the living room door that touches bare ankles? Who sees him slip to the door and call across the street to his friend?

Later his mother cannot imagine where he got another spell of gripple. Not the same kind, mind you, but something that isn't even a collateral cousin of the first that laid him low.

This time he stays sick longer, in all probability, because he has at ready use up much of his "resistance" on the first attack. Now he has to defend himself with what is left.

There is, furthermore, another reason why children should be careful for awhile after an illness, especially after a high temperature siege.

Tissues are depleted, naturally; blood chemistry is not up to normal; muscle and bone material are not at par; nerves have suffered in the fight.

Weakness Aggravates Strain When he is better he feels well, but is just a bit weak. His eyes are bright. He eats like a hungry wolf. His spirits mount. He insists on action. Denied this, he reads. If not denied, he, perhaps, goes out with his sled or skates and makes up for lost time.

Who suspects that eye muscles and nerves are weak? Or that heart muscles are tired? Or that foot muscles are flabby?

In later years he will remark in all perplexity to the specialist looking after his eyes or his heart, or the orthopedist trying to relieve the pain in his flat-arched foot. "What has caused all this trouble, doctor?"

"Strain of some sort or other when you were run down, very likely," he may answer. "Sometimes when you were sick you may have gotten up too soon. These things often start in childhood when vitality is low and spirits too high."

"Why didn't mother watch me then?" sighs the sufferer. Mothers are always too kind.

"Useless Knowledge Best in Government"

MEMPHIS, Tenn., Feb. 1—"Useless knowledge" says Dr. Harold M. Dodds, Princeton University president, is needed to make democracy a success.

Speaking here to seniors of City High School, the New Jersey educator asserted "It is a mistake to place too much emphasis on useful knowledge which is capitalized to make money and get ahead in business and industry."

"I am convinced," he said, "that the most I got out of school was that which I thought was useless knowledge."

"Useless knowledge is best acquired through reading books to acquire a background which can be tapped to meet situations arising in the complexities of modern government administration and politics."

Weak, Tired, Nervous Women Nourished Back to Health



Many women wake up in the morning feeling as tired as they went to bed, and the simple household duties seem a drag and a burden.

They become nervous, cross and irritable, weak and worn out, and everything in life looks dark and gloomy.

Milburn's H. & N. Pills is just the remedy they need to restore them to the blessing of good health, and the health improved the daily tasks become a pleasure, not a burden.

Try a few boxes. See how soon you will feel the beneficial effect.

POOR POSTURE OF HEAD SPOILS BEAUTY OF BACK

Lumpy Neck and Conspicuous Shoulder Bones Are Attendant Faults.

Protruding collar bones and a lump between shoulder blades are generally due to bad posture. The girl who stands correctly and lets her neck muscles (not the upper vertebrae of her spinal column) support her head seldom develops an unattractive bulge at the back of her neck.

You should stand and sit with your head comfortably high as though it were suspended on a rope attached to the ceiling. Don't let it settle down upon your shoulders.

Lift at Back

Make believe that an imaginary cord is pulling it upward from behind each ear. This doesn't mean, of course that you should thrust your chin upward in exaggerated manner. The lift must come from behind your ears.

If your neck is tense when you get up in the morning or if you have unnatural fullness between your shoulder blades do these exercises:

Rotate Muscles

Stand erect with feet together, elbows bent and fists clenched. Keeping your hands on the muscles in front of shoulders rotate your elbows and shoulders. Feel the muscles of your chest stretch and pull. Notice how this simple routine rubs shoulder blades together and hence massages away the fat between them.

Afterward, kneel on the floor with weight on your heels. Clasp your hands behind your back, allow your head to fall slowly backward, then press shoulder blades together. Relax and repeat. This stimulates circulation, tends to reduce fat at the back of the neck and to relax the muscles there.

