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NOTICE OF SALE

To Frank L. Thomas of the Parish of Douglas in the County of York and Province of New Brunswick and James R. Thomas of the same place and Annie A. Thomas, his wife, and to all others whom it may concern.

Notice is hereby given that under and by virtue of the powers and authorities contained in a mortgage bearing date the first day of April, A.D. 1931, registered in Book 214 of the York County Records at pages 264-268 as Number 82475 made between James R. Thomas and Annie A. Thomas, his wife, and Frank L. Thomas as mortgagors and Bertha McMullin, wife of Roy McMullin, as mortgagee, there will, for the purpose of realizing the monies secured by the said mortgage, default having been made in the payment thereof, be sold at Public Auction in front of the Post Office in the City of Fredericton on the 14th day of November A. D. 1936, at the hour of twelve o'clock noon, all the lands and premises described in the said mortgage as follows:

FIRST: All those lands and premises conveyed by Gustave Grandame to the said James R. Thomas under the name of James Thomas by indenture bearing date the twentieth day of September, 1916, registered in Book 164 of the York County Records at pages 23 and 24 as Number 67054 and hereinafter bounded and described as follows: All that certain part or parcel of land situate, lying and being in the Parish of Douglas and County of York, Province of New Brunswick, and known as part of lots number ten, eleven, twelve, being on the east side of the Cardigan Highway Road, and being on the north side of said lot twelve the upper or north side of said lot twelve being owned by William Davidson) thence east along said line of lot number twelve one hundred and forty-seven rods to a cedar post, thence southerly at right angles to a cedar fence, (said fence being the centre line of lot number ten, the southern side being owned by David L. Evans) thence west along said fence to the highway road, thence north along the highway road to place of beginning, containing one hundred and fifty acres more or less, being the same lands and premises deeded by William S. Ray and wife to the said Grants by deed registered in Book A-7, pages 497 and 498, 1927, registered in Book 202 of the York County Records at Pages 18 and 19 as Number 70825, bounded and described as follows: Beginning at a point where the dividing line between land owned by the late David L. Evans and the aforesaid James Thomas intersected the aforesaid Cardigan Highway Road and running along said line easterly one hundred and forty-seven rods to a cedar post, thence northerly at right angles forty rods to a stake, thence westerly and parallel with the first line one hundred and forty-seven rods to the aforesaid road, thence easterly along said road to the place of beginning forty rods.

SECOND: All those lands and premises conveyed by Kenneth G. Bird et ux to the said Frank L. Thomas by deed bearing date the thirteenth day of May, 1927, registered in Book 202 of the York County Records at Pages 542 to 544 as Number 79810 and therein bounded and described as follows: All that certain part or parcel of land situate, lying and being in the Parish of Douglas, County and Province aforesaid on the west side of Cardigan Road so called, bounded as follows: Beginning at the said Cardigan Road where the upper line of land formerly owned by Thomas E. Griffith, now occupied by Merinda Monteth, strikes the said Road and running in a westerly direction along said line to a stake, thence in a northerly direction 80 rods to a stake on the lower line of land formerly owned by Dr. Jacobs, now owned by Thomas Evans, thence along said line in an easterly direction till it strikes the said Cardigan Road, thence along said Road to the place of beginning, the same being part of more or less, being part of the same lands and premises conveyed by deed from William James Monteth and wife to the said Kenneth G. Bird and registered in York County Records in Book 175, pages 386 and 387 under official number 71271 bearing date the 24th day of May, A.D. 1920.

Together with all the buildings and improvements thereon and the rights and appurtenances to the said lands and premises belonging or in any way appertaining.

Dated this 10th day of October, A.D. 1936.

(Sgd.) BERTHA McMULLIN,
(Sgd.) J. J. F. WINSLOW Mortgagee,
Solicitor for Mortgagee.

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Interest to Women

LOOK CLOSELY AT YOURSELF IF YOUR BOY MISBEHAVES

Dr. Healy Advises Parents to Check Up and See in What Way You Have Failed the Youngster; Lists Emotional Reactions

(By Harold Bennison)

If your boy runs away, desires bad company, deliberately misbehaves, is revengeful toward you, or even takes delight in disobeying you, it is time for you to look closely at YOURSELF and see in what way you have failed your youngster, for that list of "emotional reactions," as Dr. Wm. Healy calls them, indicates a tendency toward delinquency. And probably every boy that ever lived has at one time or another given vent to his feelings in one of those ways.

