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in your
OLD CLOTHES YET
Fall Suits and Overcoats will
be needed for cold September
nights.
And OUR Cleaning Methods
make them LOOK LIKE NEW.
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Cleaners**
Cor. Regent and King Streets
Phone 945

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Fredericton, N. B.

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The new Fall and Winter
Samples are here and we invite
your inspection.
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CLOTHIERS**
TOM BOYD Mgr.
65 Carleton St.
Exclusive Agents for
"TIP TOP TAILORS" and
"CLOTHES OF QUALITY"
We clothe the best dressed men
you meet

**WILL IT WORK
NEXT WINTER?**
Will it heat upstairs and down-
stairs next winter?
Will it consume more coal
than last year? Or will it break
down during the first "cold
snap" and endanger the health
of the family?
From every point of view, now
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that, as soon as cold weather
appears, your heating plant will
be in shape to take care of you.
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repairs that will make your
heating plant dependable for
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VICTIM OF PETROL EXPLOSION

STOKE-ONTRENT, Oct. 2.—Fumes
from petrol which escaped into a main
sewer are supposed to have caused
an explosion in which a woman was
badly burned in Etruria road, Hanley.
The woman, Mrs. Quinn, was in the
cellar of her off-licensed premises
making investigations when the ex-
plosion occurred.

A woman neighbor who saw her
struggling at the front door in flames
ripped off her clothes and wrapped
her in a blanket.
She was taken to hospital with arm,
leg and neck burns.

Her children, Dennis, 5, and Joan,
3, were found covered with debris in
a front room of the damaged house.
Mr. C. H. Bowler, Deputy Chief
Constable, told me that during the
night petrol was being transferred to
a petrol storage plant in Bexley street,
Hanley, when 1,000 gallons escaped
into the city sewers.

The police issued a warning to the
public.

FALL TERM

— at —

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F. B. Osborne, Principal,
Fredericton, N. B.

Fire Side OR Moonlight?

The ballroom or the beach—

there is a distinctive coiffure
for your trip.

If you are "going native" for
your holiday, or plunging into a
gay social whirl, you should see
us.

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Beauty Salon**
Tel. 1144

... OF ... Interest to Women REDUCING MEANS STRUGGLE TO STICK TO CORRECT DIET

Peril of Overweight Lies in Interference of Fat With Work of Body Cells

(By Dr. James W. Barton)
It is hard for some of our over-
weight friends to understand why fat
can cause any harm to the body. To
them it is simply a layer of fat lying
under the skin which gives the body
a nice roundness instead of having
bony parts stand out too prominent-
ly.

What they forget is that all the fat
is not deposited under the skin or
even around the organs—kidneys,
heart and others—but some fat is
actually deposited right within the
cells of an organ—and between the
cells—and so interferes with the ac-
tion of the organ.

Now it is not hard to understand
that, if fat tissue—which does no
work—gets right into the cell sub-
stance, it is bound to interfere with
the work of the cell.

Thus excessive overweight, obesity,
is really a more serious matter than
just carrying around a few extra
pounds.

Debility Hastened

It really means injury to the cells
or tissues of the body and tends to
hasten the process of debility which
is unavoidably associated with ad-
vancing age.

So, if overweights want to keep
young in appearance and feeling, they
would be wise to cut down gradually
on their food intake because every
overweight can get rid of some
weight (fat and water) if he or she
has the will power to cut down on
certain kinds of food—fats, starches
and liquids.

It isn't easy to cut down on fat-
building foods, because they are the
foods usually liked most. Also it is
discouraging to cut down on foods for
a week or two and not see much re-
duction, if any, in weight.

However, "careful studies have es-
tablished that water may be retained
to an extent that will keep the body
weight constant or at the same level

when the individual has cut down his
food intake by as much as one-third
to one-half for as long as 16 days."

Others will cut down on all kinds of
foods, fail to eat enough meat or eggs
to sustain their strength, and will
feel so weak in a few days that they
give up the reducing diet in despair.

Short Cuts Perilous

There are others who would like to
try "short cuts" to reduce weight—
diatrophol, thyroid extract, pitui-
ary extract—which, if not taken un-
der proper supervision, often bring
misery and ill health. The proper
method is to be examined by the fam-
ily physician and, if pronounced "fit,"
to undergo the diet outlined, then to
follow it faithfully, reporting at regu-
lar intervals to the physician.

