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The cause of headache is the accumulation of poisonous matter in the blood which spreads with it, every moment, to all parts of the body.

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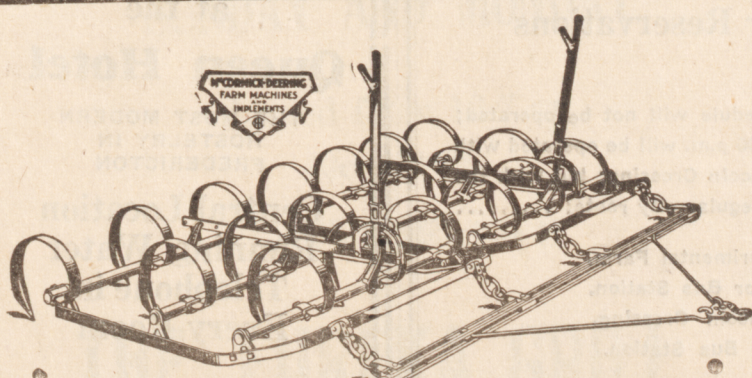
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There is hardly anything* in the world that
some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)

* Insurance is no exception.

HOWARD H. BLAIR

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PAINS AND ACHES IN THE FEET

(By Dr. Herman N. Bundesen, For-
mer President American Public
Health Association).

Unfortunately, we do not think
much about our feet until they give
us trouble. And yet, day in and day
out, we use them to stand on or walk
on, hours at a time. As a matter of
fact, the feet must carry on an av-
erage of 128 pounds of moving, active
weight for long periods at a time. No
wonder most of us have trouble with
our feet occasionally. The wonder is
that we do not have pain in our feet
more often.

You can readily see that the feet in
the normal person are always being
exercised, because they are always
active. And, if properly cared for,
the muscles are usually strong and
adjusted to this hard work.

When these muscles are not work-
ing, as occurs when a person has
been in bed for a long time, they rest
too much. They get soft, just as do
the muscles of a ballplayer who has
not done any work for a long time.
Suppose the ballplayer gets up from
an illness which has kept him in bed
for two months. After having recov-
ered, he goes out and pitches a nine-
inning game. He would be ruined for
the season. His muscles could not
stand it. It would take weeks of
slow and careful training and exer-
cise for him to get into shape.

Now you can understand why a
person who has been in bed for a
length of time can do serious injury
to his feet by getting up suddenly
and trying to walk a great deal. The
feet of such a person must be put in
shape before he walks too much.
The muscles must get treatment and
exercise. They must be massaged for
at least ten minutes twice each day
—thoroughly going over the feet, the
ball of the foot, the heel and the
ankles.

A week or more before the doctor
plans to have the patient get out of
bed, he will suggest special exercise
in bed. A good set of exercises has
been suggested by Dr. Philip Lewin,
associate professor of Orthopedic
Surgery at Northwestern University.
These exercises consist of wiggling
the toes, bending the foot forward
and backward, and from side to side.

Then the doctor will suggest spe-
cially built shoes, which may not look
stylish, but which will conform to
the foot so as to help every part of it
equally to hold the burden of the
body. These shoes will support the
arch of the foot. They will also have
medium-height heels.

He will probably suggest shoes
that lace above the ankles. He will
allow the patient to walk a few min-
utes several times the first day, a
little longer the second day, and so
on until the muscles of the feet are
in condition to do their normal work.

People who neglect their feet after
being in bed for a long time are not
the only ones who have trouble with
their feet. Poorly-fitted shoes are
painful, tire one out, and often cause
deformities which give foot troubles
throughout life. I believe in style
for shoes. Shoes that look well are
a delight to the one who wears them.
But care in shopping will usually pro-
vide shoes that are properly fitted
and look well too. Be certain that
the stockings fit well. Stockings that
are too short in the feet can give no
end of trouble.

Many persons have lost the art of
walking. They do not walk evenly,
or do not know how to walk properly.
The proper position of the foot in
walking is with the toes pointing
straight ahead. People who have never
worn shoes nearly always walk in
this way. A good runner or jumper
walks and runs with his toes forward.
There are many disorders of the feet.
One is called metatarsalgia. The per-
son with this trouble has a burning
pain in the front part of the foot,
and cramping in the toes. The pain
is probably due to pressure on the
nerve that goes to the front part of
the foot. When the muscles and liga-
ments do not hold the bones in the
proper position, this pressure on the
nerve results.

To treat this difficulty, it is sug-
gested that a narrow bar of leather
be put on the sole of the shoe. When
this type shoe is worn, the strain on
the muscles is relieved, and gradu-
ally the muscles regain their power,
so they can hold the foot in the pro-
per position. In any serious foot dis-
order, self-treatment is not wise.
See an orthopedist, a doctor who spe-
cializes in the treatment of disor-
ders of the bones of the body.

