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Fredericton-Grand Falls Daily Except Sunday

A.M.	Grand Falls	P.M.
Lv. 6.00	Ar. 9.00	
Lv. 6.52	Perth	Ar. 8.08
Lv. 7.28	Bath	Lv. 7.32
Lv. 8.11	Hartland	Lv. 6.49
Ar. 8.35	Woodstock	Lv. 6.25
Lv. 8.45	Woodstock	Ar. 6.15
Lv. 9.38	Pokio	Lv. 5.22
Lv. 10.44	Fredericton	Lv. 4.36
Ar. 11.09	Woodstock, Grand Falls	Lv. 4.00
First—Single	\$1.60	\$3.35
Return	2.90	6.05

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DUMFRIES

The W.A. of the St. Clement's
Church met at the home of Mrs. Wal-
ter Rae on Wednesday afternoon.

Miss Maudie Davidson of the Bar-
ony is spending a few days at "Moon-
light Inn."

The Misses Mildred Ellegood and
Jean Todd spent the week-end with
Mrs. Arthur Rae.

Miss Alice Gunn of Springfield spent
the week-end at her home here.

Miss R. Pauline Ellegood spent
Saturday evening with Miss Evelyn
P. Burke.

Mrs. James Watson and Mrs. Chas.
Fraser spent Friday evening with
Mrs. Fred Arbruckle.

Messrs. Arthur and Herbert Gunn
Jr., of Colchester Co., N. S., spent the
week-end with their parents, Mr. and
Mrs. Herbert Gunn of this place.

Mr. and Mrs. Norman Lawrence
spent Saturday in Fredericton.

Friends of Miss Carolyn Lawrence
who has been on the sick list will be
pleased to learn that she is improv-
ing steadily.

Messrs. Murray Corey and Nash
Ellegood of Magundy, spent the week-
end at their homes here.

Miss Jean Todd had tea with Miss
Evelyn Burke on Thursday last.

Miss Helen Goodine spent Satur-
day in Fredericton.

Mrs. David Carson of Pokio is
spending a few weeks at the home of
Jas. Burke.

Bedford Kelly of Mud Lake spent
the week-end at his home here.

Miss Pauline Ellegood had tea with
Miss Vera G. Kelly on Sunday last.

William Miller of Southampton was
calling on friends in this place on
Saturday.

Miss Pearl Meagher of Allandale,
spent Friday evening in this place.

The semi-monthly dance was held
in the "Dumfries Hall" last Friday
evening. An unusual large crowd at-
tended and a very enjoyable evening
was spent by all. It was the last
dance of the season.

Mrs. Jas. Watson and Mrs. Chas.
Fraser spent Sunday afternoon with
Mrs. Robert Scott.

Mrs. Allan Ellegood was calling on
Mrs. Norman Lawrence on Sunday
afternoon.

MAUGERVILLE

Mrs. Thomas E. Bridges has return-
ed home after a very pleasant visit
with her brother, Charles Hoben and
family at Atlanta, Georgia.

Colin Wilson, Norman Carruthers
and William Childs have gone to
Kent county to visit their respective
homes.

Mr. and Mrs. John Fields and little
daughter, Marie, were recent guests
of Mr. and Mrs. Charles Walker.

Sheriff and Mrs. N. B. Day had as
their week-end guests recently Mr.
and Mrs. H. O. Stewart, Hartland;
Mr. and Mrs. Edward Dutcher and
little son, Arthur, Fredericton.

Mr. and Mrs. D. M. Bridges, J. A.
Burns, Chester Foster and son Rich-
ard, have been recent visitors to
Saint John.

The many friends of Mrs. J. A.
Burns will be pleased to know that
she is recovering from her recent ill-
ness.

Leonard McMonagle, Burton, had
the distinction of being the first to
cross the river from Burton to Mau-
gerville, after the freeze-up this year.
Mr. and Mrs. Arthur E. McMann,
Newcastle Creek, were calling on
friends in this place recently. They
were returning from their honeymoon
which they spent in Halifax, N. S.,
guests of Mrs. McMann's sister, Mrs.
Thomas Ramage and Mr. Ramage,
and her brothers, Robert MacFar-
lane and Mrs. MacFarlane and Wil-
liam MacFarlane and Mrs. MacFar-
lane.

Miss Mary MacMurray and M. P.
Harrison, Fredericton, spent the
week-end the guests of the latter's sis-
ter, Miss Elizabeth Harrison.

Rev. John Wood, pastor of the
United Baptist Church, broadcast
from Station CFNB on Monday morn-
ing.

TAKEN TO AMHERST

MONCTON, Nov. 24—R.C.M.P. con-
stables from Nova Scotia arrived
here tonight to take Gerald Belisle,
Oscar Gagnon and Edward Levesque
to Amherst on a charge of stealing
an automobile.

