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The cause of headache is the accumulation of poisonous matter in the blood which spreads with it, every moment, to all parts of the body.

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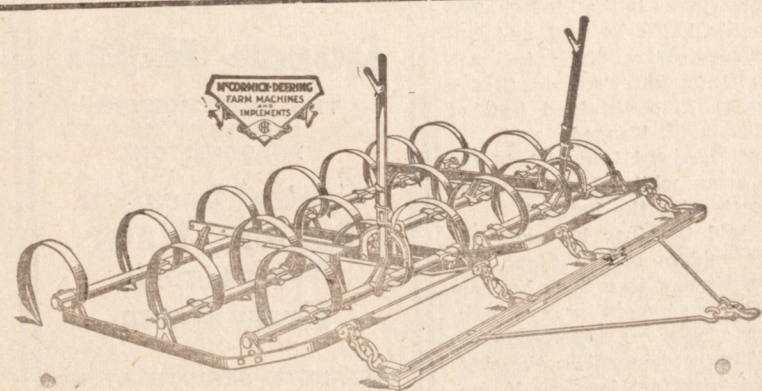
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some man can not make a little worse and  
sell a little cheaper, and the people who consider  
price only are this man's lawful prey.  
(Ruskin)

\* Insurance is no exception.

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## DIET AND TEETH CLOSELY RELATED

**Toddler's Teeth Should  
Be Examined by Dentist  
Every Six Months.**

For the development of strong, healthy teeth, careful attention must be paid to the diet of the young child during its growing period, as diet has a direct relation to the texture of the teeth and their resistance to decay. The food should be in such a form that it needs to be chewed thoroughly. This encourages an abundant flow of saliva and an increased supply of blood to the jaws.

The diet should, of course, be balanced, including plenty of milk, eggs, green vegetables and fresh fruits, as these foods contain a high percentage of the lime salts so necessary for the developing teeth. Sugars and refined starches should be sparingly used. Whole wheat is better than white flour.

Twenty teeth comprise the first set. In the well child, the first tooth usually appears between the sixth and ninth months; the first teeth may, however, in perfectly normal cases, come much earlier or much later. One sees vigorous children who did not get a tooth until the twelfth month.

The first teeth are usually the two lower central incisors; generally the four upper incisors and the two lower lateral incisors appear between the eighth and fifteenth month. The first four molars appear between the twelfth and fifteenth months; the cuspids between the eighteenth and twenty-fourth months; the four posterior molars between the twenty-fourth and thirtieth month.

Regularly in the appearance of teeth is by no means consistent even in well children. One occasionally sees the upper lateral incisors appear first. In delayed dentition the teeth are very apt to appear irregularly.

The deciduous teeth are lost between the sixth and fourteenth years. They should not decay, but should fall out or be forced out by the second set.

The teeth of every child over two years of age should be examined by a dentist every six months. If cavities are discovered in the first teeth they should be filled with a temporary filling. It is most important that these teeth be retained in a healthy condition until the second teeth are ready to replace them.

## Homemaking Hints

Put fresh vegetables on to cook in boiling water in order to preserve all food value and color.

Dried fruits are usually dirty and necessarily have a lot of handling so they should be rinsed well in boiling water before cooking.

Most of the older housewives have had one good experience with congealed grease and learned their lesson. Never pour hot grease down the drain pipe of the sink. As soon as it strikes the cold pipe it will congeal and stop it up. This is particularly true of lamb fat, which will congeal into a hard, immovable mass.

If the man of the house carries his lunch and includes a thermos bottle of hot coffee, enlighten him that a fruit jar rubber slipped over the thermos bottle cup permits the handling of hot coffee without burned fingers. The tabs of the rubber form little places where the fingers can grasp the cup without touching the heated metal in any way.

A breakfast suggestion for the person who eats lightly at this meal is to place crisply broiled bacon in the centre of a cut roll and serve this delicious sandwich with the coffee.

