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## RHYTHMIC LIVING AIDS BEAUTY

Having a Time for  
Everything and Stick-  
ing to It Gives Poise.

Rhythm begins to come into your  
life when you have a schedule and  
stick to it. Have time for shampoos,  
time for sending clothes to the tailor,  
for attending the theatre, movies.  
Have time for fussing with cloths at  
home, for home manicures, if you  
have that kind. Have time for every-  
thing and stick to your plan.

With the fundamental things of  
daily life more or less scheduled you  
will find yourself free for the more  
important things. Until your daily  
life is rhythmic, your outward ap-  
pearance and manner will be lacking  
in rhythm, for rhythm shows itself in  
outward signs.

There are certain graces to be cap-  
tured. The way you walk. The way  
you talk. Grace of gesture. Ease  
and poise. Sureness comes with fine  
body balance and muscle control,  
good posture and care.

Study that person whose appear-  
ance on a scene arrests the attention  
of all eyes. Such a person probably  
does nothing to place attention on  
himself or herself. But the manner  
is poised, quiet and dignified without  
being formidable. The woman car-  
ries herself tall and head pleasantly  
erect, her chest up, her feet pointed  
straight ahead, her weight carried on  
the broad forepart of the foot. She  
moves lightly, with heels, seemingly  
only skirting the floor. There's a  
flowing grace in every motion.

In all probability it was practice  
that gave that controlled rhythm of  
movement. She may have emulated  
the peasant girl, swinging along with  
a basket on her head, by substituting  
a book.

Rhythm of mind must automatic-  
ally ensue with the conquest of bodily  
poise and sureness. With a life reg-  
ulated so that there is time for men-  
tal stimulus, books, music, games,  
sports, dancing, the theatre, or other  
things which please you. In the de-  
struction of an inferiority complex,  
the worst known enemy of the poised  
personality, improved health and co-  
ordination of mind and body are in-  
valuable.

## BIGGER MAPLE SYRUP HARVEST THIS YEAR

The annual harvest of sap from  
maple trees in Canada this year is  
expected to be much heavier than  
last year. More than 24,000,000 maple  
trees in Eastern Canada will be tap-  
ped for sap from which is made the  
maple syrup and maple sugar for  
which Canada is renowned, according  
to the Agricultural Department of the  
Canadian National Railways. The  
revenue to the farmers resulting from  
the sale of their maple products was  
estimated in 1936 at \$3,713,781.  
Canada last year exported \$269,000  
pounds of maple sugar valued at \$1,  
299,813, mainly to the United States,  
where large quantities are used in the  
curing of tobacco.

## Illustrated Folder On Glorious Alaska

An artistic folder depicting the thril-  
ling Alaska country, a land replete  
with coast range mountains, glaciers,  
totem poles, colorful water craft and  
the high adventure reminiscent of  
the gold rush days of '98, has just  
been issued for distribution by the  
Canadian National Railways.

This folder, relating to the Pacific  
Coast cruises to Alaska, is a fine  
example of the printer's art and pre-  
sents a unique display of pictorial  
illustrations of life aboard ship and  
many interesting scenes which greet  
the tourist en route from Vancouver  
to Alaska, the land of gold and ro-  
mance.

The Island Calf of Man, off Eng-  
land, will be made a bird sanctuary.

## Interest to Women

### TAKE SPRING TONIC FROM SALAD BOWL

(By Marjorie Mills)

The perennial discussion about the  
value of sulphur and molasses as a  
spring tonic has raged as usual, but  
we still think that a salad bowl on  
the table every day, filled with a va-  
riety of greens, succulent and tender  
vegetables or fruits is much the best  
method of taking a spring tonic.

Sometimes a new way of serving a  
salad will have a greater appeal.  
Have you ever arranged a self-service  
salad bowl for your family? In the  
centre of a round, flat dish arrange a  
mound of cottage cheese. From this  
'bowl' out like the spokes of a wheel  
four or five lines of shredded leaf  
lettuce. Between each spoke place a  
mound of cooked vegetables, tender  
tiny carrots, creamy white cauliflower,  
julienne string beans and green  
peas faintly seasoned with onion.  
The vegetables should be marinated in  
French dressing after cooking.

Let each member of the family  
take his own choice of vegetables.  
The same method may be used with  
fruits, or you may prefer to arrange  
individual plates of fruit salad and  
use it as a first course. Many smart  
hostesses like this custom, which  
started in the West, of using salad as  
a first course to a hearty dinner.

### Pineapple Relish Salad

1 package lime Jello  
1 pint boiling water and canned  
pineapple juice  
1 tablespoon vinegar  
3 slices canned pineapple, diced  
1 cucumber, diced  
½ cup olives chopped  
¾ cup sweet pickles, chopped  
Dissolve Jello in boiling water and  
pineapple juice. Add vinegar and chill  
in electric refrigerator until slightly  
thickened. Fold in remaining ingredi-  
ents, turn into individual moulds and  
chill until firm in electric refrigerat-  
or. Serve on crisp lettuce leaves.