HINTS ON SANDWICH MAKING

1. Use a sharp knife.
2. Remove all crusts from loaf.
3. Cream butter before spreading.
4. With most sandwich spreads it is sufficient to spread one slice of bread with butter and the other with the mixture.
5. After joining two slices together, press well with a broad bladed knife.
6. To keep sandwiches moist for picnics, wrap in waxed paper. Then wrap in a damp cloth.
7. If sandwiches are to be rolled, cut the required number of slices, wrap them in a damp cloth and leave them to stand some hours in the refrigerator.
8. Remember that a sandwich spread needs to be more highly seasoned than would be the case if the mixture were to be eaten alone.
9. Use day-old bread. If the bread is crumbly, heat the knife

Hon. G. Graham's Unique Record

BROCKVILLE, Feb. 1—Right Hon. George P. Graham is one of a limited number of Canadian Parliamentarians who have served in Parliament under four Sovereigns. Elected to the Ontario Legislature in 1893 during the reign of Queen Victoria, he became a Provincial Minister of the Crown and later a Federal Cabinet Minister under King Edward VII and again a Minister of the Crown under King George. As a Senator, he is still a member of the Canadian Parliament under King Edward VIII. Senator Graham has been a member of the King's Privy Council for Canada under three Sovereigns and of the Imperial Privy Council under two.

It pays to advertise in the Daily Mail.

WIDE VARIETY IN CLIMATE FOUND IN ETHIOPIAN JOURNEY

EN ROUTE TO DESSYE, Jan. 31—All of the climatic variety of a California and the zoological complexities of Africa have been wrapped up in the one-day's trek from the heights of the mountain escarpment where we pitched camp twenty-four hours ago to the leafy valley where our tents are set.

Yesterday afternoon we shot a wild dog and watched eagles soaring a hundred yards above us. A breeze worthy of Greenland chilled our bones and the stringy mountaineers who paused to gape at our car had their shammams wrapped about their heads for warmth.

After half sliding down the face of the escarpment for 6,000 feet on the most perilous road we have ever seen and working our way through a range of lower hills we came to a tropical valley where half-naked men, as black as coal, hewed timber, and frail monkeys bounced through the trees. In the early afternoon we bathed in a lukewarm river and fought off squadrons of mosquitoes.

Swarms With Monkeys

All afternoon we have been driving through a country swarming with monkeys and game birds and inhabited by the same strange type of lowland Galla, chiefly clad in spears and cutlasses. Guinea fowls have been so plentiful that three of us bagged two dozen with half as many shots and finally decided to shoot no more. The partridge were almost as obliging.

At this moment we are camped in the country of the Adals, a reputedly savage tribe of Gallas, who, according to the same reputation, attack parties of strangers—black or white—when ever they are sure of their own superiority.

Those we have met appear to be more interested in haggling a few small coins out of us than in drawing blood.

We were greeted with bows and how-do-you-do's by three fierce fellows whom we hailed at sundown,

and they were only too glad to tell us that we could find a water hole "just over the hill" and that it was "so deep" (with exaggerated gestures). It took five minutes of persuasion to get the bravest of the trio into the car to show us where "just over the hill" meant and about 5 cents worth of besas to bribe the others to stay behind once the ice was broken.

Await Final Decision

At this juncture two young men in loin cloths are standing in the tall grass outside the tent, fully equipped with handsomely hilted swords and spears, awaiting our decision as to whether they are to have two besas or three besas for bringing a can of muddy swamp water from the water hole that was supposed to be "so deep".

By way of giving extra value for the money they have submitted to a list of questions, indicating that they are all good Mohammedans because their chief went to Addis Ababa to be converted and that they are all "devil worshippers", according to our missionary friend, but it is undoubtedly true that they don't know an Italian from a Swede.

A heated discussion is going on in the next tent regarding the advisability of posting a guard for the night, the "yeas" coming principally from a German guide who has a whole anthology of stories about the past misdeeds of the Adals, the "nays" from this correspondent master, who is trying to organize a wild pig hunt for the evening.

The Adals have received three besas with thanks and have gone sleepily off to their village without any idea that the German is painting them as spies who will return later to cause trouble.

