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: Dentist :  
PHONE 531-11  
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QUEEN STREET Below Regent

## CURTAINS AND DRAPES

JUST RECEIVED...  
OUR NEW SPRING RANGE OF  
Curtains in plain and figured  
Marquiesette, flax and tuskans  
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  
estries and Homespuns.

"See our stock before  
purchasing."

**J. Stanley Delong**  
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## Do It Now...

The earlier you start on the  
right road to advancement the  
farther you will go. Get the best  
commercial training while it is  
easy for you to do so, rather  
than postpone it until later and  
be forced to acquire it under  
difficulties.

Write for full information re-  
garding our Business Courses.

## FREDERICTON BUSINESS COLLEGE

F. B. OSBORNE, Principal,  
Fredericton, N. B.

## HARNESS OVERALLS WORK PANTS GLOVES

**H. A. Burtt**  
TEL. 1234

A TAILORED-MADE SUIT IS  
TAILORED OF EXCLUSIVE

## FABRICS

We buy only a limited amount  
in each pattern and fabric.  
That's why you can choose your  
fabric and know that you won't  
be seeing it on every other man  
in town! Our complete line of  
fall fabrics are now in. Call and  
select YOUR OWN distinctive  
Pattern.

**Alex. Ingram**  
376 KING ST.

## ROLLING EXERCISES AID SILHOUETTE

### These Two Exercises Will Give Good Results If Done Religiously

(By Antoinette)

I am going to give you a couple of  
good rolling exercises today that will  
hurry along that fat-free silhouette  
for which you yearn.

Most of us "put it on" as the saying  
goes, under the arms at the sides,  
the waist thickens, the diaphragm  
bulges and the hips "jes" don't slither.  
It is to plane down these areas  
that I offer the following two excel-  
lent exercises. I'll guarantee results  
if you'll do them religiously morn-  
ing and night for even three weeks.

Lie on the floor. Stretch both arms  
overhead. Push the knees, legs and  
feet downward. Push the arms from  
the waist up to their finger tips.  
Pushing is simply another word for  
stretching, but the push gives you  
the stretch. Now, keep the arms over  
head. Try to keep your hips right  
where they are. Roll your shoulders  
and arms over to one side, back, then  
over to the other.

It's important to keep the lower  
part of the body just where you had  
it. This exercise pulls on the waist  
muscles, on those underarm muscles,  
on the arm muscles. It will flatten  
the diaphragm. So, do it five times  
at a stretch at first, going on to six,  
ten, even 20 before the week is up.

From the same floor position, do  
one for the lower half of the body.  
Take the position on the floor first  
described above, with arms overhead.  
Now pull up your left leg and foot  
and roll it over to the right side. Do  
not try, as yet, to reach the toe far  
up.

Just roll the hip over and back to  
right, to left, right, left. You can ad-  
vance on the exercise, after a bit, to  
stretching the rolled-over foot and  
leg as far up shoulderway as you  
can. Believe one who has tried it  
often that this will straighten the  
hipline, thin down the bulging thigh  
and pull the waist in, too.

Over 15 years ago Jones and Hare  
of the Gillette Community Sing were  
paid \$25 for a broadcast—the first  
ever received by any radio artist.

## Now Science Explains Why So Many People Past 40

Feel That They're Slipping  
Losing Their "Grip" on Things



Many people 'round 40 think they're  
"growing old." They feel tired a lot  
... "weak." Have headaches, dizziness,  
stomach upsets.

Well, scientists say the cause of all  
this, in a great many cases, is simply  
an acid condition of the stomach.  
Nothing more.

All you have to do is to neutralize  
the excess stomach acidity.

When you have one of these acid  
stomach upsets, take Phillips' Milk  
of Magnesia after meals and before  
going to bed. That's all!

Try this. Soon you'll feel like  
another person! Take either the  
familiar liquid "PHILLIPS'" or the  
convenient new Phillips' Milk of  
Magnesia Tablets. Made in Canada.