### Honey Dressing

2½ tablespoons salad oil  
2 tablespoons lemon juice  
½ teaspoon paprika  
½ teaspoon salt  
½ cup sour cream beaten stiff  
Beat with electric mixer in top part  
of double boiler, 2 egg yolks. Pour on  
¼ cup hot honey and cook over hot  
water 1 or 2 minutes, beating con-  
stantly. Remove from heat and fold  
in ingredients listed above.

### Moulded Salmon Salad

1 teaspoon salt  
1½ teaspoon mustard  
1 tablespoon sugar  
2 eggs  
¾ cup sweet cream  
¼ cup white vinegar  
1¼ tablespoons gelatine  
3 tablespoons cold water  
2 cups flaked cooked salmon  
¾ cup mixed chopped green pep-  
per and pimento  
¾ cup celery, finely chopped  
¾ cup chopped gherkins  
Combine salt, mustard and sugar in  
upper part of double boiler on sur-  
face unit or electric range. Add the  
slightly beaten eggs and cream, then  
slowly stir in vinegar. Stir and cook  
until mixture thickens, so that it will  
coat a spoon. Add gelatine which has  
been soaked in cold water and stir  
until dissolved. Add remaining ingredi-  
ents, turn into a wet mould and set  
in refrigerator until it is firm.

### Dressings

Russian—Mix with 1 cup of may-  
onnaise 2 tablespoons chili sauce and  
1 small can of pimentoes chopped  
fine. If desired a dash of grated  
cheese may be added.

Cream—For fruit salads. Just be-  
fore serving mix 1-3 to ½ cup whip-  
ped cream with ½ cup mayonnaise.

Thousand Island—With 1 cup may-  
onnaise, mix 4 tablespoons chopped  
pimentoes, 2 tablespoons chopped ol-  
ives and ½ teaspoon salt.

Horseshoe—For cold meats, meat  
salads and sandwiches. With 1 cup of  
mayonnaise mix 4 tablespoons grated  
horseradish well drained, ½ table-  
spoon onion juice or finely chopped  
onion.

### Chinese Delight

2 tablespoons Canton ginger, chop-  
ped fine  
2 tablespoons chopped nutmeats  
½ package cream cheese  
2 tablespoons cream  
Salt and paprika  
Mix ingredients thoroughly to-  
gether and spread between thin slices  
of bread, and cut in fancy shapes

### Broiler Crabmeat Sandwich

1 cup crabmeat  
4 tablespoons mayonnaise  
6 slices bread  
½ pound yellow cheese  
Mix crabmeat with mayonnaise.  
Toast bread on one side, spread un-  
toasted side with crabmeat mixture.  
Cover with thin slices of cheese. Put  
under broiler of electric range until  
cheese melts. Serves six.

## HAVE TONSILS ANY USE?

(By Dr. Herman N. Bundesen, former  
President American Public  
Health Association)

Should the tonsils be removed? Do  
they serve any useful purpose? Would  
it be better to treat them or to  
remove them? These and many  
other similar questions are often  
asked by anxious parents.

Many doctors believe that healthy  
tonsils have important work to do.  
There are some who say that they  
help protect the body against infec-  
tion from germs. Others say that  
the tonsils form a secretion that  
is taken up directly into the blood.

A few believe that tonsils form  
certain chemical substances known  
as antibodies which help protect the  
body against infection. But, we have  
no conclusive proof for these theo-  
ries; the tonsils may do all of these  
things or none of them.

What we do know, however, is that  
the tonsils may become infected and  
that the germs of their poisons may  
be taken up from the tonsils by the  
blood stream and carried to other  
parts of the body, as for example, to  
the joints, to the heart muscle, to  
the kidneys; and there they may pro-  
duce much damage. Thus in many  
cases, if the tonsils are infected it is  
advisable that they be taken out in  
order to prevent permanent injury to  
health.

However, it is right here that Dr.  
Harold I. Little, of the Mayo Clinic,  
gives us warning that we must be  
certain that the tonsils are not re-  
moved unless a thorough examina-  
tion shows that their removal will be  
a positive benefit to health. He was  
shown that certain people who have  
their tonsils removed may begin to

complain of constant sore throat, es-  
pecially when they are tired. Some-  
times they have the sensation that  
there is something in the throat.  
They have a collection of mucus and  
lumps, particularly in the morning.  
There is a frequent desire to swal-  
low. This condition is called granu-  
lar pharyngitis.

These symptoms are especially  
likely to develop after removal of the  
tonsils in certain types of children  
and grownups. These persons usually  
have a light complexion, thin skin,  
and sensitive mucous membranes.  
They seem to have frequent infec-  
tions of the nose and throat, and, as  
a rule, are generally below par phys-  
ically. Soon after removal of the ton-  
sils, they develop these unpleasant  
symptoms in the throat.

Dr. Little believes the disorder is  
best treated by giving some prepara-  
tion containing iodine. He also be-  
lieves in those cases where it is  
thought that, following an operation  
for removal of the tonsils, granular  
pharyngitis will develop, iodine must  
be given for several weeks before an  
operation is performed.