Small Town on Fire In the Philippines

(Special to The Daily Mail)

MANILA, May 20—A small town is
on fire the population of 10,000 people
are greatly perturbed, the place be-
ing in flames, several people have
been burned to death.

ARTHUR F. BETTS

Plumbing and Heating

QUEEN ST. PHONE 511

... OF ...

Interest to Women

NEWEST CLOSET HAS A HINGED DOOR TO SAVE SPACE IN SMALL QUARTERS

Now There Are Transparent Boxes for Almost
Everything --- Red Satin Tufting, Plaids and
Peasant Motifs Line the Shelves

(By Elizabeth MacRae Boykin)

We sometimes get very upset wor-
rying about where we'll do our dump-
ing and stuffing out of sight now
that closets have become so interior
decorated. Maybe it's just that we are
living in a day and age when there's
not supposed to be any dumping and
stuffing out of sight.

Certainly the new crop of closets
is something to be intimidated by if
you have any clutter on your con-
science. But they arouse the house-
wife's instincts in even the most ex-
ecutive sort of a careerist or club
official. Life with such romantic be-
hind the scenes has its appeal.

Imagine a linen closet lined with
deep red hammered satin—but that's
not all—the whole business is but-
ton-tufted from tip to toe. How very
fastidious one would have to be to
live up to such grandeur. The shel-
ves are all edged with a narrow ra-
ther formal gold braid and the sec-
tion below the shelves has white
painted drawers labelled in red.

White and Silver

Different but still the ultimate in
household grandeur is a closet in
white and silver with highlights in
the palest pink. This is off a bath
and bedroom and so has its centre
section devoted entirely to bath lin-
ens. Tall compartments on either
side hold negligees, bath-robies, lit-
gerie and the like. Transparent boxes
and compartments to keep every-
thing immaculately under cover yet
visible is a modern practical note.

More in reach of everyday living
is a closet in a pleasant spring-like
room exhibited on Fifth avenue. The
room is spring green with field flow-
ers for accent. Chair and spread are
of cornflower blue quilted chintz—
this same quilted chintz in corn-
flower blue is repeated in the closet
lining and in closet accessories.

Scotch Plaid

This same exhibition has a great
closet with Scotch plaid self edg-
ing and a Scotch plaid covered dress-
ing table, the mirror is edged with
flutings of the plaid and even the hat
stands have plaid bases. Down the
hall from this is the linen closet,
where you'll also see shelf edgings
of the plaid and ties for linen stacks
are also of Scotch plaid. A workable
idea that has a crispness about it
ideally suited to a busy closet.

Over in Brooklyn we ran across a
closet after our own heart. In a
bright little Tyrolean bedroom with
white walls and a six-inch band of
Tyrolean chintz pasted around the
top molding of the room and repeat-
ed in a chair covering. This same
brightly patterned material was past-
ed on the inside of the closet door,
and incidentally this closet door
pleased us very much—made in two
panels with hinges in the middle
like a screen, so that it folds back
in about half the space usually re-
quired for a closet door. An idea if
your space is limited by doors that
get in the way.

Assembling Your Own

If you'd like to have a closet with a
delicate air but don't have the time
nor the knack of doing it yourself—
nor the money to have a decorator
toss off an exotic little number—the
answer for your problem is to be
found in a store we like to shop in.
Here you can get a whole ensemble
of boxes and cupboards all to match
in flowered paper covering with the
lovely peek holes made of acetate,
that transparent stuff that gives ev-

everything away at a glance. The fronts
of the drawers in the shoe, stocking
and lingerie cases are of this trans-
parency, as are the front sections of
hat and blanket box. Add to this
some garment bags of a plain-color-
ed fabric that repeats a dominant
note in the flowered paper—maybe
that will be the color of your bed-
room walls—and you'd have some-
thing nearly as pretty as a May gar-
den.

We know you've heard all about
the various drawer and closet boxes
made entirely of acetate so that you
can see their contents, so we won't
go into that here. Only to say that
they're nicer to use than to hear
about or look at. Especially do we
prefer those hat boxes with the flip
fronts that open up to let out your
hat of the day without having to take
the box down.

And if you haven't been investigat-
ing the very imposing moth pre-
venters that the closet shops of the
larger stores are featuring these
days, shame on you. There'll be no
excuse in the world for a moth to
get a nibble if you take proper care
of your woollens. One of the most
practical—for the apartment—is a
cedarized cabinet with a slide up and
down door. Can be tucked into a back
corner of a closet and its door won't
cause any traffic jams.

