

Dr. B. R. Ross
DENTISTHOURS:—
9-6 or by APPOINTMENT.
404 Queen Street**ARTHUR F. BETTS**

Plumbing and Heating

QUEEN STREET PHONE 512

**FINEST FABRICS**

They're here now! The last word in flannels, cheviots, worsteds and tweeds. Pick out your favorite pattern.

Alex. Ingram
376 KING ST.**HARNESS****OVERALLS
WORK PANTS
GLOVES****H. A. Burtt**
TEL. 1234**Headquarters For
BLANKETS**

Buy your Blankets at DeLong's, where you have a good assortment to choose from. Pure Wool Blankets in reversible and plain colors in beautiful color combinations—also white with blue and pink borders, and Hudson Bay Blankets. We also carry a good stock of Camp Blankets.

J. Stanley Delong
Phone 68-11 63 Carleton St.**TAKING TIME BY
THE FORELOCK**

—is a wise suggestion. So we say, have your heating plant repaired or inspected NOW! At this time of the year we can give you immediate attention and the service of our most competent workmen.

By waiting until the fall rush is on you may be at greater expense, or experience unavoidable delay.

SEE US FOR PARTICULARS

D. J. Shea

80 Carleton St. Phone 553-11

**A MESSAGE TO
INVESTORS IN THE
MARITIME PROVINCES —**

Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

IRVING, BRENNAN & COMPANY, LTD.

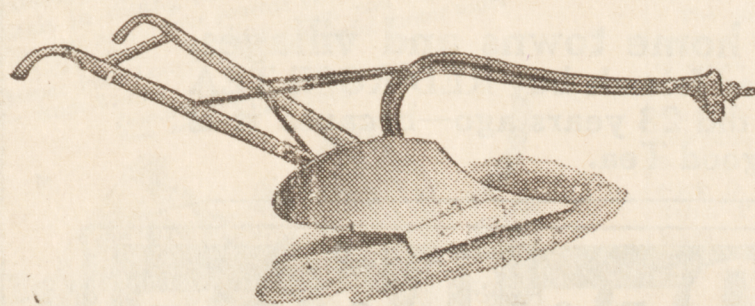
J. G. BADCOCK, Manager.

Fredericton Office Suite 1, Loyalist Building Phone 454
Fredericton Charlottetown Halifax Saint John, N.B.**HONESTLY ... IT'S THE BEST POLICY**

Disability Benefits are paid for Life. Every sickness and every accident covered. Additional benefits to cover hospital expenses. Double Indemnity for Travel Accidents. Full, Honest Coverage on Infection and Blood Poisoning. Benefits paid in full every month. All Premiums Waived in Case of Permanent Disability. Policy not affected by change in occupation. Air Travel Coverage. Financial Aid—if Injured Away From Home.

HOWARD H. BLAIR

38 YORK ST. YOU CAN REST ASSURED PHONE 291

**MCCORMICK - DEERING and FLEURY
PLOWS**ARE HERE IN GREAT VARIETY. WE HAVE A STYLE TO
SUIT YOUR REQUIREMENTS.**J. Clark & Son, Ltd**

— "A GOOD PLACE TO DEAL" —

**... OF ...
Interest to Women
GIFTS WRAPPED IN SILVER AND PINK**

(By Cynthia Proctor)

We've heard about a Tea Rose Bridal shower and want you to know about it. The very name will appeal to a prospective bride who walks in a rosy haze of happiness.

Guests are asked to bring the gifts wrapped in pink or white paper with silver ribbons. These are stacked attractively around a great bouquet of pink tea roses or under a wedding bell filled with paper rose petals. A dining room, or a room that opens off the living room is a good place to place the gifts especially if there are a good many guests. Place the table against one wall since this gives the guest of honor a chance to open the gifts for her friends to admire and exclaim over where all may see her.

Serve refreshments buffet style, using a great angel food cake decorated in sugar roses as the centerpiece. Arrange the silver and coffee cups, etc., around this centerpiece, and then serve the ice cream and cake from the kitchen.

On each plate arrange a slice of lemon and raspberry sherbet, with a tiny replica of the big cake in small cakes on each plate. Then on every plate lay a tea rose bud as a favor for each guest.

If you play bridge, or can, after such excitement, use rose decorated tallies and bridge accessories and give table prizes of rose glassware.

Shower of Bills

For the bride to be who 'has everything' or for a shower for a girl who is leaving a job to be married, a simple but effective way to give her a money gift is to change all the contributions from friends into crisp new dollar bills. Then as the guest comes to the table for supper, the great wedding bell which is suspended from the chandelier above the table

opens and instead of confetti, there is a shower of bills.