If they are as tired as they look or half as tired as everyone in this camp, after the day's course in geography, there will be no need for any guard.

WORKING WAY OUT OF DEPRESSION DEER, MOOSE AND PARTRIDGE SUFFER THROUGH STORMS

Addresses S. J. Hungerford, President, Canadian National Railways, Before Canadian Construction Association.

HAMILTON, Ont.—Intimation that Canada is working its way out of the depression period was given by S. J. Hungerford, President of the Canadian National Railways, in an address delivered before the Canadian Construction Association, at the annual banquet held in the Royal Connaught Hotel. In commenting upon the upward trend shown by construction figures, Mr. Hungerford said "It is most encouraging to find in annual reports and statistics that the entire construction industry in Canada has regained something of its former activity. This is evidenced by the fact that in what we regard as an average year, we handled upwards of ten million tons of construction materials. This increase in construction activity is more important, however, in that it clearly indicates that we are gradually working our way out of the depression, which has held us in bondage for so many years."

In opening his address Mr. Hungerford spoke of the vital importance of the construction industry to a comparatively undeveloped country such as Canada, and drew attention to the necessity for improved facilities whereby the national wealth may be developed and man power secure further opportunity to be utilized. He found that the building of the railways was one of the greatest construction efforts and paid high tribute to the pioneer railroad builders who overcame every obstacle in completing the network of railways which now provide the main arteries of a nation-wide transportation system.

In dealing with the operating expenditures of the Canadian National System Mr. Hungerford stated that one fifth of the total annual outlay is spent on maintenance for tracks, bridges, buildings and other facilities and another fifth goes for the maintenance of locomotives, cars and rolling stock. In addition to these, the railways construct, or have constructed, from time to time, entirely new facilities to secure greater efficiency and economy in operation, or to meet the requirements of increasing business, all of which is an important contribution to the business of the Dominion.

C. N. R. REVENUES

The gross revenues of the all-inclusive Canadian National Railways System for the week ending January 21st, 1936, were \$2,923,198, as compared with \$2,747,949, for the corresponding period of 1935, an increase of \$175,249.

Animals Caught in Deep Snow Flourish About Until They Die From Exhaustion and Starvation.

The great depth of snow which has resulted from the numerous recent storms is providing the greatest inconvenience and discomfort to animals and birds in the woods of this section of the country, according to reports received in Campbellton from various points in the Gaspé Peninsula and Restigouche County, and it is stated that the partridge in particular are the hardest hit.

Lumbermen and other woods travelers report that the heavy snows have affected the partridge to such an extent that the birds have noticeably become scarce after an autumn which saw them abounding in unusually large numbers. Hunters could verify that there was no scarcity during the open season on this species of bird, many good bags having been made at that time.

Deer and moose are also putting in a hard time of it in the six or more feet of snow which lies in even the deepest woods and sometimes for days following a heavy storm the animals are confined to their yards, where the food supply available is rapidly consumed.

This is not the first winter in recent years when like conditions have occurred. Sleet storms which often form a crust over the deep snow have, in the last four or five years, trapped partridge by the thousand under the snow to perish from starvation. The severe winters have also accounted for numerous deer, and moose, not only in this district, but all over New Brunswick, as the animals flounder in deep snow until they expire from exhaustion, starvation or at the mercy of wild dogs or other animals. This season, also, the usual stories of illegal killing of game are heard occasionally, though apparently the situation is no more serious than it commonly proves, and no local offences have been aired in the police court.

Any extensive fall of snow in the near future, it is feared, may cause the development in the condition of game birds and animals to the most unsatisfactory in a number of years, which is decidedly unfortunate as next to nothing can be done about it. —Campbellton Tribune.

Nat borrowed \$35 from his friend a couple of weeks ago the Oaks handed the Beavers a 64 trimming.

It pays to advertise in the Daily Mail.

