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Fall Suits and Overcoats will
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Will it heat upstairs and down-
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Will it consume more coal
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of the family?

From every point of view, now
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repairs that will make your
heating plant dependable for
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We have a special advertising
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... OF ...

Interest to Women

MENTAL DIVERSIONS ARE WORTH TRYING

Cynthia Proctor Suggests Such Fun Makers as
'Rhymes Without Reason' and 'Romance' When
Club Members Tire of Formal Games

(By Cynthia Proctor)

"What can you suggest in the way
of games to make a girls' club meet-
ing more interesting and amusing?"
asks one of our readers. And that's
not the first time the same question
has been put up to us. Of course,
there are always such games as Mon-
opoly, Parley-Mutuel, Politics, Cam-
elot, and the many other popular
games on sale in the stores. And, of
course, bridge. But if you don't hap-
pen to be in the mood for any of
these, perhaps, you'd like to try a lit-
tle "romance" for diversion.

This is a written contest most ap-
propriate for club meetings. Blank
spaces are filled in with the names
of magazines and a copy of a cur-
rent issue of a magazine is given
as a prize to the person turning in
the most complete list.

"By the shores of the great (1), at
a place where many took their (2),
lived a young (3), named (4). He was
a (5), a (6) by trade, but he prefer-
ed (7). (8) loved him, he was (9)
friend. An old Scotch colliie was this
(10) on most of his trips.

"His evenings were spent in the
(11) group on the hotel veranda lis-
tening to the (12) of the district court
tell (13), the Spiritualists tell (14)
and the cowboys tell (15), each claim-
ing to tell a (16).

"(17) he loved. He longed for his
own (18) and (19). His love of (20)
kept him from his work so that the
(21) for his farm was not promising.
It would be a (22) and more (23),
he reasoned, if he had a wife.

"Among his acquaintances was a
woman, daughter of a (24). She had
been a normal instructor in (25), but
she had given it up and come to keep
house for her father. She was proud
of her (26) and cookery.

"She would make, my (27) com-
plete," he said. "I would sacrifice
my (28) to be that (29).

"He was this (30) and this was her
(31).

"(32) and (33) serenaded them.
(34) saw them going down the (35)
to (36)"

Answers: Atlantic, Outing, Ameri-
can, John Martin, Scientific Ameri-
can, Popular Mechanic, Country Life,

Children, Everybody's, Youth's Com-
panion, Cosmopolitan, Judge, Detect-
ive Stories, Ghost Stories, Western
Stories, True Story, Farm Life, Farm
and Fireside, Little Folks, Hunting
and Fishing, Outlook, Better Home
and Garden, Successful Farming, Cal-
ifornia Cultivator, Physical Culture,
Needlecraft, Life, Liberty, Woman's
Home Companion, Woman's World,
Confession, Harper's, Musicians, Sun-
set, Open Road, Modern Homemaking.

This is another amusing game for
club groups. Not knowing what the
preceding line is all about, each per-
son adds her poetic contribution to
the two-line verse started by her
neighbor. The game is played like
"Consequences." Some one starts by
writing an eight-syllable line. She
folds over the paper, hands it to her
left-hand neighbor, tells her what
the last word is, and she in turn
writes an eight-syllable line to
rhyme. As all of the jingles are writ-
ten about those present (when there
are men in the party, too, the men
write about the girls present and
the girls about the men,) reading the
verses aloud causes a heap of fun.

The verses are written in this vein:
Barbara is a shy young maid,
And of the men she is afraid,
Louise has got a coat of tan,
And now she hopes to get her man,
Doris, dimpled, shy and sweet,
Tramples hearts beneath her feet.

