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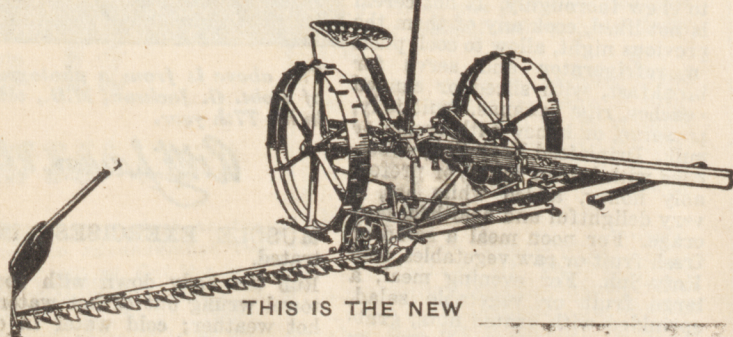
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Interest to Women**HOW TO KEEP YOUR HEALTH**

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

"Growing Pains" a Misnomer

It does not "hurt" to grow. Let us realize the fact that children who have pains in their legs may have some serious trouble—but the pains are not due to the fact that the legs are growing.

About 20 years ago, Dr. John Poynton, an English physician, began a drive against rheumatism, or rheumatic fever, in young people. This disease is responsible for much of the heart disease from which the youngsters suffer.

Dr. Poynton noticed that children with rheumatic heart disease often had pains in the legs before symptoms of heart disease developed. Often these leg pains were the first signs of rheumatic infection and were not due to growing. Since then we have proved this fact time and again. Many youngsters with these pains in their joints are suffering from rheumatic fever and are in need of careful treatment.

Of course, rheumatic fever is not the only cause of leg pains. Dr. W. R. F. Collins, of the Children's Hospital, Dublin, Ireland, says that a large number of cases of leg pain are not due to rheumatism. Children who are poorly nourished, who have not had enough vitamin 'D' in the form of cod liver oil, viosterol, or some other similar substance, have weak muscles and relaxed joints, and one of the symptoms in such cases is pain in the leg. We see this condition particularly in youngsters between five and 15 years of age.

We should remember that after a

prolonged sickness, which has made it necessary for a child to remain in bed, the muscles and ligaments in the legs become weak and in starting to walk leg pains may develop.

Dr. Collins tells us that children may often have the same kind of chronic rheumatism that grownups have. In this disorder, the youngster may be unable to say whether the pain is in the bone, joint, muscle, or a tendon which connects a muscle with the bone.

If the rheumatism is present in a severe form, however, the lining around the tendon may become tender and swollen, or one or more of the joints may become swollen and tender. There may even be slight fever—up to 99½ degrees.

There is a test, called the sedimentation test of the blood, which may be helpful in diagnosing rheumatic fever. This test is made by seeing how long it takes the cells and coloring matter to settle out of the blood in a little glass tube. The test is easily made by the doctor and can be quickly carried out. In rheumatic fever the cells and coloring matter settle out of the blood more rapidly than they do in a normal individual, without any infection.

I cannot over-emphasize to parents the importance of these so-called "growing pains" in children. If the child complains of such pains, take him to a doctor immediately. It may become a serious matter, which will grow worse unless the child is given proper treatment.

Complexion and Costiveness

In grandmother's day pimples were believed to be caused by bad eating habits, an upset stomach or by constipation. Then for a long time this idea was looked upon as old-fashioned. That is why the article recently published by Dr. Erich Urbach, of Vienna, aroused interest.

Dr. Urbach tells us that constipation, which in many cases is caused by improper diet, often will cause blotches and blemishes on the skin. The guilty substance causing pimples is a powerful poison, which is produced in the intestines, called histamine. The body should get rid of this histamine as quickly as it is formed.

People who are constipated may, at times, retain considerable amounts of this poison in their intestines. This is believed by some authorities to be the reason why persons who are not able to get rid of poisons feel tired. That is why they have headaches and aching bones. The histamine from the intestines, not being properly eliminated, goes back into the blood and is thus spread all over the body. In this manner the skin, too, gets its share of histamine and develops blotches and other blemishes.

