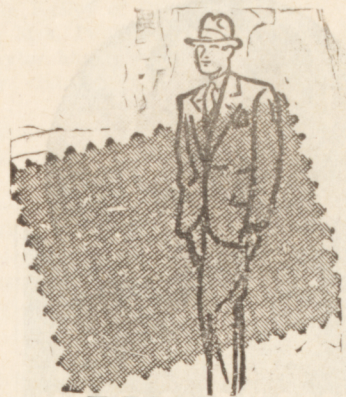


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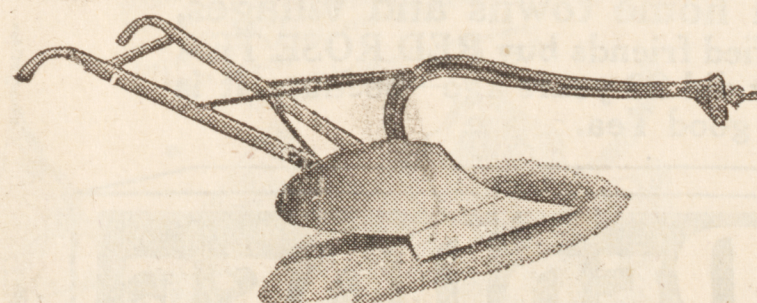
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... OF ...

**Interest to Women****PRACTISE GOOD POSTURE TO MAINTAIN FIGURE**

(By Betty Blair)

Corset waist, drapery, and the directoire silhouette are fascinating new whims of fashion. But—yes, there is a but—they never fail to focus the eye on the diaphragm.

So now is the time to take off that tummy! Self-restraint in the matter of rich foods will help, and so will exercise. But before you plunge with too much zeal into a routine of exercises be sure your health won't suffer from the sudden, unaccustomed exertion.

Begin by doing exercises slowly and moderately, and take them in small doses at first, gradually increasing the number. Too much enthusiasm the first time will leave you with stiff, protesting muscles.

The first one is a bargain, because it is for both hips and diaphragm. Lie flat on your back, arms stretched over your head and resting on the floor. Legs straight. Raise both legs straight in the air, at the same time raising your arms until your fingertips touch your toes. Repeat five times.

Keeping the same position, roll forward until you are sitting up, still with your hands touching the toes. Lie down again, keeping the feet on the floor, and return the arms to their first position over the head, and repeat the exercise.

Another exercise that combines

stretching and contracting: Sit down on the floor with your back erect and your legs straight in front of you. Reach for your toes, and keep on trying until you succeed.

Simple stretching exercises will help give the flat diaphragm that is so necessary for autumn frocks. Stand erect with feet parallel. Raising the arms as high above your head as possible, stretch until there's a taut feeling around your waist. Hold your tummy in as you do it, and it will begin to be less noticeable.

After you've stretched upward, try it this way—stand in good posture, then quickly stretch the arms and body up. Now move the upstretched arms backward, just behind the ears. Tilt your chin upward, and stretch.

Here's another for your diaphragm. Lie face down on the floor, and gradually raise the body, keeping the knees straight and back and shoulder muscles stretched, with the entire weight resting on the toes and palms. This makes you hold the diaphragm in.

Practise good posture while you are walking and sitting, holding your diaphragm flat. The more you do it, the sooner it becomes a habit. If you stand correctly, you'll look slimmer around the midriff. Tighten up those relaxed muscles.

**SKIN OILY? TRY LIGHTER DIET**

Drink Water, Water Every Way and Get In Some Brisk Exercise

(By Antoinette)

Oily skin, shiny noses, greasy foreheads are common complaints.

Fortunately many a blemish of skin but has its remedial measure. Certainly it's true to face skin conditions unless it is a very bad case of acne, which calls for medical supervision and direction.

As in so many other skin conditions in overcoming skin oiliness the treatment begins behind the skin. You have to change your diet. You have to watch it carefully to see that no oily or greasy fried foods are set before you. You could perhaps do with less butter and cream for awhile, but do not eliminate these entirely. Just be more sparing in their use, that's all.

