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DEATHS BY TUBERCULOSIS

Last year in Canada 5,463 persons died of pulmonary tuberculosis. Another 1,125 died of tuberculosis of other organs.

While it is quite true that 30 years ago there were about three times as many deaths from this disease as occur today, 6591 deaths in one year is far too many.

Tuberculosis is curable. The treatment must (at all stages) be fitted to the needs of the patient and for that a good doctor is necessary. Yet he alone cannot bring about a cure. He needs the help of the patient at every step.

Tuberculosis seldom strikes a sharp blow in the beginning; it usually creeps up like a thief from behind. There are four common signs that give us warning. They are fatigue, loss of weight, indigestion and cough that hangs on.

No one of these four signs may of itself mean that a person has tuberculosis, but any one of them should be a signal to watch out for the disease.

Tuberculosis can be cured if it is discovered before it has become too far advanced and if the patient works with the doctor. It takes time and patience and the earlier the treatment is started, the better are the chances of a cure. Delay is dangerous. Hospital treatment may be necessary but rest is the basic principle of cure.

Rapid improvement often deceives the patient into thinking he can get up and go about his business. But the doctor knows better. The patient must stick faithfully to the treatment long after he feels well.

Enough scientific knowledge is now available to eliminate tuberculosis completely. The application of this knowledge may be achieved if education of the public is intensive and continuous.

CAR DRIVER JAILED

AMHERST, N. S., Oct. 28—Carl MacAllister, Sackville, was sentenced today to seven days in the county jail here, without the option of a fine. MacAllister was convicted of driving a car in Amherst when under the influence of liquor.

If a Cold Threatens..



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... OF ...

Interest to Women

A LITTLE PLAIN DIETING IN TIME WILL INSURE YOUR PRINCESS LINE

Recount of Your Calories for Those New Higher Waists and Streamline Frocks

(By Victorine Howard)

If you suspect that you've shown too much enthusiasm for picnic sandwiches these summer months, and dread looking the slim princess lines of a new fall frock in the face, there is still time to do a little simple dieting. A few pounds and inches off will make a lot of difference in how you look in that fall frock.

The first reducing diet is: Don't eat between meals. Nine times out of ten eating between meals is the reason for overweight. That was proved for the millionth time in a survey on weight control this spring at Pratt Institute. The results of a year's compiling statistics also proved that weight control is absolutely possible by attention to diet unless the excess weight is due to a glandular condition. By limiting themselves to three meals a day and substituting fruits and leafy vegetables for starches and rich desserts the 200 girls in the School of Household Sciences and Arts brought their weight down to normal without any harmful effects. That is, the fat girls did. The underweights gained from one to ten pounds by adding extra milk, cream and butter, resting a few minutes before meals and drinking warm milk before retiring every night. If Pratt Institute can do it—so can we all.

Two Pounds a Week

Goodness knows, counting calories isn't new. It's one of those things you know how to forget about. But it's the one safe general way to reduce since special strenuous reducing diets should never be undertaken except on the advice of a physician. 18 hundred to 2,000 of the little body heat units called calories is the daily amount needed by women, according to a booklet published by a leading life insurance company. (Men need about 400 extra calories.) And life insurance companies know about calories. They don't like to insure fat people as well as they do thin ones.

To reduce, the daily caloric amount the booklet says, can safely be cut to between 1,200 and 1,000 calories. A loss of two pounds a week is enough for most people. And even on a reducing diet the daily food allowance should include "a pint of milk (skimmed milk or buttermilk may be used as a beverage or in cooking,) an egg, citrus fruit or tomato juice, one other fruit, a raw salad, another green vegetable, a small serving of potato, some butter, at least one serving of meat or fish and six to eight glasses of water, unless a doctor advises against it." So you see you don't have to starve.