Rhymes Without Reason
No chance to consult your rhyming
dictionary in this game; it is as rapid
as Niagara Falls and she who
hesitates on the brink is lost. All
form a large circle and some one
mentions a word. Her left-hand
neighbor has to respond immediately
with another word that rhymes.
This continues around the circle
until some flustered one starts with
"er—ah—er" and is ruthlessly put
out of the game. The next in line
starts a new word and the game
continues until only one person re-
mains in what used to be a circle.
She, by popular acclaim, becomes
the Poet Laureate and is duly
crowned with the laurel wreath. (Of
course, there's no law against men
playing this game!)

SCREEN STAR TAKES TO KNITTING FOR DIVERSION

For most women there's not much
glamour in cooking or sewing. That's
because these chores are part of their
daily routine. But many a screen
star does a good deal of both—for fun.
Geneva Mitchell, a Ziegfeld follies
girl, as her mother was before her,
knitted socks for soldiers during the
world war. And it wasn't just a war-
time pose, for she is genuinely fond
of fancywork. She is adept with the
crochet hook and needle, does excel-
lent embroidery, makes most of her
own clothes, and she likes to cook,
too. So you see she considers hobbies
what most women think of as work
(with accent on the Wo).

Born Beautiful

Born beautiful, Miss Mitchell's face
and figure landed her in the follies,
and Ziegfeld featured her in his fam-
ous "Midnight Follies" as a specialty
dancer. She gained international pub-
licity as the original "Pogo" girl, lead-
ing a chorus of pogo-stick-mounted
chorines in a manner that left blasé
New York gasping.

From stage to follies to screen in
1929, Miss Mitchell has established
herself as a type of wise-cracking
chorus girl—a role in which she ex-
cels and in which she is usually cast.

She likes her outdoor sports as
well as her cooking—likes the sports
to be fast. Her favorite spectator
sports are polo, baseball and football,
and her favorite diversions tennis,
ping-pong and golf. The latter, she
says serve a double purpose—entertain-
ment and to keep the "shape in
shape." Exercise, fresh air and sun-
light are her chief beauty secrets, and
her prescription is to "take plenty of
them, daily."

Fricasse chicken with old-fashioned
dumplings is her idea of something
"really swell in the line of provend-
er," although about everything else in
the eating line runs the chicken a
close race.

Her own coloring: blue eyes, red-
brown hair. She is five feet five in-
ches tall and weighs 118 pounds.

HEADACHE TYPES MAY BE DIVIDED INTO FOUR KINDS

(By Dr. James W. Barton)

Some years ago I attempted to
make out a list of the causes of
headache. When the list reached 100
I decided that what was needed was a
classification of the different kinds—
those due to eyestrain, those due to
infection, those due to gas pressure
from stomach or intestine, those due
to a sluggish liver, those due to sinus
inflammation, others due to tumors,
others due to gland disturbances and
others due to other conditions.

The following classification of the
causes of headaches is simple and
logical.

1. The toxic or poison type. This is
due to auto-intoxication (poisoning of
the body by a part of the body) from
intestine, kidneys, liver, thyroid gland
in the circulation—valvular disease of
the heart, too much blood, high ten-
sion of the blood vessels, thin blood
(anaemia), lack of oxygen in the
blood.

2. Local conditions—eye inflamma-
tion, inflammation of the sinuses
above the eyes and back of nose, ear
inflammations, inflammation of the
brain (meningitis), tumors, changes
in the vessels of the brain.

3. Reflex conditions—eyestrain, nose
and ear disturbances and facial neu-
ralgias.

You can readily see from the above
causes that when treatment is con-
sidered it must be something that
will remove or attack the cause.

As pointed out by Dr. Bernard Fan-
tus in his Handbook of Therapy, the
first three classes of headache can
usually get relief as the causes are
not too deeply hidden. It is in the
fourth class—reflexes, where cause
may be considerable distance from
the head, that it is difficult to locate
the cause. The most constant con-
dition caused by eyestrain is headache.

