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BEGINS

**MONDAY,
JANUARY 4, 1937**Write, Phone or Call for full
information regarding our
Business CoursesF. B. OSBORNE, Principal
P.O. Box 928, Fredericton, N. B.**Bear Island School,
Christmas, 1936**

The following is the programme rendered at the school and the names of those taking part:

Chorus: Welcome Song—School.
Recitation: A Christmas Telephone—Hattie Edmons
Monologue: Johnnie Reads the Newspaper—Dow Goodine.
Recitation: Family Troubles—Hazel Edmonston
Dialogue: Marrying a Poetess—Shadow Play—Clementine
Recitation: Winged Doubt—Myles Ingraham.
Song: Silver Threads among the Gold.
Exercise: Two Sides to a Question—Recitation: Soap the Oppressor—Millard Jordan
Dialogue: Christmas Eve.
Chorus: Santa Claus—School.
Recitation: A Farmer—Harold Edmonston
Song: Jolly Old St. Nicholas.
Recitation: Rastus' Sunday Pants—Frank Murch.
Drill: Christmas Candles—12 girls.
Recitation: Revenge
Motion Song: Away in a Manger—Four girls.
Dialogue: Sue's Beau to Dinner
Exercise: Christmas—Five boys, four girls.
Monologue: Flapper at the Telephone—Faith Ingraham
Dialogue: Josiah's Proposal
Recitation: If You're Good.
Song: There's a Song in the Air.
Minstrels from the Sunny South.
Recitation: Smack in School—Ester Murch.
Dialogue: One House too Many
Chorus: It Came upon the Midnight Clear—School.
Pantomime: The Light Went Out.
Song: Please Don't be Offended.

ZEALAND

Mrs. Percy Morgan, Fredericton, who was visiting her parents, Mr. and Mrs. Thomas Graham, has returned home.

Mrs. Olive Morehouse and Miss Hattie Burt were visiting friends in Fredericton on Wednesday last.

A very enjoyable concert was put on at the Morehouse Corner school house under the direction of Miss Cecesma Stephens on Friday afternoon, many visitors being present.

Mrs. Harold Whitehead, Springfield is spending some time with Miss Gladys Burt.

Ernest Platt, Scotch Settlement, was the weekend guest of his sister Mrs. G. R. Harrington.

Miss Velma E. London, Woodstock has returned home, after spending some time with friends in this place. Miss London was in charge of the Brewer's Mills school.

Mrs. James F. Everett and Mrs. Keith Sears returned home Wednesday evening, after visiting friends in Devon and Fredericton.

The St. Paul's W. A. met at the rectory on Wednesday afternoon, a large number being present. The pastor's wife, Mrs. E. D. McQueen, served tea at 5 p.m.

We are glad to know The Daily Mail has succeeded and instilled in the minds of our representatives the great need of the railroad bridge.



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... OF ...

Interest to Women**ALWAYS REMEMBER YOU
HAVE A NECK WHEN YOU'RE
MAKING-UP YOUR FACE****Cleansing, Softening and Exercising Routine to
Help Preserve a Beautiful Throat**

(By Victorine Howard)

Girls of the Empire and Directoire periods are always pictured as having beautiful plump, white throats. Personally, we'd be willing to bet our best jar of cleansing cream that on an average those court ladies didn't have a bit better necks than we have today. We'd gamble that you'd see just as many relatively young and cared-for faces with scraggly-looking neglected necks then as now. But it's certainly true that the low-cut, square-necked evening gowns they were called for beautiful necks. And we're wearing the same type gowns this winter of 1936-7.

Soap and water and a dab of bath or dusting powder are about all the daily attention that a lot of necks get. You frequently see faces with nice skin, nicely cared for, and below them faded grayish or yellowish-looking necks with wrinkles and creases. The skin of the neck needs lubrication for texture and exercising to firm the muscles. Strong, exercised muscles fill out the skin covering and make it less likely to fall into premature wrinkles.

Every time you work on your face, remember you have a neck. In making-up be sure to give your neck a coating of powder to match the shade of your face powder as a final touch. Cleanse your neck thoroughly at least once a day. A good cleansing routine is to first use soap and water with a complexion brush. The friction caused by the brushing is a mild

circulation stimulant for sluggish skin, although you can use cleansing cream if you'd rather. Then apply either a special throat cream, or a softening cream (the creams that are called "nourishing") even if you only leave it on for ten minutes before removing it with tissue, and then do a concentrated minute or two of exercises.