Whether it is because "misery loves
company," or that seeing others as
fat or fatter than oneself faithfully
following rules and regulations, it is
a fact that in sanitariums, spas, or
"watering places" many overweights
get better results than can be obtain-
ed by themselves.

Encouragement Helps

"There is always encouragement
for the patient who is overweight to
carry out all the rules of the spa
treatment—cutting down on food,
drinking the alkaline waters, under-
going the heat and massage treat-
ments, and doing the prescribed ex-
ercise—usually walking—when other
patients are doing the same thing.
One of the reasons that certain diets
are so popular is because "everybody
is doing it."

The thought then is that, when the
overweight has difficulty working
alone, finds it hard to "stick" to the
reduced diet, feels very weak at
times, going to a spa or similar in-
stitution and seeing others courage-
ously fighting their battle may give
him the needed courage to fight his
battle also. Because it is a battle.

HOW TO MAKE GATHERING A SUCCESS

(By Cynthia Proctor)
Having a party? What kind of a
party it turns out to be—exciting, gay
or dull—is entirely up to you. Every
host and hostess wants to preside at
a party where the guests are glad
they came—and there's no trick to it
if you "know your guests" and carry
out ideas that suit them. Everyone
likes games of one kind or another—
but you must be sure to pick the
right ones for the right people at the
right time.

Then, there's a little matter of re-
freshments, too. Have the kind of
foods particularly suited for the time
and place. Don't have heavy, sub-
stantial foods late in the evening, or
dainty snacks at a luncheon or at a
time when people want dinner.

If you have hors d'oeuvres and
canapés, be sure they're zesty and
that the toast or crackers on which
fillings are spread are crisp and tasty
—not soggy and tasteless bits of
dough. Have the hot foods hot and
the cold ones well chilled.

And, speaking of the unusual in the
line of refreshments, have you seen
the packages of beautifully decorated
mints? They have sort of a glazed
sugary top and come in shapes of
fruits and flowers—bunches of purple
grapes, white lilies with yellow
centres and green stems, yellow and
green pears, rosy apples, peaches,
daisies, pink roses—all delicately
tinted pastels. Hostesses will revel
in their charm for parties, dinners or
receptions. A delightful addition to
the buffet or tea table and an ideal
gift for your week-end hostess. These
mints look almost too good to eat,
but when you do bite into the creamy
centre of one, you're apt to forget
everything and go right through the
box!

All right—we'll get on to the games
to keep your party from going "ker-
flop!"

District Attorney

Every one is a judge in this game.
Guests are divided into two sides, and
form in two rows, facing each other.
The host or hostess announces that
he or she is "district attorney" and
as such may ask any one any ques-
tion that occurs to him. He now starts
to pace up and down between the
rows. He stops wherever he wishes
and asks some one a question. How-
ever, the one he addresses is not the
one who must answer—it is the one

directly opposite. The object is for
the district attorney to make the
person to whom he speaks, answer his
question, or to catch the one
who should answer it, off guard. If the
person spoken to by the district at-
torney answers the question put to
him, or if the person opposite who
should answer fails to do so promptly
the one who misses must become the
district attorney, the latter taking the
player's place.

Mix-up Questions

Give two slips of paper to each of
your guests and tell them to write a
"perfectly good" question on one, and
an answer to it on the other. Use
different colored papers for questions
and answers. All questions and an-
swers are then gathered; the ques-
tions in one box, or in a hat, the
answers in another. They are thor-
oughly mixed in the hat and then
passed around, each guest taking both
a question and an answer. Every
one is called on to turn to read their
slips—and then the fun begins! Some
one might draw "How much did Mary
pay for her coat?" and the answer:
"A baseball game."

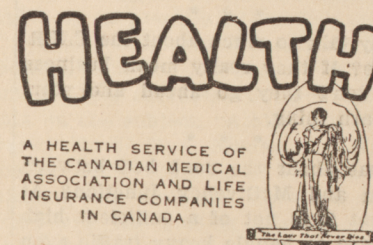
Radio Broadcast

Prepare enough slips for every
guest to have one. Write on each a
programme number which can be
given by one person—as a song, piano
solo, speech, monologue, baseball de-
scription, cooking talk or a beauty
talk. Don't forget to include the an-
nouncer! Each player draws a slip
which indicates to him the part he is
to take in a programme to be broad-
cast in ten minutes. This time is al-
lowing so that those who are pro-
testing their assignment vigorously
can trade slips if they like and ex-
change a part that seems impossible
for something they can do—or think
they can do—if they can get any one
to swap. After a wild rush, the trad-
ing ends, and the programme starts.
The microphone is a frying pan lashed
to a broomstick. You might award
a prize to the best "amateur."

