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Lv. 6.00	Ar. 9.00	
Lv. 6.52	Lv. 8.08	
Lv. 7.28	Lv. 7.32	
Lv. 8.11	Lv. 6.49	
Ar. 8.35	Lv. 6.25	
Lv. 8.45	Ar. 6.15	
Lv. 9.38	Lv. 5.22	
Lv. 10.44	Lv. 4.36	
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QUALITY AND SERVICE

Bigger Market In India For Canadian Goods

India with her 352,000,000 of inhabitants presents a strange contrast and seems to be very little understood in the New World. Like her geography and climate, the customs of the people, their race and language differ widely. For instance, there are 222 languages spoken, the more common being Bengalese in Bengal, Tamil in the Madras Presidency; Burmese in Burma and Gujarati in Bombay, but only eight per cent of the people are literate in any language. There is a sort of compromise language which is generally understood and spoken, known as Hindustani. In most people's minds India is looked upon as a land of picturesque pageantry with very little of modern manufacturing but the truth of the matter is that India is becoming rapidly industrialized, the principal manufactures being: cotton, exceeded only by three other countries in the world; jute, practically a monopoly of Bengal; and there are a number of large and highly developed iron and steel works. Coal mining is also an important industry. This great Empire continent took from Canada last year goods to the value of over \$4,000,000, an increase of 0.08 per cent over the previous year, according to the Industrial Department of the Canadian National Railways. Principal items were silver bullion; motor cars, trucks and parts; aluminum; auto tires and tubes; oatmeal and rolled oats; etc. It is the opinion that India offers a much greater market for Canadian goods. There are over 200,000 Europeans residing in India and over 100,000 Anglo-Indians which form a fair market for all types of Western-made merchandise, in addition to numerous educated Indians—landowners, merchants and clerks—forming a considerable total who have adopted Western ideas but though small in percentage are large in actual numbers. In the retail trade there are the department stores, and the "bazaars" that greatly interest the Westerner. The department stores are inclined to handle novel and superior merchandise and do a large mail order business, while the bazaars, in some of which the proprietor is to be seen sitting crosslegged with his wares stacked round him, handle goods of an established reputation and well known brands of merchandise, such as soap, etc.

F. A. Kerr, of Juniper, is staying at the Queen Hotel for a few days.

SHERIFF'S SALE

The following property will be sold at Public Auction in front of the county Court House, Fredericton, N.B., at twelve o'clock noon on the 28th day of November, 1936. LEVI, McELWAIN, ESTATE, Southampton, York County, N. B.

All that lot of land in the Parish of Southampton in the said County of York bounded as follows: Beginning at the most northern end of lot number two Hundred and Fifteen, granted to John A. Henry in Range Three, Block S, Little North West Nacawicac River, thence running by the magnet of the year 1861 north forty-eight degrees and fifteen minutes east nineteen chains and thence south forty-one degrees and forty-five minutes east twenty-six chains and fifty links, thence south forty-eight degrees and fifteen minutes west nineteen chains and thence north forty-one degrees and forty-five minutes west twenty-six chains and fifty links to the place of beginning, containing fifty acres more or less and distinguished as the south-west half of lot number Two Hundred and Seventeen in Range Four of Block S, Little North West Nacawicac River.

Delinquent Parish & County Taxes, Road and School Taxes	School Road	Dist. No. 4
1928	\$.82	\$.40
1929	1.00	40
1930	1.00	40
193195	40
1932	1.00	40
1933	1.12	40
1934	2.05	40
1935	1.40	40
1936	1.86	40
Total Parish and County Taxes.....	\$10.80	\$360
Total Road Taxes	\$10.80	\$360
Total School Taxes	\$19.61	\$34.01

C. N. GOODSPEED,
High Sheriff for York County,
Fredericton, N. B.,
October 27th, 1936.

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... OF ... Interest to Women CUT DOWN ON FOOD SUPPLY BUT KEEP A BALANCED DIET

Dr. Barton Shows Way to Bring Weight Down to
Safe Level --- Offers Menu

(By Dr. James W. Barton)
There is so much being said and written about overweight that the average individual may wonder whether or not overweight can always be reduced to normal by simply cutting down on food, without having to exercise or use gland extracts.

Now it can be said definitely that while every overweight individual can have his or her weight reduced by simply cutting down on food, there are some who get only part way down to normal and then lose no more weight unless they take more exercise or use some gland extract.

