

A Face Covered With Pimples • Causes Much Embarrassment

**BURDOCK
BLOOD
BITTERS**

There is little doubt but that impure and impoverished blood is the soil on which those red, white, pus filled pimples develop and thrive, and that nothing short of a vigorous, persistent blood purifying treatment will eradicate them from the system.

Burdock Blood Bitters banishes bad blood and with the bad blood banished the skin becomes free from pimples.

Try a few bottles and be convinced.

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OVERALLS
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GLOVES**

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JUST RECEIVED...
OUR NEW SPRING RANGE OF
Curtains in plain and figured
Marquises, flannel and tussan
nets, Curtains, widths from 27
to 54 inches. Lengths from 2 to
3 yards. Drapes in all the new
shades. Also a full range of Tap
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"See our stock before
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We buy only a limited amount
of each pattern and fabric.
That's why you can choose your
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be seeing it on every other man
in town! Our complete line of
fall fabrics are now in. Call and
select YOUR OWN Distinctive
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Travelling men have no "heart"
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them, it's either "good" or "bad."

Give them a clean room, abun-
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ern bathing facilities and you'll
have them "telling the world"
to stop at our hotel.

Modern plumbing fixtures —
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Phone 454

There is hardly anything* in the world that
some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)

* Insurance is no exception.

HOWARD H. BLAIR

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LAWN MOWER TIME IS HERE AGAIN WE HAVE A VARIETY TO CHOOSE FROM.

Federal 14" Bronze Bearings \$ 7.90
Speedy 14" S.K.F. Ball Bearings 9.90
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Garland 16" S.K.F. Ball Bearings 13.35
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These Lawn Mowers are all equipped with the Eureka Positive
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J. Clark & Son, Ltd

SUGGESTIONS

for
JUNE



ASPARAGUS AN EPICUREAN TREAT IF WELL PREPARED

Becomes Most Delicious or Least Appetizing of
Vegetables Depending on Way It is Cooked

Asparagus becomes one of the most
delicious or the least appetizing of all
vegetables, depending wholly on the
way it is cooked. Nothing is more
succulent, tasty and delicate than
bright green stalks of correctly cook-
ed asparagus served with a plain melt-
ed butter dressing. And nothing is
worse in the way of food than the
limp, mushy and strong-flavored as-
paragus that has been cooked too long
in too much water.

There is an old saying that "too
many cooks spoil the broth." This
may be applied to asparagus—and all
mild flavored vegetables—by saying
that too much water spoils the flavor.
Nothing is gained by purchasing fresh
vegetables, full of minerals and vita-
mins, and then spoiling them with
water, and then overcooking them, and
finally adding insult to injury by
throwing away the excess water which
contains practically all that is left
of the minerals from the vegetables!

The very best way to cook aspara-
gus is in the specially prepared alu-
minum cooker, which looks like a double
boiler but is operated like a steam-
er. The asparagus stands erect and
cooks in the steam, emerging—tender,
slightly crisp and possessed of a full
quota of minerals and vitamins. Since
the same cooker is excellent for broc-
coli, brussels, sprouts, cauliflower,
spinach and even spaghetti and nood-
les, it is not the extravagance that
some people have regarded it but has
a year-round utility. In the absence
of a cooker, the next best method
is to use a coffee pot with about two
inches of rapidly boiling water in the
bottom. It goes without saying that
the asparagus should be washed and
the tough parts removed before cook-
ing.

The asparagus should be salted as
it cooks. When done, the time varying
from eight to fifteen minutes depend-
ing upon the diameter of the stalks,
the stalks should be gently removed
from the pot, placed on a platter or
on individual slices of buttered toast.
A melted butter sauce should be serv-
ed with it.

Some people prefer to boil the as-
paragus after it is cut into inch-and-
a-half lengths. In this event, cook
the stalks ends first, then add the tips
last when the stalks are almost ten-
der. Use barely enough water to pre-
vent sticking. Save the water in which
it was cooked for asparagus soup.

Unless you have the time to watch
vegetables carefully, the correct small
amounts of water may result in burn-
ing or scorching. Put enough water in
the pan to be certain to prevent stick-
ing. There may be some left when the
vegetables are cooked. This liquid
should in all cases be saved for soup,
except for beans or other strong-
flavored vegetables.

STEAMED ASPARAGUS

Two cups asparagus, cleaned and
cut, 2 tablespoons butter, 2 eggs
(yolks only), 1 cup milk, ¼ cup grated

cheese, fine crumbs, salt, pepper, 1
cup milk.

Method: Chop asparagus fine, add
butter and let simmer few minutes,
until tender. Beat egg yolks with
milk, then add cheese, crumbs, and
stir into the asparagus. Season. Serve
very hot.

