

No Happiness In the Home When the Mother Is Sick



The tired, worn out mother cannot make a happy home if she is sick and worried by the never ending household duties. She gets run down and becomes nervous and irritable, downhearted and discouraged, can't rest at night, and gets up in the morning as tired as when she went to bed.

Women suffering in this way will find in Milburn's H. & N. Pills a remedy with which to recuperate their health, build up the run down system, and bring back their bodily vigor.

**HARNESS
OVERALLS
WORK PANTS
GLOVES**

H. A. Burt
TEL. 1234

CURTAINS AND DRAPES

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

"See our stock before
purchasing."

Stanley Delong
Phone 68-11 63 Carleton St.

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.

WORD O' MOUTH ADVERTISING

Travelling men have no "heart"
when talking about a hotel. To
them, it's either "good" or "bad."

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

Modern plumbing fixtures —
easily kept clean—mean more
business. Ask us about econom-
ical installations.

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

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, N.B.

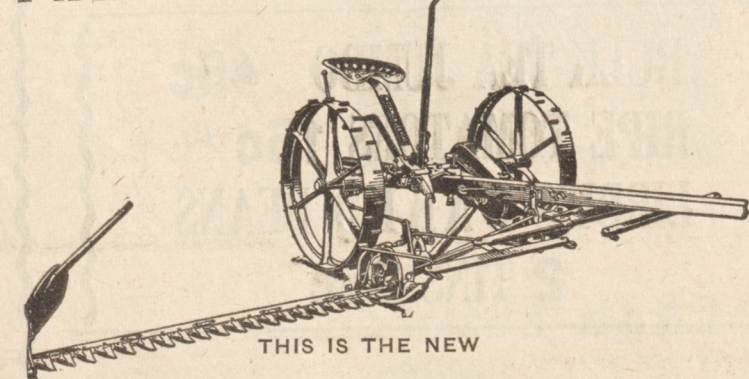
There is hardly anything* in the world that
some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)

* Insurance is no exception.

HOWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 291

FARMERS..



MCCORMICK-DEERING MOWER
If you want the BEST—No need to go any further.

J. Clark & Son, Ltd
"A GOOD PLACE TO DEAL"

SUGGESTIONS

for
June



THE IDEA IS, TO KEEP COOL BY "EATING HOT"

(By Marjorie Mills)

Cold meals may sound cooling
when you're planning them, but just
let the family get a whiff of a really
well-made curry dish and they gather
around pretty happily, don't you
think? Or haven't you tried it?

This hot dish is just right for hot
weather, because it comes from hot
countries, where years of sunning
have taught the natives to keep cool
by "eating hot." Serve your curry on
mounds of snowy fluffy white rice,
which you have boiled, then rinsed,
then steamed in the oven or over
hot water until it's fluff and the
kernels are all proudly separated
from each other.

Lamb fits into curry dishes per-
fectly, and spiced currants with a
lamb or chicken curry, are a rival
to meat jelly. Good with cold cuts
of meat, too.

Curry of Chicken and Rice

1 cup boiled rice
Salt and pepper
2 tablespoons flour
½ cup chopped cooked chicken
2 tablespoons butter
2 cups milk
2-3 teaspoon curry powder

Prepare a white sauce from the
fat, flour and milk. Add seasonings,
chicken and rice. Serve hot in rame-
kins.

Chicken Sonora

Cut a frying chicken in quarters
and fry in olive oil with ½ cup finely
chopped onion and raw white pota-
toes cut in dice. Cook until the meat
of the chicken is white. Add ½ tea-
spoon sugar, ½ teaspoon chopped
parsley, 1 tablespoon chopped green
pepper and ¼ cup hot water. Season
with salt and pepper to taste and
cook very gently until the chicken
and potatoes are thoroughly done.

Duchess Soup

4 cups chicken broth, or chicken
consomme
2 slices carrot, cut in cubes
2 slices onion
2 blades mace
½ cup grated mild cheese
1-3 cup butter
½ cup flour
1 teaspoon salt
1-8 teaspoon pepper
2 cups scalded milk

Cook vegetables three minutes in
1½ tablespoons milk then add stock
and mace, boil 15 minutes, strain
and add rest of milk. Bind with but-
ter and flour rubbed to a paste and
added while stirring carefully. Stir
in seasonings and cheese and serve
as soon as cheese is melted.

