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FREDERICTON BUSINESS COLLEGE

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LUDLOW

LUDLOW, Feb. 17.—On Thurs-
day evening a valentine party was
held at the home of Mr. and Mrs.
Boyd Hovey. A large number were
in attendance and a good time en-
joyed by all. Much merriment was
caused by a valentine box which was
opened after dancing and cards had
been participated in. About midnight
a delicious luncheon was served. Mrs.
Hovey was assisted by Boyd Hovey
and Verne Whitney.

On Friday between the hours of
three and four o'clock, School Dis-
trict No. 2 under Geneva Young of
Fredericton, had a valentine box for
the children. The scholars brought
candy, apples and fudge and enjoyed
a social time.

Friends are sorry to hear of Alvah
Weaver's illness and wish him speedy
recovery.

Mrs. D. C. Hovey is spending a few
days at her home in Millerton.

Mrs. Edward Palmer was a recent
guest of her sister Mrs. Pete O'Don-
nell.

Mrs. Arthur Pond spent a day last
week with her mother, Mrs. L. Hovey.
Holley Hovey, Verne Whitney and
Frank Johnston have returned home,
after spending some time at Langley.
Jasper Palmer was a visitor to
Doaktown this week.

Audrey Hovey was the guest of
Lucy Murphy on Wednesday.

Lillian Hovey is spending a short
time in Boiestown the guest of her
aunt Mrs. Herb Freeze.

Mrs. Raymond Hovey was a guest
of Mrs. Karl Hovey recently.

Verda Hovey has returned home,
after a pleasant visit at Boiestown.
Arthur Pond returned to Frederic-
ton after spending a week-end at his
home here.

Rev. Mr. Corey held service here
on Thursday evening and on Monday
conducted funeral service of the in-
fant son of Mr. and Mrs. Alex. Long.

Etta Annamay Hovey has returned
home after a visit with her grand-
mother.

Matthew Mackay has returned to
his home at Porter's Cove.

Mrs. Harry Palmer spent a day this
week with her sister, Mrs. Cecil Clo-
water.

Fred McCarthy was supper guest of
Percy Palmer on Thursday last.

Mrs. Dow Hovey and daughter
Sadie were recent guests of Mrs.
Herbert Pond.

Jack Hovey is confined to his home
through illness. Dick Carr, Jeff and
Clayton Carr were recent guests of
Mr. Hovey.

Mrs. Edward Palmer was visiting
her daughter Mrs. Karl Hovey on
Friday.

Holley Hovey was a guest of Ever-
ett Pond on Thursday.

Sadie Hovey and Ada Carr spent
Wednesday evening with Isabel
Hovey.

Our roads are in excellent con-
dition and many folks are enjoying
them.

The stork has been very busy of
late, leaving twin sons with Mr. and
Mrs. Boyd Hovey, a daughter with
Mr. and Mrs. Henry Lyons and a
daughter with Mr. and Mrs. Clowater.

Visitors to Fredericton during the
week end were Gower Hovey, Verne
Whitney and Holley Hovey.

BURDEN NOTES

BURDEN, Feb. 15.—Mrs. Harold
Kitchen and daughters Velma and
Zaida spent Saturday afternoon with
Mrs. Eldon Smith.

Mr. and Mrs. Lebaron Courser
spent Saturday evening with Mr. and
Mrs. H. J. Smith.

Mr. and Mrs. Garfield Caverhill
was calling on friends here, Sunday.

Miss Thelma Jewett and William
Kolding spent Saturday afternoon
with Miss Espy Moore.

Robert Lawrence spent Saturday
with Elmer Smith.

Mrs. David Burden is visiting Mrs.
Harold Preston and Mrs. N. Preston.

Miss Espy Moore spent Sunday
with Mrs. George Gibson.

Mr. and Mrs. Eldon Jewett and
son Clair have been visiting Mrs.
Jewett's parents Mr. and Mrs. Thos.
Pollock.

Paul Nevers of Long's Creek spent
Sunday with his uncle, H. J. Smith.

... OF ...

Interest to Women

THE STORIES THE SCALES CAN TELL

About Overindulgence Perhaps or Why Moderation in Eating Should Be Practiced

(By Edith M. Barber)

All rules for moderation in the
consumption of food and drink go in-
to discard at holiday time. We pass
the scales by until we can no longer
ignore that reproachful look which
they seem to cast upon us. If we
find that the reading has increased,
then we make a New Year's resolu-
tion to reduce. For a few days we
follow a strict regime, often such a
lean fare that after a few days hun-
ger drives us to overindulgence. And
still the scales are discouraging.