Parsley and watercress are favorite garnishes for platters. Slices of lemon dipped in paprika or minced parsley are also most appetizing.

Pears are mighty good, cored and the cavities filled with honey and then baked.



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... OF ...

## Interest to Women

### FAVORITE DISHES OF ROYALTY

**James II Liked a Chicken Stew --- Dictum of a  
Most Noble Salad Maker**

(By Hazel Carter Maxon)

In London during this coronation month little supper parties will be the smart thing in entertaining. If the hostess would serve foods not only fit for a king but actually king-like dishes—foods that royalty has gone for in a big way—here are some pertinent suggestions.

The Duke of Windsor's favorite scrambled eggs will go royally with scones. Eggs-Duke-of-Windsor are made thus:

Mix eggs in a bowl with one tablespoon of heavy cream to each egg, add salt and pepper and a dash of paprika. Keep stirring in the skillet, over a low flame, to make them fluffy and delectable. Garnish with parsley and serve with broiled bacon.

### Supper Breakfasts

For those late suppers that have the habit of turning into early morning breakfasts—to the surprise of the hostess who hadn't dreamed of that happening—she should have on hand a batch of English breakfast scones. There'll be more scones eaten in England during coronation month than you can shake a scone cutter at. With a hand as light as your spirit, should you be feeling fine, rub two tablespoons of butter into one cup of flour and add one-half teaspoon of baking soda, one-half teaspoon of cream of tartar and a good pinch of salt. Stir in one well-beaten egg, add enough cold water or milk to make a very light dough. Roll out, cut into small rounds and bake in a quick oven.

Royalty has always been well-disposed toward choice cold cuts for supper. Queen Victoria's favorite dish was cold sirloin of beef "with other joints," and Peter the Great was fond of any cold roast meat with pickled cucumbers or a tart salad.

But the Duke of Wellington thought nothing more royal than a "well-made Irish stew." Any one who has tasted this dish at its best will agree with the Duke.

### James II's Favorite

The favorite supper dish of King James II was stewed chicken with asparagus. Adapted to the modern taste, it's even better than when Patrick Lamb, the master cook, delighted the English court with his tasty creation.

## SPINACH RANKS NEXT TO ICE CREAM

**Well, a Survey Shows Children Did So Favor It---  
Some Suggestions on Its Preparation**

(By Edith M. Barber)

Spinach for a number of years has been the topic for jests and has almost replaced the classic mother in law joke. It was rather interesting to find that the children, instead of disliking this vegetable, actually chose it as one of their favorite foods according to a recent survey. Spinach actually ranked next to ice cream.

Because of the two types of spinach which are on the market at different times of the year, and because seasons in city markets are long extended through shipments from various parts of the country, we can find it in its fresh form throughout the year. And, of course we can always call upon the canners. In the preparation of spinach for the table, perhaps the most important point is the washing, as every grain of sand must be removed. No one likes gritty spinach. The easiest way to handle this question is to use two large pans of fresh water and to lift the leaves after their first washing into a pan of fresh water and to continue this until no more sand is deposited on the bottom of the pans.

Spinach will need no more water for cooking than that which clings to the leaves after washing. It should be cooked just until the leaves are tender, usually not more than six to eight minutes. Butter or cream that

is used for dressing should be added to the vegetable which should not be drained of the liquid which results after cooking. If you like, you may chop or puree the leaves before dressing them. Salt, pepper, a little nutmeg, lemon juice, vinegar, horseradish, sweet or sour cream, as well as butter, all bring out the flavor of this delicate vegetable.

### Spinach on Toast

Wash one peck of spinach and cook in a covered pan five to eight minutes. Turn into collander and press out as much water as possible. Mince very fine. Melt three tablespoons butter in a frying pan, add two tablespoons flour and stir until well blended. Add spinach and cook five minutes, stirring constantly. Add 1 cup cream, salt and pepper, cook three minutes and serve on toast.