Oven Stew

1½ pounds lean beef, cut in 1½
inch cubes
1 onion, sliced
8 slices carrot, ¼ inch thick
2 sprigs parsley
1½ teaspoons salt
½ teaspoon peppercorns
2 cups hot water
2 cups canned tomatoes
3 tablespoons butter
3 tablespoons flour
1 cup canned peas

Put meat in baking dish or bean
pot and add onion, carrot, parsley,
peppercorns, hot water and tomato-
es. Cover and bake 3½ hours in
slow oven, 250 degrees F. Half an
hour before serving time, thicken
with butter worked until creamy and
mixed with flour and add peas. Re-
move onion, carrot, parsley and pep-
percorns before serving.

Rhubarb Meringue Pie

1 pint, 2 cups, rhubarb, stewed and
sieved
1 cup sugar
Grated rind one orange
1 tablespoon butter
1 tablespoon cornstarch
3 eggs, yolks and whites separated
1-3 cup granulated sugar for mer-
ingue

Heat rhubarb, add sugar, orange
rind, butter and cornstarch, mix
cornstarch with 1 tablespoon cold
water, stir over hot water until it
thickens, then pour into the beaten
egg yolks. Place in deep plate lined
with crust and bake from 40 to 50
minutes in an oven heated to 375
degrees F. for the first 15 minutes
then reduced to 350 degrees F. for

the remaining time. When done the
lower crust should be brown and
firm and the pie filling solidified so
that a knife when inserted comes
out clean. Spread on a meringue
made with egg whites beaten with
1-3 cup granulated sugar and bake
10 minutes more in a slow oven, 325
degrees F.

Checkerboard Cake

It is necessary to have a special
checkerboard cake pan for this cake.
1 cup butter or substitute
2 cups sugar
4 or 5 egg whites
4 cups pastry flour, or
3½ cups bread flour
4 to 5 tablespoons baking powder
½ teaspoon salt
1 cup milk
1½ teaspoons vanilla

Sift flour before measuring. Use
five teaspoons baking powder when
four egg whites are used and four
teaspoons when five egg whites are
used. Cream shortening, gradually
work in sugar. Beat until smooth
and creamy. Mix and sift dry ingre-
dients several times. Sift small amount
into creamed mixture, add a
little milk and mix well. Alternate
the additions of dry and liquid ingre-
dients and beat thoroughly into bat-
ter. Be careful not to add enough
milk at any time to cause the batter
to separate and curdle mixture.

After last addition of liquid and
dry ingredients beat three minutes.
Divide batter into two parts. Divide
beaten egg whites and flavoring.
Add red fruit or vegetable coloring
to half the mixture and leave the
rest white. Fold in beaten egg whites
and flavoring with as little stirring
as possible.

Layer 1—Place circular form of
checkerboard cake pan in position.
Pour red batter into outer ring and
centre disc filling cake pan about
half its depth. Pour white cake bat-
ter into middle ring. Take hold of
circular guide form and lift it care-
fully straight up and place in other
layer pan.

Layer 2—Follow same procedure
as for first layer, alternating the
colors. Bake in moderate oven, 375
degrees F. for 20 to 25 minutes. Ice
with any desired frosting.

Chocolate Fudge Pie

1 unbaked pie shell
4 eggs, slightly beaten
½ cup sugar
½ cup salt
3 cups milk
1 teaspoon vanilla
2 tablespoons sugar
1 square unsweetened chocolate
2 tablespoons hot water.

Line a deep nine inch pie plate
with pastry, extend the edges and
flute. Combine eggs, sugar, salt,
milk and vanilla. Pour into pie shell
and bake in a hot oven, 450 degrees
F. for 20 minutes, decrease heat to
moderate, 350 degrees F. and bake 10
to 15 minutes longer, or until firm.

Add sugar to chocolate, then add
water 1 tablespoon at a time stirring
until well blended. Pour over pie
filling, place in slow oven, 300 de-
grees F. and bake 7 to 10 minutes
longer or until chocolate is set. Cool
thoroughly until set.

If anyone has any other version of
a chocolate fudge pie, we'd be so
pleased to have it.

PARIS PRESENTS MOTOR WARDROBE

PARIS—One of the big fashion
houses here has created a summer
wardrobe for the woman who plans
to pass her vacation motoring. The
essential point of this wardrobe is
that the clothes can be folded and
packed into a small space and they
will not wrinkle or crush.

