

## All-Out-of-Sorts! Nervous, Irritable, Peevish!



This may be due to lack of proper rest, the worry over business, the too free use of tea, coffee or tobacco, the keeping of late hours, the never ending drudgery of housework, but whatever the cause you have been putting too heavy strain on the nervous system.

If you are tired, listless, irritable, distressed, you will find in Milburn's H. & N. Pills a remedy to make the weak nerves strong, the shaky nerves firm, a medicine that will help put you on your feet again.

HARNESS  
OVERALLS  
WORK PANTS  
GLOVES

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JUST RECEIVED...  
OUR NEW SPRING RANGE OF  
Curtains in plain and figured  
Marquisesettes, flax and tuskans  
nets, Curtains, widths from 27  
to 54 inches. Lengths from 2 to  
3 yards. Drapes in all the new  
shades. Also a full range of Tap  
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We buy only a limited amount  
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That's why you can choose your  
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in town! Our complete line of  
fall fabrics are now in. Call and  
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### A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES —

Surplus funds invested in sound development  
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Permanent employment and prove the great-  
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There is hardly anything\* in the world that  
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.

**HOWARD H. BLAIR**

68 YORK ST. YOU CAN REST ASSURED PHONE 291

### LAWN MOWER TIME IS HERE AGAIN

WE HAVE A VARIETY TO CHOOSE FROM.

Federal 14" Bronze Bearings ..... \$ 7.90  
Speedy 14" S.K.F. Ball Bearings ..... 9.90  
Speedy 16" S.K.F. Ball Bearings ..... 10.25  
Garland 16" S.K.F. Ball Bearings ..... 13.35  
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These Lawn Mowers are all equipped with the Eureka Positive  
Drive. The pawls are accurately machined from crucible steel.

**J. Clark & Son, Ltd**

## SUGGESTIONS

for  
JUNE



### LET YOUR BEDROOM BE A SELF PORTRAIT

Plaid Taffeta Appears in Valance and Tie-Backs—  
Strawberry Motif for a Small Girl --- French  
Elegance for the Self-Conscious Teens --- And  
Calm Interiors for the Sophisticated.

(Elizabeth MacRae Boykin)

Very starched and freshly 'done up'—that's the way a lady's room should look in summer. It should be a portrait of herself, framed becomingly. It's awfully important for a lady to have a place like this where she can flee for poise and just a little glamour. That does not necessarily mean a ruffled room—there are other kinds of femininity, tailored, wind-blown or piquant. For rooms are like ladies—some have charm because they're flattery, others because they're not.

There is Joan, aged 6. A fine, buxom lassie who is already taking an interest in a pretty dressing table, and the set of her perky hair ribbon. She is very superior to nursery back-grounds, now that school looms large in her mind, so we suggest that her furniture be really grown-up—a single bed in solid maple, a chest-on-chest for her clothes. She must have a chair to fit, however, upholstered in bright red.

#### A Strawberry Girl

We think she'd like red strawber-ries in her decorations, so we suggest for her a room with white woodwork papered in white with clusters of ripe strawberries in the pattern. The spread is white quilted cotton, very washable, with strawberries appli- cated on it, and the dressing table skirt matches. The curtains are white dotted Swiss with tiebacks of little red sewing basket strawberries. Her small chair is covered with a quilted red cotton, the color of the berries, with a white pleated ruffle around the bottom that can come off for washing, and the rag rugs on the floor are red and white and round. Because she still has hosts of small toys to occupy her, shelves are built on one side of the room, painted white, with red edges. These contain her books, her dolls and all the other mysterious paraphernalia that make a little girl purr.

Betty is 19 and interested in books pictures, nice young men and tennis—and nice young men. She's all for elegance and fine feathers, believing that although the latter may not make fine birds they certainly give a girl a 'lift'. Therefore, she likes her room with the little French bed that has a quilted headboard in rich cream; the walls are papered in buff and apple-green; the thick, deep tufted carpet is buff and the 'Alice sit' of the fireplace mantel has dainty china shepherds and shepherdesses standing in a row on the shelf. There is a French chair on either side of the fireplace, covered in apple green and the draperies are buff chiffon made very full and long.