Usually better results can be pro-
cured by a mild programme than of
being too severe with ourselves. If
we ignore those second helpings and
will forego the temptation of eating
between meals and keep up this pro-
gramme for a number of weeks, re-
sults will be more certain. It is a
fact that even on a very low calorie
diet little loss of weight will be
shown for a week or more, because
water which has weight will replace
the fat which has been used up. If
you have self-control enough to carry
on your programme until this period
is past you will find it worth while.

The most important thing is to
make a plan, write it out, check it
every day and stick to it. The reason
why certain spectacular recipes for
reducing are successful is because a
concrete plan is easy to follow. Re-
member, however, that some milk,
some eggs and plenty of vegetables
and fruits should be included. In
some cases, fruits and vegetables may
replace each other for a time and
also remember that for quicker re-
sults salt should be limited. One of
the reasons for the success of the
skimmed milk-banana reducing diet
is the fact that salt is not necessary
to make either of these foods palat-
able. No diet limited to a few foods

should be used more than two weeks
however, without a break. It is for-
tunate perhaps that most of us can-
not resist temptation.

A new product, by the way, which
may be of interest to those of you
who are going in seriously for losing
weight, has recently been put on the
market. It looks like butter, tastes
like it and yet has absolutely no
food value in contrast to the high
calorie value of the fats usually used
at the table. Its constituents are
probably not unlike those of the min-
eral oil, which can be used for salad
dressing. The "butter," however, sup-
plies vitamin A.

Cabbage and Fruit Salad

1 small head cabbage
4 or 5 medium-sized apples
1 cup seedless raisins
Mineral oil mayonnaise
Lettuce.
Shred cabbage very thin and let it
stand in cold water until crisp. Drain
and dry. Arrange nest of cabbage on
lettuce leaves on each salad plate.
Pare apples and cut in one-half inch
cubes. Mix with raisins and mayon-
naise. Arrange on cabbage and gar-
nish with cherries.

Mineral Oil Mayonnaise

$\frac{1}{4}$ teaspoon mustard
1 teaspoon salt
Cayenne
 $\frac{1}{2}$ teaspoon sugar
1 egg yolk
1 cup mineral oil
Lemon juice and vinegar
Mix dry ingredients and add yolk
of egg. Mix well and add one-half tea-
spoon vinegar. Add mineral oil grad-
ually, drop by drop at first, then
more quickly, beating with egg
beater. As mixture thickens thin
with lemon juice or vinegar and con-
tinue adding oil. When finished mix-
ture should be very stiff. Keep cov-
ered in the ice box.

UGLY DUCKLING OFTEN JUST LAZY GIRL

Twenty-Five Percenters Are Always Putting Off Business of Self-Improvement

Yesterday we were talking about
percentages of effort put into this
business of being attractive.

I think it's a good thought to hold,
this percentage business. By now
much honest effort you give toward
making a better looking person you
determine the effort percentage. Let
us analyze the 25 per center just for
convenience. We will assume Mrs. A.
the typical 25 per center.

She is the woman who always is
going to improve her looks. Tomor-
row is her day for getting at that
silhouette, now long lost in a welter
of hummy flesh. Today she'll have
three more fat meals. Today she'll
not make a move she doesn't have
to. Today her hair can look as it
does, unbrushed, unwaved, unlovely.
Tomorrow she's going to start in on
her skin. Yes, it needs it, but tomor-
row is the day. That's Mrs. A., the 25
per center who isn't putting even 25
per cent. effort into making herself
presentable.

Mrs. B. is our 50 per center. She is
the woman whose children say: "Yes

Mom, you're not bad looking when
you fix yourself up!" Mrs. B. has it in
her, but it takes an occasion or a
series of occasions to put her to work
on herself. Maybe we are rating her
too high, but at least she doesn't let
herself go completely and she does
come up often enough to make folks
realize she could be a knockout, if
she tried. The reason she isn't the
knockout is that she only puts half
the effort into herself that she might.

Mrs. C., the 75 per center, is the
woman who looks well most of the
time, with occasional slumps. But
she is aware of her possibilities and
she gets back on the job when she
isn't getting her usual compliments.

Mrs. D., our 100 per center, repre-
sents a growing group of women who
put everything they have into being
outstanding as decorative women.
There is a system to Mrs. D.'s living
a pride that won't even let herself
witness a single day's departure from
the grooming and dress standard es-
tablished.

DON'T LET THE WAISTLINE THICKEN

Elsie Pierce Gives This Warning to Slim Sister- hood

(By Elsie Pierce)

A waistline is another one of those
precious possessions that we humans
do not miss until we've lost it. We
allow it to expand and thicken. Then
we don't look as girlish and don't
wear clothes nearly so well as we did
with the waistline.

Speaking of clothes, I was looking
through an album recently at the
lines we wore less than ten years ago
—the straight up and down line with
an artificial waistline, or a belt at
any rate, somewhere below the hips.
Contrast these lines with the lines of
today and you'll agree that one of the
nicest things about the latter is the
fact that fashion places the waistline
where it naturally is.