... OF ...

Interest to Women

NO MORE DINNER TABLE SPATS WILL MAR THE HOME LIFE OF THE FUTURE

High Schools to Teach Table Manners and Train Pupils in Art of Conversing Without Spleen

If New Yorkers of the future do
not have good table manners, it will
not be the fault of New York's public
school system. For school officials
are about to pioneer in training the
thousands of present-day high school
boys and girls to "eat their eats ac-
cording to Hoyle." In this way, they
plan to emphasize the lessons that
are given daily in the city's homes.

Table Conversation

"Suggestions for Teaching Table
Manners in High School Lunch
Rooms," which Miss Miller has just
completed, covers a much wider field
than the proper handling of knife
and fork and how to place one's nap-
kin or how not to put one's elbows on
the table. Courtesy at the table is
stressed, "courteous ways of offering
to serve another, of accepting or re-
fusing." Conversation and conversa-
tion preparedness are emphasized.
The duties of host and hostess and
attitudes that may give charm to the
things they do.

As qualities for hostesses to culti-
vate, the following are listed: Cheer-
fulness, thoughtfulness of others,
gentleness, well modulated voice, self
control, tolerance, conversational ab-
ility, enthusiasm and restraint, sin-
cerity, loyalty, perspicacity, human
interest, punctuality and neatness.
And after all this broad suggestion as

to the building of personality, there
will be discussion of the difference
between "good manners" and "putting
on airs."

"When it is remembered that our
city has forty-five high schools, each
with from 6,000 to 10,000 students, it
will be realized what a large group
of future New Yorkers the new in-
struction will reach," said Miss Mil-
ler. The idea originated with Dr.
Roberts.

One of the specific ways in which
table manners will be taught, accord-
ing to present plans, is by selecting
hosts and hostesses for each table.
It is expected that there will be some
out of school organization where the
students so selected can meet with
each other and with the supervising
teachers for discussion of the prob-
lems that will arise. Fathers and
mothers of the next generation may
thus acquire practice in how to make
the family breakfast and dinner ta-
bles occasions of pleasant reunions.

It is understood that the new
training will put a taboo on father's
reading the morning news at table, on
Son's taking out his chew of gum as
he enters the dining room and gluing
it under the chair he sits down in,
or on Big Sister's giving a last dab
of carmine to her lips just before she
gets up from the table.

WEAR WOOLENS TO BED FOR WARMTH

Nightgowns, Pyjamas With Long Sleeves Keep the Air Out --- News in Bed Jackets

Even if you live in the most effi-
cient of steam-heated apartments, your
bedroom at night is apt to feel like
the north pole. That's why warm
pajamas and night gowns and bed
jackets, not to mention nice wuzzy
slippers to slide into when you take
your feet from under the covers, are
a necessity.

And you don't have to look dowdy
in bed to keep warm this winter, you
will be delighted to hear. Charming
are some of the new woolen mixture
pajamas and long-sleeved night-gowns
with knitted cuffs that hug the an-
kles and wrists tightly. These come
in white and pastel shades, have
trim, tailored collars and range from
about \$3 to about \$4.

If your tastes are a trifle more
elegant long-sleeved satin nighties
are less warm but very flattering.
You can get these in pure dye silk
satin for around \$6 and they are a
good investment.

One of the downtown shops has
just received a lovely collection of
bed jackets—in lacy, feminine knits.
One of them has chiffon ties about
the neck. Some of them are fitted
and laped. Most of them have long,
bell sleeves. If you have a weakness
for reading in bed, or enjoy the lux-
ury of having your breakfast there,
you would appreciate these. They be-
gin at about \$3 and go up and up.

And the town, fortunately, is full

of flannel hostess robes and house
coats and simpler bathrobes. These
are cut in the most flattering man-
ner, come in high shades that can go
down to breakfast or even informal
dinner, with your husband and are
wonderfully warm. They range in
price from about \$11 to \$20 and are
especially lovely in pastels, we think.

For your feet, we suggest that if
you want something gay as well as
warm, you visit the ski departments
of the town, for nowhere will you
find brighter slippers for the house.
They have lovely highly colored
suedes with kid soles, and embroidered
kashmir, too, which would look
well with woolen house coats. Yes,
they're fleecy-lined.

Or you could try velveteen booties
which one of the shops has in such a
wide variety of colors. These are es-
pecially appropriate with the velvet-
een house coats, which are also very
warm, due to their proverbial snug
cut and long, tight sleeves.

For suburb and country dwellers,
and urbanites at football games or
country week ends, we suggest knitted
vests and panties or combinations.
These can be had in lovely English
lacy knits, very soft and luxurious to
the touch, and not too bulky under
your clothes. These, in vests and
panties, are about \$3 each. And there
are knitted woolen mixtures in vests
and panties for about \$1. There's no
reason at all to freeze, you see.

