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NOTICE OF SALE

To Nellie H. Parent, wife of H. Ray Parent, of the Parish of Saint Mary's in the County of York, Farmer, and the said H. Ray Parent: Fred Fox, of the City of New York, in the United States of America, Farmer, holder of a second mortgage on the lands and premises hereinafter described, and all others whom it may in any wise concern: Take Notice that there will be sold at Public Auction in front of the City Hall in the City of Fredericton in the County of York, on Monday, the twenty-eighth day of December, next, at the hour of twelve o'clock noon, the lands and premises described as follows: All that tract, piece or parcel of lands situated, lying and being in the Parish of Saint Mary's in the County of York, known as No. 18 and being part of a grant of land from the Crown to the Corps called American Loyalists and bounded as follows: On the Northwest by lands granted to Lieutenant Jas. Henley, on the southeast by land formerly belonging to Caleb Fowler, on the northeast by land granted to Joseph Camet and associates and on the southwest by River Saint John measuring in front on the said River thirteen and two-thirds rods or thereabouts and extending back four miles or thereabouts and containing by estimation one hundred acres more or less.

Also all that certain other tract, piece or parcel of land situated in the Parish of Saint Mary's aforesaid and being a day of the original grant to James Henley and being and comprising two undivided equal third parts, of one undivided equal fifth part of the lower half of the same grant containing by estimation sixty-six acres more or less.

Saving and excepting thereout and therefrom all that certain lot, piece or parcel of land formerly sold and conveyed from off the rear of said lands and premises.

Also excepting that portion of the said lands and premises conveyed by Walter Limerick and wife to the Fredericton and Grand Lake Coal and Railway Company by deed of date August 28th, A.D., 1913, and duly registered in Book 152, page 177 of York County Records, being the same lands deeded to Fred Fox by Frederick Fearon et ux, registered in York County Records in Book 200, page 291, and now in the occupation of the said Nellie H. Parent and H. Ray Parent.

Together with the buildings and improvements thereon and appurtenances thereto belonging.

The Sale hereinbefore stated will be made under and by virtue of the Power of Sale contained in a certain Indenture of Mortgage bearing date the 24th day of January, A.D., 1936, registered in York County Records in Book 227, page 347 at sequitur, and made between the said Nellie H. Parent, wife of H. Ray Parent, and the said H. Ray Parent, of the first part, and the undersigned, Charles Wood, of the second part, default having been made in the payment of the interest, taxes and insurance, contrary to the provisions in the said Indenture contained.

Dated this twenty-third day of November, A.D., 1936.

CHARLES WOOD,
Mortgagee.
F. H. PETERS,
Solicitor.
51 Nov. 25th. Dec. 2-9-16-23.

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... OF ... Interest to Women CHRISTMAS GAMES FOR CHILDREN AND ELDERS

Cynthia Proctor Finds Them Keyed to All Ages

(By Cynthia Proctor)
The stores are so full of a number of things, that we're sure we'd like to have a million dollars to spend on just anything that caught our fancy. More games than ever, so it seems, to delight the hearts and make the play hours more entertaining for both children and grown-ups. We've decided that the best way to go about this matter of letting you in on the 'grand news' is to hunt around and tell you of three or four games.

For very little children you'll find such entrancing games as 'Uncle Wiggly,' 'Wiggle-Waggle,' 'Sharp Shooters' (a game with a pop-gun), 'Down and Out.' For little girls of kindergarten age and even first and second graders, 'A. B. C.' Sewing Cards, Animal Sewing Cards, Kindergarten Beads, Embroidery Picture Cards, Paper Weaving Sets, of all kinds are to be had.

For children a little older, the A B C Stencils and Paints, Animal Stencils and Paints, and embroidery sets complete with hoops, dollies, thimble needle and embroidery cotton would please any little girl. There are also children's pastime picture puzzles—especially good for quiet play hours. Multicolor tennpins and Capt. Kidd and His Crew make active bowling games. The latter contains 12 beautifully lithographed pirates mounted on heavy stock.