Normal Cravings

Dr. Healy of the Judge Baker Guidance Clinic, co-author with Dr. Augusta F. Bronner (his wife in private life) of the amazing book, "New Light on Delinquency and its Treatment," just published by the Yale University Press for the Institute of Human Relations, has found in his studies that there are certain fundamental cravings felt by every normal youngster. If these natural, normal cravings are not properly satisfied, the lad tries anything he can think of to get some response to satisfy those cravings.

Now let's make it clear that in what follows we are not talking about the true delinquents who wind up in court, but rather—from now on—we are talking about boys who show a tendency towards delinquency (or being bad boys) and who are in normal health, but who just seem perverse. You probably call them 'imps' or some such name. What is going on in their minds?

Let's reverse the situation a minute, while Dr. Healy sets down this thought-producing remark:

"I doubt if we have ever had a boy as a delinquent who referred to his father as 'a good scout,' or similar expression indicating a natural, affectionate relationship between father and son."

And just before you mothers decide that the job is up to father, listen to this statement from Dr. Healy:

"A mother who says to her child: if you don't behave I'll tell your father on you when he comes home and he will give you a spanking," is doing immeasurable harm."

If your youngster has been held back in school through sickness or because you moved, or for some other reason, and his brother has gone right along, be careful not to twist or try to force the backward lad or you will store up trouble for yourself, as well as for the lad.

This is one of Dr. Healy's cases of real delinquency which illustrates that point. Parents happily married, thrifty, ambitious and eager for their children to have the best possible education. They owned their own home. All the lads worked in a magazine distribution business, which the oldest boy operated. But one of the boys went bad.

When he was 15, he stole some skates, later forged a check, opened mail in another office and stole money. He was highly intelligent. He was active but tired easily. He was impulsive, talkative, carefree, frank and changeable.

Now what had happened? As Dr. Healy saw it, this boy, because he previously had suffered from illness, began to feel that he couldn't keep up with the rest of his family. He felt "inadequate." He felt different from

the others, and felt a bit isolated. So in order to make himself 'feel big' again, he stole some money and spent it buying some childish possessions.

He hadn't much time for sports. When Christmas was coming he felt that he wouldn't get much. He felt strongly that he was discriminated against. He had a younger brother who seemed to him to be 'a popular hero.' So in order to compensate him self for everything, he began to knock his younger brother about. He became aggressively intent upon getting some satisfaction out of having his own pleasures. He wound up in court.

Dr. Healy's thought is that the family tried too hard to spur him on, and the youngster couldn't stand the pressure and cracked under it. Too much pressure, and too little attention was the answer to this boy's plight.

Let's change to a girl for a change. Girls do not become delinquent as a rule. The ratio is about four boys to one girl. Nor is the illegal commission of normal sex acts considered, serious. But such offences as shoplifting are serious. Here is another example from Dr. Healy's book.

Helen was younger than her sister Maria by three years. Maria got along with people, and was contented in her home. Helen, however, went bad. She ran away. She slept for a week in the dog-house. Her father strapped her and scolded her. Maria was the child upon whom her parents leaned. A younger sister, Alice, was the 'queen' of the family. Dr. Healy interpreted the case in this manner:

"Helen, for good reasons, felt that she was in sharp contrast to her older sister. She felt rejected and unloved. So she attempted to bolster herself up by being hostile, and tried to win favorable attention from bad companions by stealing. She felt discriminated against by her family and retaliated—got her revenge, by creating trouble for her family."

In both the cases cited, the trouble was with the parents, although probably even the parents didn't recognize their fault, nor realize what they had been, and were, doing.

In the case of the boy, the parents were re-educated. They were made to accept the boy as he was and stopped trying to force him to live up to their standards for him. The parents were intelligent, co-operated with Dr. Healy's staff, and the boy "was sold on his family," and the family "was sold on the boy." That is what happened, although it is not expressed in scientific terms. The result? Well. The boy is doing well today, for as soon as that boy received love and understanding at home, instead of merely pressure to do better, he bloomed like a rose.

The girl's home wasn't the place for her. Her parents meant well enough, but were not intelligent enough to get the general idea. So Dr. Healy arranged things a bit. First, some psychological training for the girl. And some medical attention. Some training in housework, too, and then she was placed in a home where she was well-received. The result? She, too, is doing well.