Don't eat heavy meats. Put yourself on a good maintenance diet containing lots of vitamin D and you'll see a change in the course of a month. Whether water is hard to get down or not, drink it.

If it would be more appetizing with fruit juices, make yourself a pitcher

of fruit juice, a lemon, a grapefruit, two oranges. You can sweeten it a bit. But take a two quart pitcher so you'll get lots of water in it. It's an extremely pleasant way of getting the needed water down. Keep the pitcher of juice handy and drink it dry in the course of a day.

Girls who get out swimming a lot, playing tennis or doing some sort of outdoor exercise aren't troubled much with oily skin. They may work up a healthy sweat on the tennis court—but it is not an excess of oil that is smothering the face. Exercise will do world of good in repairing the faulty oil glands that produce the excess secretion.

And then, you oily skinned girls, do not be afraid to take it on the face with scrubbing, soaping, rinsing and cold ablution. You can scrub your face six times a day if you'll rinse the soap off in clear warm water and splash cold on afterward for all you are worth. Use a skin freshener and tonic frequently during the day.

**YOUTH RAIDS ENGLISH COUNTRYSIDE**

Princess Who Had Stilted Childhood Helps Girl Guides to Fun and Freedom

(By Marion Ryan)

LONDON, Sept. 29—There are said to be 1,000,000 Girl Guides throughout the world and 544,000 of them are in Great Britain. One does not hear much about them in the winter, although they are active all through the cold and dreary months, but in the summer they make the English countryside a continual festival of youth.

You wake, one morning to find that your view of the downs and sea is variegated by dozens of tents and a central building and that any number of girls are swarming about, preparing a meal, getting things unpacked and obeying orders. And they are always such jolly girls, too, ready to laugh at discomfort or anything else, singing with fresh young voices breaking down any prejudice against their being where they are by sheer radiant youth.

You find them at the seaside, on hilltops, in fragrant fields, wherever they can find a place to camp. Very neat they are in their blue frocks and blue felt hats, stout shoes and dark heavy stockings. Often one sees them carrying great bunches of wildflowers. Sometimes a generous farmer gives them fruit, and the fortnight they stay is all too short, for many of them come from overcrowded parts of London, and this is their only view of the country the year round.

Sometimes fields are rented from the farmers. Sometimes owners of great estates offer them a camping ground, and through charitable trusts and gifts, a few permanent camps have been acquired such as the lovely hillside site at Cadham, Kent, and the fields at Chigwell Row, Essex, which are covered with buttercups and daisies. Here small huts have been built and there are large central huts for the training of officers and meetings of the guides from all over

the country, the empire and even the Continent.

A Princess Helped

There is no doubt that the Princess Royal (Countess of Harewood) has had a great share in building up the Girl Guide movement. She did not have a very happy girlhood. She wanted to romp with her brothers, to do daring deeds with them in Windsor Park, to ride skittish ponies and play ball, but she had to learn to sew, to play the piano, to speak several languages. One reason the Duke of Windsor and she are so fond of each other is that he was so sympathetic in those dull days of her early girlhood.

At any rate she works hard that thousands of other girls shall romp and enjoy themselves, has given land for their camps and is always at any big function looking much better in her blue uniform than she does in her elaborate frocks.

The Brownies

She loves the Brownies, those pudgy little girls with fat legs and rosy cheeks in their brown uniforms and mushroom hats. They become Girl Guides later and are training for that exalted position.

It was 28 years ago that a group of girls in blue frocks with huge hats and long poles called themselves Girl Scouts to the dismay of the Boy Scouts and even their leader, Lord Baden Powell, who had never taken girls in his scheme for training youth.

Scouts into Guides

Perhaps if Princess Mary had not immediately shown an interest in the movement and been asked to become the Girl Scout leader they would not have got very far. But with her help they formed themselves into Girl Guides instead of Scouts, modified the absurdities of their uniform and became a movement to reckon with.