#### The Bride

And then there is young Mrs. Le- gion—yes, that's her name. She's a serious-minded young bride who is madly collecting recipes, enough ash trays and her wits. Her bedroom furniture is Colonial mahogany, twin four-poster beds, dresser, dressing table—the usual 'set'.

She had her walls papered in pale dusty gray with a fine royal white feather sprawling over it. The wood- work is white and the windows have been decorated with simplicity and elegance—white silk rep draperies, tied back very high, with silk tasselled cords of a brilliant jade green. The bedspreads are also white silk rep with jade green cording.

A slipper chair is upholstered in white with a green cushion, and the chaise longue is covered with quilted taffeta, in a lovely dusty blue—a tone that is given importance by the faded lavender in the rug.

The effect of this room is cool and clean and feminine, yet just imper- sonal and uncluttered enough to ap- peal to her six-foot husband. In fact, he thinks the whole effect is 'darn- ed swell'.

#### For Leisure

And then there's Miss Somebody—the one who's going places. She has a good job and all day she's surround- ed by modern methods, so when she goes home to her own room, she likes deep comfort and a sense of leisure.

The walls are papered in white satin striped paper and a studio couch is placed in a niche in the wall made by building out cupboards on either side of it. These cupboards are open, the shelves backed with a

doral wall paper in old rose and white, and on the shelves stand pot- tery, plates, pewter and the like.

The studio couch has a white can- dlewick spread, heavily tufted and deeply fringed with cushions in blues and old rose. A valance of old rose and white flowered, chintz is hung over the bed between the two cup- boards. The same pattern is used for the window draperies which are hung over with white dotted swiss tie-back curtains. The large wing chair is in old blue and the rug is in old rose broadloom.

Books in their genial bindings form a centre of color along one wall where a low, white book shelf has been built in—a row of flowered pic- tures, framed alike, are hung above the shelves. An old gold mirror hangs over the dressing table which has a delphinium blue petticoat.

Not to mention Mrs. Everybody, who has three children under eight. She has no time and no money for fripperies. But charm is doubly im- portant in her room so she used pink and white checked gingham for curtains and dressing table skirt painted her old furniture quaker gray selected wall paper in the same shade of gray and used oval braided rugs in blue and gray. Two small easy chairs were covered in indigo blue, so this room turned out to be as sweet as two-year old Daisy with her two little piglets tied with pink bows.

#### Exhibition Bedrooms

One honorable mention for exhibit displays of summer bedrooms go to the little white and plaid papered room amidtown, with white gandy curtains tied back with Scotch plaid bows; to the room with one wall papered in a floral on a silver ground, the other three walls white, the cur- tains in pale green gandy and the bedspread in a plain green quilted cotton; to the sprigged room as old timey as a conch shell with tiny calico patterned wall paper and small sprigged chintz for spread on the tester bed and draperies at the windows; to the eighteenth century English bedroom with details of a Chinese design in pictures and high- lights; to the little dormer room with its blue and white flowered wall paper, maple mantel, rocking chair and tea table set for four o'clock; to the silvery and very pale yellow room in one of the more spectacular rooms in a Fifth avenue display; to the crisp pale green and white bedroom with narrow green wall paper border outlining doors, windows and mold- ings.

### THE COOK'S ODE TO SPRING

Greet the summer in any way you want but don't forget to do it with Strawberry Shortcake as well. Let poets and robins sing all kinds of odes to this joyous season but your family and friends would appreciate it if you served your ode. There is nothing that quite takes the place of strawberry shortcake in anyone's life and if you see that vacant, starry-eyed look in the eyes of the younger generation, it may not be love but just a longing for this delicious des- sert.