A Hallowe'en Surprise

Don't say we aren't forehanded about Hallowe'en. But we thought you might like to plan this shower ahead of time so here are details about it. The guests find the room decorated with orange and black symbols, grinning cats, witches, owls, etc. The tallies and score cards are similarly decorated and little black cats are tied to the end of the pencils.

After several games of bridge, the hostess announces that she has arranged for a clever fortune telling witch to come and read the girls' palms. She draws the blinds and lights one or two candles, to give a weird effect. A wicked old witch, in reality one of the girls' best friends who knows something about the girls' habits and lives, hobbles in. She beckons them over to her corner one by one and reads their palms. The bride to be is the last one called. The witch tells her the usual things about a light man, a trip over the water, etc., and then she mutters "all about you is the ringing of bells. I can't tell just yet whether they are wedding bells—no, no—they are NOT wedding bells—something different, but ringing, ringing, ringing" and at that moment an alarm clock, hidden behind a chair goes off. The witch tells the girl she must go and stop the ringing before she can go on with her fortune. When the girl finds the clock, she also finds beside it the first of her shower presents, wrapped in orange paper. No sooner has she opened it than another clock starts ringing. She searches for this and finds another present. And so on until all the gifts are found and the last is opened. Then the lights go on and the girls sit down to a tea table attractively decorated with Hallowe'en novelties.

ARE YOU IN TRIM FOR FALL?**Exercise Will Rout That Excess Weight Taken
On During Vacation**

(By Antoinette)

When on your vacation and on your weekend jaunts to the beach you have allowed yourself to enjoy a certain freedom.

You felt you must have complete relaxation and a change from all the rules and regulations that governed your workaday world. 'Twas grand while it lasted, but in a great many cases I'm afraid you indulged yourself with nary a thought of the fall and the new fall styles calling for waistlines and svelte figures.

Even though those indulgences were but for a few weeks, it's amazing what such pampering will do.

With time on your hands you had more thought for food, and the good fresh air was a teaser to the appetite—but with a thought for the fall wardrobe you'd better make up for those little indulgences which may have caused your hip and waistline to expand an inch or so.

Get out the tape measure and if you find you've strayed from the correct measurements start in now to get yourself in shape for fall clothes. Do waist bending and hip slenderizing exercises each day until you take off extra pounds and the inches you accumulate during the summer months. In case you're not familiar with such exercises I'll outline a few of them to start on.

Touching the toes without bending the knees is a good old reliable one to commence with. At first touch the right hand to the right toes. Then as you become proficient in this, with a swing of the arm touch the fingers of right hand to toes of left foot. You'll feel the pull of the waistline.

Next, lie on your back on the floor. Raise legs at right angles to body, and lower them to the ground very

slowly. This is not an easy exercise to do at first, but with a little practice it becomes easier and it is one that will give excellent results in taking inches off the waistline.

VARICOSE VEINS

The veins carry the blood from all parts of the body back to the heart. The blood current in the veins is much more slow than it is in the arteries, and from the lower part of the body, the blood in the veins is going up hill. Varicose veins are enlarged veins. They occur when, for one reason or another the blood, instead of circulating freely, is checked to some extent and so is held back in the veins which become distended as a result. This occurs most commonly in the legs and in the rectum.

Anything which interferes with the flow of blood in the veins is a cause. Constriction of the legs by tight garters contributes to the condition. The pressure of tumors in the pelvis, or an overloaded bowel in constipation, and sometimes in pregnancy, may result in varicose veins. Certain forms of heart disease in which the flow of blood is not normal may also be a cause. If the tissues surrounding the veins are weak or of poor quality, the veins do not receive the necessary support and, in their weakened state are apt to become enlarged. Overweight is a common cause because of the extra force required to send the blood through the abnormal amount

of tissue. Long standing predisposes to the occurrence of varicose veins. The prevention of this condition is, of course, a question of keeping within the limits of normal weight, and by having the muscles in good condition through regular exercise. Varicose veins of the rectum, called hemorrhoids or piles, are usually the result of constipation. Prevention lies in the correction of the constipation by proper diet and exercise. The cathartic habit does not correct constipation; in fact, it is one of the most frequent causes of the condition, and so the habitual use of cathartics is indirectly a common cause of hemorrhoids.

Those who stand for long hours may be helped by lying down each evening and by having the legs gently massaged from the feet to the hips.

Once the condition has developed, relief may be secured through proper treatment but, in all cases, the cause of the condition must be removed. It is much more simple to prevent than to treat, and we would repeat that prevention lies in the maintenance of normal weight, in the development of healthy muscles and in the correction of constipation.