WITH NEW PEAS

Clean 1 medium-sized bunch aspa-
ragus, cut all tender parts into one-
inch pieces, place in sauce pan with
1 cup freshly shelled peas. Add salt
and enough water to prevent sticking.
Cover the pan partially and boil until
peas are tender, about 15 to 20 min-
utes, adding more water as it boils
away. Season peas and asparagus with
3 tablespoons butter, ¼ cup top milk
and salt and pepper to taste. Reheat
and serve very hot as the vegetable
course. Delicious!

HOT ASPARAGUS RING

Two bunches asparagus tips, 2 table-
spoons butter, 3 tablespoons flour, 1
cup milk, 4 egg yolks, 4 egg whites,
salt and pepper.

Cut cleaned asparagus into one-inch
lengths. Make a white sauce of the
butter, flour, seasonings and milk.
Pour the hot sauce over the beaten
egg yolks. Cool slightly, then fold
in the stiffly beaten egg whites and
the asparagus tips. Place in a well
greased ring mold. Set the ring mold
into a pan of boiling water (shallow)
and bake in a slow oven 300 d., until
set, about 40 minutes. Remove to hot
platter or large round plate, place new
green peas, freshly cooked and but-
tered, or a whole steamed cauliflower
in the centre. Serve with cheese
sauce.

ASPARAGUS LOAF

One small loaf bread, 3 tablespoons
butter, 2 tablespoons flour, 1 cup milk,
1 egg, beaten, salt and pepper, 1 bunch
asparagus.

Remove crust from bread all around
the loaf. Pick out the top, soft part
until a hollow box is formed with a
half-inch thick wall. Butter inside, set
in hot oven until crisp and brown.

Melt the butter, blend the flour
with it, stir in milk to make a white
sauce, season it. Last of all stir in
the beaten egg.

Cook the asparagus. Drain it. Place
on the inside of the browned loaf of
bread, cover with the white sauce.
Place in hot oven long enough to heat
thoroughly.

ASPARAGUS CASSEROLE

Two cups freshly cooked asparagus,
cut, ½ cup dried bread crumbs, 3
tablespoons melted butter, 1 cup hot
milk, ¼ teaspoon paprika, 1 egg,
slightly beaten, 1 hard-cooked egg,
chopped, salt and pepper.

Mix the asparagus with crumbs, then
with other ingredients in order, the
slightly beaten and chopped hard-
cooked egg last. Season with salt and
pepper. Turn into a well greased cas-
serole and bake one hour in a slow
325 deg. oven. Serve with a Hol-
landaise Sauce as the vegetable
course.

HOW TO KEEP YOUR HEALTH

Chronic Bronchitis and Its Treatment

(By Dr. Herman N. Bundesen, For-
mer President American Public
Health Association)

Colds occur in various parts of the
body. Sometimes the infection lodges
in the nose. Then the membrane of
the nose becomes red and inflamed.
Sometimes the infection is in the
tonsils or the throat itself; then the
throat is sore. And, if the cold goes
farther down into the bronchi, the
tubes in the lungs become painful.
Then we say the chest is congested.
That condition is called bronchitis.

Most people recover from this con-
dition, and may not have such an at-
tack again for a long time, if at all.
But some persons are subject to fre-
quent attacks of bronchitis. If this
happens time and again, each time
these inflamed tubes heal they form
a little scar tissue. Then the person
soon may develop chronic bronchitis.

Chronic bronchitis is recognized by
frequent attacks of coughing, often
in the morning just after rising. The
material coughed up is thick mucus.
The person with chronic bronchitis,
as a rule, is short of breath, espe-

cially when he exercises. If the con-
dition is severe and lasts long, he may
develop what is called a barrel-
shaped chest. This happens because
the chronic bronchitis makes it hard
for the person to breathe. As he
makes greater effort to breathe, the
chest muscles become larger and
stronger, and gradually the chest
gets larger or barrel shaped. The
breathing, too, is likely to become
noisy.

Because chronic bronchitis is so
common, and causes so much dis-
comfort, many scientists have been
studying this disease in the hope
that something may be discovered
that will help the sufferers from it.
Recently, Dr. J. Browning Alexander
of the Prince of Wales General Hos-
pital, has told us of his observations
of this disease. He believes that the
kind of work a person does, or the
place in which he lives has much to
do with the development of the dis-
ease.

One with chronic bronchitis must
try to avoid working in dusty sur-
roundings. If at all possible, he must

HOW'S YOUR POSTURE, GIRL GRADUATES?

This year's girl graduate may
curve as she will to conform to the
newest dress fashions. But there is
no new style for posture when she
stands to receive her diploma.

Shoulders back, chin in, hands re-
laxed at the side are requisites for
good carriage.

Seniors who will be getting diplo-
mas late this month or in June
would do well to check up on their
posture.