Just imagine it! Rich and flaky, spread with butter and juicy red ber- ries, and crowned with a fluff of whipped cream. But do more than imagine it—make it. This strawberry shortcake is a triumph indeed, to set upon your table.

When nature has given us such a delicious fruit, don't fall down on your end of it and serve a poor short cake. By using only the best cake flour, which means the most finely milled, on the market, you can pro- duce a superb cake which is deserv- ing of praise in itself but really ful- fills its purpose when smothered in strawberries.

#### Strawberry Shortcake

3 cups sifted cake flour, 3 tea- spoons baking powder, 1 teaspoon salt, ½ cup butter or other shorten- ing, ¾ cup milk, 2 quarts fruit.

Sift flour once, measure, add bak-

### ELECTRIC RANGE SIMPLIFIES MAKING OF BROWN BREAD

Beat Up the Batter and  
Let Electric Thrift  
Cooker Do Rest

Boston Brown Bread—hasn't it been ages since you searched out the old steamer and spent a morning 'brown-breading'? Perhaps you have- n't the time; then again, perhaps, you make Boston brown bread often, and, thank you, enjoy it very much because of your new electric range.

The modern electric range with its permanent, easy to manipulate steam- ing unit affords a grand way of mak- ing this delicious bread which every- one in the family adores.

The process merely amounts to beating up the batter, and letting the concealed insulated cooker kettle do the rest. One cup of water placed in the cooker supplies enough moisture to outlast the two to three hour pe- riod of steaming. Just think, you don't have to juggle around kettles of scald- ing hot water. In addition, a low de- gree of heat keeps the water boiling, so you don't have to keep adjusting the heat nor peek into the steamer.

Here's the Thrift Cooker way to make Boston Brown Bread:

**Boston Brown Bread**  
2 cups whole wheat flour  
1 cup cornmeal  
1½ teaspoons salt  
2 teaspoons soda  
¾ cup molasses  
2 cups sour milk  
1 cup floured, seedless raisins.

### TO KEEP BUSY ANTS FROM INVADING HOMES

Although the majority of the Can- adian species of ants live in colonies or nests outdoors, they frequently cause annoyance by invading kit- chens and pantries in search of food. One of the most common and trou- blesome household species, known as the red ant or Pharaoh's Ant, con- fines itself entirely to heated build- ings such as bakeries, restaurants and houses. This tiny, reddish-yellow ant had its origin in the tropics. The common large carpenter ant although normally an outdoor species nesting principally in decaying wood, fre- quently occurs in dwellings, chiefly frame houses and summer cottages, and may cause injury to woodwork as well as annoyance by its presence. A third common species is the small yellowish-brown lawn ant which nests in lawns and gardens, often entering houses in search of food.

The most satisfactory material so far discovered for destroying ants is sodium fluoride, sold by druggists in the form of a fine white powder. This powder should be scattered or dusted lightly in places frequented by the ants and left undisturbed until the insects have disappeared. As so- dium fluoride is somewhat poisonous, care should be taken to prevent children or pets from gaining access to it.

Ants may be discouraged from en- tering houses by keeping shelves, tables, and floors in kitchens and pantries as free as possible from crumbs and other food fragments, and by storing foodstuffs in ant-proof containers. Further information on the control of ants is given in a mimeographed circular prepared by the Entomological Branch, Dominion Department of Agriculture, and may be obtained free on application to the Publicity and Extension Branch of the Department in Ottawa.

ing powder and salt, and sift again. Cut in shortening. Add milk gradu- ally until soft dough is formed. Roll ¼ inch thick on slightly floured board. Cut with 3-inch floured biscuit cutter. Place half of circles on baking sheet, brush with melted butter. Place re- maining circles on top and butter the tops well. Bake in hot oven, 350 de- grees F., 15 to 20 minutes. Cut fruit in small pieces or slices and sweeten slightly. Separate halves of hot bis- cuits, spread bottom half with soft butter and sweetened fruit. Place other half on top, crust side down. Spread with butter and remaining fruit. Serves eight.