A Man's Closet

Many of the newer apartments are
providing two closets in the master
bedroom. A very thoughtful idea,
since a man's closet and a woman's
really should be organized on a dif-
ferent scale. For one thing, most of
a man's clothes don't hang down very
far on the hangers. That leaves room
below for compartments and drawer
sections to hold other things. If
chest space in the room is at a pre-
mium, shirts, socks and underwear
can even be kept in these drawers.
It is only necessary to leave a small
hanger section at the side of the
closet running all the way to the
floor for overcoats and top coats. Or
extra shelves can be built at the top
if you prefer to use the wasted
space here rather than down below.

On the other hand a woman's closet
needs to have a good deal of the
hanger space given over to depth
enough for sweeping dresses. And
she'll like more shoe compartment
space as well as a dressing table if
there's room in it. Besides, when a
man and a woman share a closet, the
lady, alas, usually takes up most of
the space, with the best intentions
in the world, too.

Fair Division

If a single closet is big enough to
spare space for a narrow tier of shel-
ves up its middle, that will divide
the area equally, then each side can
be properly organized to suit its
owner.

It's becoming more and more cus-
tomary and useful in the small apart-
ment to have a closet for china, sil-
ver, glass and linen. This type of
closet is best arranged with shelves
above and drawers below, and it
should be as decorative as possible
since it holds attractive things and
then, also, because it is going to be
inevitably opened a lot in front of
company.

It would seem that we are going to
have to be very neat and tidy wheth-
er we like it or not. But to tell the
truth we're probably going to like it.
Anyway, we were inspired by the
closet exhibits about town and we
hope you will be too. We'll be glad
to supply on request the names of
the stores showing the closets de-
scribed today.

Leonard Hood has purchased a new
horse.

Our popular road supervisor, H. M.
Ingraham has had a large crew of
men and teams repairing the roads
which are in fine condition for sum-
mer traffic.

Miss Evelyn Perley, teacher, spent
the week-end at her home in South
Devon.

Our school has now a handsome
new sign.

Some cattle buyers from Maine
were here last week and bought one
cow each from Leonard Hood and
Cecil Gunter.

Reid Slipp has purchased a horse
from Arvil Currie.

Medicated
with ingredients of
Vicks VapoRub

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BE SAVING OF THAT VITAMIN C

Don't Lose Any by Cooking and Eat Citrus Fruits
and Citrus Fruits Generously

Although the discovery that vita-
min C was a separate entity took
place within the last few years, it
has been recognized for centuries
that human beings, in the absence of
fresh food, developed a disease now
known as scurvy. Sailors on long
voyages were prone to develop this
disease in its severe form. In 1772,
however, we have records that Capt.
Cook proudly proclaimed upon his
return from a three year voyage that
he had not lost one man. He gave
the credit to the use of what he called
"sweet wort" made from barley
and sauerkraut. Later crews which
had stocked the galley with limes
and lemons when they stopped at a
tropical port were found to be im-
mune.

Acute scurvy with its symptoms of
sore mouth and loose teeth, black
and blue spots on the skin, and sore-
ness of the joints, is seldom en-
countered in this country. Sallow
skin, lack of energy and pains in the
limbs and joints, which used to be
called "growing pains" in the case of
children, are now attributed to a
shortage of Vitamin C.

Foods which supply this vitamin
generously are fruits and vegetables
especially the citrus fruits, apples,
bananas, pineapple, strawberries,
raspberries and peaches. Among the
vegetables we find tomatoes, spin-
ach, lettuce, cabbage, carrots, pota-
toes, peas and onions well endowed.

Vitamin C is easily destroyed by
cooking excepting in the case of the
fruits which contain large amounts
of acid. Canned fruits and tomatoes
lose little. It is a good habit however
to serve daily raw vegetables as well
as fruits.

Baked Onions with Tomato Sauce

- 1 quart canned tomatoes
- 1 bay leaf
- 2 teaspoons salt
- 2 cloves
- Pepper
- 2 tablespoons flour
- 2 tablespoons fat
- 6 medium-sized onions.

Cook the tomatoes with the seas-
onings for ten minutes. Blend the
flour and melted fat. Add some of
the tomatoes to this. Mix well and
stir into the tomatoes. Skin and cut
the onions in half and put them in a
large baking dish. Strain the tomato
sauce over them. Add more salt if
needed. Cover and bake in a moder-
ate oven, 350 degrees F., until the
onions are tender, about an hour.

Fruit Canape

- 6 slices pineapple
- 12 sections grapefruit
- 12 sections orange

- 1 sliced banana
 - 3 tablespoons lemon juice
 - 6 strawberries or candied cherries
 - 6 sprigs mint.
- Arrange on each serving plate, a
slice of pineapple, fresh or canned,
and around edges arrange sections
of grapefruit and orange, leaving
centre free for sliced bananas. Sprin-
kle lemon juice over bananas and
garnish with strawberries or cherries
and sprigs of mint. Pass powdered
sugar.

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