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Production of 947 Eggs as 43rd Laying Contest Ends

The 43rd week of the New Brunswick Egg Laying Contest, conducted at the Dominion Experimental Station here, was concluded on Thursday last, with a production of 947 eggs and 1069.2 points. This is an average production for the week of 56.3 per cent.

The Barred Rocks owned by Lloyd Wood, Harvey Station, led in production for the week with 50 eggs and 60.0 points.

The Barred Rocks owned by Karl W. Smith, Prince William, were in second position for the week with 51 eggs and 59.0 points.

The Barred Rocks owned by the Experimental Station, Fredericton, were in third position for the week with 54 eggs and 57.8 points.

The pen of Barred Rocks owned by Karl W. Smith, Prince William, is the leading pen to date with 2,132 eggs and 2,283.4 points.

The pen of Barred Rocks owned by Lloyd Wood, Harvey Station, is in second position to date with 1,979 eggs and 2,237.8 points.

The White Leghorns owned by Arthur Pringle, Stanley, are in third position to date with 2,045 eggs and 2,177.5 points.

Barred Rock hen No. 1, owned by Arthur Graham, Hoyt Station, is the leading hen to date with 238 eggs and 234.2 points.

Barred Rock hen No. 5 owned by Lloyd Wood, Harvey Station, is in second position to date with 233 eggs and 272.1 points.

Barred Rock hen No. 3 owned by Lloyd Wood, Harvey Station, is in third position to date with 238 eggs and 270.5 points.

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808

FREDERICTON, N. B.

... OF ...

Interest to Women

OVERWEIGHT IS POOR RISK, REDUCTION RATHER SIMPLE

Cutting Starch and Liquids Big Aid in Bringing Down Weight to Reasonable Figure

(By Dr. James W. Barton)

Some readers may be inclined to question the correctness of insurance figures as to the effect of overweight and underweight on health, but when we realize the competition there is for life insurance business you may rest assured that if fat individuals over 40 years and thin individuals under 30 years of age were as safe to insure as those of normal weight they would be accepted by the insurance companies without question.

But the fact stands out in the figures of all the insurance companies that these two classes (over 40 and fat, and under 30 and thin), are not as good risks as those of normal weight.

Naturally when an overweight applies for life insurance and is told that he will be accepted but that his premiums will be as high as a man five to ten years older because of his overweight, it makes him do some thinking.

Must Reduce

He is told that if he will reduce his weight to normal limits he will have his premiums reduced accordingly.

He obtains a card or booklet showing the food values in calories of the various foods and to his astonishment learns that for his height and build he should be eating food to the value of 3,000 calories a day, and he has been eating regularly food to the value of 5,000 calories. Perhaps the pamphlet will tell him that if he were doing absolutely nothing he could continue to live safely if he used only 1,500 calories, and that reducing diets advocated by some food specialists amounted to but 1,000 calories in the 24 hours.

Vegetables Best

As he studies the values of foods measured from the amount that equals 100 calories he may decide that if a piece of cheese an inch thick is equal to 100 calories, and it takes 20 stalks of asparagus or 30 radishes or 30 stalks of celery to equal 100 calories, he'll do without the cheese and eat more asparagus, celery and cauliflower. Now this is not unwise because green vegetables have the same effect on the body or in the body as cheese.

As the overweight studies the list further he finds that a small piece of meat, three inches by two inches by one-half inch thick—less than an ordinary serving—represents 100 calories, that a piece of fish the same size but a little thicker equals 100 calories and that a large egg also equals 100 calories he figures that these foods are too "rich" in food value for his blood and he'll leave meat, eggs and fish alone.

High in Calories

When he turns to another common food, bread, he is astonished to find that an ordinary sized slice of bread equals 100 calories as does also a single roll, and that an ordinary muffin equals more than 100 calories. Similarly one single potato of ordinary size equals 100 calories and one to three lumps of sugar, according to size, equals 100 calories.

He learns also that a couple of figs or three dates equal 100 calories. As he remembers how he likes a good steak or two or three fresh eggs, 'plenty' of bread and butter, and two or three potatoes and plenty of sugar in 'everything' he readily understands why he has been consuming much more food than would equal 3,000 calories. He just can't allow himself to count up the calories represented by soups and desserts.

Won't Work

Nevertheless, they will not build the body, maintain strength or provide enough energy for work or exercise.

In other words meat, eggs, fish, bread, butter and other high calorie foods are absolutely necessary in a safe reducing diet, but naturally should be cut down in amounts.

A general rule that works out in cases of healthy overweight is to continue to eat the usual amount of lean meat, eggs, or fish, to cut down by one-half on all starch foods such as bread, sugar and potatoes, one-half on all fat foods—fat meat, butter and cream, and one-half on all liquids—tea, coffee, water, soft and hard drinks. All kinds of green stuff—cauliflower, lettuce cabbage, celery, asparagus, radishes, cucumbers and spinach may be eaten in any amount.

ARRANGEMENT OF DETAILS THAT MAKE FOR SUCCESS IN YOUR PARTY

(By Cynthia Proctor)

Mr. and Mrs. Newlywed are planning a "housewarming" party for a group of their friends—or, should we say a "lawn-warming"—since this particularly celebration is to be held in a secluded section of the lawn, where an out-of-door fireplace has been built. Lucky people!

First, the invitations. The date—Friday night, an early supper. The guests include some of the bridal party.

