

Dr. B. R. Ross DENTIST

HOURS:—
8-6 or by APPOINTMENT.
404 Queen Street.

LOOK YOUR BEST

Get your Hair Permanent
Waved with the latest wireless
permanent machine.

LIDO Parisian Beauty Parlor

Madame Jac. Vermeeren
PHONE 908-11
337 KING ST.

DR. A. A. ROWAN General Practice

Ear, Nose and Throat Surgeon
Phone 321

117 YORK ST.
Fredericton, N. B.

A DUTY YOU OWE

It is a duty you owe to make
your home safe.

This cannot be done by in-
stalling cheap plumbing fixtures.

Particularly is this true of the
water closet. A cheap water
closet is a disease breeder. It
should have no place in the
modern home.

We shall be glad to show you
why the best is none too good.

D. J. Shea

80 Carleton St. Phone 563-11

Dress Up

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

FREDERICTON 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

THOSE EARLY MORNING BLUES

Late Nights and Indis-
cretions in Diet Are
Among Most Usual
Causes.

Few people are without their ups
and downs, writes a physician. This is
a matter of temperament.

There are those who sing in their
bath in the morning, but who usually,
after the evening meal, feel like going
to bed or to sleep in a chair.

Mornings to others are solemn af-
fairs. There is no cheerful talk at the
breakfast table, but when evening
falls the world to them takes on a
rosier hue. These people are the "life
and soul of the party."

Both extremes are consistent with
perfect health. But if the morning
brings depression worse than usual to
one and causes the other to crawl in-
to the bathroom without musical ac-
companiments, they both want to
know the cause of this state of af-
fairs.

Late Nights

There may be more than one ex-
planation. Late nights to those un-
used to the habit cause considerable
fatigue. The amount of sleep needed
varies with the individual, and can
become largely one of habit. The old
saying, "Eight hours for a man, nine
for a woman, and ten for a fool," does
not entirely hold good.

You can accustom yourself to so
many hours sleep per night. Those
who need eight and who, on occasion
do not get them, feel heavy and de-
pressed next morning; the day is
spent in misery waiting for bedtime.

Overweight, indolence and a disin-
clination for most forms of exercise
often follow too much sleep. To these
people the mornings are anything but
pleasant.

An Evening Walk

But there are other causes of de-
pression and over-fatigue when you
wake up. If you are unaccustomed to
healthy exercise and have spent the
previous evening in strenuous work,
you may wake up feeling that some-
thing has gone wrong.

Those who do little in the way of
exercising their muscles accumulate
waste products, sometimes to a dan-
gerous extent. Sudden physical ex-
ercise removes this accumulation;
and the major part of these poisonous
by-products are thrown off in the
perspiration and the breath.

Some, however, linger on, and it is
supposed that these are the causes
of a sort of self-poisoning which will
show itself in a feeling of fatigue.

Irregular and perhaps too rich
meals the day before do not tend to
make you feel at your best when you
wake. On warm nights continuous
sleep for the normal period is diffi-
cult.

Too many bedclothes add to the
trouble. But it is important to see
that there is some covering for the
abdomen, otherwise trouble may fol-
low the early morning chill.

Where morning tiredness is due to
indiscretions in diet on the previous
evening I advise a dose of salts, and
light meals during the day.

Loss of sleep may be made good the
following night. One night's good
sleep is sufficient to make up such
loss, after which the best plan is to
return to normal as quickly as pos-
sible.

ABOUT SPOTS!

Everyone agrees that spots
can be either good or bad—it all
depends where they are located.
For instance, they look fine on a
leopard—but on that suit or
dress, it's just too bad.