For the boy who's a good marksman, there are all sorts of 'shooting' games—Duck Shooting, European War Game, Wild Goose Hunting, Scare Crow, a comical shooting game in which crows are shot off of a cleverly designed scarecrow, Pop-Over Pistol and Soldiers, Skeet and many others. And thinking of the boys of grammar and even high school age, don't overlook the new Gilbert additions—hours of fun casting toys with the Kaster Kit—boys can make their own lead soldiers, sailors, Indians,

etc. The Big Boy Tool Chest boasts real machine tools—a lathe, a drill press, dependable jigsaws, etc. Dozens of dazzling wonders are revealed in amazingly complete chemistry out fits and your offspring will keep the family in depths of wonderment, will mystify your guests and will cheer you with whoops and hurrahs, if you present him with a Mysto-Magis outfit. He might even produce a rabbit out of your old bonnet after a little practice—who knows.

A few active games for your entertaining during the next few weeks: Brunswick Stew

An excellent 'mixer.' Have in mind a list of 15 ingredients of a Brunswick stew. In case you don't know them, ingredients include beef, turnips, potatoes, carrots, rice, onions, celery, tomatoes, pork, parsnips, butter, water, salt, pepper and a stew bone. Pin on the back of each guest a paper bearing the name of an ingredient of the stew, more or less ingredients may be used, according to the number of players. Give each person a paper and pencil and tell him there are 15 ingredients to list.

The object is to make out a complete list as soon as possible and at the same time not allow the others to see the name written on your back. The first one with a complete and correct list wins.

Walking the Tight Rope

Place a string about ten feet long across the floor. Place empty bottles at intervals of two feet. The first bottle should be placed so that the toe of the right foot is touching it. Have the person who is elected to be the tight-rope walker measure off the distance carefully. Then blindfold the victim and have him attempt to walk the rope, asking him to be careful not to knock over any of the bottles all of which, except the first one, of course, have been quietly removed without his knowledge while he was being blindfolded.

WHY SOME MARRIAGES ARE HAPPY

Temperament Control and No Fetters Cited By Number of Contented Wives

(By Frances Rodman)
Some time spent scouting around among those of our friends still happily married resulted in discovering some of the fine points involved in making the wheels go 'round without a squeak.

One of the women, now married the second time, looks back with a little regret. "Only time and experience teach us to let the little things pass," she said. "If Jack and I had not been so young and impetuous—if we had been wise enough, far-sighted enough to determine not to founder on the reef of small differences," she gestured wearily. "That was the whole trouble. As it is, I'm happy now because I've learned that no small thing matters enough to change two lives about it, anyway."

The second woman had married with her philosophy already formed. Alert and clever, she analyzed her own case and acted accordingly. "I tried to answer for myself the question, 'Why did he marry me?' It wasn't for looks alone, nowadays no woman has a corner on the beauty market. And I tried to keep alive the qualities I knew he admired. I refused to let nerves or crises drive me to displays of temperment. And I kept my sense of humor—that pulled me through a lot of ups and downs.

After all, there's always a worse mess than yours, if you look away from your own long enough to find it out. I won't let circumstances make me ridiculous, exaggerate my own importance to myself so that everything gets out of focus. I nearly did, once, and looking over the edge gave me such a healthy scare I've never been near it since."

The last adviser in the art of marriage is the wife of a professional man and has had more chance than most to observe actions and reactions of her social contacts. "I learned to overcome a strong possessive instinct," was her story. "The woman who tries to hold a man—to herself or from anything he has to meet—is destroying the very thing she is trying to save. Women who for any reason in the world try to stand between their husbands and certain situations we should all face unprotected, make the man, even though subconsciously, feel fettered. And man's strongest urge is to break fetters. That isn't hard to figure out."

That's the story, and it goes to show that women are learning more every day about wisely and fearlessly facing the task—no, pleasure—of making an art of marriage, an institution still in good standing and worthy of attention as a career!

REST PRINCIPAL NECESSITY TO INCREASE ONE'S WEIGHT

Dr. Barton Points Out Major Points in Program Designed to Add Pounds in Short Time

(By Dr. James W. Barton)
In the early days of the automobile many of the women of the country and the villages cast covetous eyes on the sleek, well-fed, well-rounded women of the city who went by in the open automobiles of those days. "If those women had as much work and worry as I have they would not look so smooth, sleek and placid."

And today, we find that our women of the country and village, and even of the city itself are not at all anxious to look sleek, well fed and plump. In fact, as two of every five of our adult population are believed to be overweight, it would seem that perhaps a little more work and worry would prevent the increase in weight.

