

## 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.

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OUR NEW SPRING RANGE OF  
Curtains in plain and figured  
Marquisesettes, flit and tuskan  
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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.

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**J. Clark & Son, Ltd**

## SUGGESTIONS



## TO ARMS, GIRLS! IT'S THE OUTDOOR SEASON FOR ARMS AND ELBOWS

A Little Extra Elbow Greasing Will Help Beautify  
--- And Don't Forget the Lawn  
Mower Exercise

By VICTORINE HOWARD  
The first hot day last week caused  
a lot of arm consciousness. Your first  
time out on the street in a short-  
sleeved dress makes you suddenly  
feel all arms—particularly if you know  
that your elbows aren't all that they  
ought to be in soft whiteness, and  
that your upper arms are quite a bit  
fleshy than they should be for con-  
tour's sake.

So what with the short sleeves  
and the bathing suit season, which  
leaves no arm to the imagination,  
being just around the corner, it might  
be a good idea to make this beautify-  
your-arms week.

It isn't easy to break a confirmed  
elbow-rester. But one thing to remem-  
ber about elbows is that constant  
leaning on them on a hard table top  
is conducive to roughness practically  
to the point of callouses.

### Nightly Treatment

Elbows that seem to be dark around  
the points, with the skin discolored,  
cracked and roughened, can be vast-  
ly improved by giving them a beauty  
treatment every night. When you get  
in the tub scrub them thoroughly with  
a brush and a thick soapy lather.  
Scrub with a circular motion to re-  
move the dead loose skin. Dry thor-  
oughly. Then put a dab of lanolin or  
tissue cream on each elbow and mas-  
sage it well. This should be done  
for ten minutes, and the cream then  
removed with tissues. It's a little  
extra trouble, but if the skin is un-  
usually rough, instead of removing  
the cream, small pladgets of cotton,  
with more of the lubricating cream,  
can be placed over the point of each  
elbow, tied in place with a piece of  
gauze, bandage, and left on over night.

Lemon juice is an excellent elbow  
bleach. Cut a lemon in half and  
burrow each elbow into one of the  
halves—rubbing the lemon round and  
round. For a quick softening treat-  
ment, pumice stone dipped in olive  
oil and rubbed lightly over each el-  
bow is effective. And if there are a  
few annoying scattered hairs they may  
be removed by gently rubbing the  
skin in circular movements with one  
of those clever little sandpaper hair  
removers.

Upper Arms  
Upper arms are one of the places  
where fat is likely to accumulate.  
And flabbiness from elbow to shoulder  
gives an appearance of age in any  
woman. Really beautiful arms must  
be smooth, as well as firm and shapely.  
While you're specializing in your  
elbow treatment, take time occasion-  
ally to massage some of the cream,  
or lanolin, on your arms as well. The  
skin on the entire arm gets pretty  
dry, what with being constantly ex-  
posed in short sleeves to the sun.

Special exercises will help reduce  
the too-heavy arm and round out the  
too-thin one. A noted authority on re-  
ducing always makes her pupils do  
one exercise that is quite simple.  
Stand facing a wall and close to it,  
reach up on the wall with both hands.  
Stretch the arms up as high as you  
can, and then push up even higher.  
Do it several times, bringing the arms  
down and relaxing between times. The  
alternate tensing of the arms in the  
upward stretch and subsequent relax-  
ing exercises the muscles.

### Wall Exercise

Another good wall exercise is to  
stand about two feet from the wall  
with the palms of both hands flat  
on the wall straight out in front of  
you. Let your elbows bend and body  
come forward, so your face is almost  
against the wall. Then push yourself  
back slowly and with resistance in  
the arm muscles to an upright posi-  
tion. Drop forward again. Repeat ten  
or twelve times.

Clapping the hands is a good arm  
exercise. Keeping the elbows rigid,  
clap the hands together, first over  
the head, then swing them down to  
clap them behind the back. On some-  
thing the same principle, pretend you  
are freezing to death, and swing both  
arms at shoulder level back and forth  
across the front of the body. Swing  
them as far backward and across  
the front as you can. Bring the right  
arm across the left, and vice versa.

And for the country girl, or week-  
end visitor, we can recommend push-  
ing a lawn mower as a fine upper-  
arm exercise. We know, because we  
pushed one over a friend's grass on  
Decoration Day.