Fashion Plate Cleaners

Is a GOOD SPOT to have
them taken out.
Cor. Regent and King Streets
Phone 945

Interest to Women

SO-CALLED LAZY CHILD MAY LACK PHYSICAL ENERGY

But Bob's Indifference to His Studies Was the
Result of His Early Environment

Bob has the reputation of being
lazy. Teachers and parents are in
whole-hearted agreement on this. Bob
has always been indifferent to any
activity which required concerted and
directed energy. His parents are
fairly well-to-do and have always
tried to provide their only child with
the best. "Why," they ask the psy-
chologist, "has Bob never been really
successful in high school? Why is he
not interested in sports? Why has he
no hobbies? Why does he not want to
go to the X—College? Why are the
movies and the pulp magazines his
only real interests?"

A psychological examination showed
that Bob had more native intelli-
gence than nine out of ten high school
graduates. But, at 18 years of age he
is only in the tenth grade. He was
promoted from Grade VIII on trial,
failed and repeated Grade IX and is
now repeating Grade X. No explana-
tion is found of this failure by call-
ing Bob lazy. Nor does it do any
good to criticize his laziness. To cor-
rect his unsatisfactory behavior we
must find the cause of the maladjust-
ment. Why does he shirk all kinds
of work which require directed at-
tention?

Deficient Thyroid

The so-called lazy child may actu-
ally lack physical energy. Some chil-
dren are physically dull while others
are very active. We don't altogether
know why, but our glands have a lot
to do with it. A deficient thyroid
certainly makes one sluggish, while
too much thyroid makes one excitable
and restless. Other glands also af-
fect our energy level. So one cause
of laziness is an actual physical con-
dition. More often than not, however,
the laziness is a result of an unfavor-
able home or school environment, or
of failure in activities for which the
individual has not the abilities neces-
sary for success. Thus the child may
find that he gains prestige and honor
among people his own age much more
readily in sports and games than in
study. Such a youth may easily be
branded as lazy by parent or teacher.

A physical examination showed that
Bob's glandular system was normal,
and that the laziness could not be ex-

plained in terms of the functioning of
the thyroid or other glands. A psycho-
logical examination showed that the
laziness was not a defense built up to
cover a deficiency in abilities. The
laziness was shown to be the direct
result of complex environmental con-
ditions.

While Bob had never actually failed
in elementary school, his teachers,
at least as far back as the second
grade had reported him as indifferent
and sulky. His father explained that
as a child he had no other children
to play with but that many toys made
up for this lack of companionship.

No mechanical plaything satisfied the
youngster for long; it is hardly an
exaggeration to say that new toys
were bought continuously to keep him
from being lonesome.

Feeling of Insecurity

Knowing all the facts of the case,
the psychologist was able to conclude
that the causes of Bob's laziness were
entirely due to his home life. He had
not learned to play with children. Nor
had he learned the meaning of com-
petition. In part, his laziness was
due to a lack of certainty when with
other people. But this feeling of in-
security might just as easily have led
to studious habits. However, Bob
had learned from experience that he
would get a new and better plaything
if he became indifferent and looked
lonesome. No initiative was required
of him. The teacher of a large class
has no time for "such foolishness" so
he was reported as indifferent and
sulky. The habit of getting things by
sitting back and doing nothing was
satisfactory at home, but at school it
was a form of unsatisfactory behav-
ior. Bob managed to pass the elem-
entary school grades because of his
outstanding intelligence—but this was
not sufficient to carry him through
the high school without a habit of in-
dignity—and these had never been de-
veloped. His problem at 18 years of
age can be traced to its causes but
correction will be difficult. Preven-
tion would have been relatively easy.

Other cases have other causes.
Only one generality is warranted: the
earlier the laziness is detected and
analyzed the better the chance of
correction.

DATES COME FROM THE 'GARDEN OF EDEN'

(By Marjorie Mills)

Everybody likes to have dates, but
"in the best of families" they're never
made without an introduction. The
best of the "edible dates" need no in-
troduction, because most of us are
familiar with the gay red and orange
packages of the Dromedary date—
those plump, juicy, vitamin-rich fruits
of Arabia. Dromedary dates are the
only ones which are pasteurized—and
that means they are as pure as milk
and as safe for the whole family. They
are the only dates to be given the
Seal of Acceptance of the American
Medical Association.