The biggest item, naturally, is the
heavy topcoat which can be worn
when driving in chilly weather or
can be used as a rug. It is of plaid
tweed, made with loose, easy sleeves
and tailored revers and collar that
can be turned up. It is full and loose
and can be worn with or without a
belt. For warmer weather there is
the old-fashioned linen duster gone
modern. It likewise is in plaid and
is fashioned of uncrushable linen.
Made like a full swagger coat, the
duster is smart, as well as being a
practical protection against dust

A BACKGROUND TO AID YOUR BEAUTY

London Decorator Suggests Oak and Cerise For
Brunettes and Violet for the Titian Haired

LONDON—Rooms for lovelies, for
blonde and goldlocks, titian and red
head, brunette and silver haired, are
in vogue, according to Miss Chris-
tine Veasey, well known British fur-
nishing and decoration expert.

Miss Veasey demonstrated how
easily a woman may enhance her
beauty and make her personality
more effective by carefully introduc-
ing into her surroundings colors, de-
corations and furnishings which har-
monize with her particular "type." Model plans for interiors were work-
ed out.

She declared that although women
spend millions of dollars every year
on clothes and on aids to beauty to
achieve individual charm, too often
their personality is lost even in
their own homes because of their
failure to see that their surround-
ings enhance their looks.

For the Brunette

For a brunette with hair of dark
brown or black Miss Veasey sug-
gests a one-room flat, with walls
covered with wall paper delicately
toned, like the ceilings, in bird's eye
maple. Carpets and curtains are the
shade of burnished corn.

Accessories are in cerise. Natural
waxed oak furniture combines beauty
with economy in space. A divan has
a tailored cover in corn color. The
ensemble is particularly flattering to
the dark-haired woman.

For the Titian-Haired

Palma violet shades for carpets
and chair coverings with a back-
ground of pale green walls and cur-
tains make a charming bedroom set-
ting for the woman with titian hair.
The furniture is sycamore to harmon-
ize with the creamy texture of her
skin. Light green wall paper, relieved
with mauve and silver points, pro-
vides a novel and attractive panel
behind the bed. Silver metallic cloth
is used for the upholstered bed head
and also for the piping of an easy
chair and dressing stool.

Violets in profusion may add a
dainty touch to the bedroom of the
titian girl, for each bed side pedestal
has around its rim a removable
trough which can be filled with
fresh flowers.

For the Blonde

For the blonde and golden-haired
girl Miss Veasey prefers a back-
ground of pale blue walls to match
her delicate coloring. She suggests a
lounge with pale blue curtains in
heavy stain. In contrast is a carpet
of plum, verging on magenta. The
furniture is straight-grained walnut
of elegant design. Instead of a con-
ventional three-piece suite there are
on each side of the fireplace two
high-backed sofas upholstered in
plum-colored satin and piped with
the same blue as the walls, and
there is a modern bench covered in
blue with a book shelf beneath. Ac-
cessories are in blue morocco.

An effective finish to the room is
given by a wall gas fire set in a
glass and by a recessed cocktail
cabinet lighted from below and em-
bodying a clock to tone with the fire
surround.

For Bridge Lovers

For women bridge lovers there is
a card room of unusual interest—a
room in which there should be no re-
vokes and no regrets, for it is de-
corated and furnished to stimulate
concentration and good play. Schem-
ed in warm gray and bottle green,
the setting is soothing, with no bold
color contrasts.

Playing cards, greatly enlarged to
stretch from skirting to ceiling, are
dimly and unobtrusively patterned
on the walls. Curtains are gray vel-
vet, decorated with a design of diam-
onds. A heart forms a design for a
little clock. Card table and chairs of
sycamore, upholstered in green vel-
vet, stand on a green carpet and a
short-pile green velvet surfaces the
card table instead of usual baize.

and dirt.

A divided skirt of lightweight wool
is practical for cool days with match-
ing suede jacket which fastens with
a zipper from the fitted waist to the
high neck, which is finished with a
small turnover collar. This costume
is worn with a variety of knitted
sweaters. The same sort of costume
can be made in a dark linen or pique
print with a change of short-sleeved
tailored blouses in one of the dark
shades of the print.