One of the best tests is to watch
your feet as you walk down the
street. If the tips of your shoes
are not visible when you bend your
head, you score 100 per cent.

Another good test is to stand with
your back against the wall—head,
shoulders and hips just touching it,
feet about four inches from the wall,
holding the same position.

You'll be surprised to find how
unnatural the new position seems. If
your shoulders, hips or neck feel stiff
that's where the trouble lies.

An easy, natural carriage is the
most desirable. But until good pos-
ture is attained, a definite effort
must be made to maintain an erect
position.

Grandmother advocated the broom-
stick cure. The stick securely pinned
the elbows back, and did help the
shoulder position. But reflex action
shot the chin of the posture-seeker
forward, hurting matters more than it
helped.

A trapeze bar is better. Standing
flat on the floor, raise the hands over
the head, grasp the bar firmly. Pull
in the stomach. Hips and shoulders
will then automatically adjust them-
selves.

Walking with a book balanced on
the head is another good remedy for
posture defects.

Self-consciousness on the com-
mencement platform often results
from poor posture. The girl who con-
tinually clasps and unclasps her
hands, who restlessly shifts her feet,
is not at ease, because she realizes
she does not stand well.

Often the very tall girl tries to dis-
guise her height by slumping, only to
make herself more conspicuous.
Likewise the short girl wants to ap-
pear taller, and thrusts her chin for-
ward deliberately. In both cases, an
easy, graceful carriage would make
observers forget the height eccentric-
ities.



try to live in those parts of the coun-
try where the climate is warm and
sunny, and not too damp most of
the year.

The right kind of food has some-
thing to do with helping those who
have chronic bronchitis. Any foods,
such as starchy ones, which cause
the person to develop excessive gas
in the stomach or intestine may have
the bad effect of interfering with the
person's breathing. We have noticed
that chronic bronchitis occurs most
often among fat people. It has been
recognized too, that when these peo-
ple eat such foods as will reduce
their weight, the bronchitis condition
gets better.

Many people with chronic bronch-
itis seem to think that they must be
especially warmly dressed to avoid
taking cold. But being overdressed
has a bad effect because the person
becomes overheated and sweats a
great deal. Then, there is an excess
of mucus formed in the bronchial
tubes and coughing attacks may re-
sult. So, the type of clothing should
be no different than for the normal
person, in cool weather—warm, light
clothing—loosely fitted.

There are drugs which, taken un-
der the direction of a physician, seem
to help the person suffering from
chronic bronchitis. These are potas-
sium iodide or sodium iodide. In gen-
eral, however, proper diet, living in
a dry, warm climate, and avoiding
work in dusty surroundings will
help bring relief.

EFFECT OF INSECTS ON MANY INDUSTRIES

Insects may be the cause of a sharp
decline in land values, they may also
prevent what might ordinarily be a
popular tourist resort from being
widely patronized; they may wreck
various branches of industry to an
extent that may not be generally ap-
preciated. Insects seek their liveli-
hood on almost everything in man's
estate, for they are in and about his
dwelling, his food, furniture, cloth-
ing, while even drugs, cigars, books
candy, lumber and many other things
pay toll to these insidious foes.

A glimpse of some of the contribu-
tions made to the industries of a
country by entomologists, whose
work embraces the study of insects
and how to control them was out-
lined recently by Leonard S. McLaine,
President of the American Association
of Economic Entomologists and
Chief of the Division of Foreign
Pests Suppression, Entomological
Branch, Dominion Department of Ag-
riculture, Ottawa, in his annual ad-
dress to the Association which was
entitled "Entomology in Relation to
Industry."

Land values will readily depreci-
ate if diseases, which are carried by
mosquitoes and other insects, are
not controlled, explained Mr. Mc-
Laine. Outbreaks of mosquitoes and
blackflies will seriously interfere
with the success of a tourist resort.
Control measures prescribed by En-
tomologists have been particularly
effective in some centres, such as the
Canadian National Park at Banff.

Furriers and dry cleaners can tes-
tify to the damage that insects can
do perhaps more than anyone else
and the preventive measures that
are now used to protect valuable
furs and other garments are those
recommended by entomologists. The
manufacturer of chocolates and other
candies may suffer substantial losses
from weevils and bugs, and different
kinds of flies are a serious menace
to the dairy industry. Wood, paper,
stored food products, such as dried
fruits, nuts, spices, tobacco, flour
and grain, are subject to insect at-
tacks and in some cases provoke ex-
acting problems for the entomolog-
ist. There is hardly a branch of in-
dustry but that has its problem with
insects.

In agriculture, the basic industry
of the country, the work of the en-
tomologist has to do with the preven-
tion and control of the ravages of
insects to protect not only field,
garden and orchard crops, but also
live stock. One of the most gigantic
tasks with which entomologists in
Canada have to deal at present is the
protection of the forests, from which
the great pulp and paper industries
draw their raw material. These in-
valuable resources are menaced by
countless hosts of particularly de-
structive insects.