A sagging chin and deep rings in the neck can be helped through the strengthening of the neck muscles by exercise. The following exercises are suggested to be done in rhythm, rather than in jerky movements, while you're waiting for your softening cream to lubricate the skin.

1. Stand erect, before a mirror. Look straight ahead. Stretch your head back as far as possible. Then forward on chest. This firms the under-chin muscles.

2. Face forward. Turn chin parallel with right shoulder. Stretch upward. Then downward on chin and forward. Repeat same to left. This builds up the neck muscles.

3. With the head forward, turn right and describe a complete circle. Exercises the muscles, relieves stiffness and makes the neck agile.

4. Hold head erect and place hands parallel under chin. Alternating the hands, spank under the jaw, going back and forth. This tones up inactive, sagging muscles.

Repeat each exercise several times, and then, if you must wipe off traces of your throat cream.

**TRADITIONAL PLUM PUDDING
FOR CHRISTMAS DINNER IS VITAL
PART OF FESTIVE OCCASION**

(By Harriet O'Coole)

"There's nothing so nice on Christmas day
When the table is cleared, and the turkey's away
As the hot fruit pudding, aglow with a flame;
If tickles the diners—to cook it brings fame!"

Plum puddings are worth every rhyme that has ever been written about them and you'll want yours to be so very delicious that there will be reason for more and better poetry! Real English plum pudding is a great deal heavier than some which we recommend for serving after a hearty turkey dinner, so we'll give you an adaptation of the Old English type. It is strange how this has been termed plum pudding and how it retains the name when we never put a plum near it.

Perhaps, after all, it would be far more to the point to call these puddings steamed or suet puddings, for they are all steamed and practically all are made rich with suet which is finely chopped. So here is a most delicious pudding, made light with bread crumbs, rich with suet and the fruits and sweetened with one of the old-time sweetenings—molasses.

Suet Pudding
1½ cups dried ground bread crumbs
1½ cups flour
1 teaspoon cinnamon
1 cup chopped suet
1 cup currants
1 cup cold water
1 teaspoon soda
1 teaspoon nutmeg
½ teaspoon salt
1 cup raisins
1 cup light molasses
1 cup mixed peel, cut fine
¾ cup chopped nuts

Mix flour and spices with the crumbs. Add suet and the prepared fruits and nuts. Mix water and molasses and add with enough more water to make a moist batter. Place in well-buttered molds, filling about two-thirds full. Cover lightly and steam from two to three hours, according to size. Uncover until cold, then cover tightly and store in a cold place until ready to use.

I find that it is very nice to cook these in the shallow coffee cans, for they are splendid containers for cooking, storing and reheating. If you have a very fancy mold you'll find it to be the very nicest of course though not really traditional.

Every mold must be well buttered. When you give them as gifts, puddings should be dressed as attractively as possible and may or may not have the ingredients for the sauce included. But perhaps you'd prefer one a little richer though no more delicious, I assure you.

Holiday Plum Pudding
¼ cup flour
2 teaspoons baking powder
1 teaspoon salt
½ teaspoon cinnamon
1½ cups seeded raisins
½ cup coarsely chopped nuts
½ cup sliced candied citron
½ cup sliced candied orange peel
1-3 third cup butter
1 cup brown sugar
4 eggs.
Sift flour, baking powder, salt and cinnamon into a bowl and add the prepared fruits and nuts. Mix with finger tips until pieces are coated with flour. Cream butter and add sugar gradually, then the beaten eggs. Stir in fruit and flour mixture and the bread. Mix well. Fill molds about two thirds full and steam three hours

**BLOOD EXAMINATIONS REVEAL
ALL PALE PERSONS NOT ANAEMIC****Most Patients Reporting Lack of Color, Over-
Fatigue, Have Other Diseases**

(By Dr. James W. Barton)

One of the little mistakes we all make at times is to think that because an individual had white or pale skin he or she is anaemic—has thin blood.

That a pale skin does not always mean anaemia has been repeatedly shown when the blood of these pale persons has been examined and found to be rich in haemoglobin.

"Time after time patients are referred to hospital or to outdoor clinics for 'anaemia,' and investigation

shows that their red cells are normal in size, shape, and number, and that they contain a normal amount of haemoglobin or iron. The explanation of this simple mistake is the failure to recognize that while all anaemic people are pale, by no means are all pale people anaemic."