HUMAN "PLANT" NEEDS EXERCISE TO KEEP HEALTH

(By Dr. James W. Barton)

Some years ago an elderly physi-
cian stopped before a building that
was being erected and on learning
that it was a gymnasium, where peo-
ple would go to take exercise, mut-
tered: "Why don't they saw some
wood? Do them more good."

It is likely that the physician had
been brought up in a home where
"work" was to be done and sawing
wood was a part of that work.

Now is work or exercise really ne-
cessary?

The first thing that strikes a med-
ical student is the tremendous amount
of muscle that covers the body from
head to foot. While these muscles
are meant to move the bones, the
muscles are so powerful that they
could move the weight of bones if
they were 100 times as heavy?

Why then are these muscles so
powerful? The muscles are numer-
ous and powerful because they were
meant to move the bones when the
bones were holding or moving weight
of any amount.

It is moving these bones when they

are holding or moving weight that
we call work or exercise.

You can thus see that the body
was meant to work or exercise and
because nature expected it to work or
exercise, a strong heart, and deep
lungs were provided, to keep all the
muscles supplied with enough blood
and enough pure blood to enable the
muscles to work.

Naturally as the blood must be sup-
plied with nourishment to carry fur-
ther nourishment to all parts of the
body including this large mass of mus-
cle, nature also provided a large sto-
mach, an absorbing intestinal sur-
face 20 feet long from which the
blood could gather nourishment from
the digested food, and a reservoir
(large intestine) six feet long to col-
lect the wastes from the food.

If then you are covered with mus-
cles, and likely eat as much food as
if you were working these muscles,
although you do no real work, you
can easily understand why exercise
(work) would not only develop mus-
cle but strengthen heart, lungs, blood

HEALTH

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INSURANCE COMPANIES
IN CANADA



THE VENEREAL DISEASES

The venereal diseases have in the
past done more damage to the health
of women than any other type of in-
fection. Up till 20 years ago mention
of these afflictions was taboo in the
daily press. It was not mentioned
in polite society. One of the most
helpful things in a campaign against
a disease is to get the public talking
about it. Scarcely a dent was made
in the armour of tuberculosis until
about thirty years ago when health
officers and other medical men gave
publicity to the measures which have
been so successful in lessening the
ravages of that malady. The same
thing is true in respect to cancer.

The movement against the venereal
diseases in Canada began 20 years
ago by the enactments providing for
adequate compulsory treatment and
the cheapening of the required reme-
dies. This was followed by the de-
mand of provincial health officers
and other interested persons that the
government of Canada assist the pro-
vinces financially in the care of cases.
To the credit of the present Chief
Justice of Ontario, then acting in the
capacity of Minister of Health at Ot-
tawa, the demand was successful and
a sum of \$200,000 was provided an-
nually over a period of years for this
purpose, to be succeeded for a few
years by one-half this sum. The pro-
vinces for the most part provided
equivalent sums of money, set up clinics
for treatment and machinery to
see that persons having venereal dis-
ease continued treatment until cured.

At the time the admissions to hos-
pitals showed about 12 per cent of
venereal disease. Today similar ad-
missions are less than two per cent.

The two principal venereal diseases
are syphilis and gonorrhoea. Of the
two possibly the latter is the more
destructive of the health of women.
On the other hand taken all in all,
syphilis is one of the most fearful of
all human diseases. It is said to have
been brought to Europe by the sailors
of Columbus following the discovery
of America. It rapidly spread through
the inhabitants of the continent and
has long since reached to and beyond
the fringes of civilization.

These afflictions are by no means
conquered. It is only by eternal vigil-
ance that they will be prevented from
resuming their former place in the
society of devastating diseases. Pub-
lic health authorities can never rest
on their oars. Infectious disease is
like the jungle; it grows overnight in
the absence of control.

It costs less to control disease
than to treat it. In Canada the annual
cost of the treatment of disease
reaches the enormous total of \$311-
000,000. We spend only about six to
seven millions in the effort to pre-
vent disease. The necessary expendi-
ture in disease control through the
health departments is about \$2.50 per
capita or for all Canada something
under \$30,000,000. If that sum were
spent on prevention every year it is
a fair estimate that the cost of treat-
ment would be cut in half.

One hopes that one of these days a
statesman will arise with vision cal-
culated to give enduring battle
against disease. He will have a hard
fight but the results will entitle him
to whatever honours may come his
way.

R. R. Desaulniers, Montreal is a
registered guest at the Queen today.

vessels and every part of the body.

And the nice part about it is that
you can choose the work or exercise
you like—golf, tennis, swimming,
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