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DENTAL CARE DURING PREGNANCY

(By Dr. Herman N. Bundesen,
Former President American Public
Health Association)

The Ballard family in our neigh-
borhood was expecting a new arrival
"I suppose I'll lose two or three more
of my teeth during this pregnancy,"
thought Mrs. Ballard. But there is no
good reason why this should happen.
For no woman needs to lose any of
her teeth just because she is going
to have a baby.

However, during pregnancy, or the
child-bearing time, there is need for
special care of the teeth and, if that
care is not given, the mother-to-be
may lose some teeth. At this period
the baby, within the mother's body,
must have plenty of lime and phos-
phorus, to build strong bones and
teeth. Unless the mother gets en-
ough lime and phosphorus, either
in the foods she eats, or in some
other form, these minerals may be
taken away from her bones and
teeth by the unborn baby. As a re-
sult, the mother's teeth may become
soft and are liable to decay.

When the baby is born, he gets
lime from the milk he is fed. Unless
the mother eats enough lime and
phosphorus-containing foods to take
care of herself, as well as her baby,
during the time that she is nursing
her little one, the lime and phos-
phorus may be taken away from her
body.

The foods richest in lime and phos-
phorus are milk and its products.
Other foods containing lime and phos-
phorus are vegetables and whole-
grain cereals. The cereals are need-
ed for phosphorus, especially. Eggs,
also, contain large amounts of phos-
phorus.

Unless the expectant mother gets
enough lime and phosphorus, such
symptoms as soft, brittle teeth, as
well as decay of her teeth, puffiness
of the hands and face, tingling and
numbness of her fingers and toes,
and muscle weakness may develop.

Even though the mother may eat
plenty of foods containing lime and
phosphorus, they will not be used by
the body unless vitamin 'D' is also
supplied. Of course vitamin 'D' may
be formed in the body by sunlight
falling on bare skin. But when it can-
not be obtained in this way, as hap-
pens especially during winter weath-
er, it may be supplied in cod-liver oil
and similar substances.

The child-bearing woman, therefore,
should include in her diet throughout
pregnancy, as well as during the
nursing time, plenty of milk, eggs,
vegetables, fruits, some whole-grain
cereal and cod-liver oil, or halibut
liver oil with vitamin 'D'. These latter
substances will supply vitamin 'D'.

The expectant mother should drink
three or four glasses of milk a day,
and most doctors also believe that
calcium and phosphorus should be
supplied in tablet form in such a
preparation as dicalcium phosphate,
which they will give in the necessary
dose, usually about 2½ grams a day.

Not only will doing these things
help save the mother's teeth; they
will also aid in assuring strong,
sound teeth for the baby. The expect-
ant mother should consult her den-
tist regularly during pregnancy, so
that if decayed or abscessed teeth
should develop, they may be discov-
ered early and promptly treated.

FOURTEEN LITTLE PIGS WENT TO MARKET

GODERICH, April 5—When it
comes to putting passenger automob-
iles to practical use, versatility of
the farmers of this section knows no
bounds.

In recent weeks James Sterling,
horse buyer, transported a colt in
his coach. In another case a pony
was driven 145 miles snugly nestled
in the rumble seat of a coupe; but
it remained for Traffic Officer Cal-
lander to provide the biggest sur-
prise yet. His olfactory senses led
him to investigate whimpering un-
seen passengers in the rear of an
ancient seven-passenger sedan. It
contained fourteen small pigs, run-
ning on the hoof. He ordered
the farmer to drive on without so
much as taking his name or number.

... OF ...

Interest to Women

DON'T LET CAKE FAILURES DAUNT YOU; HERE ARE SOME RULES FOR SUCCESS

(By Frances Blackwood)

When cake failures seem to haunt
one, it is time to sit down and con-
sider the usual mistakes that lie at
the bottom of these failures.

The first general rule in cake bak-
ing is in the mixing. Flour should be
sifted, then measured and sifted ag-
ain at least once with baking pow-
der, or other leavening agent, and
salt. Then the shortening should be
beaten until it is very light and
fluffy. Into this shortening the sug-
ar is beaten, a little at a time. A
teaspoon of lemon juice, too, will
improve the texture of the cake, but
will not flavor it, if added and beaten
in at this time. This beating of the
sugar and shortening is called 'cream-
ing'. Next egg yolks, if these are
used, and sometimes the whole eggs
should be added and thoroughly
beaten. At that point beating of the
cake batter should stop.

The sifted ingredients are next
added, a small quantity at a time,
alternately with additions of liquid
and flavoring called for in the cake.
These should be stirred in with a
stirring-folding motion. Enough to
mix them, but not enough to beat
them in. If only egg whites are called
for in the recipe, these should be
beaten light and folded in last. A
quick, light hand with the mixing of
cake batter is the secret of many
successful cakemakers.