The headache may be in one eye, one
side of forehead or in both eyes. In
fact any part of the head may ache
from eyestrain. One-sided headaches

HEALTH

A HEALTH SERVICE OF
THE CANADIAN MEDICAL
ASSOCIATION AND LIFE
INSURANCE COMPANIES
IN CANADA



BUILDING HEALTH IN SCHOOLS

We have already said that the first
duty of everybody who has any auth-
ority in schools, from superintend-
ents down to janitors, and from trust-
ees up to parents, is to see, first,
that children are not harmed in body
by the school routine, that is not
harmful much, and also that they are
not neglected in their homes, but
have a decent break. But that is
merely negative. Health is not mere-
ly the avoidance of injury and the
absence of disease. Health is a glow-
ing beautiful positive thing. There
is a two hundred page report to the
British parliament on twenty-five
years of building up of health in
British schools. In the past quarter
century, this report tells us, anaemia
of girls has almost vanished. Ring-
worm is steadily disappearing. Blind-
ness is being prevented. A vermin-
ous child is not to be found in school.
Malnourished children are only one
per cent instead of ten to twenty per
cent, in the "better and more pros-
perous" times. Heart disease, rickets
and tuberculosis have been steadily
reduced and the condition of teeth
is improving. An increasing number
of open-air school rooms are provid-
ed. The general physical condition
of the children is beyond all compar-
ison with the past. By all these im-
provements children have been ren-
dered much more fit for education;
education has been more closely ad-
apted to individual needs; and finally
a health consciousness has been
developed among parents.

But these things are just a begin-
ning. What I have mentioned are
still the negative phases of health,
the vanishing of dirt and disease. It
is a vision of Positive Health Sir
George wants the Parliament and the
people to get. He tells them again
and again,—and I wish he could tell
every teacher, every trustee, every
good citizen in Canada—that the or-
ganized physical education of the
body of every child has a psychologi-
cal purpose, a recreational aim, a
mental and moral intention, a broad
and wholesome and general educa-
tional value. This is not a military
drill on the Spartan plan, or the Mus-
solini plan, to train goose-stepping
cannon fodder, but all-round physical
education to make fit and fine and
well-balanced people, for the world's
work, the world's play and the
world's salvation.

For instance, dances are very valu-
able—important enough to be discuss-
ed page after page in a Parliamen-
tary report. Dancing trains in con-
trol, in balance of mind and body, in
poise, in ease and lightness of move-
ment. It trains eye and ear and de-
velops a feeling of rhythm and order.
It arouses imagination and the creat-
ive powers. English schools simply
cannot get on without dancing—and
swimming. Hygiene is taught in hab-
its rather than in set lectures.

Games are of the utmost import-
ance. Children who play well now
will work well, and co-operate well,
when they grow up. How many times
have you heard that the Battle of
Waterloo was won on the playing
fields of Eton? Let me tell you that
many finer victories than Waterloo,
and many better products than gen-
eralship, have been won on the play-
ing fields of Eton, of Moose Jaw, An-
tigonish, Medicine Hat, Smith's Cor-
ners, Lachine or Dauphin.

If it is true that playtime may be
as high in educational values as
work time, and that recess periods
may be as important as arithmetic
lessons, why is it that play time rests
so little on the conscience of the
teacher, and is so incidental in the
day's programme? A boy would not
be allowed to take reading in class
and pass up arithmetic; or to take
grammar and cut out geography. We
demand that there should be some
kind of all-roundness in his educa-
tion. They why should he be able
to shirk all sports month after month
scarcely appear on the playground at
all, and no questions asked? If
Greece was right, and if England is
right a boy might almost as well
pass up reading as pass up games.

Some of these wonderful things
that were old in Plato's day are new
again today, and less considered by
us than they ought to be. Let me
urge all who have anything to do
with primary, or secondary, or uni-
versity education to catch this new
vision, this vision of sane, well-bal-
anced, clear-thinking minds in
healthy, strong, glowing, graceful
bodies.

due to eyestrain are quite common.

