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MARYSVILLE

MARYSVILLE, Sept. 1—Percy Minue, C.E., and a graduate of the University of New Brunswick 1932 has accepted a position with a construction company at Campbellton as inspector and left last evening by C. N.R. to take up his duties. Mr. Minue has been road supervisor for his home town for the past year, and his many friends wish him success in his new work. He is also popular in baseball circles.

Mrs. Robert Doherty who was operated on at Victoria Public Hospital for appendicitis a week ago, is now progressing favorably towards recovery.

The many friends of Mrs. Charles Wade, who is a patient at Victoria Public Hospital, will be glad to learn she is making splendid progress towards recovery.

The condition of Mrs. John Long, who suffered a stroke several weeks ago at her home here, remains about the same. Her daughter, Mrs. Robt. McLean of New York has been called to her bedside.

Mrs. Walter Gross who has been visiting her mother, Mrs. Eliza Hanson for the past two weeks, has returned to her home in Oldtown, Me.

Mr. and Mrs. John L. Fletcher and family, who have been spending the summer at Princess Park, have now returned home.

Miss Nell Logan, R.N., of Boston, Mass., who has been visiting her mother, Mrs. Christine for the summer months, has returned to her duties.

Mr. and Mrs. Archibald Steeves, Mr. and Mrs. Noble Steeves and Mrs. George Clark of Saint John, attended the Hildebrand-Banks wedding here on Saturday, remained with friends during the week-end and returned to their home last evening.

Miss Mildred Estey and Mrs. Geo. Charters were among those who served at the Hildebrand-Banks wedding on Saturday, whose names were inadvertently omitted.

Mr. and Mrs. Archie Estey, who have been residing in this place for the past three years, have gone to Hanwell where they will reside.

... OF ...

Interest to Women**REDUCE LIQUIDS AND SALTS TO BRING DOWN ONE'S WEIGHT****Dr. Barton Outlines New and Comparatively Easy Method of Losing Pounds in Short Time**

(By James W. Barton)

A physician who has considerable success in weight reduction has one little rule that not only gets actual weight off his patients, but helps them to persevere when the rate at which the weight is lost becomes very slow.

He outlines the diet in the regular way—cuts down on fat foods—butter, cream, fat meat and egg yolks by only 10 per cent, and also on starch foods—bread, sugar, potatoes, pastries, cereals by 10 per cent, but cuts down on all liquids by one-half and also on table salt by one-half or 50 per cent. This is the advice for the first month.

The result at the end of the month is usually (not always, however) that as much as 5 to 15 pounds in weight has been lost without the patient feeling that he or she has been starved.

Loss Of Water

This great loss in weight is usually mostly a loss in water from the tissues, for although overweight individuals lose more water daily than do those of normal weight nevertheless fat tissue holds more water than muscle tissue and by getting rid of this surplus water actual weight is lost.

At the end of the first month the next step in the treatment is cutting down on the fat foods by as much as one-quarter to one-third. Thus the butter, the rich pastry, the fat meat, nuts, egg yolks are cut down. While this is somewhat of a hardship on the individual it will be done more readily or willingly than cutting down on bread, sugar, cakes and other starchy food.

Another point about cutting down on fat foods is that in those of normal weight or in those underweight the use of fat foods is of great help in "protecting" the body tissues.

Prevent Burning

Also the use of fat foods prevents too rapid burning up or using up of starch foods. You can thus see that when the "protecting" influence of fat foods is lessened by cutting down on the amount of fat foods eaten, then in those of overweight the actual tissues of the body will get

worn more, and starch foods will be more rapidly burned. There is thus a "double" action on weight reduction when fat foods are reduced in amount.

And the final step of course, which may be in one to three months, is to cut down by one-third to one-half on all starch foods. These are usually the foods that the overweight likes most, but they are also the foods that give energy to work or to exercise. By cutting down too much on starch foods at the beginning of the reduction process, the individual is liable to feel so weak and listless that to prevent complete collapse food is eaten in increased quantities.

Gains Confidence

However by waiting until a certain amount of weight is lost by getting rid of surplus water—attaining the water balance—and then losing a certain amount more by cutting down on the fat foods, with the double action mentioned above, when it comes to the starch foods, and their turn to be cut down greatly (50 per cent), the individual has lost so much weight and gained so much physical strength that he or she has gained confidence or morale and tackles more readily the reducing of the starch foods.

Thus in this common sense way, and in a way that appeals to the overweight's own wishes or desires in the matter (thus enlisting co-operation by the overweight) satisfactory results are obtained.

Eat Sugar

Another point that this and other physicians advise is that whenever there is a feeling of weakness, some loaf sugar, a stick of candy, a banana or an orange be eaten. These give energy almost at once and carry the individual over safely for the time being, without breaking away entirely from the regular prescribed reducing diet.

The thought then is (a) cutting the liquids and salt in half at once and cutting down the starches and fats by 10 per cent; (b) continuing the reduced amount of salt and water, cut down on fats by one-quarter to one-third for the second month; and (c) after one to three months cutting down by one-half on all starch foods.