Planning Calories

It's fun planning those calories. You can indulge in a chocolate ice cream

soda, which is worth 400 calories a glass and cut down somewhere else if you like. Some foods surprise you. Those innocuous-looking almonds on the bridge table, for instance, are bad actors. Ten or twelve almonds contain 100 calories. Brazil nuts are worse. There's 100 calories in two of them. Corn on the cob isn't so bad as you might think—only 100 calories in two ears six inches long. And a whole head of cauliflower 4-1/2 inches in diameter contains only the same amount. Of course, the list of caloric food amounts is pages long. But here are a few of the important foods as listed:

For Breakfast

In breakfast menus, for instance, you can choose either half a baked apple with two tablespoons of sugar on it, a cup of orange juice, or two stewed prunes with two tablespoons of sweetened juice. They all contain 100 calories. So does a one-half-inch-thick slice of medium loaf of white, whole wheat or graham bread. Cooked oatmeal is about 100 calories to three-quarters of a cup. But cream with that oatmeal is a stumbling block. Only one and two-thirds tablespoons of thick cream—and you've had 100 calories. If it's thin cream—one-quarter of a cup is the equivalent. A quarter of a cup of scrambled eggs is 100 calories. So is four of five small slices of cooked bacon.

Lunch or dinner meats vary. A cake of broiled hamburger 2-1/2 inches in diameter, the lean meat of one average size lamb chop, or three slices of lean roast chicken 3-1/2 inches by 2-1/2 inches by 1-1/4 inch, all contain 100 calories. But pork is a fat offender. One-half a pork chop, even if you stick to the lean meat, is a whole 100 calories. As for fish, either a three-inch piece of 1-1/4 by one inch half-broil steak, or a 2-1/2-inch cross-section piece from the back of a broiled Spanish mackerel, are both equal to 100 calories.

For Dessert

Butter, as every one knows, is pretty fattening. One tablespoon of butter uses up your 100 calories right away. In the matter of desserts you might balance a whole cantaloup or one-quarter cup of plain rice pudding with raisins—they both contain the same 100 calories.

Other foods at the rate of 100 calories are: one medium white or a half a medium sweet potato, two cucumbers nine inches long, two and one-third cups of broccoli, 2-1/2 cups of chopped cooked spinach, a small head of cauliflower, a medium banana, 3-1/2 cups of shredded cabbage, one tablespoon of mayonnaise, three halves of canned pears with three tablespoons of juice, and twenty to twenty-five mushrooms one inch in diameter.

SNACK IN TIME OFTEN SUPPLIES NEEDED ENERGY

(By Dr. James W. Barton)

As youngsters, returning from school at 3.30 or 4 o'clock in the afternoon it was our custom to eat a slice of bread and butter spread with brown sugar, if available, or white sugar otherwise. On this supply of "starchy" food, we went out and played until the evening meal.

Were we ready and hungry for the evening meal despite this "extra food between meals?"

We were! At a large university, between the hours of 4 and 4.30 in the afternoon, as many as 600 to 800 chocolate bars are sold every day.

Does this extra food interfere with the appetites of these students when the hour of the evening meal arrives? It does not.

Bolsters Strength

What happens is that this extra starchy food at mid-afternoon gives to the individual strength with which to play. As a matter of fact, this much food—a chocolate bar, a banana, a slice of bread and butter with sugar—is really all used up in supplying energy to play and the youngster or student does not feel weak or tired, but just naturally hungry when the evening meal time arrives.

It is interesting, therefore, in reading "Diet and Physical Efficiency," written by Drs. Howard W. Haggard and Leon A. Greenberg, Yale university, of their experiments in giving food more frequently—five and six meals a day—instead of the regular

three meals a day. They made tests on youngsters, college students, factory workers and others and were able to prove that, during the period immediately after eating, the individual was able to perform more work than while the stomach was empty.

At Ebb in Morning

They showed that the working ability was at its lowest point immediately before breakfast.

These research workers believe "that the quantity and the quality of food have received a great deal of attention in recent years, but that the distribution of diet in time has not received the attention it deserves."

They have been able to show that on the same amount of food the output of work of factory employees may be as much as 10 per cent greater by the five-meal-a-day method than by eating the usual three meals a day.

This is an object lesson to those who eat a very light breakfast and a very light lunch. Instead of waiting to eat a large meal in the evening, they will find a little "snack" at 11 a.m., and 4 p.m., should produce more working ability.