NAPLES' CASTLE MORE IMPRESSIVE THAN VESUVIUS

NAPLES, Italy, February 1—The hotel manager, no less, trailed by two bell hops, conducts you to your room and opens the French windows overlooking the Bay of Naples and the sky blue Mediterranean. He beckons you to step onto the small veranda and with evident pride in his voice points southward.

Your eyes follow the sweep of his hand and there is Vesuvius, enough smoke pouring from its volcanic depths to satisfy any sensation hungry soul. "That," says the hotel manager, "is Vesuvius." You suspected as much and compliment him upon Vesuvius and upon his discretion of having so placed his hotel that you can catch a sideways glimpse of it.

Business is bad, he says, and times are dull, but since he is known all over the world and his reputation is spotless in a dozen languages and dialects, he himself is not so poorly off. He has forty guests in the hotel, he explains, a little fact that he has forgotten to mention to the two bell hops who later inform you that you and one other are the only occupants of a hotel that normally holds 280 guests.

Stone Castle More Impressive

But more impressive as a prospect from the window than steaming Vesuvius is a gigantic stone castle on a huge rock just outside your window in the bay. The manager knows little about it and yet it bears the footprints of six kings and one queen, and hides the terrible secrets of dozens of medieval lords who were flung into its dungeons with the waters of the Mediterranean lapping at its stone walls.

Once the castle of kings, today it is a military prison, its iron bars rusty, its walls crumbling, a barren, forbidding looking block of stone, a picturesque setting for tortures and murders.

Greek, Spaniard and Roman have all possessed this rock, and all found it beautiful. Known as the Megaris in pre-Christian days, it later became the Castello dell'Ovo. Lucullus, that grand old Roman, once had a villa here, but that was back in the year 1 B.C. William I began to erect a fort here in 1154, but it took Frederick II to complete it. Then along came Charles I to enlarge it and to live here with the whole sweep of the Bay of Naples as his back garden view and the Isle of Capri as the grand set-piece from his dining room window.

Charles III of Durazzo, now the important seaport of Albania, was the next tenant and kept Queen Joanna I—a name almost forgotten in history—as his prisoner here. This was in 1381.

Charles VIII of France took a liking to the site and in 1495, just three years after Columbus discovered America, Charles captured it. Ferdinand II of Spain now came along and dismantled the guns and turned the castle into a prison.

Today it remains a military prison, and nothing could be quite as gloomy as the forbidding interior courts. Running alongside one of the walls for the space of about six hundred yards is Eldorado street, along which a red-headed Italian is led by a Belgian police dog straining viciously at his steel chain.

Laundry in Windows

Laundry hangs out of the windows of a few solidly built but gloomy houses and the intimate feminine undergarments of one such display is delicately trimmed with pale blue ribbon. Fishermen sit sunning themselves on concrete paving stones and others are mending their nets. One or two sidewalk restaurants cater to the natives and a waiter in a shabby black suit is placing wine glasses on the tables. A few yards off in the water a youngster with bare feet is baling out a fishing boat.

At the entrance to the stone bridge leading onto this small rock island hang a number of peddlers trying to sell tortoise-shell cigarette cases at a 400 per cent profit to the unsuspecting. Two uniformed soldiers in olive drab, rifles slouchily held in their arms, stand on duty at the prison entrance while women with vegetable baskets on their heads stroll into the interior courtyard.

Spectacular Rise Fruit Canning in Australia

Fruit canning is now one of Australia's important industries, canneries being located in each of the states, according to the master of one of the Canadian National Steamships' freighters in the Canada-Australia-New Zealand service. The principal fruits canned are apricots, pears, peaches and pineapples. The main production is centred in the irrigation areas of Victoria and New South Wales. The fruit canning industry of Australia has had a remarkable rise. Twenty-five years ago the production of canned fruits was almost non-existent. For the year to the end of June 1934, the value of canned fruit exports from Australia amounted to, roughly, \$4,770,505.

