

**THERE'S LIFE**  
in your  
**OLD CLOTHES YET**  
Fall Suits and Overcoats will  
be needed for cold September  
nights.  
And OUR Cleaning Methods  
make them LOOK LIKE NEW.  
**Fashion Plate  
Cleaners**  
Cor. Regent and King Streets  
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Fredericton, N. B.

## Dress Up

The new Fall and Winter  
Samples are here and we invite  
your inspection.

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CLOTHIERS**  
TOM BOYD Mgr.  
65 Carleton. St.

Exclusive Agents for  
"TIP TOP TAILORS" and  
"CLOTHES OF QUALITY"

We clothe the best dressed men  
you meet

## WILL IT WORK NEXT WINTER?

Will it heat upstairs and down-  
stairs next winter?

Will it consume more coal  
than last year? Or will it break  
down during the first "cold  
snap" and endanger the health  
of the family?

From every point of view, now  
is the time to assure yourself  
that, as soon as cold weather  
appears, your heating plant will  
be in shape to take care of you.

Call us up and we'll examine  
thoroughly; and recommend the  
repairs that will make your  
heating plant dependable for  
next winter.

**D. J. Shea**  
80 Carleton St. Phone 563-11

## PERFECT CLEANING PROCESS

Our Patrons have vouched for our  
SERVICE

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F. O. B. FREDERICTON

LICENSE EXTRA

**CAPITAL GARAGE**

PHONE 206 FOR DEMONSTRATION

## END MEAL BEFORE SATISFIED IS TIP TO OVERWEIGHTS

(By Dr. James W. Barton)  
"It is easy to reduce weight. All  
you have to do is to eat less food."  
This is a true saying, but hardly fair  
to the overweight.

The fact that if less food is eaten,  
every overweight will get rid of some  
of his or her excess weight is abso-  
lutely true, whether the cause of the  
overweight is overeating, underexer-  
cising, some gland disturbance or any  
other cause.

However, cutting down on the food  
intake is not 'easy' to one who is  
overweight.

Nature has been kind to him in a  
sense by blessing him with a good  
appetite, a good digestion, and such  
an economic body that it actually  
stores up the extra food as fat, where  
as in one of normal weight the food  
is used up by the body, and any bal-  
ance thrown out as waste.

Further, with such a good appetite  
one who is overweight is not easily  
'filled' or satisfied with the amount  
of food eaten as is one of normal weight.  
This is one of the reasons that bulky  
foods of low food value are always  
prescribed on the reducing diet. Thus  
cabbage, lettuce, celery, Brussels  
sprouts are given in large amounts,  
whereas sugar, butter, cream and  
bread are given in small amounts.

Another interesting point regarding  
overweights as recorded in the Ar-  
chives of Internal Medicine, Chicago,  
by Drs. G. Booth and J. M. Strang,  
Pittsburgh, is the "changes in tem-  
perature following the eating of food."

They examined the blood pressure  
and the temperature of the skin after  
a meal of meat designed to give a  
satisfied or "filled" feeling in 19 per-  
sons of normal weight and 14 over-  
weights. The response of the blood  
pressure was the same in both the  
groups. In the group of normal  
weight there was a rise of the tem-  
perature of the skin which began  
shortly after the start of the meal  
and reached a maximum of 3.5 de-  
grees Fahrenheit in 60 minutes. The  
rise in temperature of the skin in the  
overweights was definitely less and  
slower in reaching its full height  
than in those of normal weight. The  
point as suggested by Drs. Booth and  
Strang is that the delayed sensation  
of being satisfied with the food eaten  
in the case of overweights may be  
the reason that they continue to eat  
longer than others; it takes longer to  
give the full or satisfied feeling.

**Hawkins Fruit  
&  
Produce Co. Ltd**  
WHOLESALE DISTRIBUTORS  
FRESH FRUITS  
and  
VEGETABLES  
PHONE 313  
NORTH DEVON

## ... OF ... Interest to Women

### SLIGHT OVERWEIGHT ASSET WHEN PERSON IS UNDER 30

Insurance Companies Like 'Em a Bit Plump When  
Youthful—Later It's Bad!