GETS MOOSE

McADAM, Oct. 28—Tony Dunith and Irving Nason, both of McAdam, secured a moose while hunting on the St. Stephen line. Mr. Dunith bagged it with the first shot. The moose weighed about 750 pounds and had 13 points.

WITH KNIFE, FORK AND STEEL

To carve a fowl or a roast, a steak or a cutlet, easily, neatly and to the satisfaction of the prepossessions and prejudices of the family and guests is an accomplishment less frequently displayed now than it should be. The turkey is likely to be sliced in the kitchen; the fastidious one who prefers dark or white meat may find his choice difficult to obtain; may, indeed, find himself with breast when he yearns for second-joint, drumstick when his taste is for wing. Some prefer their beef thin, some thick; they are cheated of their choice when kitchen service gives uniformity to slices. And who has not experienced the embarrassment of finding his selected segment of meat attached to

others so that when he lifted it from platter to plate he dragged with it others, and some of them dropped in to the gravy with a splash or to the floor with a thud?

Such contretemps are unknown when the head of the house carves at table. The white meat goes to those who prefer it; the thick slice reaches him who eagerly awaits it; the youngest gets the merry-thought, the wielder of knife and fork and steel rewards himself with the oysters of the turkey, that delicious meat that lies along the rib in the roast. Carving at table promotes conversation, too, thus aiding digestion. What hilarity when a duck is the subject. "When Father carves the duck" brings anticipatory smiles; the wit of the evening ostentatiously curtains himself with his napkin; the carver, if he is worthy of his seat, deftly disjoins the duck and smiles complacently at his skill.

Carving is best learned in the middle teens at the board of a bachelor uncle who has an ancient butler more attached to the house than any other member of the family. A father is burdened with too much anxiety; he is likely to interfere with advice, even with physical assistance, at the moment in which a slight skeletal irregularity or an unsevered sinew is about to teach an unforgettable lesson in technique. A mother may display signs of something approaching impatience; she has to think of the pantry maid. Impatience breeds haste; carving should never be done in haste, in bad humor, or with mind distraught.

Not all lads and misses have bachelor uncles with devoted servants; the State more and more supplants the parent in the training of the child. The taxpayers' money goes to instruct as office managers those who wish to be mechanics; perhaps in a perfect day the State will teach carving. In the public schools now teachers of "homemaking," which includes cooking, have no opportunity to teach carving because their appropriations do not provide for fowl and roast and game. At Thanksgiving dinners in school celebrations carving is demonstrated, but practice, not demonstration, is what is needed. A turkey a week for every pupil should be the new cry; yes, and a four rib standing roast of beef, too. Away with that cowardly evasion, the rolled roast. In the higher institutions, carving is relegated to the butcher's domain; for pupils in Cornell's Department of Hotel Administration, the art is belittled by the title "Meat Cutting." This is the result of the professional, economic approach to an art. The department seeks to hide its base utilitarianism by saying that its objective is to give the hotel administrator understanding of the problem of the kitchen and pantry, not to turn out carvers. We patronize no hotel whose manager is not a good carver. A wise butcher would furnish practice material and reap his lasting reward in the added enthusiasm for meat that would result from initiation of the rising generation in the delights of good carving.

But if no poulterer or butcher has the vision to stimulate his trade, the officers of instruction need not be baffled. In ancient Rome carving was taught in schools, and for purposes of instruction wooden models made up of sections artfully fitted together were used. The students learned with knife and fork on these; the rudiments of the art, its scientific basis, might similarly be taught today. Is it necessary to point out that Rome has celebrated its 2,689th birthday, and its longevity is entirely attributable to the enlightened care its founders bestowed on the art of carving? —New York Sun.

SENT UP FOR TRIAL

AMHERST, N. S., Oct. 28—Charged with assaulting Percy Dunphy, Parrsboro, and occasioning grievous bodily harm, Frank Henwood, Jr., was sent up for trial today by Magistrate A. G. MacKenzie.

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