The suggestion is that there should
be (a) a sufficiency of outdoor exer-
cise; (b) a simple well varied and
balanced diet; and (c) regulation of
the bowels so as to produce free,
daily movements. Sometimes increas-
ing the fat foods—butter, cream, egg
yolks—and decreasing the starch
foods—bread, potatoes, sugar—helps
some cases.

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

A PERSONALLY CONDUCTED CRUISE TO CARIBBEAN

A personally conducted cruise of 16
days' duration for the round trip to
historic isles of romance, presenting
tropical scenes of loveliness peculiar
to the Caribbean Sea, is announced
by the passenger traffic department
of the Canadian National Steamships.
This cruise, under the leadership of
Malcolm J. Woods, district passenger
agent, Canadian National Railways at
Philadelphia, will sail by the liner
Lady Hawkins, leaving Halifax Nov.
19th and commences at Boston, then,
in turn, Bermuda, the islands of St.
Kitts, Nevis, Antigua, Montserrat and
Dominica, beautiful resorts of color-
ful native life, where palm trees
flourish and fine sandy beaches in-
vite the visitor midst scenes of trop-
ical grandeur.

The round-trip fare provides full
steamship accommodation, including
meals and berth; and delightful shore
excursions at each port may be secur-
ed at slight additional expense, thus
enabling the passenger before leaving
home to compute the total cost of the
cruise, including all interesting fea-
tures. In addition to these facilities
are many diversions on ship, includ-
ing outdoor bathing pools, radio re-
ception and recorded music, deck
games, tennis, horse-racing, masquer-
ades and dancing to the strains of a
West Indian orchestra, producing a
daily series of entertainment between
ports of call.

Leaving Boston on Saturday, Nov.
21, at 11 a.m., arrival is made at Ber-
muda on Monday, where a whole day
is available for enjoyment. Departure
is then made for the island of St.
Kitts, where four hours may be spent
on shore. Another sail brings the
cruise liner to Nevis for a stay of 8
hours. The ship then leaves for the
island of Antigua, which is reached
on Saturday at 6 a.m. for a stay until
1 p.m. The next port of call is Mont-
serrat, which is also reached on Sat-
urday for a stay of 6 hours. Then the
terminus of the cruise at Dominica,
with arrival on Sunday at 6 a.m. for
a stay until 11 p.m., allowing a whole
day for enjoyment on one of the most
beautiful islands in the British West
Indies. After breakfast, transfer of
passengers is made to the northbound
liner Lady Nelson and after this little
business has been attended to the re-
mainder of the day ashore in Domi-
nica will be free for all kinds of en-
joyment.

SPRINGFIELD

The farmers of Springfield have
been detained during harvesting ow-
ing to the dark, wet weather.

Mr. and Mrs. George Lathrop and
family accompanied by Mrs. Charles
Hallett of Sherbrooke, Quebec, have
been visiting relatives in this place
and Bear Island.

Louis Reed is making rapid recov-
ery from an operation at Victoria
Hospital, Fredericton. His many
friends and relatives await his com-
ing home.

Mr. and Mrs. Roy Reed are at Mac-
naquac, Mr. Reed being employed
there.

Mrs. Randolph Jones of Hainesville
was visiting at Houghton Graham's
one afternoon this week.

Miss Velma Miller of Old Town,
Maine, called on Mrs. Ralph Howland
last week.

Mrs. Z. Howland is one of the prize
winners in ladies' work at the Fred-
ericton exhibition.

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awake breeders who
have been using

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going to have top
price pelts. This isn't
a guess—breeder re-
sults already prove
it!

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Yourself

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If you spend your
Sundays beside
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Lake at

The Grand Casino

where you will find good bathing
facilities, splendid meals and a
day of perfect pleasure in ideal
surroundings.

SURROUNDED BY THE COMFORTS OF MODERN LIVING

Present-day married couples are wise—they don't need to dread
the winter.

SHE doesn't spend half the day running down to the basement
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

McCLARY'S MAGNET FURNACE

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