

# Central Trust Building Adds Greatly

TO APPEARANCE OF QUEEN STREET. BUILDING ITSELF OF VERY HANDSOME APPEARANCE. REFLECTS GREAT CREDIT ON ALL CONNECTED WITH ITS ERECTION.

## Congratulations

to the  
OWNERS  
SPONSORS  
BUILDERS  
and  
CONTRACTORS  
on the  
COMPLETION  
OF THE NEW

Central Trust  
Building

Dr. P. G. Thompson

Office in Ryan  
Building

## TIP TOP TAILORS

THE WORLD'S LARGEST  
"ONE-PRICE TAILORS"

THE NEW SPRING AND SUMMER  
SAMPLES ARE HERE

See the New Tweeds for Sport Coats ---  
with contrasting Trousers

**Tip Top Tailors**

65 Carleton St.

Tom Boyd, Prop.

We Clothe the Best-Dressed Men You Meet

## INSURANCE HOWARD H. BLAIR

MOVING?

It is necessary that you notify the Company holding your Insurance when you move the insured property to a different location, otherwise the policy is void.  
If your Agent is not handy notify this office and we will get you a removal permit.

YOU CAN REST ASSURED.

68 YORK ST.

PHONE 291

... OF ...

## Interest to Women

### BREATHE DEEPLY AND WHIP UP BLOOD STREAM

Physicians Tell Us, Says Elsie Pierce, That the  
Majority of Humans Seldom Use Their Entire  
Lungs --- She Advocates Outdoor Jaunts

(By Elsie Pierce)

Winter—in spite of all my sermons to the contrary, is, I'll confess not exactly conducive to long walks and fresh-air jaunts. Summer, on the other hand, is too stifling and one gets weary too quickly. But—spring! What better time to walk and walk, breathe deeply, whip up the blood stream, send it coursing merrily on its way. To your health you'll be adding as you drink in draughts of fresh, clear, pure air. Physicians tell us that the majority of humans seldom use their entire lungs. We breathe through no effort on our part and we do it badly—superficially. So during the glorious spring days the least you can do is fill every last little crevice and corner of the lungs with air fresh, pure, give them a thorough spring cleaning.

There are many ways of whipping up the circulation, but I do think that outdoor exercise is far and away the best.

As a close second the bath does a fine 'whipping up' job. Not the innocuous, sit-back and do-nothing sort of bath. That's very soothing and restful. But it doesn't quicken the blood stream quite the way a bath that gives your skin quite a work out will do. That sort of bath calls for plenty of action, friction. You can ever be a

little rough with yourself, using a coarse wash cloth or a long-handled bath brush, or a loofah sponge.

Speaking of loofahs, there are loofah bath mits to be used after the bath and loofah straps that can be whisked back and forth, shoe-shine fashion across your back. Your skin will soon be aglow with a healthy, pinkish color indicating that you've whipped it up.

While in your tub you rub-a-dub-dub with your wash cloth or bath brush, a good bland soap and warm water. The way this friction sloughs off dead outer skin is amazing. It actually purifies the pores and seems to have bleaching as well as deep-pore cleansing powers.

The salt rub, sometimes called Russian Rub, is a splendid stimulant. You can take it while still in your tub. With skin moist, rub with a handful of table salt. Then get under the shower—from warm to cold if you can. Or, you can take the salt rub standing up. Moisten the skin under the shower, rub with salt, and rinse off. That should do things to the circulation.

Out of the rub there are delightful eau de cologne friction lotions toilet waters to whip up the circulation and make you smell sweet too.

## SHAKE THE STIFFNESS OUT OF YOUR WRISTS

Exercise is Way to Do  
It—Supple Wrists Make  
For Graceful Hands

(By Antoinette)

Regardless of how busy a woman may be, she will find time to keep her nails well manicured and her hands immaculately clean. But why not devote a little time to the cultivation of graceful hand gestures?

The first thing to do in the development of hand grace is to remove all traces of stiffness from the wrists. A stiff wrist not only will lend awkwardness to hand movements but it will add years to hand age. You cream your hands to keep them soft, youthful and smooth, yet allow wrists to tighten up and add years to your appearance.

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## RISK OF BEING WIDOW IS GREATER TODAY

Because Women's Long-  
evity Rate Has In-  
creased Over Men's

A wife today has a slightly greater risk of becoming a widow than she did in 1920, despite the fact that the average length of life has steadily increased. This, according to statisticians of a big life insurance company, is because the mortality improvement has been greater for women than for men.

For a couple of the same age, the statisticians estimate, the chances that a wife will eventually be left a widow are about 55 in 100, according to the mortality in the United States in 1929-1931, that is, about the time of the last census; while the cor-

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## What a Relief!

to shed your Coat and  
step smartly in one of  
these new ensembles!

For that PERFECTLY  
TURNED OUT feeling  
choose one of our lacy  
JACKET FROCKS --- a  
Gay Print topped by a  
long Crepe Coat.

See our New Fashion  
Display in our New  
Store in the New Central  
Trust Building.



## Van's Ready - To - Wear

## Constructive Co-operation

The business of this Company grows with the development of business in the territory it serves and the progress of its clients. It is only natural, therefore, that this Company should be eager to co-operate to the fullest extent possible by faithful services to progressive individuals and firms.

