Dr.B. R. Ross DENTIST

HOURS:-9 - 6 or by APPOINTMENT.

404 Queen Street

Headquarters For BLANKETS

Buy your Blankets at DeLong's, where you have a good assortment to choose from. Pure Wool Blankets in reversible and plain colors in beautiful color combinations - also white with blue and pink borders, and Hudson Bay Blankets.

We also carry a good stock of Camp Blankets

Your's to Command

Open the door of the Master Plumber's Store and you open the way to modern plumbing

Consulting the Master Plumber gives you-in minutesplumbing information that he gained only through years of experience and study.

See us about your plumbing and heating problems.

Alex Ingram 876 KING ST.

favorite pattern.

FINEST

FABRICS

They're here now! The

last word in flannels,

cheviots, worsteds and

tweeds. Pick out your

QUEEN STREET

HARNESS **OVERALLS** WORK PANTS GLOVES

A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES -

Surplus funds invested in sound development of natural resources and Industry within the Maritime Provinces will return maximum income-Increase Purchasing Power-Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request,

IRVING, BRENNAN & COMPANY, LTD.

J. G. BADCOCK, Manager.

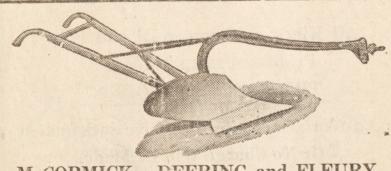
Fredericton Office Suite 1, Loyalist Building Charlottetown

Halifax

Saint John, N.E

HONESTLY . . . IT'S THE BEST POLICY

Disability Benefits are paid for Life. Every sickness and every accident covered. Additional benefits to cover hospital expenses. Double Indemnity for Travel Accidents. Full, Honest Coverage on Infection and Blood Poisoning. Benefits paid in full every month. All Premiums Walved in Case of Permanent Disability. Policy not affected by change in occupation. Air Travel Coverage. Financial Aid-if Injured Away From Home.



McCORMICK - DEERING and FLEURY PLOWS

ARE HERE IN GREAT VARIETY. WE HAVE A STYLE TO SUIT YOUR REQUIREMENTS.

ARTHUR F. BETTS Interest to Women Plumbing and Heating PHONE 512

MAKEUP SHOULDN'T "MAKE OVER"

It Should Bring Out Your Natural Qualities Not Change Personality

"JOB-FRIGHT" CAN BE CONQUERED

Look Your Best and Remember You Have

Overcome Other Obstacles

All through high school and college young woman who succeeds at one

joined the debating team she suffered absolutely nothing to fear.

Writing in a current periodical he The mistake girls make is in not demands fish with nice crisp skin. tract because she has something dif- be yourself and look yourself. erent to offer. She has a combination of appearance, charm, and talent face is different, every personality of the time of your dinner hour, try one tablespoon of salt for each cup cover them early and fill them before known as audience appeal.

Pierce's words! If the girl (whom does not hold true for all,

(By Edith Johnson)

no more than her share of stage fright. If she went on a party she

had a wonderful time. Taking part in

sports, she completely forgot herself. With that background of experience, it was natural enough for her to pelieve that opportunity was waiting or her just around the corner. Not until she came face to face with one of those young women call ed receptionists, those dreadfully ef fective persons who have just the right office manner, who speak in ust the right office voice and wear ust the right office clothes, did her

All of a sudden it seemed to her that everything about her was wrong.

If she could not face calmly this par agon of efficiency in the outer office,

how could she be ready to make her

little selling talk if she did get in-

How and why she got the job she

oes not know to this day, for accord-

ng to her own testimony she did not give a good account of herself in her

interview with the chief. As a mat-

er of fact, she expected failure unti words "You may report her ext Monday morning" fairly explod-

How may a girl insure herself

An employer gets his first impression from what he sees, his second

from what he hears. If a girl seeking

employment has any reason to beieve that the clothes she is wearing do not measure up to the requirements of the business in which she is asking a place, she must find out at

once what sort of clothes will be right. Let her study carefully the

Should she be compelled to economize sharply it is wiser to spend less

on the suit or dress and more on

accessories for it. An inexpensive

dress or suit combined with smart hat, shoes, bag and gloves may create

an impression of elegance that is im-

possible when a smart suit is fortified only with tawdry accessories. Her hair should be arranged neat and simply-elaborately curled efects and locks hanging on the shoulers have no place in business. Her nakeup should produce the effect of eing natural and well-manicured ails should be minus red polish. Perhaps she might borrow the tech ique of a foreign correspondent who after years of brilliantly successful reporting confesses that he is still timid inside. Before starting to interview an important personage he convinces himself of his fitness by saying to himself: "You interviewed So-and-So, and did it successfully. You covered such and such a story

latest fashions in the papers.

and you can do this, too.'

at home and in school.

If th's system has worked well for

the star reporter, why should it not

work for the girl who is making her lebut in the business world? For she

oo, may look back upon a record of

good grades. She scored on the de-

ating team. She held her own social-

Fortified by the right kind of an

. . Yield quicker to the Poultice-Vapor action of

complishment. In school she made

against having so painful an experi-

side to talk to the chief?

in her ears.

