

All-Out-of-Sorts! Nervous, Irritable, Peevish!



This may be due to lack of proper rest, the worry over business, the too free use of tea, coffee or tobacco, the keeping of late hours, the never ending drudgery of housework, but whatever the cause you have been putting too heavy strain on the nervous system.

If you are tired, listless, irritable, distressed, you will find in Milburn's H. & N. Pills a remedy to make the weak nerves strong, the shaky nerves firm, a medicine that will help put you on your feet again.

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OVERALLS
WORK PANTS
GLOVES

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A TAILORED-MADE SUIT IS
TAILORED OF EXCLUSIVE

FABRICS

We buy only a limited amount - 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.

CURTAINS AND DRAPES

JUST RECEIVED...
OUR NEW SPRING RANGE OF
Curtains in plain and figured
Marquises, flared and tusk
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 Homespun.

"See our stock before
purchasing."

J. Stanley Delong
Phone 68-11 63 Carleton St.

SPRINGTIME ECONOMY

Now is the time to have your
heating plant repaired for the
first cold snap next fall.

Its recent shortcomings are
still fresh in your mind and you
will not overlook any.

Repairs now made mean insurance
against disappointment next fall.

We will gladly come out and
inspect your heating plant free.
Write, Phone or Call

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 income—
Increase Purchasing Power—Create
Permanent employment and prove the greatest
benefit to general business. A list of
carefully selected offerings will be forwarded
on request.

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J. G. BADCOCK, Manager.

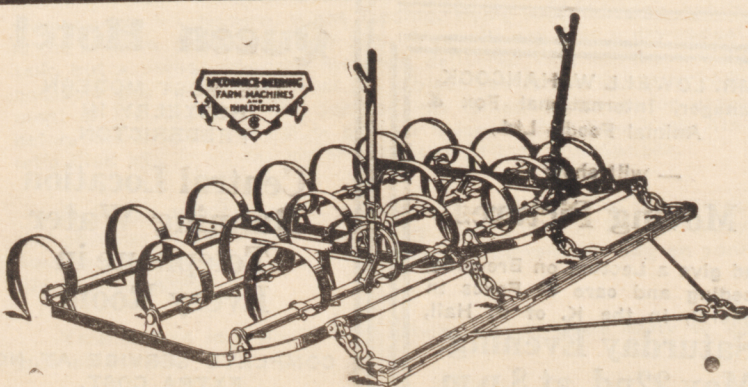
Fredericton Office, Suite 1, Loyalist Building
Fredericton Charlottetown Halifax Saint John, N.B.

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



MCCORMICK-DEERING
LEVER SPRING TOOTH HARROW
We have them in 15-tooth and 17-tooth

J. Clark & Son, Ltd

CHOCOLATE AND ALMOND

A Grand Color and Taste
Combination

(By Katharine Baker)

Here is a cake that promises to be
a hit this season and many other sea-
sons too. It's a new and entirely dif-
ferent cake and, of course, you want
to be the first in your crowd to serve
it. But it won't be your exclusive
recipe very long because everyone
else will want to try it and after
serving this cake once, it will be-
come an outstanding favourite. Now,
however, is your chance to make a
name for yourself by being the first
to serve this delicious Chocolate Al-
mond Cake.

Because it is so good and for fear
someone may not get a slice, the
proportions given will make an ex-
tra large cake and you will appreciate
that when the cake begins to
disappear. It will prove ideal as
your contribution towards a supper
club, a church social or at your own
bridge party.

It's an elegant looking cake too
and the combination of flavours—
chocolate and almond—and the rich
brown and cream colors will please
everyone.

Chocolate Almond Cake
2½ cups sifted cake flour
¼ teaspoon salt
2 cups sugar
3 squares unsweetened chocolate,
melted

2 teaspoons vanilla
1 cup butter or other shortening
1 teaspoon soda
5 eggs, well beaten
1 cup sour milk or buttermilk
Sift flour once, measure, add soda
and salt, and sift together 3 times.
Cream butter thoroughly, add sugar
gradually, and cream until light and
fluffy. Add eggs and beat well, then
chocolate and blend. Add flour, alter-
nately with milk, a small amount at
a time, beating after each addition
until smooth. Add vanilla. Bake in a
greased loaf pan, 15x9x2 inches, in
slow oven, 325 degrees F., 50 min-
utes, or until done. Remove cake
from pan, cut in halves crosswise
and trim to straighten edges. Put
together with Toasted Almond Filling
between layers and Mocha Cho-
colate Frosting on top and sides of
cake. Decorate top with shredded
toasted almonds, if desired.

