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ecomes free from pimples.

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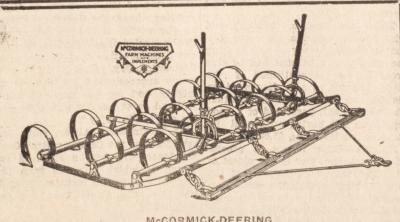
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HAVE YOU AN **ARM PROBLEM?**

Short Sleeves Are Not Flattering to Flabby Arms

(By Antoinette)

Everyone will be wearing a suit this spring and the suits call for blouses. The blouses shown have short sleeves. Short sleeves are not flattering to arms that are too flabby too thin, or those covered with goose flesh. Unless you can boast of a pretty arm it would be better to keep it covered up.

by massage and exercise. Try this: Fling arms outward and back severnumber of times.

bag, suspend a pillow in the door- the last meeting of the season. way. It will answer the purpose, but as large dimension as you can decribe, is an old favorite.

The too-thin arms may be massage ed gently with a nourishing cream, and exercise done less strenuously, out nevertheless vigorously, will build up muscle tone.

For arms that are marred with goose flesh, the bath brush will do wonders. Scrub the pimply skin vigously, dry thoroughly, then rub in good hand lotion or skin food.

Perhaus the elbows are horny and liscolored. Lemon juice will lighten the color of the skin, and hot oil massaged into them will soften the horny substance. When you use your hand lotion, massage some of it into your elbows. It's surprising what this little attention will do for elbows that are not as lovely as they should be to be found peeking out below the tiny sleeve. If there is any unsightly hair to

mar the beauty of an exposed arm, there are depilatories which will remove it easily and most effectively. Whatever your 'arm' problem is, I

am sure it can be corrected if only you will give it a little time and at-

BEAUTY HABITS AND DIET OF

(By Elsie Pierce) Here's a letter from a reader that

hrows interesting light on the diet and beauty habits of screen stars: Dear Miss Pierce: I know that your theory is a few minutes a day devoted to beauty and there'll never be the necessity of making up by that a once a week Resolution Day most attractive when the filling furto make up for little skips or sins nishes a color contrast to the bread. ve? And don't you think it would help the beauty cause?

"I happen to know that the screen Some have their once-a-week liquid And don't you like candied mint or fruit diet. Some rest in bed for an leaves? entire day after a very strenuous -a dancer by the way-says that in from stems, and brush each leaf with yolks slightly. Add sugar and salt. work-out on the lot. One of the stars spite of her exercise she usually egg white beaten until stiff. Dip in Scald milk and add, stirring con-Thanksgiving and New Year's there covered with paraffin paper and let pudding. are parties and extra sweets and = turkey and pies. And the spirit as well as the flesh seems willing. For several days, then, she goes on 3 diet of fruit and vegetables. She eats o fat, meats, potatoes, bread or sweets. In a few days she is down to ner normal weight and back on her regular, normal diet, which never includes an excess of fattening foods. except at holiday times.

"You may wonder how I know all these things. The secret is out: I was a Hollywood extra once. But I do feel that 'Resolution Day' might be a good | Health Association). idea for your readers. It might help them to make up, not slip up, I hope, example, there are sunburn, chemicfor any necessary skipping.

reading your articles. Pass it on if you think anything of it.'

Indeed, I think so much of it that I name and address to send her a personal note of thanks. I hope she will case of a burn, the nerve ends which germs from attacking the wounds. surely see this column and sense my appreciation. I'm all for Resolution and register pain. Day, and know it will have the unanimous vote of readers. For the shampoo your hair needs, the little extra more than pain. When the skin salicylate on the burned part. Over attention to the nails; the brushing which protects us against germs is the soaked gauze he placed a bandyou've slipped up on (count 100 burned off, there is always a strong age. Every four days, Dr. Stewart strokes a day); the setting up exercise you haven't done this past week, the eyebrow cleaning you have been duces poisons which enter the blood skin. promising yourself; the complete stream, and the person may have Before putting the outer bandage home facial, Resolution Day or

Plumbing and Heating

Interest to Women

A TRICK TO CUTTING DAINTY SANDWICHES

stand in slow oven until dry. If the

Fruit Sherbet Punch, for 100

Add fruit juices to the ginger ale

sure that all the ingredients are ice

cold. This sherbet punch is nice to

Chocolate Sauce, for 50

Butter Spreads

ter with two teaspoons lemon juice

and a few gratings of lemon rind.

and 1/4 teaspoon lemon juice.

ter with 1 teaspoon onion juice.

nickles.