Dried right on the tree by the sun
—which seals in their goodness and
turns their natural sweetness to eas-
ily digested invert sugar, the golden
fruits are a source of concentrated
energy and are sweet enough to sat-
isfy the most craving molar.

They contain plenty of iron for the
blood, calcium for the teeth and bones,
along with other valuable minerals
and vitamins A and B. They are mild-
ly laxative in effect and their taste
will convince anybody of the truth of
their Garden of Eden origin. Drome-
dary dates are said to come from that
very spot, where our first parents sat
neath the palm tree!

Iraq, known before the war as Mes-
opotamia, is probably the site of the
original Garden of Eden, and it is
here the world's best dates are grown,
picked and shipped to America to be
fed to the children, made into tortes
and salads and all things delectable.
No preservatives or insecticides are
ever used on the dates grown in Iraq.

And now that you've heard the
romantic tale of Dromedary dates,
don't you want to try them in one
or two of these delicious recipes?

Date and Nut Bars

¾ cup flour
½ teaspoon baking powder.
½ teaspoon salt.
2 eggs.
1 cup brown sugar.
½ cup chopped nut meats.
1 cup (½ package) pasteurized
sliced dates.

Mix and sift the baking powder,
salt and flour. Mix the dates and nuts
through the flour with finger tips.
Beat the eggs until light.

Beat in the sugar gradually. Stir
in the dry ingredients, nuts and dates.
Spread the mixture evenly over shal-
low pan, which has been lined with
paper, or well-greased and dusted with
flour. Bake in a moderate oven (350
degrees F.) for 30 minutes, or until
the surface will spring back when
pressed lightly with the forefinger.
Cut into strips four inches long by
one inch wide. The strips may be
rolled in confectioner's sugar. Makes
18 bars.

Date Bread

1 cup scalded milk
½ tablespoon salt
½ tablespoon shortening
2 teaspoons sugar
½ to 1 yeastcake
¾ cup lukewarm milk or water
4 to 4½ cups flour.

One package (10 ounces) dates, cut
in eighths. Pour scalded milk over
the salt, shortening and sugar in a
large mixing bowl. Cool until luke-
warm. Add the yeast which has been
softened in lukewarm milk or water.
Stir in flour to form a soft dough.
Knead on a lightly floured board until
smooth and elastic. Place in a light-
ly oiled bowl. Cover tightly and let
rise in a warm place (80 degrees F.)
until dough has doubled in bulk, then
knead dates into dough and shape into
a loaf. Place in oiled pan; let
rise until light (about one hour). Bake
in a hot oven (425 degrees F.) for 35
to 45 minutes longer. Makes one large
loaf.

Date Pie

1 cooked pastry shell
1 package dates
1 cup cold water
2 tablespoons orange juice
1 cup whipping cream
2 tablespoons powdered sugar
Cook dates and cold water together
in saucepan until a thick paste is
formed. Remove from the fire and add
orange juice and let stand until cold.
Just before serving pour into baked

MAN'S IMPATIENCE IS SHORTCOMING SCORED BY PASTOR

PHILADELPHIA, Oct. 23—Impati-
ence, laziness, skepticism and conceit
were listed as the chief shortcomings
of men in their marital relationships
by Rev. Ivan H. Hagedorn, pastor of
Bethel Evangelical Lutheran church in
his tenth annual bride and groom
service.

Chief faults of women, Mr. Hage-
dorn found are: possessiveness, lack
of a sense of humor, argumentative-
ness, sensitiveness, whining.

Mr. Hagedorn's observations on
men are: "They are so impatient—
there is some element of truth in the
old maid's criticism, 'man may be di-
vided into two classes—those whose
meals disagree with them and those
who disagree with their meals.'