It places at the disposal of responsible corporations, firms and individuals comprehensive facilities and trust services, and invites consultation on any matter connected with the services it renders.

This beautiful new building, a decided improvement to Queen Street and directly controlled by us, is evidence of our faith in the future of the City of Fredericton.

We have available money to loan under the Dominion Housing Act for construction in the City of Fredericton, also money to loan on first-class residential property. Inquiries invited.

The Central Trust Company Service is dependable service. Let us serve you, your estate and your family.

## Central Trust Co. of Canada

Fredericton Office - - - - - New Building, Queen Street  
HEAD OFFICE: MONCTON, N. B.  
Branches: Saint John, N. B. Woodstock, N. B.

## A MAY DAY PARTY THAT IS DESIGNED TO SUIT ALL AGES

(By Cynthia Proctor)

A May Day party for kids or the grown-ups! Why? There's spring in the air and a May Day party is the silliest fun you could imagine.

If you are a grown-up you must drop your dignity and formality for one evening to dance around a May pole in childish fashion. As for the children a May party is something not to be missed.

Your friends will be surprised when they receive this delightful invitation. It's made from a correspondence card, decorated with flower seals and reads:

"We have saved a place for you at our Birthday Maypole.  
Address Date

Wear rompers, bow ties and kiddie togs."

(Omit the last line if it is a children's party).

Let your party slide into gaiety right from the start. Arrange a child's play-slide in the doorway and ask your guests to enter by way of the slide. Decorate the slide with crepe paper streamers. Most of the guests will probably slip out the back way for the fun of more slides.

Baby Bonnets

After this undignified introduction, the hostess dressed as a nurse, ties dainty baby bonnets on her guests. Now if you think it is a solemn stunt to tie baby bonnets on men and women, just try it!

Memory Pictures

Ask each guest to relate with all the necessary motions a long-remembered incident of his childhood days—it may be the first day of school, an initial spanking, or the first black eye, whatever the event, it's sure to keep the crowd in an uproar.

Pink and White

Decorations are planned in pink and white—apple blossom colors, the flower of the month—and also a favorite combination for babies. Decorate with artificial apple blossoms and glue to bare tree branches.

The May Pole

The May pole is actually a fluted stick wrapped in white paper and stuck into the middle of an angel cake. A ring atop the pole is twisted with crepe paper petals in clusters.

A pale pink ribbon runs to each place from the top of the pole and fastened on May basket favors that are really rattles and the baby doll favors that hide huge lollipops.

Menu

Refreshments should be light and dainty:

Assorted Salad Plate  
May Day Rolls Celery Curls  
Mint Ice Cream  
Angel Food Birthday Cake

Round the Maypole

Have games to celebrate the May Day party to be sure. Try an animal hunt. Hide animal crackers all over the house and use lots of them. Each person must collect animals like the first one he finds; for example, if it is an elephant, he must go on an elephant hunt. Offer a toy gun as a prize for the highest collection.

Baby Quintet

Hang an old sheet at one end of the room and cut out five circles large enough for a person's head. Make openings for hands and if high chairs are available, openings for the feet as well. The quintuplets chosen to perform have mittens or rattles in hand. They must sing baby songs such as 'Baby Bunting' and 'Rock-a-Bye Baby' making appropriate gestures with hands, feet and head, swinging from the sheet.

Game Favorites

Ask each guest to pantomime his favorite childhood game—there will probably be 'Ring Around Rosy,' 'Hop Scotch,' 'Jack Stones,' 'Run, Sheep, Run,' 'Blind Man's Buff.' Choose the two best games and let the crowd join in for ten minutes of play.

## City of Fredericton Notice of Sale of Lands

Notice is hereby given that, pursuant to the provisions of the City of Fredericton Assessment Act, 1923, there will, for the purpose of satisfying taxes assessed and levied in the City of Fredericton, for the years mentioned hereunder, against the parties hereinafter named, unless the several sums due, together with the costs of this notice, are sooner paid, be sold at Public Auction in front of the City Hall, in the City of Fredericton, at eleven o'clock in the forenoon of the 3rd DAY OF JULY, A.D. 1937 the lands and premises in the said City of Fredericton, hereunder mentioned and set opposite their respective names.

FLETCHER PEACOCK  
Lot on West side Lansdowne Street, near University Avenue, 67 ft. front, 71 ft. 5 inches deep.  
Arrears for Years 1932-1933-1934-1935-1936 ..... \$83.64  
Interest ..... 13.11  
ESTATE ELLEN R. ANDERSON  
Property on south side of Woodstock Road, 70' front, 167' deep.  
Arrears for Years 1932-1933-1934-1935-1936 ..... 349.26  
Interest ..... 52.24  
Dated the 29th day of April, A.D. 1937.

FRED I. HAVILAND,  
City of Fredericton,  
City Treasurer of the

## POND'S

## Secretarial School

## Central Trust Building

Second Floor

## Opens Sept. 1st

Business courses to fully equip you to  
successfully fill a profitable position in to-  
day's modern business world.

Visit POND'S New Business School and  
see for yourself the completeness of this  
up-to-date school.

Out-of-town students should write for  
additional information.

GUY V. POND,  
Principal.