### Spinach Nests

6 bread cases  
Melted butter  
2 cups cooked spinach  
Salt and pepper  
½ cup grated cheese.  
Make bread cases by cutting bread into three-inch squares and cutting out the centres. Roll each case in melted butter. Chop the spinach, mix with seasoning and fill the bread cases. Sprinkle with the cheese and bake in a hot oven, 425 degrees F., until bread is light brown and the cheese is melted.

of people in Ontario and Quebec.

## WHO PAYS THE SALES TAX?

Some newspaper editors in the West and in the Maritimes seem to be greatly troubled by the statement in The Financial Post that the people of their provinces are not beneficiaries under the present system of having the sales tax collected by the Dominion. These editors point out that on the basis of individual contributions, the payments of their people are quite equal to the payments

## HOW REFRESHING — A SUMMER ICE

**Foundations in Package  
Form Make It Easy**

While most of us buy ice cream ready to use for dessert occasionally we like to make a freezerful at home or more likely to serve a frozen dish made with the help of the automatic refrigerator. My most severe criticism of these desserts is that they seldom provide enough extra servings! Of course, this is not in force if the family is small. You will find useful and easy the foundations that now come in package form in a number of flavors and which demand only the addition of milk and cream. Time for freezing will vary with your own refrigerator, but it is not long if you have a cold control attachment, as the newer models of refrigerators have.

### Strawberry Mousse

½ teaspoon gelatin  
2 teaspoons water  
1 cup evaporated milk  
1½ cups strawberries  
1 cup powdered sugar  
Salt  
1 teaspoon vanilla  
Dissolve gelatin in water. Heat milk, add gelatin. Crush berries, add sugar and salt. When milk is cold, whip, add vanilla and combine with fruit mixture. Turn into refrigerator freezing tray and freeze three to four hours. Fills two pint trays.  
Variations: Use any other fresh or canned fruit, cut into small pieces.

### Raspberry Ice

3½ cups ripe raspberries  
1 cup sugar  
1 cup water  
1½ tablespoons lemon juice.  
Mash the berries through a coarse sieve or a potato ricer. Cook the sugar and water together, allowing it to boil for three minutes. Cool. Add to the raspberry juice and the lemon juice and freeze. Since raspberries are of such varying sweetness it is best to taste the mixture before freezing to make sure sufficient sugar has been added. It should be sweeter than you wish the finished ice to be, since it loses sweetness

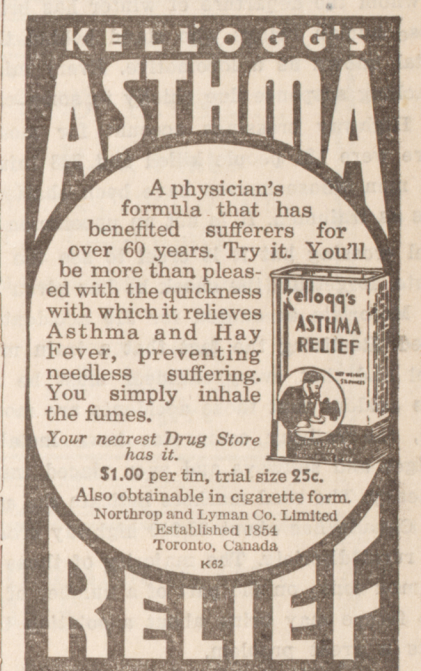
### turnover tax.

The Post has never argued that the people of the East and the West do not pay their share of the sales tax. Of course they do. But it hopes that so long as the sales tax remains it will be collected and the proceeds distributed or spent in a manner that ensures that they will obtain their full share of the benefit.—Financial Post.

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during freezing.  
French Ice Cream  
1 tablespoon flour  
¾ cup sugar  
¼ teaspoon salt  
1 egg or 2 egg yolks  
2 cups milk  
3 cups thin cream  
1½ tablespoons vanilla  
Mix flour, sugar and salt, add the egg, slightly beaten, and the milk gradually. Cook over hot water 20 minutes, stirring constantly at first until it thickens. Cool, add cream and flavoring, and freeze.



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