(By Dr. James W. Barton)  
Our insurance companies are natu-  
rally interested in anything or ev-  
erything that will keep us well and  
healthy so that the premiums will  
continue to be paid, because when  
sickness followed by death occurs,  
they must pay out large sums of  
money.

One of the points these companies  
have been watching for a number of  
years is weight.

Their records show that it is good  
for us in our childhood, youth, young  
manhood and young womanhood to  
be at normal or slightly overweight;  
that to be just a little plump is to our  
advantage from the standpoint of  
health and freedom from sickness.  
During the school age the school doc-  
tors and nurses try to interest the  
parents in the weight of the children.

#### Drink Milk

Thus those that are underweight  
and can afford it are encouraged to  
drink a bottle of milk at either eleven  
o'clock in the morning or at four in  
the afternoon, sometimes at both  
hours. When the parents cannot af-  
ford it, the milk is supplied free by  
the school or municipal authorities.

In addition to the milk the parents  
are advised that foods containing vit-  
amin D, the sunshine vitamin, should  
be eaten in larger quantities at home.  
The sunshine foods are milk, butter,  
green vegetables, egg yolks and cod  
liver oil.

There are of course some young-  
sters who are naturally skinny due to  
inheritance, to a "fast" thyroid gland  
in the neck which keeps them so ac-  
tively physically and mentally that it  
seems impossible to put any weight  
on them even with increased am-  
ounts of the above foods.

#### Increase Rest

In these cases the parents are ad-  
vised to try to increase the amount of  
rest, not only at night, but for a half-

hour immediately after school if pos-  
sible.

Similarly with the teen age boys  
and girls who so soon are to emerge  
into manhood and womanhood; they  
also if underweight should follow the  
same rules as for younger children,  
that is an extra amount of food, and  
a little more rest.

Even up to the age of 30 our insur-  
ance companies tell us they like to  
see a little extra weight on their pol-  
icy-holders.

Thus in childhood, youth, young  
manhood and young womanhood, a  
few pounds of extra weight is desir-  
able.

Now why do insurance companies  
like to see a little extra weight on  
young people?

#### More Resistance

It has been found that when infec-  
tion attacks the underweight individ-  
ual he has less resistance, the attack  
lasts longer, and the individual is  
much slower getting back his strength  
after the attack has passed.

An interesting statement comes  
from Dr. A. H. Treadgold of the Royal  
Air Force, England. Dr. Treadgold  
says, "Overweight young men have  
more physical endurance, greater re-  
sistance to infectious diseases, and  
are less likely to develop nervous or  
mental diseases than young men who  
are underweight."

It will be noted of course that Dr.  
Treadgold is contrasting the over-  
weight with the underweight, not  
with those of normal weight.

The point then is that underweight  
is a menace to mental and physical  
health, and that the addition of a  
little extra weight by means of in-  
creased amounts of nourishing foods  
and the acquiring of the habit of a  
little rest during the day with an ex-  
tra hour at night, would be the best  
possible investment of time for child-  
ren, youths, and young adults who are  
underweight.

## PROTECTING TREES SHOULD BE TAUGHT TO EVERY CHILD

Summer is a good time to consider  
trees. Only those who have been  
without them know their real value to  
humanity. Those who have always  
had them close-by are careless to the  
point of criminality in their neglect  
and abuse of them. Trees are a ne-  
cessity to human life. They are not  
only a source of comfort and inspira-  
tion to the body and soul because of  
their beauty and usefulness, they are  
necessary to the existence of people  
on the earth.

The tradition is to cut down trees.  
When the first settlers came they  
had to chop their way through mag-  
nificent forests. The forests are  
gone, but the tradition seems to stay  
on.

I would have every father and  
mother, every teacher, every citizen  
in the land know that a tree is a  
symbol of life to him and have him  
feel that it was his sacred duty to  
protect it. We have all seen children  
chopping away at the trunk of a  
young tree, utterly unconscious of  
any harm he was doing. We have  
seen them swinging on young trees  
recently set in parks or streets.