The vast majority of cases, however, and they are due to overeating, can be reduced to normal weight by cutting down on the food intake and increasing the exercise; no gland extract—thyroid or pituitary—is needed.

The thought, then, for every case of overweight, at first anyway, is to go on a reducing or a reduction diet.

Reduce Amount

And the thought behind every reduction diet is not that the amount of food eaten will be all that the body will need for its work, but because the reduced or reduction diet does not supply the body's needs, the body itself has to supply some food and so gives up some of the fat that it has stored.

By asking the body to supply some of this food or fuel—a little every day of its stored up fat—the weight of the body gradually and daily becomes less. The amount of weight lost daily may not be more than three or four ounces but when this three or four ounces is multiplied by 7 (week) or 30 (month) it means a loss of 1½ pounds to 2 pounds each week, or 6 to 8 pounds each month.

Thus when a physician makes out or prescribes a reducing diet for a patient he makes sure that there will be enough of the foods used daily that are needed to do the regular or routine work of the body.

Uses Stored Fat

When the stored fat in the body is used up for any exercise the body does, if it is only sitting or walking around the house or doing hard muscular work.

The physician first decides what the patient's correct weight should be, according to height, width of shoulders and hips, and often length of legs, also. Thus a man 5 feet 7 inches tall of "average" build, whose present weight is 180 pounds would

not be given food enough to nourish or maintain that weight, but would be given food to maintain a weight of about 155 to 160 pounds—the correct weight for his particular height and build.

Similarly, a woman 5 feet 4 inches weighing 160 pounds is given just enough food for one of 130 pounds.

Little By Little

This means that every day he or she is receiving a little less food than is needed to maintain 150 or 130 pounds and so a little of his or her own body fat gets used up every day.

The physician is careful in arranging the diet that "enough" of each kind of food—proteids, starches, fats, liquids, minerals and vitamins—is provided. The only difference, generally speaking, is that the "amount of food is less."

Naturally a little less of fat forming foods—starches and fats—is provided in the diet. Thus bread, potatoes, and sugar, and butter, cream, egg yolks and fat meats are reduced in amount.

However, minerals and vitamins are supplied in "full" amounts by using leafy and fibrous vegetables. These have the advantage also of preventing constipation.

Meat and fish must form a part of the daily menu as proteids are needed by the body to build and repair worn tissues.

Typical Diet

A typical reducing diet as arranged by Katherine Mitchell Thoma, director of dietetics, Michael Reese hospital, Chicago, is as follows:

Breakfast, orange or apple or ½ grapefruit or ½ canteloupe or one serving fresh strawberries; choice of roll or thin slice of bread; 1 egg boiled or poached; 1 glass skim milk or tea or coffee, or noon and evening meal each (that is twice these amounts should be taken daily); clear stock soup and vegetables; large serving of salad, composed of any of the following: head lettuce, tomatoes, string beans, cabbage, beets, celery, carrots. Use mineral oil as a dressing; 1 thin slice of bread or ½ potato; choice of lean beef, roast or steak, lean veal, lean lamb, white meat of chicken, white fish, 2 eggs; choice of two servings of either asparagus, brussel sprouts, cabbage, spinach, string beans, cauliflower, sauerkraut, or one serving of either beets, carrots, turnips, squash, peas; choice of fruit as for breakfast.

MIND CONVERSATIONS ARE COMMON TO EVERYBODY

Such Mental Gymnastics Either Boost Our Self-Esteem or Act as a Safety-Valve to Assuage Our Wounded Feelings

(By Ruth Cameron)
"Do you have mind conversations?" someone asked me lately.

And the answer is, "Of course; who doesn't?"

Who hasn't at one time or another held mind conversations with people whom he knows?

They are of all varieties. There's the kind we hold with people we want to impress. Conversations in which they give us excellent openings and we say all sorts of brilliant things. Right like that! The way we never do in real life. And they are astounded at our brilliance and comment on it and tell us that they want to see more of us.

And then there are the romantic mind conversations. The school girl visions the handsome new boy at school asking her to the movies and taking her to supper afterward and telling her how he noticed her that very first day and how he wanted to speak to her, but didn't dare to at first because she looked so aloof, and telling her that he has always loved red hair and that he thinks those freckles across the bridge of her nose are cute and asking her to wear his frat pin.

Or the boy who doesn't get on too well with girls, visions himself masterfully elbowing away the other boys who crowd around the most popular one, and actually approaching this lady of his dreams and telling her he is going to take her home from the dance no matter who brought her. And he hears her saying that she has

wondered why he never paid any attention to her, and how she always admired his work on the school weekly and how she thinks most of these youngsters are so crude. And she asks him in when they get home and she says this and he says that. Until finally he falls asleep and perchance, if he is lucky, continues the talk in his dream.