Now for baking. Have the oven
heated to 350 degrees F. or to a mod-
erate degree when the cake goes in
the oven. Only such cakes as angel
food should be placed in a cool oven.
And bake it at a steady rate. Don't
under bake the cake and don't over
bake it.

When these things have been done
carefully and there are failures then
the following are the usual reasons:
For an undersized cake:

1. Too little leavening has been
used, or an inferior kind.
2. Mixture was baked in too large
a pan.

3. Your oven was too hot to give
the cake a chance to rise.

When a cake falls:

1. There was too much shortening.
2. Too much leavening. (Baking
powder or soda).
3. Too much sugar.
4. Cake didn't bake long enough.

When one side rises higher than
the other:

1. Oven heat was not even.
2. The rack in the oven was tilted.
3. The batter was not spread prop-
erly. It should be spread over the
pan so that it is slightly higher
around the edge than in the centre.

When the sides of the cake burn:

1. Uneven heat in the oven.
2. Oven was crowded.
3. Oven was too hot.
4. The pans were placed too close
to oven walls.

Batter rises and runs over top of
pan:

1. Too much shortening used.
2. Oven isn't hot enough.
3. Too much leavening.
4. Too much batter in the pan in
the first place.

When cake humps or cracks on
the top:

1. Not enough liquid in the batter.
2. Too much flour in the batter.
3. Oven too hot when the cake
went in; baked a crust quickly and
then the cake had to crack when it
rose.

When the crust is full of little
cracks:

1. Too much sugar.
2. Damp flour.
- The crust is sticky:

1. Too much sugar.
2. Sugar wasn't properly creamed
with shortening.
3. Flour was damp.

Crust tough:

1. Too little shortening.
2. Too little sugar.
3. Too much flour.
4. Too hot an oven.
5. Cake baked too long.

Crust hard:

1. Oven was too hot.
2. You baked the cake too long.
- Too pale a color:

1. Oven wasn't hot enough.
2. Too little sugar.
3. Too little leavening.

4. Too little shortening.
- A soggy crust:
1. It steamed when the cake cooled
- A heavy cake:
1. You beat the batter when flour
was added.
2. Used too much shortening.
3. Not enough sugar.
4. Too much liquid.
5. Egg yolks weren't beaten light.
6. Oven was too cool at the begin-
ning.

A soggy streak in the cake:

1. Creaming of shortening, sugar
and eggs was incomplete and under
done.
2. Shortening was soft and warm.
3. Not enough leavening.
4. Incorrect heat in lower oven, too
cool.

5. Damp flour.
6. Too much liquid.
7. Egg yolks weren't beaten light.

Coarse grain cake:

1. Too much leavening.
2. Not sufficient creaming.
3. Soft or melted shortening.
4. Fault of the flour.
5. Oven temperature too slow.

Tough cake:

1. Insufficient shortening.
2. Too little sugar.
3. Too much beating of the batter.
4. Too hot an oven.

Dry cake:

1. Overbaked.
2. Too much shortening or liquid.
3. Not enough sugar.
4. Egg whites were beaten too dry.

Cake sticks to pan, or the crust
falls:

1. Pan wasn't properly greased.
2. Cake stood longer than five min-
utes in pan after baking.
3. You used too much sugar.

When it falls apart in taking from
pan:

1. Too much shortening, leavening
or sugar.
- Too crumbly, light and dry:
1. Too much leavening or improper
baking.

YOUR COIFFURE MUST MATCH YOUR HAT

(By Elsie Pierce)

The happy combination of hat and
hair is no longer fashion news. They
have been rolling along together for
years now. But the wonder of it is
how friendly they are, and how hap-
pily they get on for beauty's sake.
And the wonder of it, too, is that all
women haven't yet discovered that
there must be a definite relationship
between hat and hair lines.

There's more freedom in fashion
this year than I can remember. You
can wear any size and shape of hat
without falling out of favor with
dame fashion. And you can choose
from an infinite variety of coiffures.
Your coiffure can be as simple and
smart as you please or as charmingly
elaborate as you can manage to keep
it. The newest American idea and
ideal is to coiffures that look intrigu-
ingly intricate, but are comparat-
ively easy to keep in place.

One thing all spring 1937 hats have
in common. They expose a good deal
of hair. So that you simply cannot
overlook the coiffure, because oth-
ers will not overlook stray locks or
lack of harmony between hair and
hairline.

The strongest and youngest move-
ment seems to be off-the-face. It
takes a youthful face to wear them.
No wrinkles, puffs or pouches under
the eyes, no sagging about the chin.
As for the coiffure, the built in front
head dress with the rolls on top of
the head or near the temples should
be particularly flattering. With good
features, a Breton rolled off the face
and a centre part coiffure with the
two 'angel rolls' I call them—though
they've been called 'horns of plenty',
etc., should make a perfect combina-
tion.