**PHILLIPS' Milk of Magnesia**



## LAST CALL

FOR THE FREE SET OF DISHES WITH THAT

## Fawcett Range

Order your range now as this order will be withdrawn on  
SATURDAY, MAY 8th.

**J. Clark & Co.**

## Interest to Women

### A TOUCH OF THE OLD PEPPER

#### A Few Facts About the Seasoning Agency That Is So Necessary to Food Preparation

(By Edith M. Barber)

How would you like to pay your in-  
come tax in pounds of pepper? Per-  
haps some of you think that would  
be a good idea! It was an old Eng-  
lish custom as traders were once re-  
quired to pay their taxes to the city  
in this spice. We also find that cer-  
tain landlords demanded one pound  
of pepper as rent from their tenants.  
One of the most famous English  
guilds was that of the pepperers,  
which was established in the 12th  
Century.

Our records go back even further  
as we find that the Goths demanded  
3,000 pounds of pepper as part of the  
ransom of Rome, after its capture in  
the Fifth Century.

Today most of our black and white  
pepper comes from the Dutch East In-  
dies and from India. The pepper ber-  
ries are gathered when they begin to  
turn red and are dried in the sun or  
near a slow fire. The whole berries  
are ground to produce spice known  
as black pepper, while the outer  
shells are removed in the preparation  
of the white spice.

Red peppers, of which there are a  
number of varieties, such as cayenne,  
tabasco and paprika, are made from  
the powdered ripe pods of the cap-  
sicum plant, which differ greatly in  
pungency. Of these paprika, which  
generally comes from Hungary and  
Spain, is particularly mild, the first  
having the more distinctive flavor.

While powdered pepper is general-  
ly used in this country, the whole  
black peppercorns may be ground in  
a small French mill, either in the  
kitchen or at the table and will give  
an especially fine flavor.

#### Veal Paprika

2 pounds veal steak,  
1 teaspoon salt.

1 clove garlic,  
2 tablespoons fat,  
1½ cups water,  
¾ cup sour cream,  
1 teaspoon paprika.

Cut the veal into two-inch pieces  
and sprinkle with salt and pepper.  
Cut gashes in the garlic and cook in  
fat three minutes. Add meat and sear  
on all sides until light brown. Add  
water, cover and simmer over a low  
heat for one hour. Add cream and  
paprika, reheat. Remove garlic and  
serve with noodles.

#### Beef à la Mode

4 pounds bottom round of beef,  
2 cups vinegar,  
Water,  
4 bay leaves,  
12 peppercorns,  
16 cloves,  
2 tablespoons flour,  
1 teaspoon salt,  
Pepper,  
½ teaspoon allspice.

1 bunch carrots, pared and sliced,  
5 cups sliced, peeled onions.  
Select meat with a layer of fat.  
Cut off some of this fat and reserve  
it. Place meat in bowl with vine-  
gar and enough water to cover meat  
completely. Add bay leaves, pepper-  
corns and cloves, cover and place in  
refrigerator for three days. Then  
drain meat, reserving two cups of  
vinegar liquor. Sprinkle with flour,  
salt, pepper and allspice and brown  
on all sides in drippings from the fat  
cut off from the meat. Add carrots,  
onions and two cups of vinegar li-  
quor. Cover and cook over low heat  
about two hours, until meat is ten-  
der. The gravy may be thickened  
with a little flour mixed with water  
or 12 ginger snaps may be added to  
the liquor with one tablespoon of  
sugar and cooked 10 minutes.

## BABIES, FLOWERS NEED LOTS OF SUN

### Avoid Sunburn, But Give Baby Daily Sunbath

Like flowers, babies need sunshine  
to grow strong and healthy. In cities  
it is particularly important that full  
advantage be taken of sun whenever  
possible, for dust clouds over cities  
obscure, to some degree, the health-  
giving ultra-violet rays which bring  
our babies strength.

Without the energy received from  
the ultra-violet rays of the sun, or  
the vitamin D he is supplied by cod  
liver oil, baby will become sickly and  
pale like a flower grown in the  
shadows. He will develop rickets,  
colds and other illness, and his  
bones will be weak and ill formed.