**Parents Undignified,
She Complains**

(By Vida Hurst)

What has become of the old fashioned parent? Miss Seventeen asked a friend, "I would give anything I possess for a couple of mature, dignified adults in my home. My mother's hair is a too bright blonde. She plucks her eyebrows and paints her finger nails. My father drinks too much."

"Every Saturday night there is a party at our house when my very modern parents serve cocktails to a bunch of silly, giggling eyed men and women. I go up in my room and close the door to keep from hearing them."

"Once when I came downstairs for something, a friend of my father's found me in the back hall and put his arms around me and kissed me. I almost died I was so disgusted. Is it any wonder girls nowadays marry young? They have to do it to get away from such homes."

"Believe me, when I am a married woman I intend to act like one. And if I have any children I shall give them a place to entertain their friends without having to wonder what is going on. Most young people would be ashamed to perform the silly antics our parents consider a sign of youth. Sometimes I wish they could see themselves as we see them. I wonder if they knew how we felt would it make any difference to them?"

**Crop Conditions In
The Maritimes**

The Bank of Montreal crop report issued on Sept. 23 has the following regarding the Maritime crop report:

Rains have been more or less general during the past two weeks. Late sown grains were adversely affected by a dry hot spell in August which, together with damage from rust and army worm in certain areas, has made for a varied yield and while not turning out as well as expected, on the whole fairly satisfactory crops are being harvested. Cutting is about completed and threshing is well advanced. Potatoes and other root crops, with a few exceptions, are expected to return good average yields. Recent gales have taken a heavy toll of the apple crop in Annapolis Valley,

**BABY'S OWN
SOAP**
"It's Best for You and Baby Too"**THREE WAYS FOR
A BRIDE TO MAKE
HER MARK****Or How to Initial Your
Silver and Household
Effects**

The autumn bride who is in a quandary over how to mark her silver, linen and other household effects can boil the problem down to three formulas:

1. She may mark her things with the three initials of her maiden name.
2. She may use a three letter combination of her husband's first initial her first initial and her husband's last initial.

3. She may use another three letter combination—her first and last initials, then her husband's last initial.

Specifically, if her name is Mary Joanna Brown and her husband's is Charles Norton Gray she may use MJB, CMG or MBG.

Use of the bride's three initials is best, perhaps, for conservative people, or for couples who will live in conservative communities.

It's a survival from the days when most girls did embroidery and began to fill their hope chests with linens they initialed themselves long before they had decided on the man they would marry.

The custom of combining the bride's and bridegroom's initials originated in Colonial days when wedding silver was marked with three Roman capitals, thus:

C for the husband, Charles, side by side with M, his wife, Mary, over the G, for their married name, Gray.

This method of marking, it might be noted, is best for use on articles that do not fall directly into the category of 'trousseau'—a car, for example.

The question of the placing of the initials falls into two divisions:

If the letters are of even size the first initial goes to the left, the second in the middle and the third last (MJB).

If the letters are of uneven size—as in a monogram—the first initial comes first, the last initial second and the second initial last (mJB).

The loss varying in different localities and averaging 35 per cent and 40 per cent. It is doubtful if the marketable crop will equal that of 1,500,000 barrels produced last year. A heavy crop of blueberries has been gathered. Recent rains have improved pastures.

**"and it's easy to pay for
HOME IMPROVEMENT
PLAN"**

Do you need a modern home? Are you dissatisfied with the out-of-date interior, the shabby exterior of your house? Then why not make those improvements you have always wanted, and enjoy a brighter, happier place to live in? You can do it so easily — and comfortably — under the Home Improvement Plan. Decide on the work you want done and get an estimate of its cost.

SIMPLIFIED FINANCING

Any contractor, supply firm or architect can help you arrange a Home Improvement Plan loan if you need it, to finance the work for you, or you can apply direct to your banker. No security or endorsement needed; you simply show that you can repay in instalments and the loan is made, the work proceeds, your home is made brighter and more livable and men get needed jobs.

Full information on the Home Improvement Plan and what it covers may be obtained from your local committee, your Provincial Chairman, your bank or the National Employment Commission, Ottawa.

NATIONAL EMPLOYMENT COMMISSION

UNDER THE AUTHORITY OF THE DOMINION GOVERNMENT

(The cost of this series of advertisements sponsored by the National Employment Commission, has been defrayed entirely by public-spirited concerns and individuals as a contribution towards that "Nation-wide co-operative effort" envisaged by the Parliament of Canada in the National Employment Commission Act.)

**Actually
MEDICATED WITH
INGREDIENTS OF
VICKS VAPORUB****VICKS
MEDICATED
COUGH DROPS**
FULL 2 1/2 OZ. ONLY 15¢**A NEW FURNACE****REMODEL EXTERIOR****PAINTING****EAVETROUGH**