The children ought to be taught  
about the use and value of trees. Any

tree. They preserve the soil, enrich  
it, protect it from the wrath of the  
weather. They harbor the birds that  
bring beauty into our lives, and at  
the same time keep down the insect  
hordes that threaten to ruin us. They  
shelter our homes from the sun and  
storm. They protect us from heat  
and from cold.

Teach them that it is alive, that it  
feels an injury, that it suffers and  
dies from neglect, and that the loss  
of one tree is a loss to a whole com-  
munity.

Plant a tree for every one that dies  
in your neighborhood. Give prizes to  
the children who do something to  
preserve a tree. Teach, preach, prac-  
tice the cultivation, preservation and  
enjoyment of trees to this genera-  
tion, for they are going to need trees.

Saving the trees and growing more  
of them is as good a cause as any  
crusader could ask for, and I offer it  
to him with every good wish for his  
success.

Dr. and Mrs. E. Stanley Bridges, of  
Saint John, arrived by motor yester-  
day to be the guests of Dr. Bridges'  
sister, Mrs. F. M. Stevens and Mr.  
Stevens in Montreal. They will later  
spend a short time in Ottawa with  
Mr. and Mrs. Atwood Bridges. Dr.  
and Mrs. Bridges will attend the 300th  
anniversary of Dr. Bridges' alma  
mater, Harvard University, before re-  
turning to Saint John.

## Fire Side OR Moonlight?

The ballroom or the  
beach—

there is a distinctive coiffure  
for your trip.

If you are "going native" for  
your holiday, or plunging into a  
gay social whirl, you should see us.

**Mrs. Walkers'  
Beauty Salon**  
Tel. 1144

## THEY'RE ALL SAYING

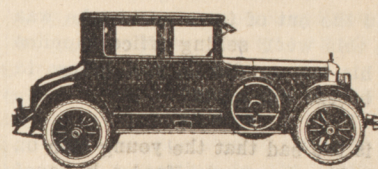
that our place is noted for ser-  
vice and good food as well as  
entertainment!

**MOONLIGHT INN**  
DUMFRIES, R. R. 2

## Any Time is Tea Time "SALADA" TEA

### AUTO TOPICS

By Harry E. Porter  
Former Technical Lecturer with Gen.  
Motors and Chrysler



#### CARBURATION

Due to the activities of Mr. Bunsen,  
many years ago, when he discovered  
that oxygen could be burned with  
volatile gasses, the motor car was  
able to make its debut. Without this  
knowledge it would have been impos-  
sible, perhaps, to have built a car-  
buretor, because the motor car en-  
gine requires the same ratio of air  
and gas to give a mixture of high po-  
tential, the same as in the ordinary  
gas stove. The carburetor of a mo-  
tor car simply does out the amount  
of gas in vapour form necessary when  
mixed with air to give the highest  
explosive force. Too much gas va-  
pour or too much air in the propor-  
tion to gas will retard the operation  
of the motor.

With this gas mixture problem, we  
are confronted with vacuum which  
changes at different speeds or R. P.  
M., of the motor; a high vacuum be-  
ing created at low engine speeds and  
a low vacuum at high engine speeds.  
To compensate for this, it is neces-  
sary to use different venturi and jets  
or nozzles to maintain a correct mix-  
ture ratio at all engine speeds, also  
an accelerator pump and economizer  
mechanism to balance fuel ratio  
when accelerating quickly and to  
economize at high engine speeds.

This is accomplished by dividing  
the carburetor into four divisions  
viz., low speed control, acceleration  
discharge, normal high speed and  
economy high speed.

These details are given to you so  
that you can readily understand that  
there is only one adjustment to a  
carburetor, and that is the correct ad-  
justment covering the whole range of  
carburation. Gas economy can never  
be obtained by starving the carbure-  
tor, or what is commonly known as  
getting it "lean," because with a lean  
mixture, the driver simply depresses  
the accelerator pedal further towards  
the floorboard to obtain the same R.  
P. M., of the motor, but this "leaning  
process" can cause an expensive  
valve refacing job due to excessive  
seat being set up in the motor.