The sunlight supplies baby with  
the vitamin D he obtains from cod  
liver oil, and it is because of the  
absence of sufficient sun to supply  
baby with his needs that in northern  
countries like Canada, cod liver oil  
is necessary for baby almost all the  
year round.

Sun-bathing baby is very impor-  
tant as well as the necessity of keep-  
ing him outside, except when the  
sun is too hot, as much as possible.  
Care, of course, must be exercised  
to be sure baby doesn't become sun-  
burned, but if he is gradually ex-  
posed to the sun there will be no  
danger from burning.

The sun should shine directly on  
the baby's skin, not through glass or  
clothing. Sunbaths should be given  
until the skin becomes tanned, but  
baby should be placed so that his  
eyes are kept away from the direct  
rays of the sun.

Every few days the amount of  
body surface exposed should be in-  
creased until finally the whole body  
is exposed. The face should be ex-  
posed, then the face and hands, then  
the face, hands and arms, then the  
face, hands, arms and feet; and so  
on.

The first sun-bath should last only  
five to ten minutes, increasing three  
to five minutes each day until the  
baby lies directly in the sun one-  
half to one hour in the morning, and  
one-half to one hour in the afternoon  
depending on the heat of the sun's  
rays.

In very hot weather sun baths  
should be given before ten o'clock  
in the morning, or not at all. If a  
sun bath is not given because of ex-  
cessive heat, the baby should be  
placed in a shady place, but exposed  
directly to the sky, e.g., in the shad-  
ow of a building, but not under the  
roof of a verandah or under a tree.

In winter, when outside, the baby  
should be placed in the sunshine,  
but protected from the wind. Sun  
baths may be given indoors by plac-  
ing baby in front of an open window  
in the patch of sunlight which comes  
through the open space. Face, hands,

arms and legs may be exposed for  
increasing periods.

In winter these baths should be  
given in the middle of the day when  
the sun is hottest. The baby should  
be clothed less warmly than for out-  
doors.

Baby's skin is tender, and he must  
be watched by his mother all the  
time he is having his sun-bath lest  
he become overheated or his skin  
burn. The bath, however, should be  
a part of the daily routine.

## Barber-ous Days At Penner's Mansion

Joe Penner tries to recoup the fam-  
ily fortune by setting up a ritzy ton-  
soriar parlor in the Park Avenue Man-  
sion, Sunday, May 2, at 6 p.m., EDT,  
over the WABC-CBS network.

Dr. Wetwafer, who comes to sell  
barber's supplies demonstrates on  
Godfrey, faithful family retainer. Ap-  
propriately, Joe and Godfrey form a  
barber-shop quartet with Jimmy Grier  
and Gene Austin, and burst into not-  
so-close harmony.

Gene Austin, tenor soloist, recovers  
for his own specialty, "Too Marvel-  
ous For Words," and Joy Hodges, per-  
sonality songstress, offers "That Foo-  
ish Feeling" as her featured selec-  
tion. Jimmy Grier's orchestra con-  
tributes "Ragging the Scale," "My  
Last Affair," and "Jamboree" as its  
rhythmic triumvirate.

Arthur Godfrey, the announcer  
whose personality is one of the high-  
lights of the Prof. Quiz show, can sat-  
isfy your curiosity as to whether peo-  
ple listen in early in the day. His Sun-  
day Hour, an early morning program  
of recordings and Godfrey comments  
over the District of Columbia's WJVS  
is backed by 85 sponsors!

**Baby's Own Soap**  
Best for You and Baby too

## Always Delicious

# "SALADA" TEA

## MILESTONES ON THE ROAD TO POPULARITY

### Dr. Dean Propounds a Series of Question That Are Self-Illuminating

(By Arthur Dean, Sc. D.)

According to Dr. Donald A. Laird  
of Colgate University, whose profes-  
sional work I greatly admire, there  
are 740 chances to one that posses-  
sion of one of the 45 traits named be-  
low, which by implications are con-  
demned, will make you pretty well  
disliked.