SOME SANDWICH SUGGESTIONS

Here are some interesting sugges-
tions for your summer sandwiches:

Three Tier Sandwiches—Cut the
bread in thin even slices, in match-
ing threes. Spread each slice with
softened butter and trim. Between
the first two spread Paris-Pate, moist-
ened with mayonnaise, with a little
cress or a lettuce leaf put between
them. On top of this sandwich place
a thin slice of tomato, well drained.
Put a little mayonnaise on the to-
mato or, if preferred, sprinkle with
salt and pepper. Then place on the
third slice of bread. Cut in desired
shapes.

Three Tier Cucumber Sandwiches
—Make the same as above substitut-
ing thin slices of cucumber for the
tomato.

Ribbon Sandwiches—These sand-
wiches are made of four slices of
bread, two white and two brown, cut
one half inch thick and trimmed.
Butter one side of each slice. On one
brown slice place some cream or cot-
tage cheese, to which has been added
some pimento olives, a taste of
chopped onion; then cover with a
slice of white bread. Spread this
slice with Paris-Pate, mixed with a
little chopped parsley; cover with a
slice of brown bread, spread with
the cheese mixture, and then the
last white slice. Cover with wax pap-

**KELLOGG'S
ASTHMA
RELIEF**

A physician's
formula that has
benefited sufferers for
over 60 years. Try it. You'll
be more than pleas-
ed with the quickness
with which it relieves
Asthma and Hay
Fever, preventing
needless suffering.
You simply inhale
the fumes.

Your nearest Drug Store
has it.

\$1.00 per tin, trial size 25c.
Also obtainable in cigarette form.
Northrop and Lyman Co. Limited
Established 1884
Toronto, Canada

or and put a weight on top for an
hour or so; then slice downwards as
you would a cake.

Roller Sandwiches—The bread
should be fairly fresh, butter it, then
cut in thin slices and spread with
the following mixture: ½ package of
cream cheese, ½ cup finely chopped
walnuts, 1 small bottle of olives,
chopped; several stalks of tender
celery, chopped; mix all together
and moisten with a little mayon-
naise, then add the contents of one
tin of Paris-Pate. Mix and spread.
Roll the slices of bread, either from
one corner or from one side, and
hold together with a toothpick or tie
with baby ribbon. If desired, the
sandwiches may be made of Paris-
Pate alone.

IS YOUR HAIR STICKY AFTER SHAMPOO?

Soap Rubbed Directly on the Hair is Difficult to
Remove

(By Antoinette)

The home shampoo to be effective
must be something more than just
dipping the head in a bowl of water,
applying soap and working up a good
lather then rinsing off the lather
and drying.

Here is the proper procedure: Be-
fore washing the hair, take your
comb and go over the entire scalp,
scratching it free of any dandruff
that may have formed. Do this gen-
tly so you won't bruise the scalp.
After the dandruff has been loosen-
ed, give the hair a good brushing.
Now you are ready for the washing.
Every ten days or two weeks is of-
ten enough for a shampoo. Don't use
soap in cake form. It will be diffi-
cult to rinse out. Reduce it to liquid
form by shaving it into small pieces
and adding boiling water. The soap
dissolves.

Wet the hair, apply liquid, and
work up a good lather. Wash both
the hair and the scalp carefully.
Rinse with warm water. Repeat the

washing process. Let the final rinse
be a careful one. If any soap is left
in the hair, it will be sticky and
lustreless.

Hair should be dried carefully,
preferably with a coarse towel, rub-
bed dry, or dried in the sun. If that
luxury is possible to you. When the
scalp and hair are dried by hand
there is the advantage of the mas-
sage treatment as well.

In addition to careful shampooing,
the scalp needs a few minutes' mas-
sage daily to keep it loose from the
skull, and to stimulate circulation.
Cleanliness, important as it is, is
not enough if you want hair with
life and the sheen that is so flatter-
ing.

If hair is inclined to be dry, a hot
oil treatment once a month will help
to overcome the dryness, supplying
to the scalp the oil which it lacks.
And I cannot accent too strongly
the importance that should be at-
tached to the daily brushing of hair,
whether it be dry hair, oily hair or
normal hair.



THEY DON'T ALL
COME THIS BIG...

But still it is a fact that Fredericton is
the centre of one of the finest Hunting
and Fishing Districts in North America.
In Fredericton when you speak of Hotels

"IT'S THE BARKER HOUSE"