Mrs. Newlywed has moved her porch furniture out on to the lawn. When the "gang" arrives—with a lot of noise and "whooping" you may be sure—they descend upon the loaded table. A table filled with hors d'oeuvres—bits of sausage perched upon colored picks; tiny bits of potato chills and cheese popcorn to be consumed from miniature scoops. Some of those luscious Esquimaux filled with savory fish and meat pastes, and cheese; crockery jars of jelly; nippy cheeses and streaked Roquefort, crackers, assorted breads, Swedish wafers—all spread out to resemble a Smorgas-board. The cocktails are separated from the sherry by trays of large eyed Swiss and brilliantly colored Edam cheeses.

As the guests are young, they'll probably consume enormous amounts of canapés, and so a run around the block may be necessary before they settle down to eating anything more. Barnyard golf—croquet to you, is a lot of fun and quite in order. If you have hurricane lamps, station them at the various wickets.

And, as the last guest is toddling down the homeward stretch of the croquet lawn, the host slips away to place the tray of individual metal pots filled with a grand lamb or beef stew or chicken stew (or any kind of a stew you want) on the warming stone in the midst of the hot coals. As the last ball strikes home, the tiny pots sizzle and the supper is ready. Or, if you choose, individual casseroles of Italian spaghetti, or baked beans or clam chowder.

Each guest helps himself to a portion of deliciously concocted salad from an attractive tray. A bed of green scalloped leaves holds amazing wonders: huge boiled mushrooms containing pearly onions, and topped with cheese; halves of peppers stuffed with cottage cheese and dotted with curled anchovies; radish roses with black caviar to fill the petals and large ox-heart cherries filled with wine jelly.

For biscuits, tiny buttered crescents and pumpernickle fingers. Long-handled forks are provided for individual toasters—guests may have their rolls hot or cold.

Each one takes one of the piping hot pots with a wooden handled pincher.

The dessert is a riot of fun—the soda-jerked stunt. The hostess fills one of her huge relish trays with sundry mixtures—fudge, butterscotch, marshmallow sauces; fresh raspberries, bananas, or mixed nuts. Cherries are heaped in the center. Wicker caskets contain bottles of ginger ale and root beer. Sherbet

Dr. DeVan's Pills

A reliable feminine hygiene regulator, on sale in Canada for over thirty years. Price five dollars. For sale at

Ross Drug Stores

DERMATOLOGIST ADVISES ON WHITE HAIR**Best Thing to Do is to Admire It**

A famous dermatologist's advice on white hair "The best thing to do with white hair is to admire it."

But to be kept always admirable, it must have more than the usual care. If your hair is white, and you take care of it at home, here are some of the dermatologist's rules:

The method of washing is important. The best way is to use soft water at body temperature, to which is added a small amount of bicarbonate of soda, along with soap known to be pure and stainless.

Or else use a natural oil shampoo of known purity and cleansing value, for white hair has lost some of its normal nutrition and texture, and is more likely to become dry and brittle.

Lather from the shampoo should be massaged into the hair with fingers and palms until it is creamy, then allowed to remain on the head as long as four minutes to "cut" stains and impurities.

After rinsing, also in soft water, repeat the lathering and your hair will be soft, luxurious, and fluffy when it dries.

White hair shouldn't be combed or "done up" until it is dry, nor dried in the sun. Hot sunlight will make it brittle.

Properly applied permanent waving and "bobbing" are not in the least harmful to the growth of white hair, providing you have not more than two permanents a year and that the convenience of short hair doesn't lead to neglect. White hair is often thin and harder to arrange in an attractive coiffure; if you want to be sure of just the most becoming coiffure for your white hair, do consult a beauty specialist or a hair stylist. There are many individual coiffures simple and easy to care for yet extremely becoming to maturity and white hair.

CATHOLIC PRIESTS DENOUNCE 'ISMS', TEMPORAL GAINS

BERLIN, Aug. 29—Roman Catholic priests from their pulpits throughout the Reich Sunday will denounce the Nazi weltanschauung (world outlook) as one based on blood, soil and race.

The denunciation, it was learned tonight, will be uttered to all Roman Catholic congregations in the form of a pastoral letter adopted by German bishops at a conference in Fulda last week-end.

The pastoral letter will tell of the bishop's "great concern over grave losses sustained by the Church in Germany in recent months," and will make note of religious persecutions in Spain.

It will also say: "Communism will not be struck in its deepest roots by military force, but through resurrection in Jesus Christ, of Europe in general and our Fatherland in particular. "No weltanschauung based solely on blood and things temporal can help here.

"Whoever fails to oppose Bolshevism in the realm of religion thereby opens the door for it to invade the political and economic realm also."

The bishops, however, will make clear that they are anxious for peace between Nazi-ism and Catholicism, although they recently were reported concerned over what they believed was a tendency toward paganism, and feared restrictions of the Catholic education of the young.

END OF "TAXES" CAUSED BY DOG

REGINA, Aug. 31—"Taxes," pet barked toad of the children of Mayor A. C. Ellison of Regina, and a gift from Texas, is dead. The toad "went to the dogs," and was killed by a hostile canine as it sunned itself in the garden.

glasses are brought out for the ales and the beers. A pail of ice cream is placed in the midst of a large salad bowl of cracked ice and the guests help themselves with the scoops provided for "dishing-out." Little cookies and cakes and coffee, if you wish, finish off the "eats." And what a party—and what a grand time your guests will have—and you'll have just as good a time yourself! For this is the kind of a party it's fun to give.

Professional Notice

After Sept. 15th my office will be located in the new Ryan Building

Cor. Queens & Carleton Sts.

Dr. P. G. Thompson

Ryan Building Phone 682

FALL TERM — at — FREDERICTON BUSINESS COLLEGE

— Begins —

Tuesday, Sept. 8th

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Excellent for white hair because there is no danger of discoloration. We specialize in children's permanents.

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