When children develop rashes,

when an itch does not let them eat or sleep, nor sit quietly; when their skin is too dry or too moist, it may be well to look for the cause in some stomach or intestine disorder.

Histamine is so powerful that when a 300th part of a grain, which is so small an amount it can hardly be seen, is injected under the skin, it may kill a person. When the intestines become blocked, for some reason or other, histamine may collect in dangerous quantities.

Thus we must realize that proper elimination and normal intestinal action are important, if the skin is to be kept clear and attractive. Here we have an important scientific reason why constipation should be prevented and why every effort should be made to eat the proper diet and establish regular habits of intestinal action daily.

By proper diet I mean a well balanced one, including plenty of vegetables and fruits and containing the vitamins and minerals which help keep the muscles of the intestine in good tone. I have a special diet that gives, in detail, a list of those foods which will help those who are troubled with constipation. If you will send me a self-addressed, stamped envelope, it will be sent to you.

WHY SAVE MINUTES THEN LOSE HOURS?

(By Ruth Cameron)

A story is told of a Chinese diplomat who was conferring with business men in New York.

The group was to go to Washington after their conference, and one of the New Yorkers, looking at his watch, found that they would just about have time to make the four o'clock train instead of one which left a little later. They jumped into a taxi, raced to the station, ran the length of the train shed and boarded the express just as it was pulling out. As they sank exhausted into their seats one of them said: "Good thing we made this train; we saved forty minutes."

"And what, gentlemen," asked the Chinese, "will you do with the forty minutes?"

What do we do with the minutes we save?

Think of the hours saved for the housewives by the inventions of modern science.

Laundries, bakeries, dress-shops, electric refrigerators, vacuum cleaners, gas stoves, oil heaters, automobiles, telephones, all were unknown in our grandmothers' day!

Think of the time saving in a modern gas stove to a woman who prepares the family meals, one of the few duties left to many housewives. Not even a match to scratch, just a turn of a handle and a hot flame appears.

And what does the modern woman do with the hours and hours of time

which is saved for her?

Many things, some of which are worthwhile and many of which are not. Some women just kill the time that is saved for them.

They kill it playing contract. I like contract and hold no brief against the game. But I know a woman who belongs to three clubs, which each meets once a week.

They kill time by making slaves of themselves to beauty culture. I'm all for women grooming themselves carefully and making the most of what claim to good looks they may possess. It's a duty they owe themselves and their families. But I know women who require at least an hour to array themselves for an afternoon's outing, and to whom a broken fingernail is a minor catastrophe.

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TO PURSUE MEN

That's How to Get Married, Says Librarian

MODERN MALES SHY

Harvey Kalish, Here for Annual Meeting, Gives Advice

For the past week a shy young librarian from Boston, whose name is Harvey Kalish, has been getting a lot of attention from the 3,000 or more woman librarians attending the annual convention of the American Library Association at the Waldorf-Astoria Hotel. There's a reason. Mr. Kalish has set himself the task of telling the fifteen million or so unmarried women in America how to get their man.

Mr. Kalish was discovered in the Dutton book booth at the convention. Overcome by the sad plight of the Boston feminine librarians in the Boston Public Library where he works, he has written a book, "Why Not Get Married?" which will be published July 14. It contains advice to young women on how this happy consummation may be reached. At least Mr. Kalish thinks it's a happier consummation than not getting married.

Mr. Kalish sat down and figured out that, according to infallible mathematics, there is no reason why a single American woman should remain unmarried. In this fortunate country, he says, there are one and a half million more men than women. If the girls don't find husbands, it's their own fault.

Mr. Kalish, like a great many men simply cannot believe that any woman anywhere lives alone and likes it. He thinks a woman must be happier with almost any one of that million and a half unattached males than without any man of their own at all. He set for himself the task of analyzing the reason for single blessedness on the part of the girls—especially school teachers and librarians, who, he feels, seem to be especially inept in the art of luring the male.

Mr. Kalish said that he himself was snapped up six years ago and he has not regretted it. If this is true of him, he believes that other men are equally vulnerable.