In modern carburetors (manufac-  
turers being cognizant to the fact that  
adjustable jets can be tampered  
with), there is usually but one ex-  
ternal adjustment commonly known as  
the idling adjustment. Even this, of  
minor consequence, should be made  
by an experienced man.

#### Questions and Answers

Q. My 1928 — car has a knock in  
the motor at 35 miles per hour when  
it is floating along without the engine  
pulling. Can you tell me what this  
is likely to be?

A. That is definitely either a con-  
necting rod or centre main bearing  
knock caused by either wear or bur-  
ned out condition.

Q. I have a 1931 — car which  
gives me trouble in starting. I have  
installed a battery of larger capacity  
but still the motor will not turn over  
fast enough to start the motor. New  
plugs do not help. Would this be  
carburetor trouble?

A. Your trouble is either poor  
battery connections or grounded  
starter. The remedy is to check the  
ground strap and terminal at battery  
and amperes draw at starter to lo-  
cate ground due to worn armature  
shaft bushing.

#### HARD STARTING

It is safe to say that every motor  
car owner has experienced this an-  
noying condition at some time or an-  
other, especially when late for the  
office or some important engagement.  
He depresses the starter, the motor  
grinds slowly and laboriously, and  
finally will not respond to the start-  
er pedal. After passing the usual re-  
marks in regard to motor cars and  
electricity in general, he arrives at  
his destination by some other means  
of transportation, usually afoot.

The starting circuit of a motor car  
is confined to the battery, starting  
switch, starting motor, current re-  
turning to "ground." There is very  
little leeway in a battery's perfor-  
mance. Every battery, irrespective of  
the number of plates per cell, deliv-  
ers as its highest potential, 6.6, to  
6.7 volts, and this, when fully charg-  
ed and in excellent condition.

The battery that is two years old  
has a chemical transformation that

diminishes its power, so the first  
thing to investigate is battery volt-  
age. This does not mean hydrometer  
test, as this is very misleading. A  
voltage test when battery is inopera-  
tive, or not working, is also not cor-  
rect. A lock torque test made by an  
experienced operator is the only  
manner by which a battery's power  
is known.

Assuming that the battery itself  
is in perfect condition, loose con-  
nections, frayed ground strap, shorted,  
open circuited, or grounded starter  
will cause hard starting.

There is no excuse for this circuit  
to be in poor condition, as its bound-  
ary is small and carries only high  
amperage at low voltage. A defect-  
ive starter circuit is known always  
by laborious engine turnover. Coin-  
cidental to hard starting which is  
not in the starting circuit are electri-  
cal and combustion deficiencies  
which, either singly or augmented,  
can aggravate or even deplete the mo-  
tor of its starting requirements.

Therefore, it is essential to have  
your starting circuit and battery in  
first class condition at all times.

#### Questions and Answers

Q. In my — car, my lights get  
brighter when I speed up the motor  
and get comparatively dim when  
motor is idling. Is there any chance  
of burning out headlamp bulbs?

A. In every motor car there is, due  
to higher generator voltage, a slight  
increase in the brilliancy of the head-  
lamps upon racing the motor, al-  
though sometimes almost impercep-  
tible, a condition of very dim or very  
bright lights at different engine  
speeds, sulphated battery, loose con-  
nections, high voltage at generator  
or poorly grounded headlamps. The  
voltmeter test will reveal any abnor-  
mality. This test, however, should be  
made by a competent service engin-  
eer.

Q. I have a rumbling noise which  
is steady in the left rear wheel of my  
— car. It seems impossible to re-  
medy this trouble. It has been there  
for the last 2,000 miles.

A. I believe you will find that you  
have a rough bearing condition in the  
left rear wheel bearing. Because it  
is very hard to see by visual inspec-  
tion, any roughness on the cup or  
cone, one is apt to believe that the  
bearing assembly at this point would  
not give trouble. I would suggest re-  
placing the bearing assembly, when  
feel sure your trouble will be cor-  
rected.

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to fix the furnace.

HE has no half-frozen, shuddering look on his face when he  
gets up at 7.00 on winter mornings.

BECAUSE they have a wood burning

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comes those wide-  
awake breeders who  
have been using

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going to have top  
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