The questions are divided into  
three groups. In the first group are  
ten questions. Each one to which  
you can answer 'Yes' counts three.

Can you always be depended upon  
to do what you say you will do? Do  
you go out of your way cheerfully to  
help others? Are you careful not to  
exaggerate? Do you resist the tempta-  
tion to be sarcastic? Do you refrain  
from showing off how much you  
know? Are you able to keep from  
feeling superior to most of your as-  
sociates? Do you refrain from boss-  
ing people not employed by you? Are  
you careful not to make fun of oth-  
ers behind their backs? Do you re-  
frain from trying to dominate others?

In the second group of questions  
each affirmative answer counts two:  
Do you keep your clothing neat  
and tidy? Do you avoid being bold or  
nervy? Do you refrain from laughing  
at the mistakes of others? Is your  
attitude toward the other sex free  
from vulgarity? Do you refrain from  
gumming about things which you  
cannot change? Do you let mistakes  
of others pass without correcting  
them? Do you lend things to others  
readily? Are you careful not to tell  
jokes that will embarrass those lis-  
tening? Are you willing to let oth-  
ers have their own way? Do you gen-  
erally keep control of your temper?

Do you keep out of arguments? Do  
you greet others cordially? Do you  
refrain from talking almost contin-  
uously? Do you keep your nose en-  
tirely out of other people's business?  
The third group contains 21 ques-  
tions and each affirmative answers  
counts one point:  
Have you patience with modern  
ideas? Do you avoid flattering oth-  
ers? Are you careful not to gossip?  
Do you refrain from asking people to  
repeat what they just said? Do you  
refrain from asking questions just to  
keep the conversation going? Are  
you careful not to ask favors from  
others? Do you refrain from trying  
to reform others? Do you keep your  
personal troubles to yourself? Are  
you natural rather than dignified?  
Are you usually cheerful? Are you  
enthusiastic rather than lethargic? Are  
you careful to avoid slovenly dictio-  
nary and incorrect pronunciation of  
your words? Do you look upon oth-  
ers without suspicion? Are you en-  
tirely free from borrowing things?  
Do you refrain from telling  
people what they should do morally?  
Do you refrain from trying to per-  
suade others to your point of view?  
Do you refrain from talking rapidly?  
Do you refrain from laughing loudly?  
Do you avoid making fun of people  
to their faces?

The old saying, "Do unto others  
as you would have others do unto  
you" is the first step toward attain-  
ing popularity.

## NOTICE OF SALE

IN THE SUPREME COURT  
CHANCERY DIVISION  
Between: Leo Carten, Plaintiff, and  
Glenway Carten and Francis Carten,  
Defendants.

There will be sold at public auction in  
front of the Post Office in the City of  
Fredericton, in the Province of New  
Brunswick, on Saturday, the fifteenth  
day of May, 1937, at the hour of 12:00  
o'clock noon, by the undersigned Mas-  
ter of the Supreme Court, on the County  
directions contained in a certain de-  
cree made in the above suit on the  
day, the Fifth day of January, 1937,  
the lands and premises which are de-  
scribed as follows:

"All that certain lot, piece or parcel  
of land situate, lying and being in the  
City of Fredericton, in the County of  
Antigonish and lying on the northerly  
side of Shore St. Beginning at the  
westerly corner of a lot occupied by  
Charles Banks, thence northwesterly  
along Shore Street sixty feet thence  
easterly at right angles to Shore  
Street about one hundred and forty-  
two feet until it strikes Whitaker's  
line thence southeasterly along said  
Whitaker's line sixty feet  
thence the line of said Charles Banks  
about hundred and forty-two feet to the  
beginning."

For terms of sale and other con-  
ditions apply to Messrs. Winslow & W.  
100-102 Queen Street, Fredericton, N.  
B. Solicitor for the Plaintiff.  
Dated this 9th day of March,  
1937.