It can be given in the form of a  
chocolate, flavored tablet that is pal-  
atable. The dose which he has used  
in treating granular pharyngitis, af-  
ter it has developed, is from two to  
four tablets a day, for a period of  
five days. The amount is lessened as  
the symptoms are relieved, until finally  
its use can be stopped altogether.

These investigations do not mean  
that tonsils should not be removed,  
for it is agreed that many of the  
most serious disorders are due to  
neglected infected tonsils.

## "TO PET OR NOT TO PET" DIVIDES COLLEGE

(By Marguerite M. Marshall)

Must a girl pet to be popular? Do  
nice girls neck, and if not, why not?

A great many women would like to  
know the answers to these questions.  
One puzzled group is making a con-  
certed effort to discover them. In  
the new course on Human Relations  
which Miss Mary A. Johnson, assist-  
ant dean, is conducting at Brooklyn  
College.

There are two distinct schools of  
thought on this subject and I have  
heard the youthful debaters them-  
selves argue the matter.

The Pro-Petters say:

"Definitely, a girl nowadays has to  
neck, if she doesn't want to be old-  
fashioned as grandma's knitting.  
She's simply under a delusion if she  
has any other idea. Show us the boy  
that doesn't get affectionate on the  
way home from a party. The gal that  
refuses to pet with him is just out of  
luck. She can make up her mind to  
spending her evenings at home with  
a good book—she'll never get another  
bid. You have to pet to be popular."

The Anti-Petters say:

"The girl that's smart can manage  
not to be pawed over by every God's  
gift to women. Boys think more of  
you if you forbid it. Those girls who  
think they have to pet to get by are  
kidding themselves. Sure it's one way  
to be popular, but the popularity does  
not last, and there are lots of snap-  
per lines. When they get mushy,  
laugh 'em off! Circumstances alter  
cases and every rule has its excep-  
tions, but the hot number who'll pet  
with anybody on the stag line is just  
the gal that men forget to marry!"

It seems to me that the real truth  
is as follows:

Indiscriminate and exaggerated  
petting is an unmitigated evil. It  
cheapens both girl and man, it takes  
the bloom off true romance. Promis-

## WOULD SWAY SOUTH AFRICA AND CANADA

LONDON, April 12—As the Imper-  
ial Conference date draws near it is  
becoming evident that a strong ef-  
fort will be made to link the Domini-  
ons more closely with the British  
rearmament effort.

There is nothing definite to go on  
except statements by British Cabinet  
Ministers to the effect that increased  
Dominion co-operation would be  
warmly welcomed, and that Imperial  
defense would be the chief matter un-  
der discussion.

While the objective is clear, the  
methods to attain the desired goal  
are not disclosed. It is believed that  
British opinion regards the ideal so-  
lution to the problem of Imperial de-  
fense lies in strengthening the pres-  
ent Imperial Defense Committee, of  
which the Prime Minister is Chair-  
man, and all the Dominions, other  
than Canada and South Africa, are  
members. Sir Maurice Hankey is  
Secretary, and the committee meets  
frequently.

### Two Dominions Reluctant

Canada and South Africa have  
hitherto declined to become members  
or to attend meetings, although both  
Dominions maintain liaison with the  
British War Departments through  
their own officers stationed at Lon-  
don. Both the Dominions opposed the  
creation of a super-war Cabinet with  
Empire-wide representation.

It is thought to be extremely prob-  
able that the forthcoming conference  
will bring renewed and pressing in-  
vitations to Canada and South Africa  
to join the Imperial Defense Commit-  
tee. The proposal will not likely be  
made by British Ministers. It is more  
likely to come from Australia or New  
Zealand, with Stanley Bruce the fav-  
orite for spokesman. Discussion in  
the press and private circles supports  
this forecast.

### United Empire Deemed Essential

It is being said that proper Imper-  
ial defense plans will be difficult or  
impossible to prepare with the two  
Greatest Dominions sitting on the  
fence. It is also being said that next  
to the British rearmament programme  
the greatest safeguard of world  
peace will be an Empire, completely  
united in matters of defense.

The waywardness and independ-  
ence of some parts of the Empire is  
held to encourage dictatorships in  
the belief that the Empire is likely to  
crumble under the pressure of war.  
It is plain from the British viewpoint,  
that the forthcoming conference will  
be regarded as a failure if the Do-  
minions are not brought to a closer  
relationship with Britain in the mat-  
ter of defense.

BRISBANE, Australia, April 12—  
Prisoners at Brisbane jail will have  
their daily rations of swing music  
from now on. A radio has been in-  
stalled for the prisoners.

Japan expects its increase in in-  
dustry to continue another year.

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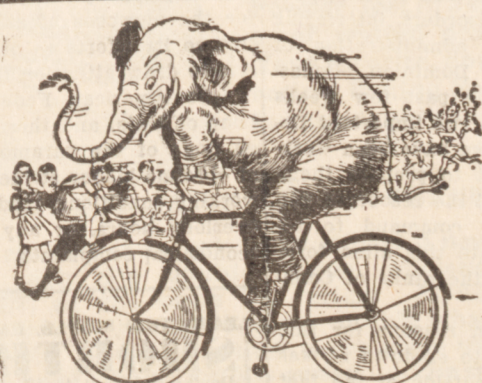
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