But there is also another variety of mind conversations that are not so harmless as these day dreams.

The conversations in which we say the things to people that are boiling within us, but which for one reason or another we cannot say.

The employee talks to his boss, the wife of an overbearing husband says to him the things she could not say without provoking a quarrel, or vice versa. The exasperated wife talks to her mother-in-law, or vice-versa.

Members of a family tell each other what they think of the way the other is shirking some responsibility about the old folks. Friends bring out some grievance that was passed over for politeness sake and tell the offender exactly what they think of the way he or she acted.

And this kind of mind conversations can become very harmful. It's all ring in small doses. As I said before, I think every one does it sometimes. But increase the dose and it can become a mind poison. If you find you are doing it as you try to get to sleep at night, when you wake up in the morning, and worst of all when you wake in the night, it's time to

HAINESVILLE

The farmers have at last succeeded in getting their root crops housed. Some however, was damaged by the severe frost. A few of the farmers have been unsuccessful in getting all of their grain.

The weather continues cold and stormy.

The Ladies' Aid of Staples Sett. church was entertained by Mrs. Hedley Jones on Wednesday of last week. The weather being cold and rough not many attended. However, several visitors dropped in for tea.

On Thursday the Aid of St. Peter's church, Zealand, was entertained by Mrs. Don Price. There was a large delegation with some visitors present.

Mrs. F. F. Fowle, our popular teacher spent the holiday in this place. She spent the morning at Mrs. S. White's and attended Aid in the afternoon.

George Whitehead of Houlton, Me., is spending a few days with his family here. He is not in the best of health.

Mrs. Albert R. Price spent last week with her mother Mrs. Alex. Brewer, Mouth of Keswick.

Mrs. Wm. T. Reed, Keswick Ridge, spent Tuesday with her father at Wiggins Mills. She also called on Mrs. Hedley Jones for a short time.

We are very sorry to say Rev. I. E. VanWart on account of bad roads and weather has had to close his pastorate with us for a time. He is very much missed by his friends in this place.

Colds are the order of the day.

TO PRODUCE HEALTHY SPRING PIGS

The production of large numbers of healthy spring pigs is dependent upon good feeding, care, and management of the boar and sows during the winter. First of all, the problem of correct mating is one which always confronts the livestock breeder. Presuming that the sows are of good bacon type, it is the responsibility of the breeder to mate them to a suitable boar, so that the offspring will grow into bacon hogs of the right type.

If the sows are not bred along bacon lines, or have already produced poor progeny, it is now a suitable time, states E. B. Fraser of the Animal Husbandry Division, Central Experimental Farm, Dominion Department of Agriculture, to procure one or two gilts to strengthen the sow herd and introduced a good bacon strain. An early start allows two litters to be raised next year. Two litters instead of one will reduce the carrying charges per pig, and this in turn, with average or better conditions, will mean more profit to the breeder.

The boar is a first consideration. He is often impaired by under or over feeding, and by confinement in small quarters. He should be able to exercise out of doors all the year round, in addition to a dry clean bed free from draughts during the winter.

The best advice for feeding the sows is a repetition of the old maxim feed according to the condition of the sows. The feeding practice should be to bring the sow through the winter in medium flesh. The feeds used must of necessity be made up largely, if not entirely, of the feeds available on the farm. Successful feeding depends upon combining these feeds in suitable proportion and the employment of only a minimum of expensive purchased feeds. The Dominion Department of Agriculture issues several publications on this subject, chief among which are "Fall Litters, Breeding, Feeding and Management of Pigs for Winter Pork Production," "Feeding of Swine," "Breeding and Feeding the Market Hog," and "All Year Cabin," which may be obtained free on application from the Publicity and Extension Branch of the Department in Ottawa.

make a vigorous right about face.

Do one of two things. Go and say the things to the person against whom you're revolting. Or make up your mind you never can say them and therefore forget them and think of something pleasanter and more constructive. The minute you start on that bad train of thought, get off it and board another. Maybe you'll find yourself back on the first one, but just throw yourself off again. Not so easy? No, of course not. I wish the good God had seen fit to provide us with mind lids as well as eyelids. But since He didn't, it's our job to manufacture them. Maybe that's why He didn't. Because He knew that in so doing we should achieve character.

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