BUILT-IN SHELVES CUT LOW FOR BOOKS

Some women have the nicest knack with rooms. We know one like that. She hasn't much money and she does not do startling things in decorations at all. But in a quiet pleasant way, she manages to have the most attractive home.

Her living room for instance has fairly usual modern maple furniture, in quality, very substantial looking, rather worn. The walls of the room are in a fresh shade of light green and she has an oval room size hooked rug in tones of browns with green in it . . . a leaf pattern. But she has used bright red calico printed chintz at the windows over white dotted Swiss glass curtains.

A scalloped cornice (made of wall board cut out in this shape and painted bright red) finishes off the window and the glass curtains are edged with red ball fringe around their ruffles which go just across the bottom and not up the sides of the curtains.

The sofa was quite a bold step . . . it is upholstered in ivory white wash-

able leather which she bought in fear and trembling but it has really cleaned very satisfactorily. The chairs are all slip covered in flowered chintz on a black background.

But the thing that really "makes" this room are the book shelves. They are only three shelves high from floor to top but they run all around the wall space of the room like a dado and give real distinction to the room. Since they are low, there is plenty of wall space above for pictures and on the top of the shelves, there is space for pots of ivy, interesting pieces of pewter and chromium and attractive bibelots that make patterns of their own.

On the room plan, the book shelves are indicated by (1). The sofa (2), is at right angles to the fireplace with end tables (3, 4), at either end. In front of it is a broad low coffee table (5) that is hospitable and across from it a pair of easy chairs (6, 7) with a lamp table (7) between them. The secretary (9) is on the wall opposite the fireplace in a space left for it in the book shelves.

GOOD THINGS TO EAT**Corn Chowder**

Cut the grains from 6 ears of corn, 2 cups of cubed raw potatoes, 2 ounces salt pork, 1 chopped onion, 1 quart milk, 3 tablespoons butter, salt and pepper. Cut the pork into small pieces and fry with the onion for 5 minutes. Parboil the potatoes and add with 2 cups of potato water to the onion and pork. Add corn and cook until potatoes are tender, then add milk, butter and seasonings. A little thickening may be added if desired.

Tomatoes and Peppers

An attractive dish to add to the platters for Sunday night's supper. Slice ripe tomatoes in thin slices and spread out on a platter. Chop

green peppers finely and spread over the tomatoes, now add a sprinkling of sugar, one of salt and pepper and finally pour over all 1-2 cup French dressing. Place in the refrigerator until just ready to serve. If done about an hour before the meal is served the dish will be delicious.

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COLORED HEMS

The quickest way of making towels interesting is by the addition of hems of colored linens—blue, yellow, green, rose—according to the surroundings in which they will find themselves. Here are two ways of doing this.

1. Cut a strip of fadeless colored linen the width of the towel and allow a half-inch turning at each end; the strip should be twice as wide as the hem required, plus turnings of not less than three-eighths of an inch at each side. Having either pressed down these turnings with an iron or tacked them, fold the strip in half lengthways. Slip the end of the towelling inside the fold, tuck into place, and machine-stitch near the edge. If stitching is disliked, withdraw two or three threads of the huckaback and either hemstitch or spoketitch (which is hemstitching on both sides of the withdrawn threads) the colored hem into place, remembering that for real strength, while hemstitching must inevitably reduce it to some small degree. It is always worth working a couple of little overcast or button-holed bars at each end of the hem to resist pulls in the laundry.

2. Cut a strip of colored linen the width of the towel, plus turnings and the width of the hem required, with a good inch added. Lay the right side of the strip against the wrong side of the huckaback, stitch across, allowing a turning of three-eighths inch, turn the colored linen over to the right side of the towel turn in the edge, and tack down the hem to the required width. Work two or three rows of well-spaced darning to fix the hem in place, or work open buttonholing along the edge for the same purpose.

SHOE HEIGHTS

Shoe lines are following hem lines upward this fall. Oxfords are cut to come well up over the instep, and in other very smart styles, height is achieved by long tongues that mount upward toward the ankle or by high reaching ornaments.

Suede is always smart for dress up occasions. This fall it is combined with highlighting bands of patent leather for dressy costumes or with alligator to wear with tweeds. Two-tone treatments, shiny and dull or light on dark, are an important fashion, and there all the more elegant when they are carried out in a matching bag.

Black patent and gray suede in a built up oxford and top handled bag are a striking pair to wear with a black ensemble trimmed with gray fur.

Square toes and heels appear in fall shoes, especially for daytime wear. They're not aggressively squared, but just enough to make your foot look shorter and nicely proportioned.

The belt strap motif is a new touch on shoes of suede with alligator covered heels and a big oblong tongue starting over the toes. The strap runs through slits in the tongue and buckles.

G. I. NUGENT, M. D.

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DUMFRIES, R. R. 2

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Dr. P. G. Thompson

Ryan Building Phone 682

FALL TERM**FREDERICTON BUSINESS COLLEGE**

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