The little perched-on-top of the
head pill box hats or tight-fitting
shell caps call for curls all around
the head, not the ringlet variety of

PICKING HUBBY FIVE TIMES HARDER NOW THAN IT WAS FOR GRANDMA

POUGHKEEPSIE, N. Y., April 3—

It's five times as difficult for 1937
Vassar College students to select a
suitable husband as it was for their
shy and fluttery grandmothers, soci-
ology has established.

Prof. Joseph K. Folsom, soci-
ologist and lecturer in Vassar's exper-
imental course, Marriage and Family
Life, blames modern individualism
for the current difficulties in court-
ship.

With the diversity of modern types
the girl of today needs to meet at
least 25 eligible young men to have
an adequate range of choice, he said
in an interview. Her grandmother
could marry successfully, choosing
from a group of five prospects.

In Prof. Folsom's opinion, the
theory that, in courtship, opposites
attract one another is folklore rather
than fact. Sociological studies indi-
cate that people with similar intelli-
gences, tastes and physiques are most
likely to marry, he said. Similarities
in attitude are also important if a
marriage is to be successful.

Temperament is another matter.
The husband may be phlegmatic, the
wife, a human dynamo, but if they
both have the same objectives, there's
no basis for discord.

Prof. Folsom believes it is an evi-
dence of maturity in modern college
women that they are less aggressive
in their attitude toward careers.

THE ART OF PLEASING CAN BE CULTIVATED

The Way One Meets a Complete Stranger is Personality Test

(By Antoinette)

Charm, we repeat today, is the art
of pleasing. Pleasing not only the
eyes but the ears and the emotions
of other persons. And charm, girls, is
the standard by which you're judged
for attractiveness.

Let's consider the art of pleasing.
You meet a complete stranger. You
look her over from head to foot as
we women have a way of doing. You
measure her for style, for smartness
or for individuality. You may check
and recheck, but you don't exactly
pigeonhole the woman as attractive
or unattractive until she opens her
mouth and says something. Isn't it
true? Until she talks she is no more
or less than a figure in a shop win-
dow whose style you are studying.

Then she says something or may-
be she says nothing. You're weigh-
ing her no as an individual. If she
makes it her business to say some-
thing pleasant to you, or envelops
you in a warm smile, you're begin-
ning to determine her rating as a
woman of charm. Oh, you may not be
doing this consciously, but you are
getting your first impression for ill
or good. She is doing the identical
thing, consciously or unconsciously,
so those first meetings and greetings
become fairly vital in the art of
pleasing. And it is a good place for
practice. It isn't always easy to
bridge those seconds or minutes after
an introduction. Some women
freeze up. Words refuse to come to
their lips. But, as said, the art of
pleasing can be cultivated, so here
is a place to force a comment of a
warming nature. No one can tell you
exactly what to say, but if you make
up your mind that you are going to
register with that newcomer in a
pleasing way you will.

A warm handshake, a warm smile
an intercepted eye may be all that's
needed, but never ennu, timidity nor
attempt to deliver a high sounding
remark.

CANADA'S WAR MEMORIAL

OTTAWA, April 5—The National
War Memorial will be erected in
Ottawa some time this summer, Min-
ister told the House of Com-
mons tonight.

The monument, the work of the
March brothers, has been completed
in England for many months. One
reason for not bringing it to Ottawa
has been the conflicting views on
has been the conflicting views on
where it should be erected here. The
Minister said the government 'will
have to make up its mind pretty
quick because it will be erected
some time this summer.'

The monument probably will be
placed in Connaught Square in the
downtown section of the city, which
eventually will be a wide plaza.

last year, but soft, soft curls and rolls
for the deeper crowns I know of no-
thing more charming than the page-
boy coiffure, a style that is taking
top honors this spring.

For the jaunty-tilted on one side
hats, curls and rolls on the hatless
side, of course. You'll soon see
brushed forward and curled under,
(inverted roll) bangs peeping from
poked bonnets and draped toques.

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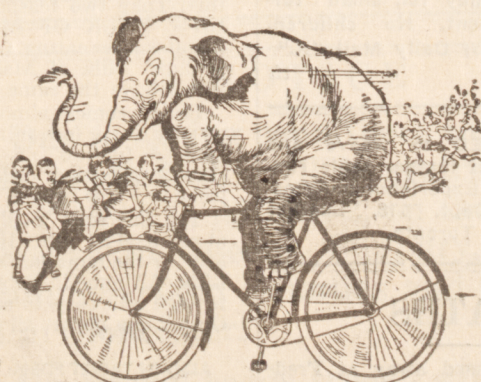
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