"They are so lazy—it has always
been my belief that Mary Todd, who
could sputter like a string of fire-
crackers, made the real contribution
to Lincoln's life. Married to Ann
Rutledge, Lincoln would have gone to
seed in the sweet comforts of domes-
tic life.

"They are too skeptical—the fact
that men are less attracted to relig-
ion than women may account for the
fact that there are by far more men
in our penitentiaries than women.

"They never seem to adjust them-
selves to the new status of women—
man often enters into marriage rela-
tionships with ideas a century old. A
new day has dawned for womanhood
and the sensible man will admit it.

"They are too conceited—men have
a tendency to marry women, intellec-
tually inferior, thereby making it eas-
ier to spread their wings full length.
Ordinarily a man will marry a woman
who flatters him. Recall the defini-
tion of flattery: 'Flattery is soft soap
and soft soap is 90 per cent lye.'

"They have a streak for taking for
granted the constancy of their wives
—it is a sad reflection upon men that
it is the good wives who are often
left sitting and their virtues are not
appreciated.

"They are so unmindful of little
things—just because she is your wife
should not make you one whit less
a gentleman.

"They too easily run into a mold—
a mold that won't keep any shape."

Of women: "They are too fond of
regulating us men—every man likes a
clean house, but not one in which he
feels apprehensive when and where
he sits and should he disarrange a
dolly, to have his wife flounce into
the room like a galleon under full
sail with a mouth big enough to sing
a duet, berate him for his untidiness.

"They have no sense of humor—
someone has suggested this lack was
heaven sent, for so women might love
men instead of laughing at them.

"They are too possessive—the hon-
eymoon may be said to be over when
a man discovers that his little lamb is
a little bossy.

"They are too argumentative—wo-
men have a nasty way of insisting up-
on facts.

"They are too sensitive and touchy.

"They whine so much—many a wo-
man seems to have as her slogan 'If
at first you don't succeed, cry, cry
again.'

"They so often possess the crepe-
hanging impulse—many a woman suf-
fers from chronic palpitation of the
tongue, as she tells you about her
nervous breakdown, her sorrows, her
self-denials, her worries.

"They do not keep abreast of the
times—companionship is a major re-
quirement of modern marriage. Too
many women stop mental growth at
the time of their marriage.

Like Socrates, Dr. Hagedorn con-
cludes: "Marry by all means. If you
get a good wife you will become very
happy; if you get a bad one you'll be-
come a philosopher—and that is good
for every man."

shell and cover with sweetened whip-
ped cream.

Try Dates With Cheese

Stuff pitted dates with any soft,
mild cheese—cream cheese may be
used—and serve on lettuce with salad
dressing for a quick salad. These
cheese-stuffed dates are an admirable
food and lend a 'partied' note to
your other salads. Dates stuffed with
peanut butter moistened with orange
juice are favorites for salad, or may
be used for sandwiches.

SANTO MONICA, Calif., Oct. 22—Po-
lice reported today they had prevent-
ed the suicide of G. W. Michael
Breadner, unemployed son of the late
Robert W. Breadner, former com-
missioner of taxation in the Canadian
department of finance.

**Throat
Soothing**
Medicated with throat
soothing ingredients of
Vicks VapoRub.
VICKS COUGH DROP

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

WHY CRITICISM IS NO SIGN OF SUPERIORITY

Often Defeats Own
Ends By Complete Lack
of Discrimination

(By Ruth Cameron)

Do people who criticize all the time
think they establish superiority by so
doing?

I imagine that they do, otherwise
why do it?

And yet surely people with brains
ought to know that there is no superi-
ority achieved that way because su-
periority only comes from doing, own-
ing, or being something other people
can't do, own or be, and most assur-
edly any one who puts his mind to it
can pick flaws. These people never
admire a person, a house, a place, or
a function, in short anything that
they are asked to admire, warmly and
generously.

They always have a but—
"Yes, it was a lovely wedding, but
didn't you notice that music was a
bit off key? It just set my teeth on
edge."