## GAMES THAT KEEP PARTIES MOVING

(By Cynthia Proctor)  
The telephone in our office rings  
madly every few minutes these days  
with requests for shower ideas, brid-  
dal luncheon suggestions, annivers-  
ary parties, and so on. The mail is  
stacked with requests for bridal  
party decorations, and menus. June  
and brides go hand in hand.

Most of the requests this early in  
June have to do with shower parties.  
There was an urgent plea this morn-  
ing for games to be played at the  
table after an engagement luncheon  
at a smart hotel. Let's take care of  
that first.

### Advice

Every one loves to give advice,  
especially to the young things start-  
ing on the perilous seas of matrim-  
ony. Get the urge out of your guest's  
system by suggesting this pencil and  
paper game. Ask the ladies to draw  
a picture at the top of the paper  
you've handed them with a pencil,  
of the groom-to-be. Underneath each  
guest is to write a verse giving ad-  
vice to the bride on how to hold her  
husband. Or ask part of the group to  
give advice in verse on how to be  
happy though a bride! The funnier  
they are, the better.

### Tongue Twisters

When this is ended, hand each  
guest a slip of paper with a tongue-  
twister written on it. These are to  
be read in turn, and if the reader's  
tongue becomes twisted (she may  
pay a forfeit). Any of the well-known  
'twisters' will do. 'Peter Piper pick-  
ed a peck of pickled peppers,' 'She  
sells seashells by the seashore,' 'Four  
fat females fleeing far from fire,'  
and the like. If you prefer, ask your  
guests to supply a twister, which are  
to be passed on to be read. Original  
twisters are funnier than any and  
some hilarious gems will be produc-  
ed in this way.

### Jumbled Sentences

This is an amusing game to play  
at a shower luncheon. Give each per-  
son the trusty pencil and paper and

tell each one to think of a sentence,  
perhaps something to do with the  
event, and write it on the paper with  
the words jumbled. The punctuation  
must follow the original words and  
the capital letters are to be the  
same. The sentence must have at  
least eight or ten words. When ev-  
eryone's sentence has been complet-  
ed, each player trades with his  
neighbor. The object is to rearrange  
the jumbled sentences to obtain  
the correct order of words.

### Box Fortunes

The first step in your preparations  
is to get ten boxes and label them  
as follows: Your First Husband's  
Initials, His Profession, His Weak-  
ness, His Hobby, The Cause of Your  
Divorce, Your Home, What You Will  
be Married in, Your Husband's Fav-  
orite, Dish, How you will go on your  
Honeymoon, and the Household Pet.  
In the first box put a bunch of cut-  
up letters, in the second a lot of  
significant things, like a little ham-  
mer or saw, a pen, a whistle, or any-  
thing that would indicate a trade or  
calling, filling all the boxes eventu-  
ally with appropriate and suggestive  
articles that can be picked up round  
a ten cent or novelty store. The  
boxes are then placed where they  
will be about eye level and the girls  
draw something from each one in  
turn. If any one turns pale at their  
'draw' run for the smelling salts or  
turn in the fire alarm!

### Palm Reading

If you can find a clever person  
who can read palms, an engagement  
shower is surely the right time to  
have your future read. Be sure the  
palm reader is well enough posted on  
the bride-to-be's family and plans for  
the future to predict many good  
things for her. Unless you have com-  
plete faith in her ability. Let each  
one take a turn with the future spec-  
ialist. Tea reading is fun, too, if  
there is a gifted 'seer' in the crowd  
or you know of one who will read  
your tea cups.

## REFURBISHING A HOME FOR THE SUMMER

Summer home life is just as cheer-  
ful and lazy as you can make it. Not  
only for the rest of the family, but  
for you, the housekeeper.

Linens for the summer home are  
bright, gay, informal and easy to  
take care of. They gave a holiday  
atmosphere to any room where you  
use them—bedroom, dining room,  
bath or kitchen.

If you're doing your summer home  
in grand style, you'll be interested  
in towels with motifs embroidered  
to match your wallpaper. For in-  
stance, a pair of black swans on  
white turkish towels with black and  
gray borders to match one of the  
newest wallpapers. Very sophisti-  
cated and exclusive! You can have it  
done to order in all your towels, from  
fingertip to voluminous bath size.

Monograms that look at a quick  
glance like a sail boat are another  
luxurious idea for summer linens.