Jack Pierce, Hollywood make-up a sweet, unsophisticated type like markets. And, anyway, atthough I artist, tells you young women a few Nan Grey, but had tried to make her- am careful not to admit this when things about makeup and the making self like the svelte and sophisticated one of the above conversations is goings and half the butter. Cut the fish of film beauties that should prove Doris Nolan, she would have been all ing on, I actually like fried fish bet-

begins with the enlightening fact that realizing their greatest value lies not Of course, I don't always fry fish remaining butter. Bake in a moderate teeth in good shape, he will impress makeup artists at movie studios are only in being themselves, but in look because I like it stuffed and baked or oven 350 degrees F. 15 minutes until nct 'make over' experts. The girl ing themselves. If you want to make broiled almost as well. In any case, fillets are tender, comes to the studio and wins her con- the best impression, in other words, no matter what method you use for

which goes into the important thing different, you can't treat them all something else rather than fish un- of milk. alike. Some actresses wear false eye- less you set a movable time, fifteen crumbs or cornflake crumbs. Arrange ist's advice is valuable and important What the makeup artist does is not lashes. But a new recruit to the minutes after the last member of the on well oiled baking shee,, and sprinto make the girl over according to screen who had been wearing them family has arrived. Of course, the fish kle liberally with oil. Bake in a very much pain and illness later in life. any standardized pattern, but to was ordered to discontinue doing so may be ready to put in the pan and hot oven for about ten minutes, garbring out the qualities seen in the by the makeup expert. They did not will be cooked in a very short time by nish with sliced lemon. fit her at all.

And here's the little lesson, young One certain star may look well adies, you may draw from Jack with large, voluptuous lips, but this

FISH, FRIED, BAKED OR BROILED

However It Is Prepared, There Should Be No good teeth Waiting After It Is Ready

man made this pronouncement the before beginning the process. other day and I have heard statements of the same sort often from other members of his sex.

Well, first of all you have to go fishing, you have to catch your fish, and most of us have to be content the talent scout picked out, had been with doing our fishing at the nearby

cooking it, there should be no late-Pierce says that because every comers for dinner. If you are not sure

lany method except that of baking. "There's only one way to cook fish. Don't forget that it is well to dip fish that diets which they believe help You should just taste the ones I cook which is to be broiled into a highly keep teeth healthy are rich in minerin clay up in the Maine woods." A seasoned salad oil or melted butter als and vitamins,

Stuffed Fish Fillets 2 cupfuls soft bread crumbs

Pepper ½ teaspoon nutmeg 2 tablespoons lemon juice 1/4 cup minced parsley 1/2 cup melted butter

ter. I am one of those persons who fin rings. Fill muffin rings with stuf-

Baked Fish Spencer

1 teaspoon salt

6 small fish fillets Combine bread crumbs with season fillets around inside the greased muf-

Dip into fine dry bread

TEETH BEFORE AND AFTER BIRTH

mer President Ameri an Public And the answer which most of the blood and carried to the heart or kid-Health Association)

appearance and the knowledge that a registered.

Among examination questions which mouth.

(By Dr. Herman N. Bundesen, For- begin looking after a baby's teeth? up from the decayed teeth by the nurses gave and which was correct: neys, or other parts of the body, A dentist must pass a detailed ex- was this: A mother should begin caramination before he can practice den- ing for the baby's teeth long before tistry, but it is not so generally well the baby is born. A mother should known that nurses, too, must pass eat an abundance of those foods that another reason. Tartar and stain may rigid tests before they can become will insure lealthy teeth when the form on the teeth. Remember tartar teeth begin to come into the baby's cannot be stopped from forming by

was this one: When should a mother the world, the teeth have already be- time.

after the baby is born, and after he grows, the kind of food he eats has a great deal to do with his having

Diet for Pregnant Mother

Scientists have experimented to see if certain foods can help prevent teeth decay, and, if they can, what these foods are. They have noticed

Dr. Gordon R. MacKay, of Boston, Mass., believes that if the food the pregnant mother eats contains plenty of vitamins and minerals, her own teeth are more likely to be healthy, and the baby's teeth are likely to have a good start. Milk, whole-grain cereals, vegetables and fruits are important protective foods for good teeth. Of course, diet is only part of the story. The child must learn to make it a habit to keep his teeth and mouth as clean as possible.

Seek Dentist Early and Often

the parents with the fact that the child must be brought back regularly for examination. If any new, small Dip fish fillets in salted milk, using cavities have developed, he can distoo much damage is done. The dentand if followed may save the child

Seeing the dentist often is a safe way to avoid large cavities in the teeth. If large cavities are allowed to develop, it not only may lead to loss of the teeth, because the nerve or pulp may be destroyed but, in addition, the tooth may abscess and the germs or their poisons may be taken where they may cause much damage.

After a child grows up, the regular visits to the dentist are important for only brushing the teeth. The dentist she made friends easily. When she thing should score at others, she has nurses answered in a recent test Long before the baby comes into must remove this tartar from time to





(The cost of this series of adver-Asces is speaking by the Nopublished detailed entirely by published, the action of and indicates to a a contribution beamed that a contribution beamed to the action of a contribution of the published of Contribution of the Published of Contribution of the National Brudenage a Contribution of the home owners have done, by this genuine opportunity to improve your home without financial strain.

Look your house over and decide what is needed most to protect it through the winter and make it more livable. It may need a new roof or insulation; painting or a new furnace; up-to-date plumbing or a modern kitchen; a fire-place or extra basement and attic rooms. These and many other desirable improvements all qualify for home improvement loans. They add comfort and value to the home and help put

for better living, this Fall. LOANS EASILY ARRANGED

Any contractor, supply firm or architect can help you arrange a Home Improvement Plan if you need it to finance the work for you, or you can apply direct to your banker. No security or endorsement needed: you simply show that you can repay in monthly instalments and the loan is made, the work proceeds, your home is made brighter and more livable and men get needed jobs. Full information on the Home Improvement Plan and what it covers may be obtained from your local committee, your Provincial Chairman, your bank or the National Employment Commission, Ottawa.

NATIONAL EMPLOYMENT COMMISSION

UNDER THE AUTHORITY OF THE DOMINION GOVERNMENT