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**... OF ...
Interest to Women
HOW TO KEEP YOUR HEALTH****HOW LAZY IS THIS CHILD ?**(By Dr. Herman N. Bundesen)
Parents are apt to forget what they were as youngsters, when analyzing the faults of their children. Take this question of laziness in the child. Too often dad scolds and bullies his boy because he moves slowly, does not take part in vigorous play, or is a little slow in his school work. "You're just plain lazy," decides father. But it may not be as simple as that.

To scold or to bully a child is dangerous. It may kill the youngster's self-reliance and self-confidence. It may give him a feeling that he is inferior. It may instill fear in him rather than respect. If the child is high-spirited, it may make him resentful and stubborn.

Sometimes we make the mistake of thinking that overweight children are lazy because they move slowly. The more the youngster is driven to play or exercise, or to work fast, the most likely he is to resist. If the child is told he is lazy over and over again, he may eventually believe he is, and actually accept the labeled "lazy." Then he is less apt to do anything to overcome his bad attitude toward his play and school work.

Parents May Be at Fault

The trouble with most parents is that they find it easier to find fault than to correct. Most children like attention. They enjoy being made important. For example, it is no harder for a child to get up at half past seven than at a quarter of eight, if he is put to bed early enough. But, when his parents call him at 7:30, he knows that by resisting, there will be constant pleading and begging on the part of the parents. Consequently he is the centre of attraction. He knows he should get up, but he may be willing to suffer punishment in order to enjoy the pleading and begging.

When such a youngster does get up, he starts all over again with the same sort of process in his dressing. He dilly-dallies. He takes as long to get his clothes on as he possibly can. In between putting on his shoes, he plays or lets his attention

wander to something else. It usually ends up by the parent dressing the child, which is exactly what the child wants, and what the parent should not do.

If parents do not become irritated, nervous and upset about such matters, this sort of game loses its fun for the child. This same problem may happen in the eating habits of the child. A youngster is slow in taking his food because he knows that his parents will get upset about it and will give him attention. Work and play present two distinct problems in child life. Play does not take any great amount of concentration or effort on the part of the child. Work does. Even the smallest child can play, but even the older ones find it difficult to stick at work for long periods.

Avoid "Spoiling"

When a child is slow about doing things, or when he resists doing something that he ought to do, just to label him lazy is not the answer to the problem. A child's physical condition is not often responsible for this slowness. Most often it is the direct result of the way in which he is handled by his parents or in school. He is stubborn about carrying out something that he ought to do because of faulty training.

The way to correct such a condition is to find the causes for the resistance. If it is just to get attention, then the solution is to ignore the slowness and to work things out so that the child's slowness brings its own punishment. If he is slow in getting up, then have him stay in bed all day, unless he is so slow in getting up that he will miss school. In the latter case, put him to bed as soon as he comes home from school so that he misses his play time. If he is slow in dressing, make his slowness result in having less time to play.

Doing these few simple things will overcome the difficulty in most cases. Children are not naturally mean, unkind, stubborn or bad-tempered. It is only too true that in most cases parents make their children that way, by unwise treatment.

DANDRUFF SPOILS LOVELIEST HAIR - DO

(By Antoinette)

The pleasing effect of a well coiffed head too often is spoiled by the presence of white, scaly particles on the scalp and hair.

Women admit the presence of dandruff but are hopeful it won't be too obvious.

That's not the way to look at it, girls. When paying for a smart coiffure, why take any chances on spoiling the whole lovely effect? Dandruff suggests neglect of hair and

scalp. It lets others know that you aren't giving the scalp the care it needs to throw off the normal shedding of scales.

The first and most important factor in the elimination of dandruff is absolute cleanliness of any and everything that touches the hair, comb and brush. Hands should be washed before they are used to massage the scalp.

If you keep on using a brush without thought of washing it, you are retarding progress in dandruff elimination. It's a splendid idea to keep several brushes on hand. Then you always have a clean brush. Combs,

too, should be kept immaculately clean.

When you brush the hair with a rather stiff bristled brush it acts as a massage to the scalp. The bristles must be long enough to reach through the hair to the scalp. Brushing quickens the flow of blood and gives a healthy stimulation to circulation, making possible a normal activity of the oil glands.

NICE FOR HOMEWORK

Not to be outdone by beach loungers, busy housewives have taken to culottes. They find them cool and practical for dashing about the kitchen. And very smart, too, in patterned chintz and gingham.

**HATS TALL, WIDE;
SKIRTS SHORTER**Long, Slim Box Coat
Launched By Schiaparelli --- Bright Colors
With Navy and Black.

PARIS — The new Schiaparelli silhouette is slim and svelte, giving an impression of height. Hats are tall with wide, upturned brims posed at a daring angle on one side of the head. Daytime skirts are a trifle shorter but still give an illusion of height because of their slim cut.

Schiaparelli launches a long, slim box coat which hangs loose but close to the body and comes to below hip length. There are two evening silhouettes—the youthful dance dress of crisp mousseline which is made with a short, extremely bouffant skirt, and the slim, sophisticated gown in soft, clinging materials. One of these new materials is a satin jersey which has the sheen of an ordinary satin but has the soft, clinging texture of jersey.

There is no single color which stands out above others in the collection, but bright colors are used as contrast to navy blue and black backgrounds.