**Her Angel Daughter Had Secret Dates**

(By Vida Hurst)

Three mothers were discussing a neighborhood scandal. One of them said:

"Nothing like that will ever happen to my daughter. From the time she was a little girl, Mary has been strictly guarded. She has never been allowed to use rouge or lipstick and I have insisted that she wear the plainest, most sensible clothes. Nights that many of her friends are out having dates she is studying her lessons with another girl. She doesn't hold long telephone conversations with the boys or do any of the crazy things the other children do. We're bringing her up to be a sweet sensible girl in the good, old fashioned way."

The other two women exchanged glances but they did not say anything until they were alone. They knew that Mary's mother was being deceived every day by the daughter she considered so 'good.'

They had seen Mary applying lipstick and rouge as soon as she was out of sight of her parents' home. They realized that the nights she was supposed to be studying with another girl, Mary was having secret dates with a boy her mother refused to let come to her home. Although she had no protracted telephone conversations in her mother's hearing, she was constantly calling boys from other places.

Because of her parents' overly severe attitude, Mary was lying to them. She smoked, flirted and was twice as emotional and undependable as the friends her mother had criticized. There wasn't a girl in the crowd, they said, who dared do the things Mary did.

**Canada's Favourite Tea****"SALADA" TEA****TEACH DAUGHTER HAIR CARE**

Hairbrush Should Be Used As Regularly As Toothbrush

(By Antoinette)

The kindest, the best thing a parent can do for her youngster is to buy her a good quality hairbrush and see that she uses it with the regularity the child uses her toothbrush. If you can get her to use it three times a day, so much the better. Even on the twice a day brushing she will develop good hair.

Yes, I know it is a job to get the small girls to take an interest in the hair. But it wasn't so long back when getting them to brush their teeth two and three times a day was a trial to the parents. Now they do it as automatically as appearing at the table.

I suppose some youngsters are happy for the permanents. But I don't think all the children getting them need them. One thing that lessens the drying experience of the permanent is that children have their hair cut

short frequently. It is given a new start when the permanents are only given the ends. Only the ends of children's hair should be given the permanent, anyway.

But my objection is that youngsters, like some mammas, get into the habit of thinking lovely hair lies entirely with lovely waves. They should be instructed in the requirements of real hair beauty—a scalp that is clean, hair that is shining and complete freedom from dandruff.

Time and again I have seen youngsters develop gorgeous hair because their mammas had the right idea about the brushing habit. I have even seen straight hair develop a nice wave and curl because of the upward and vigorous brushing applied to the child's head. It's when girls reach 13 and 14, the lazy age, that you have to keep after them continuously.

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25c

5 Cakes

McCreadys Vinegar

Cider or White Wine

13 oz. bot.

10c

FLIT

8 oz. Tin

33c

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1 Pkg. Swans Down

Cake Flour &amp; 1 4 oz.

tin Calumet Baking

Powder

all for

35c



"Red Label"

1's Lb.

60c



Per Tin

15c

Beatons

Scallop

Sauce

15c

Virginia Salted

Peanuts

per pound

19c

Clark's To-

mato Ket-

chup

12 oz. Per

Bot.

15c

SPECIAL

COUNTRY KIST

Peas

17 oz. Per Tin

10c

Dr. Nords Dental

Cream

Tube

10c

Egg Preserver

1's

Per tin

10c

CERTO

8 oz. Bot

29c

Enos Fruit Salts

Large

BOTTLE

89c

Verybest Stove Pipe

Enamel bot.

With cup and brush

25c

Newfoundland Cod

Liver Oil

8 oz. Bot.

29c

16 oz. Bot.

49c

Aeraxon Fly

STOPS

4 For

9c

Lowney's Molasses

Kisses

Per Bag

10c

3 oz. Per

Tin

27c

12 oz.

Per Tin

47c

SPECIAL

Aylmer Tomato

JUICE

25 1/2 oz. Per Tin

10c

1's 5 Tins

25c

3 Pkgs.

Kellogg's

Corn

Flakes

and one Bowl

For

29c

Drink and enjoy Gurd's beverage s—a good mixer in any company