"Yes, the bride's gown was lovely,
but she just spoiled it by wearing the
wrong underwear. Corsets with bones
in them, they showed through and
just ruined the effect."

"Yes, it's an awfully cute house and
they have lots of nice things, but that
living room really—Didn't you notice
how much design there was? Stripes
in the furniture and figures in the
grapes and stripes in the wall paper.
Much too busy I think. Really, it
would make me tired to sit in it."

"Yes, they are a nice couple, but I
think that laugh of hers is awfully
tiresome and hasn't he got a funny
voice? I suppose I'm too sensitive to
voices. My singing teacher said I had
an abnormally sensitive ear, I just
can't help it. He says it's part of my
musical equipment."

"Yes, it was a pretty party, but I
don't really think it's good taste to
have quite so much to eat and drink
for a simple party. It's overdoing it,
bad taste like overdressing, don't you
think?" And so on and on.

You probably know someone of this
type. Just for a game, some day try
to get him or her to express unre-
served praise of something or some-
body. Two to one you don't succeed.

Of course there are people who al-
ways gush forth praise of everything
and everybody at such a wholesale
rate that it has no value at all.

They are tiresome and defeat their
own end by their complete lack of
discrimination.

FALL TERM

— at —

FREDERICTON BUSINESS COLLEGE

A GOOD TIME TO ENROLL

This is the Time to equip
yourself with a Business Train-
ing so you can take advantage
of the opportunities which come
your way.

Write, phone or call for full
information regarding our
courses.

F. B. Osborne, Principal,
Fredericton, N. B.

ARTHUR F. BETTS

Plumbing and Heating

QUEEN ST. PHONE 512

"NOVELTY SHOP"

Be sure to call here where you
will find a big range of Popular
Yarns.

GIFT SUGGESTIONS BABY ESSENTIALS

Heavy Service Weight Hose
at \$1.00 per pair.

EDNA GILMORE Phone 91-21
Opposite Post Office

Hawkins Fruit & Produce Co. Ltd

WHOLESALE DISTRIBUTORS
FRESH FRUITS
and
VEGETABLES

PHONE 313
NORTH DEVON

HOW ABOUT THOSE

BROKEN WINDOWS

Why not have them replaced
with New Glass from our large
stock.

We carry glass in all sizes
and will cut same to measure.
Do not wait until the cold
weather arrives, but have it
done at once.

E. M. YOUNG LTD.

Hardware — Sporting Goods
81-83 York Street
Store open until 9 on Saturday

SIX FIRSTS out of TEN!

In the Silver Fox section of
the Ontario Fur Farmers Pelt
Show held at Toronto last De-
cember, Ten First Prizes were
awarded.

Six out of ten went to ranch-
ers who follow the PURINA
System of Feeding!

N. B. Fox Ranchers can make
money and win prizes, too, by
feeding Fox Pups

PURINA FOX CHOW CHECKERS

— Sold by —

A. H. VANWART & SON

FREDERICTON, N. B.

WE WISH TO ANNOUNCE WE ARE NOW DEALERS FOR

NASH CARS

Lafayette from \$945.00 to \$1130.00
Nash "400" from \$1055.00 to \$1220.00
Nash Ambassador 6 from
\$1335.00 to \$1395.00
Nash Ambassador Super Eight, \$1560.00
F. O. B. FREDERICTON LICENSE EXTRA

CAPITAL GARAGE

PHONE 206 FOR DEMONSTRATION

BUYING FOR A LIFETIME!

There never was anything made that someone could not make
worse and sell for less.

FURNACES ARE NO EXCEPTION

A Furnace made to sell at a CHEAP PRICE is COSTLY in the
long run. You will like McCLARY'S MAGNET FURNACE because
Winter Comfort has not been sacrificed to Price Appeal.

— Sold by —

A. J. GUNTER

Phoenix Square — Tel. 290