Naturally then for one who wishes to increase weight the main thought is rest, light exercise to induce appetite and prevent constipation, and a little extra food, rich in food value. Rest, relaxation and fresh air are important parts of the day's schedule

THE SOUP POT

There is magic in the soup-pot. If you are a stranger to it, learn how to use it. It is economical and uses so many little odds and ends that would only be thrown out, ordinarily. And it adds something of value to every meal where used. A spoonful of peas a helping of potatoes, a tomato, stalk of celery, an onion, spoonful of gravy can all be worked up into a delicious soup, when added to 'stock.'

But be careful not to use too many vegetables and so destroy the flavor of the soup.

There are certain old stand-bys that are always to be used, such as potatoes, celery, onions, carrots, bay leaves etc. The vegetables must be boiled slowly in the meat stock and need to be put in at different times, depending on the time required to cook each so that all will be done at the same time. Vegetables contain an essential highly volatile oil that gives the flavor and this aroma is easily driven off by too long cooking, and that will spoil a soup that should be delicious and of fine flavor, which is in itself an appetizer.

Use egg-yolk and cream beaten up in a dish and then pour some of the hot soup over it, stirring the while. Remove from the fire and serve at once. Or cornstarch and milk may be used in the same way to give consistency. Potato flour is excellent and achieves its effect instantly.

Soup should always be served piping hot in hot plates. This little matter is one of greatest import and must never be neglected on any pretext.

THE VICIOUS CIRCLE

The elimination of the atrocity of taxation of seven provinces for the private profit of a limited group of wealthy industrialists and foreign capital in control of branch factories situated in and tributary to two or three large cities, must be the first step towards financial reform between the Federal Authority and the Provinces. Indeed, unless this atrocious fallacy is definitely removed from our political and economic system, no real reform is possible, and it is doubtful if Confederation on its present basis will endure. Give the provinces the right to impose indir-

on on either production or consumption and they, too, will follow the example of the Dominion and use the power to tax for the protection of provincial industries against the industries of sister provinces. This would complete the vicious circle of error and the country would be back to the very evils of tariff walls that Confederation eliminated in 1867. —Moose Jaw Times.

if the diet is to be successful in increasing a weight.

However, despite the fact that a tendency to thinness or leanness seems to run in some families, many individuals are underweight because of some infected teeth or tonsils, chronic sinus infection, or tuberculosis—that is, some underlying slow or low infection. Thus before going on a diet rich in calories, high caloric, a diligent search for the cause of the underweight should be made by physician and dentist.

If no infection can be found then a diet of 25 to 50 per cent richer than at present should be taken because underweight means a reduction of the reserves—energy reserves—of the body. An underweight cannot fight an illness as well as if he were of normal weight, nor is he capable of doing as much physical or mental work as if he were at normal weight.

At the Michael Reese hospital, Chicago, where diet is an important factor in treating various conditions—functional and organic, the general instructions for gaining weight are:

- 1.—Get eight or nine hours' sleep every night.
- 2.—Relax as much as possible.
- 3.—Spend an hour or more each day in the open air.
- 4.—Exercise regularly.

Diet instructions:

- 1.—Eat three warm meals at regular hours.
- 2.—Take nourishment mid-morning and mid-afternoon unless it interferes with appetite for the following regular meal. This is in line with the suggestion from Drs. H. W. Haggard and L. A. Greenberg, Yale university, who advise five meals a day.
- 3.—Include the following foods in each day's diet: milk, 1½ pints, may be mixed or used as a beverage or part may be used in cooking; cream, ½ pint; eggs, 1 or 2; meat, fish, poultry, 1 or 2 servings; cheese, as desired; fruit, any stewed or fresh fruit, have fruit twice a day; vegetables, 2 servings a day, have one raw fruit or vegetable a day; potato, use liberally with butter or gravy; cereals, bread, crackers, macaroni, rice, use liberally; try to include one whole grain cereal each day; butter, use liberally on bread and in preparation of vegetables; mayonnaise, oil fats, use liberally; sugars, jams, jellies as desired; desserts—custard, gelatin, ice cream, cakes, cookies.

Don't forget the mid-morning and mid-afternoon meal of cookies or candies, or bananas, or bread and butter.

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