Toasted Almond Filling
Cook one cup chopped blanched al-
monds slowly in 4 tablespoons but-
ter until well toasted, stirring con-
stantly. Remove from fire and add 6
tablespoons top milk. Then add 3
cups sifted confectioners' sugar gradu-
ally, beating until smooth. Stir in
dash of salt and 2 teaspoons vanilla.
Cook until thick enough to spread.
For less luxurious filling use ½ or ¾
of this recipe.

Mocha Chocolate Frosting
Cream 2 tablespoons butter; add 1
cup sifted confectioners' sugar gradu-
ally, blending thoroughly. Add 1-8
teaspoon salt, and 2 squares un-
sweetened chocolate, melted, and
mix well. Then add 4 cups sifted
confectioners' sugar, alternately with
½ cup strong coffee, until of right
consistency to spread. Beat after
each addition until smooth.

WOMAN'S GAIT GIVES HER AGE AWAY

Heavy Step Belies
Youthful Appearance
—Good Posture Import-
tant.

(By Antoinette)

No amount of grooming or smart-
ness can offset the aging effect of a
step that has no spring to it, to feet
that are dragged along rather than
picked up and set down with sure-
ness and ease.

Don't let it be said of you that,
with increasing years, you are put-
ting on weight and losing the spring
to your step. To keep yourself look-
ing trim, brisk and youthful, watch
your walk and your posture. Of
course, to be a smart walker it is
essential that you have a good pos-
ture. There are two main posture
rules: Keep chest up and point toes
straight ahead. Not so hard to do, if
you make up your mind to do it.

Get the habit of taking a daily
walk. It's one of the best exercises
for keeping the whole body in tone.
There's nothing like a brisk walk for
sending the blood coursing through
your veins. Walk with the weight
on the outside of your foot. Learn
to walk softly, without bringing the
whole weight down on your heels.

ARTHUR F. BETTS

Plumbing and Heating
QUEEN ST. PHONE 511

... OF ...

Interest to Women

PICNIC DIVERSIONS TO KEEP EVERYBODY HAPPY

(By Cynthia Proctor)

Picnics or lawn parties need more
than a plentiful supply of food to be
successful, if you are planning to
spend the entire day outdoors. These
games should give you a few brain
waves to produce on the spur of the
moment to divert your guests.

The Blow-Out.—Equipment: a pa-
per bag, hoop and glass of water for
each player in the race. Paper bag is
placed on ground halfway on course,
glass of water at end of course. Con-
testants start on signal, rolling hoop
—stop by paper bag, put hoop down,
blow up paper bag, burst (this is the
blow-out) roll hoop to end of course,
holding burst bag, now stop to fill
half glass water without spilling, roll
hoop back to starting point.

Balloon Volley Ball.—Volley ball
played with balloons is fun. If there
is no net the courts may be indicat-
ed with a rope tied to two trees or a
line marked off with stones. The
balloon is batted back and forth and
must be kept from touching ground.
If it touches the ground a point is
gained by opposing sides.

Treasure Hunt.—An outdoor trea-
sure hunt may be as lively as fox and
geese, if the directions are hidden in
out of the way places—under a rock
where a little climbing is necessary
—in inaccessible places in the woods
or where someone will have to do a
bit of scrambling. The final treasure
might be a huge hamper of delect-
able food which could supply the
snack supper which often follows the
main picnic meal eaten outdoors.

Kick the Stick

This is a great game for rheuma-
tics. A stout stick, some ten inches
long, is leaned against a rock, which
is 'Home.' Two or three bases are
laid out and the players toss or
match to see who will be first wick-
et keeper. This unlucky person sta-

tions himself some five, ten or 20
feet in front of the inclined stick, the
distance depends on your nerve, and
the first player in line boots the
stick as far as he can and runs for
the base.

The 'keeper' must return the stick
to its position and then catch the
runner moving. It doesn't matter if
the runner doesn't reach the base—
he goes as far as he can before the
stick is replaced and then stops. But
when he does stop, he must stand
motionless, for if he is caught mov-
ing as much as an eyelash while the
stick is up, he is out and must take
the keeper's place.

Players in turn then kick the stick
and each must endeavor to get home
before his next turn or else he is
out. One runner however cannot pass
another on the bases.

Puddle Hurdles

This is an outdoor relay race. For
this the crowd is divided into the
TWO—WOMANS' COL. nn
Gums and the Galoshes and along
each course are placed three large
pans filled with water. One captain
puts on an extralarge pair of galoshes
and the other a huge pair of rubbers
and at the word 'Go' they both run
down the course and retrace their
steps. They must hurdle or wade
through the pans of water. Running
around them counts against a side.
If they lose their rubbers they must
stop to replace them. On reaching
the starting point again, the cap-
tains take off their galoshes and
rubbers and pass them to the next
two in line who put them on and try
their luck.