C. L. DOUGHERTY,  
Master of the Supreme Court.

## IT'S A BIG YEAR, GIRLS, FOR "GLAMORIZING"

### If You Must Be a Real- ist by Day, Switch to Romantic Styles for the Evening.

(By Antoinette)

Girls, it's your year for 'glamoriz-  
ing' yourself. In our memory there's  
never been one so replete with  
styles, hints and surefire cues for  
what ails the romance business.

It's a lovely year for the feminine  
sex if you girls will only carry on  
in the lovely manner, meaning the  
romantically feminine, charming  
manner.

As you know, dark clothes, black  
especially, have come to be the ac-  
cepted 'smart' uniform for daytime  
wear. And the dark type of dress for  
day wear probably is not going to be  
forsaken for light and pastel things.  
There's no doubt that, in a crowd,  
the woman done in chic black is the  
woman admired.

A point overlooked by some wom-  
en in this connection is that the  
black you admire intensively is worn  
by a woman who is groomed to the  
last hair, and whose makeup is a  
gem of perfection. Women who waver  
in their grooming and their make-  
up skill can't take black as the last  
word as may the first described group.

Introduction of accessory colors  
will lift the gloom from black that is  
too sombre or not too becoming be-  
cause of the missing fine grooming  
detail.

The tight jacket and the dark skirt  
idea offers possibilities. Wear tawny  
pink coat with your black frock.

If a realist you must be by day, at  
least for evening you can turn on  
the romantic switch and become a  
girl of some man's dreams. Real or  
imaginary man, it doesn't matter.  
This changing one's character with  
clothes is not to be overlooked in the  
youth, beauty and charm quest.

The busy woman, which means all  
of us these days, gives herself a  
great beauty treatment when she  
transposes her business efficiency  
spirit into the romantic or semi-rom-  
antic with a change of dress. Noth-  
ing will accomplish it as quickly and  
effectively as taking on the appear-  
ance of a softer, more feminine, dif-  
ferent woman.

**ARTHUR F. BETTS**  
Plumbing and Heating  
QUEEN ST. PHONE 512

**HAWKINS FRUIT  
&  
PRODUCE CO. LTD.**

WHOLESALE DISTRIBUTORS  
FRESH FRUITS  
and  
VEGETABLES  
PHONE 313  
NORTH DEVON

## THE GREATEST PLEASURE

is obtained from your shower  
bath when the force and tem-  
perature of the spray is easy to  
control.

The triple valve gives you a  
shower which can be hot or cold  
at will, and either like a gentle  
rain or a sharp, needle-like  
spray—with all the grades be-  
tween.

Let us install this conven-  
ience for you—it's not expen-  
sive and mighty nice to have.

**D. J. Shea**  
80 Carleton St. Phone 563-11



## CHICKEN DINNER Saturday and Sunday

### SPECIAL SALE

on all MOIR'S and GANONG'S  
HOCOLATES including FANCY  
BOXES and other CANDIES.

## PALMS

480 Queen St. Phone 937-41

## How to... MOVING?

It is necessary that you notify the Company holding your in-  
surance when you move to, or insured property to a different location,  
otherwise the policy is void.

If your Agent is not handy notify this office and we will get you  
a removal permit.

YOU CAN REST ASSURED. PHONE 291

## 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 in-  
come—Increase Purchasing Power—Create  
Permanent employment and prove the great-  
est benefit to general business. A list of  
carefully selected offerings will be forward-  
ed on request.

## IRVING, BRENNAN & COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office Suite 1, Loyalist Building Phone 454  
Fredericton Charlottetown Halifax Saint John

## A Friend to the Aged As the Years Creep On



In the later years of life we start to lose that  
snap and vigor of our younger days. The blood does  
not circulate as it once did, the vitality is on the  
wane, and the nerves not just as steady as they used  
to be.

Little sicknesses and ailments seem harder to shake  
off; and evidences of a breakdown begin to appear.  
Those who wish to maintain their health and vigor  
and retain their energy should use Milburn's H. &  
Nerve Pills at this time of life.