Lemon butter. Combine 1/4 cup but-

Olive butter: Combine 1/4 cup but-

ter with 1 tablespoon chopped olives

Onion butter: Combine 1/4 cup but-

Pimento butter: Combine 1/4 cup

butter with two tablespoons mashed

pimento and one teaspoon chopped

Chives butter: Combine 1/4 cup but-

ter with 1 tablespoon finely minced

chives and 1 teaspoon lemon juice.

butter with 2 tablespoons finely cut

parsley and 1 teaspoon lemon juice.

Parsley butter: Combine 1/4 cup

Watercress butter: Combine 4 cup

Watercress butter: Combine 1/4

cup butter with 2 tablespoons finely

chopped watercress, 1 teaspoon lem-

on juice and a few drops Worcester-

Cheese butter: Combine equal

parts soft snappy cheese and butter

or 4 parts butter to 1 part Roquefort

Horseradish butter: Combine 1/4

cup butter with 2 tablespoons horse-

Anchovy butter: Combine 4 cup

butter with 1 tablespoon anchovy

paste, 1/2 teaspoon lemon juice and a

Chutney butter: Combine 1/4 cup

butter with 1 tablespoon chutney.

Ruth Wakefield's Tropical Sauce

3 tatlespoons chopped candied

In top of double boiler beat the egg

dash of paprika.

1-3 teaspoon salt

1 cup whipped cream

2 cups milk

butter with 2 tablespoons finely cut

parsley and 1 teaspoon lemon juice.

10 large bottle of ginger ale

process may be repeated.

on and grapefruit.

2 quarts orange ice.

cubes are not available

9 squares chocolate

11/2 cups corn syrup

1 tablespoon vanilla

34 cup water

3 cups rich milk

(By Marjorie Mills)

We haven't said very much lately leaves are not thoroughly coated the about refreshments for clubs, but we Flabby muscles may be corrected feel guilty about not doing so because of the S.O.S. from school clubs Raise your elbows to shouder height junior clubs and women's clubs. Of course, in planning a menu a lot deal times, gradually increasing the pends on the membership of the club. Large clubs might not want to spend A punching bag soon will firm the as much as a smaller club that wants and lastly, mix in the orange ice. Be nuscles. If you haven't a punching to splurge on 'eats,' especially for

We have also in mind those clubs serve where a large quantity of ice e sure to punch with gusto. De- that are planning to entertain assocribing circles, starting with small ciate clubs at their annual 'tea.' Any ircles and increasing to circles of member would take special pride in a lovely tea table dressed up in snowwhite linen, or fragile lace cloth and paper-thin china.

Tea sandwiches are always dainty but not necessarily elaborate. The filling is usually minced or slices hot water. Add water slowly, then very thin to carry out the feeling of corn syrup, stirring until smooth. daintiness. If the bread is to be cut Boil until mixture forms a very soft with a fancy cutter, it is usually more ball in cold water. Remove from fire onomical to remove the crusts from and add milk and vanilla. Keep the the entire loaf and cut the slices sauec over hot water and serve as ieughwise of the loaf. Sandwiches of needed. Allow seven to eight quarts fancy shape should be spread after vanilla ice cream. cutting to avoid waste of filling.

Club Refreshments Strawberry Ice Cream Unfrosted Sponge Cakes Hot Coffee

Vanilla Ice Cream, Crushed Fruit Macaroons Fruit Punch Ice Cream Slices Frosted Cakes

Fruit Sherbet Punch Vanilla Ice Cream in Eclair Shells with Sliced Peaches Hot Coffee

Ice Cream Puffs with Chocolate or Butterscotch Sauce The Annual Tea

Savory sandwiches are made of anchovy paste, sardines, devilled ham deviled chicken or watercress. In making watercress sandwiches, strip leaves from stems and arrange on ounds of buttered bread so that the edge of the leaf protrudes; sprinkling of salt but no salad dressing. Sweet tea sandwiches may be made

up with prune and nuts finely chop- shire sauce. ped and mixed with honey, guava jeliy and cream cheese, or cream

cheese and nutbread. Pinwheel sandwiches are made by cheese removing crusts from a loaf of fresh bread cut into 4-inch slices lengthwise of the loaf; spread with creamed butter, savory butter or cream cheese. Roll, wrap in heavy waxed haphazard care. But, after all, pity paper. Place in the refrigerator for at least 1/2 hour. Cut in thin crosswise that we are human. Don't you think slices. Pinwheel sandwiches are

For tea accompaniments a neat trick is to have a plate of orange and lemon slices, some plain and others with whole cloves or a sprig of mint.