If you'll be spending vacation days  
in a simple cottage or camp, try us-  
ing striped turkish beach towels the  
brightest you can find, as curtains,  
held back with cotton cords. Smaller  
ones double as runners, or use pre-  
printed linen kitchen towels for the  
same purpose.

Summer table linens are colorful  
and informal. Luncheon cloths and  
sets are made of Bissio or crash linen  
with bright garden flowers embroi-  
dered or appliqued in bright and pas-  
tel colors. The embroidered ones es-  
pecially lovely luncheon set of sheer,  
pale green linen has insets of white  
organdie and daintiest white embroi-  
dery. These luncheon sets come in  
ivory, cream and pastel linens.

Some of the gayest table linens  
never need go to the laundry. When  
they're made of raffia, woven or cro-  
cheted in natural shades with bor-  
ders, checks and geometrical de-  
signs, wiping with a damp cloth will  
restore their original freshness. Glit-  
tering cellophane mats and luncheon  
sets of fine bamboo in clean, vivid  
patterns require just as casual care  
and brighten the table where they  
are.

The storm of nautical motifs in  
summer linens is still raging. Your  
towel may be a picture of a sailing  
ship in navy and white or pastel  
and white, printed with colors re-

## A PHILOSOPHY OF LIFE NOT EASY TO DEFINE

Discussion by Sunday School Class Leads to Speci-  
fic Conclusion --- Perhaps Ideas of James  
Allen May Prove Helpful

(By Arthur Dean, Sc.D.)  
"Dear Dr. Dean: For the past two  
Sundays our Sunday school class has  
been having a discussion on philoso-  
phy in life and a goal in life. We  
have had many views expressed but  
nothing definite has been reached.  
Although we are girls of 19 and 20  
some of us find it beyond our com-  
prehension, for it is a subject much  
deeper than we expected it to be.  
Many of the girls read your column  
and we are sure you could help us  
by sharing with us your ideas in the  
topics.—A Sunday School Member."

I wish I could help, but your re-  
quest covers the contents of several  
books and even then I'd only touch  
the subject. For ages men have ask-  
ed this question. The answer is not  
yet found.

Perhaps I can say a word. My philo-  
sophy is very simple. 1. I am here.  
Why, I don't know. It looks to me,  
like a grand game and I like it. 2.  
I like my work and have never done  
one day's work in all my life that I  
didn't like. 3. I have a few—very  
few—everlasting friends and many  
acquaintances. 4. I get up with the  
sun and like it. I never have an idle  
moment. 5. I like my own company  
a great deal more than I do the pre-  
sence of people whose chief interests  
in life is the chase for happiness  
which they never find. 6. Books, dogs  
nature, home and workcover a lot of  
territory for a man like myself. I  
have always liked something which  
James Allen wrote. It has philosophy  
enough for me and I hope for you.

versed on the other side. Bath mats  
and seat covers match their decora-  
tions of ships, flags, anchors and  
other such marine matters. Colors  
are the always refreshing red, white  
and blue; green and white, and  
black and white.

White table linens are decked with  
applied signal flags and such. Bed-  
spreads of unbleached muslin pre-  
sent panoramas of marine life in red  
white and blue candlewick.

## MRS. MARTIN JOHNSON RETURNS TO THE AFRICAN JUNGLES FOR LIFE

She Says That She is Returning to the Things  
Which She Loves

After the recent tragic death of  
Martin Johnson, famous explorer,  
Mrs. Johnson's friends and relatives  
hoped she would return to her birth-  
place in Kansas for the rest of her  
life. But instead, she's going back to  
the jungle for life. In an extraordi-  
nary statement in The American  
Magazine, she explains her reasons,  
one of which is that in America she  
finds herself surrounded by human  
beings far more dangerous than  
wild animals.

A proof of her highly provoca-  
tive remarks is published herewith.  
Mrs. Johnson makes a statement in  
the American Magazine as follows:

I have spent twenty of my last  
twenty-seven years in the jungles of  
Africa—Borneo, Australia, and the  
South Sea Islands, and now I am go-  
ing back. Even to my friends my in-  
sistence upon returning, after a  
brief visit to civilization, may seem  
a bit dramatic. Some of them are  
grieved, imagining that I am delib-  
erately seeking danger and perhaps  
death. Others say they admire my  
courage. None of them understands.  
I am not returning to peril, priva-  
tion, and hardship. I am simply go-  
ing home.