"Women who want to get married must go about it just like a hunter tracking down a rabbit," he insisted

YOU START THE "SCALDABAGNO"
WHEN BATHING IN ROME LIKE ROMANS

Start up the 'scaldabagno!' That makes the water hot. American wives learn quickly, and Betty Gup-till, of Maine and Rome, tells you how in another article about American wives 'At Home Abroad.' Her husband, Charles H. Gup-till, is an Associated Press correspondent.

ROME—Surprises and adventures are in store for the American housewife who does 'as the Romans do.' She does it, too, for Roman households lack many of the conveniences which are standard equipment in even modest American apartments. Roman domestic routine has characteristics all its own.

Only the modern luxury apartments have such comforts as electric refrigeration and running hot water.

The only running hot water is in the bath. It is heated by an instrument called a 'scaldabagno,' which so often doesn't work that the latest ailment of the family scaldabagno is a common topic of conversation at afternoon tea.

As for heating the house, the little furnace in our flat greets you as you enter the front hall. We run it ourselves.

Shopping for food in Italy is a complicated process. There is no big market where one may buy all his supplies at once.

You find chicken and lamb at one meat store, veal and beef at another ham or sausage at still another.

Rice, beans and flour are sold at the 'drogheria,' meaning drugstore, a shop which sells bug powder, soap, and some foodstuffs, but no drugs.

Cream of tartar and baking soda, on the other hand are sold by pharmacies.

Shopping for clothes is different, too. There is only one large store in Rome, and although it looks good to an American, better-class Romans do not consider it an elite place to shop.

Women may buy their dresses at one of the many model dress shops, but generally they buy their own material and have it made up by their own dressmakers.

American silk stockings cannot be found and the Italian substitute neither fits nor wears as well.

Ignorance of the language of course, further complicates shopping. A misplaced accent may bring you horsemeat instead of cabbage or string beans instead of strawberries. Fortunately, Italians often are talented in interpreting gestures.

If you don't haggle over the price of goods the saleswoman will think you lacking in both energy and intelligence.

Italian food is good, but an American cannot help longing for such unobtainables as corn on the cob, maple syrup, fried clams, oyster stew, a thick tenderloin steak, crisp crackers, baked ham or roast beef.

As to food prices, coffee costs approximately \$1 a pound, sugar, 15 cents a pound, veal 46 cents a pound, beef 32 cents a pound, butter 45 cents a pound, chicken, 62 cents a pound.

For entertainment bridge is as popular as in the United States, but both playing cards and bridge tables come under the head of luxuries.

earnestly. "Men these days are shy. If a woman fails to make the advances, a more enterprising one will win."

Boston girls, he said, give an appearance of coldness. He isn't sure his advice is as necessary to New York girls as to the Boston product, after his first week in the city however.

Mr. Kalish says the girl with a job has a better chance for marriage these days than the girl who is merely sitting at home waiting for a husband.

"I don't mean just because she meets more men, either, although that is important," he said. "I mean because most young men can't marry these days on their own salaries."

School teachers, he believes, even more than librarians, frighten men. Being accustomed to authority, they talk to men in the same tone of

voice in which they address their young charges. The men don't like it.

The modern man, says Mr. Kalish, is shy. He hasn't the nerve to pursue women as his doughty ancestors did. So it's up to the modern women to adopt that role, although he feels a little subtly is in order.

"I don't think the modern girl is too bold. Far from it. She isn't bold enough in making advances to men," he said. But he admitted he knew mostly Boston librarians, and that living in New York might change his attitude somewhat.

Mr. Kalish is very practical, and believes women must be extremely so in their approach to the problem of marriage. They should, he says, take a careful inventory of themselves and set down exactly what income they rate, in a man. He doesn't mention love.

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The Bank of Montreal is co-operating in the plan announced by the Dominion Government for assisting home owners who wish to renovate, modernize or otherwise improve their homes, and it is now prepared to make loans to property owners under the new provisions of the Dominion Housing Act. Briefly, the provisions regarding home improvement loans are:

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- No endorser are required.
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