Now what is the application of all this to every one. Dr. Healy summed up a whole barrel of experience in a dozen or two words. Here it is: Previous to reaching court, boys

MIGRAINE HEADACHE TRACED TO FOOD SENSITIVENESS

Spasms of Pain Similar to Attacks of Angina Pectoris; Relief is Assured

(By Dr. James W. Barton)

Just as hay fever, asthma and eczema have been found to be due in many cases to sensitiveness to certain foods and other substances, so it is believed now that migraine—one-sided headache—is also due in many cases to a sensitiveness to various substances.

That many of these sufferers with migraine work hard mentally and physically has been noted, but there are just as many who work just as hard mentally and physically who are not afflicted with migraine.

It is only recently that research workers have been able to tell us something about what is occurring under the skull during one of these attacks of migraine.

Spasm Hits Brain

Just as an attack of angina pectoris causes a spasm or partial closing of the blood vessels feeding or nourishing the heart muscle resulting in a severe vise-like pain under the breast bone, so also a spasm occurs in the region of the large-sized arteries and veins in the brain.

This spasm or partial closing of the vessels is then followed by a dilation or widening or opening up of the arteries and veins causing such a swelling that the brain seems too large for the bony skull.

Dr. Alfred M. Goltman, Memphis, Tenn., in the Journal of Allergy in

describing a case under his care stated:

"For 24 hours before the headache comes on, the patient is languid; her complexion at first is sallow, but after a time her face appears blanched and a well defined pallor is noted before the onset of the pain."

Begins Over Eye

The pain begins over the right eye gradually spreading over the right side of the head. She avoids light, and all noises. As the pain becomes severe, vomiting follows. The pallor subsides and the face appears flushed. The process continues from 12 to 72 hours and then gradually disappears. When the attack passes over, she goes into a deep sleep, apparently exhausted."

This patient was found to be sensitive or allergic on skin-testing to wheat, milk, cheese, barley, corn, celery, lettuce, parsnip, codfish, lobster, crab, oyster, scallop, shrimp, almond, pecan, squash, cabbage, cantalope, coconut, ginger, grapefruit, chicken feathers, duck feathers, goose feathers and dust.

This appears to be a large list of substances to which the patient was allergic, but Dr. Goltman states that she was relieved of her symptoms by treatment from the allergic standpoint—omitting certain foods, avoiding certain substances or gradually building up a resistance to these substances.

ENJOY DOUGHNUTS AS DOUGHNUTS

Not Simply Because Someone Sets Out to Proclaim Them Vital Foods

(By Edith M. Barber)

I just can't bear it. They are trying to sell us doughnuts this month (which, in case you don't know it, is national doughnut month by somebody's proclamation) as vital foods. They are talking about proteins, carbohydrates, calories, phosphorus and calcium and doughnuts!

Now, no one is a bigger promoter for "sich" than this editor, but I am not going to analyze one of my favorite foods on this account, I am going to continue to eat doughnuts because I like them, even if "Yale has found them as wholesome as bread and butter." I don't want doughnuts to be wholesome. Can't I have one indigestible food left on my list? I am sure that the old Dutch residents of New Amsterdam ate their "oly koecks" because they liked them just as did my Pennsylvania Dutch ancestors.

By the way, it may be a shock for you to know that the original fried cake lacked the hole which has become synonymous with most doughnuts today. Sometimes the original fried cake raised with yeast is seen in ball form. In my own family tradition a raised mixture might be twisted into what as children we called "birdies."

There is always controversy, as to whether all fried cakes should be called doughnuts or whether only baking powder mixtures deserve that name. Is it only the hole which makes the difference as far as terms are concerned? There is one point, however, upon which most people are agreed and that is that baking powder or soda, sour milk, fried cakes may be called crullers. And there is another point of agreement, everybody likes doughnuts!

Raised Doughnuts

1 1/4 cups milk
1/4 yeast cake
1 teaspoon salt
1-3 cup shortening
1 cup light brown sugar
2 eggs
1/2 grated nutmeg
Flour

Crullers

1/4 cup shortening
1 cup sugar
Yolks 2 eggs
Whites 2 eggs
4 cups flour
1/2 teaspoon grated nutmeg
4 teaspoons baking powder
1 cup milk
Powdered sugar and cinnamon

Cream the butter, add sugar gradually, yolks of eggs well beaten and whites of eggs beaten stiff. Mix flour, nutmeg and baking powder; add alternately with milk to first mixture. Roll thin, and cut in pieces three inches long by two inches wide; make cross-wise three or four cuts, and fry in deep fat (375 degrees F.) until golden brown. Drain on soft paper.

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.

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