Like most of us returning to the  
things we love, I feel sorry for those  
I leave behind. I am returning to  
warmth, beauty, simplicity, and abun-  
dant life, while my friends, it  
seems to me, are remaining behind  
in a bleak and frightened world.

There is tropical fever, yes. But  
in the jungles there are no diseases  
comparable in number and deadli-  
ness with those of civilization. There  
are savage animals. I have been  
stalked by man-eating tigers. I have  
walked head on into ambushed lions.  
But always I was superior. I was the  
intelligent and the stronger one,  
armed with a weapon. There was no-  
thing to fear. I could protect myself.  
And I did so, without hate, know-  
ing that the animal was merely hun-  
gry. Otherwise, it would have  
bounded away at the first scent or  
sound of me. The dangers of the  
jungle are trivial compared with the  
dangers of civilization. Nature made  
the one, man the other. I have an  
implicit trust in the goodness of  
Nature.

On this trip to America I find my-  
self surrounded by human beings  
who seem to me more dangerous  
than wild animals. They are capable  
of killing, not just to satisfy hunger

As you think, you travel; and as  
you love, you attract. You are today  
where your thoughts have brought  
you; you will be tomorrow where  
your thoughts take you. You cannot  
escape the result of your thoughts,  
but you can endure and learn, ac-  
cept and be glad. You will realize  
the vision, not the idle wish, of your  
heart, be it base or beautiful, or a  
mixture of both, for you will always  
gravitate toward that which you, se-  
cretly, most love. Into your hands  
will be placed the exact result of  
your thoughts; you will receive that  
which you earn; no more, no less.  
Whatever your present environment  
may be, you will fall, remain or rise  
with your thoughts, your vision, your  
ideal. You will become as small as  
your controlling desire, as great as  
your dominant aspiration.—James  
Allen.

### Something New

"Dear Arthur Dean: A question  
has been puzzling me for some time  
and I am quite sure you could give  
me some good advice on it.  
"Here is the question: When a girl  
doesn't make the first move to go  
home, or after reaching home make  
no move to get out of the car, but  
settles down to a nice after midnight  
visit—what should a well bred gen-  
tleman do? I mean when a boy takes  
the girl to the theatre or elsewhere  
and brings her back.—John."

Answer: This is a new one. The  
boy is usually the one who hangs on.  
I should drive her up to the gate,  
give her a goodnight kiss and lead  
her to the door and linger three  
minutes and leave. You see how it  
feels now that the tables are turned.  
Boys are usually the persistent ones.

### Learning Never Ends

"Do you think it is a good thing  
for me to take up a university exten-  
sion course or a correspondence  
course? My children are all grown  
up and I have time enough now to  
study.—Undecided."

Answer—As far as I am concern-  
ed I'd do away with the general im-  
portance of education except when it  
did something in the way of educat-  
ing people so that they would be in-  
oculated with some sort of educa-  
tional virus, which would maintain  
this potency—namely, the habit of  
reading and studying all through life.  
By all means enroll in a university  
extension course.

but to satisfy pride, appearances,  
ideas. I have encountered strikes,  
riots. I have heard frightful rumbl-  
ings from abroad. I have read of  
lynchings, of whippings, of secret  
societies bent on vengeance. I have  
learned that in one year 30,000 men  
and women, snapping under the  
strain and tension of civilization,  
have taken their own lives. And al-  
ways before my eyes is the ever-  
mounting toll of the motorcar. Even  
little children are the victims of  
haste and excitability.

Hunger is not the motive for all  
this cruelty of civilized man—not  
the ravenous life-or-death desire for  
food that the jungle knows. The  
only hunger I find in the modern  
world is the hunger for luxuries, for  
unusual sensations, for greater  
wealth. It is the hunger of pride and  
false evaluation, the hunger for  
more, not just enough. There is little  
sharing. There is more outstripping.

The jungle is co-operative. It gives  
that it may live. That is the secret  
of nature and of love. Bountiful in  
its yield, it is bountiful in its pro-  
geny, ever enabled to give more and  
more. Patience is its most active  
virtue. Its life is rich and slow. It  
provides generously, leaving me free

(Continued on Page Seven)



BECAUSE—It is mildly  
and safely stimulating.

Remember  
**King Cole**