"Well, my man," said the Irish doc-
tor, "what's the matter with you?"
"Pains in the back," replied the
patient.

"I'll soon put you right," replied
the doctor, handing the man a box of
pills. "Take one of these a quarter
of an hour before you feel the pain
coming on."

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TEA "is good tea"
—and is its own
best recommendation,



SAFETY AFTERWARDS

We hear much about "safety first,"
and rightly, but what about safety
afterwards? The story of the Good
Samaritan is the classic for all time
in the spirit of caring for the wound-
ed and unfortunate. A man went
down from Jerusalem to Jericho—al-
most as dangerous and infested a
road as some well-known streets and
sections of some modern cities. On
his way he fell among thieves—hold-
up men, bandits, thugs, gun-men,
would be the modern equivalents.
They wounded him, stripped him of
his clothing and left him half-dead.
Two or three distinguished citizens
saw him but passed by on the other
side—not the first time nor the last
in the world's history that ordinary
citizenship, such as we ourselves
make up, has neglected human dis-
tresses. But the Good Samaritan
found the wounded man, dressed his
wounds, clothed him, carried him on
his own donkey to an inn, put him
in charge of the inn-keeper, paid an
instalment on his bill and promised
more later on his return.

Not only was the spirit of the Good
Samaritan that of the pattern good
neighbor to a wounded man but his
technique was the best knowledge
of his day and the circumstances
afforded.

What are some of the elements in
"Safety Afterwards?" The accident
has happened, the leg is broken. Or
body is crushed to the verge of death.
Or the nervous system is shocked and
depressed; arteries are burst and
bleeding. What should be done about
it? Fifty years ago or less a factory
employed a surgeon skilled in patch-
ing to be always at hand. Now-a-days
when every road is crowded with
elaborate machinery and much fine
intelligent horse-sense replaced by
low-intelligence man sense, there are
no remote corners where accidents
may not occur. Almost everybody
should be skilled in meeting these
emergencies.

Here again come in our North Am-
erican nerves and fussiness. We do
not follow the leader, be he policeman
or surgeon, as a crowd would in Lon-
don or Berlin or even in Paris. Ev-
erybody has his own suggestions and
the loudest voice with the thickest
head back of it is likely to prevail.
When one thinks of the kind of peo-
ple who deal with emergencies and
accidents he is surprised that any
who are hurt recover. If the poor in-
jured person is merely resting, catch-
ing his breath, recovering from
shock, pulling himself together, some-
one is sure to insist upon action, to
fuss with the leg to see if it is really
broken, to ask foolish questions, to
shout and gesticulate, to rush the in-
jured person somewhere, anywhere
and anyhow to any kind of a poor
hospital or hotel, to do anything but
let Mother Nature have a few sooth-
ing and precious moments for recov-
ery from the worst of the shock.

Of course, we know this is all very
foolish, but we don't know it well
enough, and we are an excitable peo-
ple, mistaken often in our most ge-
nerous impulses. So, in spite of all we
know, the next time an accident hap-
pens we may do these very same fool-
ish things again. Most of all we need
to get our fidgets cured by some
kind of philosophy.

But here lies the injured man, and
we are the volunteer Good Samaritans.
What are we to avoid, and what
are we to do? The Samaritan of the
early day dressed the wounds, pour-
ing in oil and wine. This may not
be quite modern treatments, but at
any rate you will notice that the oil
and wine came before the ambulance.
Sometimes it should not, but some-
times it should. Anyway, if we are
to do our job even as well as the
good neighbor of nearly two thous-
and years ago we must learn the
modern equivalents of his wine and
oil and general technique.

Janitor—Can I get this afternoon
off to go to a funeral?
Manager—Whose funeral?
Janitor—I guess it's going to be
the home baseball team's.

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SHE doesn't spend half the day running down to the basement
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HE has no half-frozen, shuddering look on his face when he
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