Candled Mint Leaves

Wipe fresh mint leaves, remove ains a few extra pounds during the 1-3 cup granulated sugar flavored stantly until it coats the spoon, nolidays. At Easter, there's the let- with five drops oil of spearmint. Chill and add whipped cream and the down after Lent; at Christmas and Place closely together on a cake rack candied fruits. Use on plain cake or

DANGER AND

possibility of infection.

sue is what is commonly called a

For many years certain drugs known as salicyates, have been used to take by mouth to deaden tempor arily various pains in the body. Years ago one of these chemicals called myl salicylate was tried in treating ourns with some success but it was given up because of the odor. However, since that time, this sub-(Bp Dr. Herman N. Bundesen, For- stance has been purified and better prepared, so that the disagreeable mer President American Public sinell has been removed. There are all sorts of burns. For

Recently, Dr. L. Leslie Stewart of al burns and fire burns. But first let Edinburgh, reported his study of the "Just a thought, because I enjoy us pause to see just what a burn is. use of amyl salicylate in treating The skin is made up of several lay- burns. He found that, when put on a ers. When the top skin layer is in- burn or scald, it quickly lessened jured, there is no serious injury or the pain. So he used it in taking care wish I had the 'Hollywood extra's' pain. But when the second layer is of 42 patients. He mixed it with cerinjured, then it may be serious. In tain antiseptic substances, to keep

come up into this layer are exposed | First, he carefully cut out the burn ed skin. Then he washed the wound If the burn extends over a consid- with a weak salt solution. Next he erable part of the body, there is placed gauze soaked in the amyl replaced the outer bandage, but did Infection of the burned tissue pro- not remove the gauze next to the

fever and headache. Such a burn on, he placed a piece of gauze soak-Beauty Day ought to work wonders. should be treated in a hospital when- ed in the antiseptic amyl salicylate solution over the one next to the skin. Within a week or two he found When a burn is not spread over a that the first layer of ganze next to arge part of the skin, various treat the skin came off easily from the ments are used. The best is one that burned part. The wound was now on is easily applied, which quickly re- the way to recovery. The important lieves pain, helps prevent infection, fact about this treatment is that the nd aids in producing healing and patient had little or no pain, and PHONE 51: over-growth of scar tissue. Scar tis- there was no irritation of the skin.

TO ONE IN

As I hurry along in the traffic of Where Fate the policeman, holds

sway, There are some that I pass whom I'd quite like to know, But-they never seem going my

Upon oppoiste ways we always seem bent.

And always we must hurry on! Life's traffic is swift and it sweeps us along-

Before I can hail them they're gone!

They signal me sometimes-I smile in return-1 gallon fruit juice, pineapple, lem-For a moment we pause, as we meet But Fate, the policeman who handles

the crowds, Calls: "Move on, there, you're

blocking the street!" And so they pass by me on Life's

crowded street, The people I know I'd like best! If I am bound northward they're set to the south,

And eastward, if I am bound west. Among those who pass on the op-

posite way, Whom I'd like to know, you are one! Melt chocolate in double boiler over If only . . . But Fate gives the

signal and calls: "You're blocking the street, there, move on!" -Roselle Mercier Montgomery.

Fredericton Junction

FREDERICTON JUNCTION, May 6 -At the regular monthly meeting of the United Baptist Church last evening, Rev. H. G. Westrup presided. The financial report showed all bills paid and a substantial surplus. The proceeds of the recent chicken dinner were \$58,29, and \$35.05 had been collected for foreign missions. Three candidates—two young ladies and one gentleman-were received for baptism and church membership. The annual district meeting will be held at French Lake, near Rusagonis, on June 1 and 2.

Rev. H. G. Westrup, who has been pastor here for over seven years, will take the Pugwash, N. S., charge about June 1, and will be succeeded here by Rev. W. B. Linton, now of Waterville-Cambridge, N. S., a brother of Rev. J. A. Linton of Fredericton.

At the B.Y.P.U. Monday evening, principal M. P. Boone played a number of old hymns and Rev. H. G. Westrup gave an address on their origin and history. W. Dow Alexander gave a paper on Canada's part in the oronation.

In Sunbury L.O.L. No. 145, Monday evening, the Royal Blue Degree was

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membrane of your throat.

Try this way. Your doctor, we know, will endorse it. For it

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Demand and Get-