In a mixed crowd, the boys espe-
cially enjoy this race, because girls
have much difficulty in hurdling
while handicapped by 'gums' or gal-
oshes which are ridiculously too
large for them.

the 10 and 12 hour day. Employers
have learned that a shorter but not
too short working day will produce
more work per hour. They have learned
that the drudgery of continuous
working on the same thing for too
many hours, drags the worker into
being careless and getting into acci-
dents. They have learned the value of
safety devices and guarding the
worker with good light and proper
sanitary conveniences, and they see
the value of carefully studying the
applicant for a job, of placing him
where he would be best fitted.

BURDEN NOTES

The Currier Construction Company
has started their summer work on
the trans-Canada highway from
Long's Creek to Woodstock.
The district meeting of the United
Baptists is being held this week
in the Burden church.

Eldon Jewett has been visiting
friends in Smithfield, where his
wife and family have been spending
the past several weeks.

Mr. and Mrs. Otis Niles and fam-
ily of Long's Creek were visiting
friends here on Sunday.

Harry Cliffe has returned from
visiting friends at Devon and Island
View.

W. W. Boyce has loaded a car of
lumber at Burden Siding, from his
mill at Magundy.

Bert Kitchen of Kingsclear was
here on business this week.

DIARRHOEA SOLID STOMACH GAS CRAMPS

There can be no question as to the
supremacy of Nerviline for these
disorders; it acts promptly, even
twenty drops of Nerviline in
sweetened water gives immediate
relief.

Too Ill to Leave Home
Restored Quickly by Nerviline

Mr. A. E. Archer of Chelsea, writes:
"As a boy I was accustomed to take Ner-
viline for pains in my stomach but never
realized its true value until this summer.
I had an attack of diarrhoea and was so
bad I couldn't leave the house. I sent for
a bottle of Nerviline and took a dose every
hour during the morning. It restored me
quickly. I use Nerviline now as a preven-
tive of summer complaint and it works satis-
factorily. My wife also has derived very
special results in stomach trouble from
Nerviline which I recommended highly."

NERVILINE
SURE RELIEF

Orange Pekoe Blend "SALADA" TEA

THE PROOF OF THE PUDDING

Let Your Family Pass
Judgment on This New
Bread Pudding

(By Katharine Baker)

If your family is like most, they
will turn up their noses at ordinary
bread pudding. They take it for
granted that it is a makeshift des-
sert and feel that the place for any
leftover bread is in stuffings, not
desserts. But here is a way to make
bread pudding that will take it from
the lowest rung on the dessert lad-
der and put it on top. It will fool
your family when you serve it this
new way and the results will sur-
prise you.

The addition of rich, flavoursome
chocolate makes all the difference in
the world to the taste of this pud-
ding and gives you a delicious des-
sert. The whole family will pass
their plates back for more of this
Chocolate Bread Pudding. It's a
wholesome, nourishing dessert too.

Since this really is an economy
dessert, get the best chocolate you
can buy—it makes the pudding what
it is and will prove to be an econ-
omy because it's sure to be all eaten
up. You know what they say about
puddings, so let your family put it to
the test.

Chocolate Bread Pudding

1½ squares unsweetened chocolate
3 cups milk
2 eggs, slightly beaten
½ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
2 cups cubed sliced bread
Add chocolate to milk and heat in
double boiler. When chocolate is
melted, stir until blended. Combine
eggs, sugar and salt, add chocolate
mixture gradually, stirring vigor-
ously. Add vanilla. Place bread in a
greased baking dish; pour mixture
over it and let stand ten minutes.
then mix well before baking. Place
dish in pan of hot water and bake in

moderate oven, 350 degrees F., 60
minutes, or until pudding is firm.
Serve hot with brown sugar hard
sauce, raslin sauce, or Sunshine
Foamy Sauce, or serve cold with
light cream. Serves 6. If desired,
bread may be crumbled instead of
cubed.

Sunshine Foamy Sauce

¾ cup brown sugar, firmly packed
1 egg yolk
Dash of salt
1 egg white
¾ cup whipped cream
½ teaspoon vanilla.
Sift sugar. Add ½ sugar to egg
yolk; beat until light. Add salt to
egg white; beat until foamy through-
out. Add remaining sugar, 1 table-
spoon at a time, beating well after
each addition; then beat until stiff.
Combine egg yolk and egg white mix-
tures. Fold in whipped cream and the
vanilla. Makes 1-3 cups sauce. This
sauce is especially good on baked or
steamed puddings.



A
Wise
Man's
Smoke!

WHITE OWL
Cigars
IN TWO SHAPES
INVINCIBLE
and STREAMLINE 5¢

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when heat is applied. It is this well-timed, con-
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