### SUBSTANTIAL GIFTS THE BRIDE WILL CHERISH OVER THE YEARS

Brides walk on air, but they can't in its own right, but because its live on air! It's the cheerful duty of their loving friends to provide all sorts of substantial things for daily life—table appointments, occasional furniture, linens, and more linens.

The bride of 1937, it was disclosed by a recent survey, likes simple de- signs but not severity!

Matching sets are her heart's de- sire up to a certain point. She likes variety in household accessories as well, to spice surroundings that might otherwise grow a bit monoto- nous.

You want to find a gift, not only for her wedding day, but for her life- time. Whether your gift is small or large, you want it to show taste and craftsmanship. You and the bride will agree on these:

Golden glint aluminum ware will please the bride who likes the new- est and finest appointments for her home. An elusive golden light plays over the hand hammered surface de- corated with sprays of blackberry leaves and fruit in low, fine relief. There are small and large pieces to suit your taste and funds—prefer- ence cigarette boxes, shallow bowls, ornamental even when empty, and trays.

Her pleasure in pieces of triple- refined English block tin will last long after the first thrill of posses- sion. Not only because it is beautiful

Place rack in the Thrift Cooker and use High heat to bring 1 cup water to boil. Cover. Mix bread as water heats. Sift and measure flour and corn meal and sift with soda and salt. Mix molasses and sour milk, and add with raisins to dry ingredi- ents. Pour into well oiled pound bak- ing powder cans, or into a mold. Cover. Place in Thrift Cooker. Cov- er. Steam on High heat ten min- utes and on Low heat 2 to 3 hours.

### LINES TO SPRING

(After a certain Fashion)

I'll jolly well venture a whirl with the muse

On the subject of bally old Spring; The gamboling lambs and their pranks that amuse—

Just what is a gambol, old thing? The sap in the branches, the saps in the streets,

The buds on the trees and the motahs;

There's something suggestive in scents that one meets, But is it of lilac—or bloatahs!

I'm jolly well up, if you know what I mean,

I'm frightfully tempted to sing. The soft air's so soft and the green is so green

And the Spring is so—that is—like Spring.

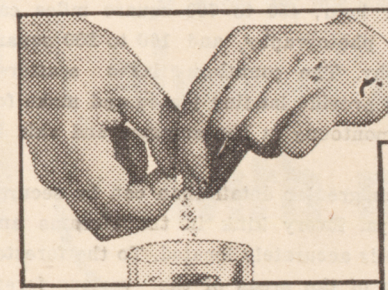
The days are so mild now I don't need my spats,

Though I'd just as soon part with my reason.

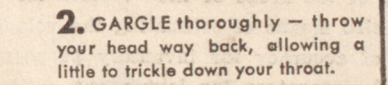
I'm deucedly kittenish, still I know that's

The fault of the foolish, old season.

## Sore Throat Pains DUE TO COLDS Eased Instantly



1. Crush and stir 3 "Aspirin" tablets in ½ glass of water.



2. GARGLE thoroughly—throw your head way back, allowing a little to trickle down your throat.



3. Repeat gargle and do not rinse mouth, allow gargle to remain on membranes of the throat for pro- longed effect.

### Just Gargle This Way with "ASPIRIN"

Here is the most amazing way to ease the pains of rawness of sore throat result- ing from a cold we know you have ever tried.

Crush and dissolve three "ASPIRIN" tablets in one-third glass of water. Then gar- gle with this mixture twice, holding your head well back.

This medicinal gargle will act almost like a local anes- thetic on the sore, irritated membrane of your throat. Pain eases almost instantly; rawness is relieved.

Countless thousands now use this way to ease sore throat. Your doctor, we are sure, will

approve it. And you will say it is marvelous.

● "Aspirin" tablets are made in Canada. "Aspirin" is the registered trade-mark of the Bayer Company, Limited, of Windsor, Ontario. Look for the name Bayer in the form of a cross on every tablet.

### Demand and Get—

**ASPIRIN**

TRADE-MARK REG.