New Yellow

pink, and "Sweet Potato" yellow is used effectively, as well as a bright greenish blue which is between turquoise and aquamarine in tone. Black is repeated frequently for street wear in trim, tailored crepes made with short sleeves, high neck and zipper or metal fastenings.

must naturally be suspected by the wary. If our venal sins are to become wholly innocuous, mere governmental upturns must be classified among the minor revolutions.

—Philadelphia Bulletin.

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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 consider price only are this man's lawful prey. (Ruskin)

* Insurance is no exception.

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J. Clark & Son, Ltd**DANGER IN OIL DROPS IN BABY'S NOSE**(By Dr. Herman N. Bundesen)
Supposed some one grabbed you by the head, and tried to drop some oil down your nose. While you were struggling and fighting to get away, some of the oil would choke you, and some of it would be pulled into your lungs. I am sure you would be most uncomfortable and unhappy.

That is exactly what happens to a baby. He does not like the oil drops in his nose, and he struggles against it. This struggling often causes oil to get in his lungs.

In fact, it is not an easy job to give any kind of medicine to a baby. Fortunately, babies do not need medicines often. Of course, when an infant catches cold his nose becomes stopped up and he has a hard time breathing, and will also find it hard to get his food.

Danger to Lungs

To relieve this condition, many mothers have been using oily nose drops. But mothers should be cautioned against the careless use of such substances for babies, because when oily materials get into the lungs, they may produce a special kind of pneumonia called lipid or "fatty" pneumonia. Furthermore, when the oil runs from the nose into the throat and then into the lungs, it may carry with it certain germs from the nose and throat. These germs may cause acute infection of the lungs, and thus add to the baby's troubles.

A number of infants have been known to die from lipid or fatty pneumonia, but this kind of pneumonia is not always fatal. Infants with this condition may get better from the acute inflammation, but some chronic inflammation in the lungs may remain for a long time because of the oily substance which is still in the lung.

Opposed by Noted Doctors

Dr. Bela Schick is an eminent pediatrician and is the discoverer of the Schick test, which helps to tell whether or not a child is protected against diphtheria. She and other doctors suggest that oily drops should not be used in the nose of an infant. At least, they believe the drops should not be given to weak or sick children, or infants under three months of age. If oil drops are used at all, only very small amounts should be given.

Instead of using oily nose drops, medicines such as ephedrine or epinephrine, in water, may be used. But if oily nose drops are used, they

should not be put into the baby's nose when he is struggling and crying. The youngster should be lying flat on his back and he should be kept there for a few moments after the drops have been administered.

O.K. FOR BED BOOKS

Reading in bed has been under medical censure—every doctor's advice took the form of restricting patient's pleasures—and that is a long time ago. Balancing a book to overcome eye-strain, while remaining in a recumbent position, has heretofore severely taxed human ingenuity, and possibly the physicians have been right in their kill-joy flats.

But the prospect of discounting their warnings is at last at hand through the truly miraculous intervention of what is called microphotography. The performance begins with reduction of the photographed printed pages to 2,500 times less than their original size. The tiny film roll is dropped in a receptacle, a button is pressed, light is turned on, the miniature pages are reproduced on a screen about a foot and a half square, the images are enlarged to suit the vision, and one glances up from bed to wall or ceiling, en route through "Gone With the Wind."

It has been proved that 100 feet of film, ordinary motion picture size, is capable of containing 10 novels the size of Margaret Mitchell's Civil War chronicle. The current Library Association convention in New York has brought kindred astounding facts to light in practical demonstrations and a new age in literary compression, though not in the least elimination, seems to be in sight.

How science has done all this is something not, of course, to be understood in detail by the layman. Wonders have to be taken for granted. It is results that count, and in the cascade of microphotographic marvels none—not even the suggested phenomenon of carrying a film roll of all Blackstone in the trousers pocket—appears to have the far-reaching implications of the device which makes harmless the felicity of bed-time reading.

Some catch in this Utopian line-up

CANADIANS AND THEIR INDUSTRIES...AND THEIR BANK**THE FOREST INDUSTRIES**

The forest area of Canada on which there is timber of merchantable size is larger than the total area of France and Germany combined; the standing timber on this is estimated at 274 billion cubic feet. An area of even greater extent is covered with young growth.

This vast reservoir of wood is the source from which Canada drew wealth in excess of \$110,000,000 in 1934 (the latest figures available) in the form of primary products such as:

- raw material for saw-mills, pulp mills, wood distillation, charcoal plants;
- logs, pulpwood, bolts, etc., for export;
- firewood, railroad ties, posts, poles, fence rails, mining timbers;
- maple sugar, balsam gum, resin, cascarine, tanbark, moss, etc.

The total value of manufactured products made principally from raw materials of forest origin was \$404,435,948. Forest products in 1936 afforded an excess of exports over imports—\$158,560,000—very important to Canada's international trade.

The Bank of Montreal has co-operated with every activity of the forest industries—assisting in every phase of production and marketing. The Bank has had the privilege of financing a large share of the export business of these industries. Thousands of workers are depositors, sharing in the safety and facilities of the Bank with their employing companies.

Some of the Bank's services most frequently used by employers and employees in the forest trades: Commercial accounts, foreign currency accounts; financing of shipments; commercial loans and discounts; collections; trade and credit information; safekeeping of securities; savings accounts; personal loans; money orders; travellers cheques; banking by mail.

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