Frankly, what would you do for a
waistline? The simple bending and
trunk twisting exercises that we did
as children in school are just as ef-
fective. They're death on the spare
tire amishisms. They keep a waist-
line trim and sleek.

Stretching is fine for that smooth
young line, that flatness of abdomen.
You can do your stretching exercises

in bed every morning before rising.
Stretch arms overhead—stretch up
per trunk up and toes way down as
though upper and lower trunk were
having a tug of war right at the
waistline.

Our screen and stage stars have
special exercises for the waist. The
majority prefer the bending to the
floor, and rotating the trunk from the
waist. This one—a favorite of an
opera star—is a little difficult, but
once you master it, you'll agree that
it's worth bending backward in order
to acquire a waistline.

Stand 12 inches from the wall with
your back to it. Lean over backward
until your hands touch the wall and
climb your way down the wall until
the hands are touching the floor and
you are bent over backwards in an
arc. Feel the pull at the waist and
abdominal muscles.

When you walk, make a conscious
effort to hold the abdomen in. Ditto
when standing or sitting. All that
helps to define the waistline. If you
are a sportswoman there's nothing
grander than golf, tennis and bowl-
ing for a waistline.

HATS FLY FLAGS AT FULL MAST

Powder Boxes Conceal- ed in Crowns--Schiapa- relli Shows Evening Gowns Mid-Calf Length -- Amusing Prints.

PARIS — Old-fashioned hour-glass
figures with pinched-in waists, hats
like open-work straw baskets filled
with flowers, buttons shaped like
cow's heads with gilt horns, and ank-
le high kid shoes with stiff heels are
just a few features in the amusing
collection shown by Schiaparelli.

Beach clothes are in cotton with
quilted shorts, blouses are printed
with life-size red lobsters and worn
with loose jackets of string woven
into loose open mesh, hats of raffia
with fringed brims cover the entire
face. The daytime neckline is high
and trimmed with lingerie touches or
wide lapels. Jackets and coats have
enormous pockets placed low like
steamship funnels. Straws which
wind around the head hiding all hair
are stiffened into funnel shape above
the forehead. One navy straw sail-
or is trimmed with three flags—Am-
erican, French and English—on stiff
flagpoles placed at the front of the
crown. Another has a stiff crown
which opens up to reveal a powder
box and mirror.

Prints for beach, daytime, after-
noon and evening are all highly enter-
taining, with all sized birds, bees
and butterflies scattered over silks,
linens and satins. Among new print
designs are multicolored squirrels on
a dark background; blue, rose and
mauve clover blossoms; flags of all
nations; chess men in black on white
Greek statues, white on black; pine-
apples on orange background and
multicolored autographs of famous
movie stars on pale pink in leather
composition materials, or carved
painted wood. These are bees, fish-
tailed mermaids, closed umbrellas,
butterflies and other odd shapes. Ev-
ening clothes are either slim straight
tubes, which fit like wall paper and
have slinky sophisticated lines, or
new short skirted dancing gowns
which have square cut décolletage
exposing the shoulders at back, and
full circular skirts of mousseline that
comes only to the mid-calf.

EPITAPH HAILS BUCKING HORSE

JOHNSTON, Colo., Feb. 17.—Final
tribute was paid to Midnight, the
most famous horse ever to come out
of a bucking chute at a rodeo, when
a group of cowboys erected a marker
over a lonely grave on the Colorado
plains, inscribed with their own
home-made epitaph.

Cowhands on the McCarthy & El-
liott ranch showed the dynamic little
horse during his career collaborated
in writing the epitaph. It reads:

"Under this sod lies a great bucking
horse,
"There never lived a cowboy he could
not toss.

"His name was Midnight; his coat
black as coal,
"If there is a horse-heaven, please,
God, rest his soul."

Midnight was the arch-enemy of
the top "waddies" who ride the na-
tion's rodeo circuit to earn their liv-
ing "working broncs." He was rid-
den only once in 14 years in which
he came bucking out of the chutes
from one coast to the other. The
time he failed to toss his rider was
after he became old.

The epitaph and new headstone
were decided upon by ranch hands
during their talks on long evenings
about the "buckin'gest horse of them
all." They recalled that Midnight
was a really great show horse with-
out a trace of viciousness. He never
trampled a rider after throwing him,
but would pose his victim into the
tanbark and trot back to the chutes.

7,500 Tons of Sand Used on Ottawa Streets

OTTAWA, Feb. 17.—More than 15-
000,000 pounds of sand has been used
so far this winter to keep Ottawa
streets safe for motorists and pedes-
trians, city officials said today. Aver-
age for previous winters has been
about 11,000,000 pounds.

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3rd treatment in May

2nd treatment in April
4th treatment in June

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