SEEDING FINISHED IN ALL THREE OF PROVINCES WEST

WINNIPEG, June 5—While change-
able weather with showers has favor-
ed much of western Canada's grain
country, there is no reserve moisture
for districts south of the Canadian
Pacific Railways main line in Sas-
katchewan, according to the crop
statement from the company's agri-
cultural department.

Soaking rains are still essential to
repair earlier damage. Rain have vast-
ly improved northern portions of Sas-
katchewan and southern and western
Alberta while Manitoba continues to
hold the palm for perfect crop condi-
tions. Alberta and western Saskatch-
ewan and southern Saskatchewan
have suffered high winds and dust
storms, but these have been followed
by rain in southern directions.

West central and northwestern Sas-
katchewan and southern Alberta re-
port improvement and favorable pros-
pects prevail over all of Manitoba,
northeastern, north central and north-
ern Alberta, although the latter needs
more rain now. Additional rainfall
would be welcome in east-central Sas-
katchewan, along the Indianhead sub-
division. Seeding is virtually complet-
ed in all three provinces and more
rain in southern Saskatchewan will
result in further sowing of coarse
grains.

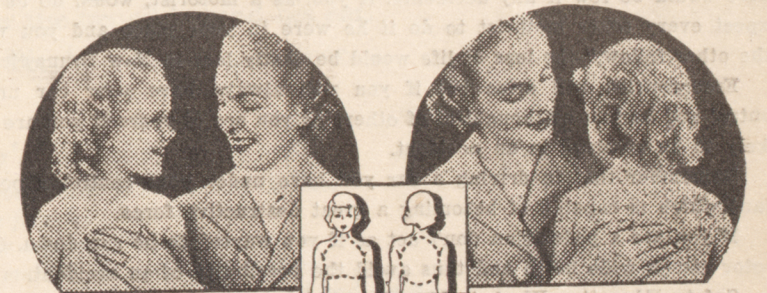
Vigorous growth, thick stand and
excellent color shows in wheat and
other grains where moisture conditions
are good. Only slight damage by
grasshoppers is reported during the
week at scattered points in south and
southwestern Saskatchewan and south-
ern Alberta. Hatching has been
checked by the rains. Cut worms have
also been at work in the same dis-
tricts.

Livestock conditions are improved
with better range and pasturage. Un-
less something unforeseen happens,
British Columbia's apple crop prom-
ises well. Vegetable, hay and grain
crops though late, are making better
growth and some areas reported first
cutting of alfalfa.

Warmer weather is ripening straw-
berries and shipments are starting
from Mission district's large crop.

James Meighan, the Paul Blake of
the NBC serial Love and Learn, has
been contributing his dramatic tal-
ents to radio since 1927, dividing his
time with Broadway stage produc-
tions. Recently he was Helen Hayes'
leading man in Bambi. In the theatre
he has played in support of such
stars as Ethel Barrymore, Jane Cowl
and Alice Brady and appeared in sev-
eral Theatre Guild presentations in-
cluding "Emperor Jones," "Alf God's
Chillun" and "Desire Under the
Elms."

Helps END A COLD Quicker



The 3-Minute VapoRub Massage

Massage VapoRub briskly on the
throat, chest and back (between and
below the shoulder blades). Then
spread it thick over the chest and
cover with warm cloth.

Almost before you finish rubbing,
VapoRub starts to bring relief two
ways at once—two direct ways:

1. Through the Skin. VapoRub
acts direct through the skin like a
poultice or plaster.

2. Medicated Vapors. At the
same time, its medicated vapors, re-
leased by body heat, are breathed in
for hours—about 18 times a minute
—direct to the irritated air-passages
of the nose, throat and chest.

This combined poultice-and-vapor
action loosens phlegm—relieves
irritation—helps break congestion.
While the little patient relaxes into
comfortable sleep, VapoRub keeps
right on working. Often, by morning
the worst of the cold is over.

Avoids Risk of Stomach Upsets
This safe, external treatment can-
not possibly upset the stomach, as
constant internal "dosing" is so apt
to do. It can be used freely, as often
as needed, even on the youngest child.

Now White—Stainless
Thanks to a new process, VapoRub
now comes to you in white stainless
form. Only the color is removed; it
is the same VapoRub—the same
formula and the same effective dou-
ble action.

**VICKS
VAPORUB**

Mother! Look in your VapoRub
package for full details of Vicks
Plan—a practical home guide to
greater freedom from colds. In clinic
tests among 17,353 people, this Plan
cut sickness from colds more than half!
Follow Vicks Plan for
Better Control of Colds