The assistant physician of West London hospital, Dr. Maurice E. Shaw says: "My experience has been that most patients reporting with anaemia have no anaemia, and on the other hand those reporting with some other

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**CHRISTMAS MUSIC
ON AIR TONIGHT**

Selections from the world's best loved Christmas music will be heard by National network listeners on Monday, Dec. 21 at 10 p.m., when Geoffrey Waddington presents his orchestra and guest soloists on the CBC presentation "Strike Up the Band."

Opening the programme on a joyous note in popular mood, the orchestra will be heard in "Happy Days Are Here Again," by Milton Ager. This was one of the great successes from the 1929 production, "Chasing Rainbows." Special arrangements, featuring the orchestra, will be heard of the following: "Dance of the Comedians" from "Bartered Bride," by Smetana; "March of the Marionettes," by Savino; Tchaikowsky's "Nut Cracker Suite" and Grossman's "Christmas Fantasy."

William Morton, tenor, and Jean Haig, soprano, will be guest vocalists for this presentation. Miss Haig will sing "Toyland" from Victor Herbert's "well loved operetta "Babes in Toyland" and a quaint "Old French Carol." William Morton will be heard in two songs: "Ave Maria" by Kahn and "Bells of St. Mary's" by Emmett Adams.

**And Now "It Is
True What They Say
About Pagliacci?"**

A comedy-musical skit entitled "Is It True, What They Say About Pagliacci?" in which the entire cast will speak in "double-talk" will feature the premiere of Al Jolson's new radio show, to be heard Tuesday, Dec. 22 at 8:30 p.m., EST, over the WABC-CBS network.

In this parody of Leoncavallo's famous opera, "I Pagliacci," Jolson will be assisted by Martha Raye, eccentric singing comedienne; Sid Silvers, comic; and Victor Young's orchestra. The "Mummy Singer," in addition will preside over this programme and others of the series as the master-of-ceremonies. He also will introduce for the first time on the air, Mercer Whiting's new hit, "Love Is In The Air Tonight."

Martha Raye, the "swing-it" girl, will be heard in a solo, "You Came to My Rescue," and Silvers will cut comedy capers.

Jolson will warn radio listeners that within the next few weeks the company will present a sketch to end for all time those jokes at the expense of Simone Simon.

BANS MACHINES

TORONTO, Dec. 19.—Toronto police commission yesterday banned all slot machines paying slugs or merchandise and slugs. The police board adopted a by-law under which pool room owners and shop-keepers will be refused licenses if any machine which might be used for gambling purposes is operated on their premises.

condition really have anaemia.

"They may be short of breath and are suspected of heart disease; then ankles swell and kidney trouble is feared—especially if, as may well be the case, there is also a trace of albumen; or they complain of undue fatigue, and reach the hospital with a request for an x-ray of their chest, as tuberculosis is suspected.

"A snow-white skin may be nourished by a blood rich in red corpuscles and haemoglobin; and such a skin may indeed be paler than that of a patient with a very definite degree of anaemia."

Most physicians in examining a patient and suspecting anaemia, examine the lining of the eyelids and the color of the lips, and lining of the mouth where paleness instead of a rich "redness" indicates anaemia.

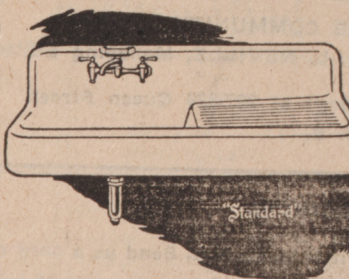
Of course the examination of a few drops of blood will definitely show whether or not the blood has the normal number of red blood corpuscles, and whether the haemoglobin or iron in the red cells is normal in amount. This is done by counting the number of red cells under the microscope and comparing the color of the blood with that of normal blood.

Generally speaking if the amount of haemoglobin is low but the number of cells is normal it is simple anaemia, but if the number of cells is below normal and the haemoglobin also it is called pernicious anaemia.

Remember, all pale people are not anaemic, but all anaemic people are pale.

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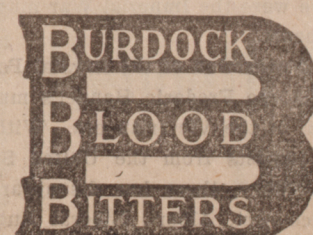
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