NEW KING'S GOLF IS EXCELLENT SAYS HAGEN

Edward VIII Showed "Thoroughly Democratic Nature" When On Links Says Expert

SAN FRANCISCO, California, Jan. 24—The British Empire's new King, Edward VIII, king-emeritus of America, a professional golfer, as "a very apt pupil and a studious golfer".

"The Haig" and the former Prince of Wales first met in 1922 when the veteran Detroit shotmaker scored the first of four victories in the British open championship. Thereafter, King Edward seldom passed up an opportunity to see Hagen play when he was in England.

Anxious To Improve

"During one round I made he watched every shot I made," Hagen recalled. "On some particularly difficult shot he would inquire as to how it was played, and why a certain club and stance were necessary."

"As to his own game, when I played with him, if he would get off a bad shot he would immediately ask to have his flaws pointed out. He has excellent competitive spirit and never lets poor shots discourage him."

"His Majesty plays a strong game. I know a lot of players considered pretty good who would be mighty surprised at his ability. We will miss him in sports. He never failed to be present at the Ryder Cup team matches. His democratic attitude is a by-word with American players."

"I recall one year we were practicing on a private course a considerable distance from London. He flew down from London to see us, and extended warm greetings. To meet him and to talk with him is to like him."

Hagen especially is proud of a gesture of friendship that illustrates the King's human side and his "thoroughly democratic nature".

Igloo Seldom Used

SEATTLE, Wash., Feb. 1—The Eskimo and his igloo are soon parted—he prefers a wooden shanty or a tent.

The traditional igloo, that dome-shaped little house of snow sketched in old picture books and geographies, was discredited today by Noel Wien, pioneer Alaskan aviator.

"Some Eskimos build snow houses when they are caught out on the trails hunting or trapping or traveling," Wien said, "but most of them live in tents if they haven't wooden huts."

"They live in their tents in winter time, but build a snow wall around the tent, about three or four feet away from its walls, as a windbreak."

"They don't build the snow wall against the sides of the tent because snow drifts, and if the wall were against the tent, the snow would drift on top of the tent and soon bury or collapse it. Building the wall three or four feet away leaves a safety margin for drifting snow."

GET THE BLOODHOUNDS

An angry woman rushed into the registrar's office. In her hand she bore a license. To the registrar she said:

"Did you, or did you not, issue this license for marryin' me to Albert Briggs?"

"Yes, I believe I did. Why?" "Well, what are you going to do about it?" she demanded. "He's escaped."

It pays to advertise in The Daily Mail.

"NOVELTY SHOP"

DON'T FORGET you can get BABY ACCESSORIES here, such as Jackets, Angora Hoods, Mittens, Blankets, Rattles, Baby Bites, and other necessities for the "Wee One". Also announcement and Baby Congratulations Cards. You are invited to call and see them.

EDNA GILMORE Phone 68-21 57 Carleton St.

And So He Met Prince "When I returned home after winning the British open for the fourth time," said Hagen, "a friend of mine in Rochester, New York, told me his thirteen-year-old son was going to England for the Boy Scouts' international convention. The present king was then head of the organization."

"My friend said his boy was keenly anxious to meet the Prince of Wales. While I felt that such a matter was almost out of the question, because of the Prince's duties and engagements, I addressed a letter to him telling of the ambitions of this thirteen-year-old lad."

"During the convention, with thousands of Scouts assembled, the Prince called the youngster up to the stand, shook hands with him and said: 'If your dad is a friend of Walter Hagen's I want to meet you'."

A Law Every Mother Should Know and Observe

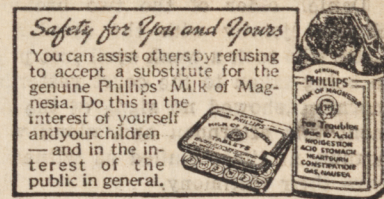
Never Give Your Child An Unknown Remedy without Asking Your Doctor First



According to any doctor you ask, the only safe way is never to give your child a remedy you don't know all about, without asking him first.

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