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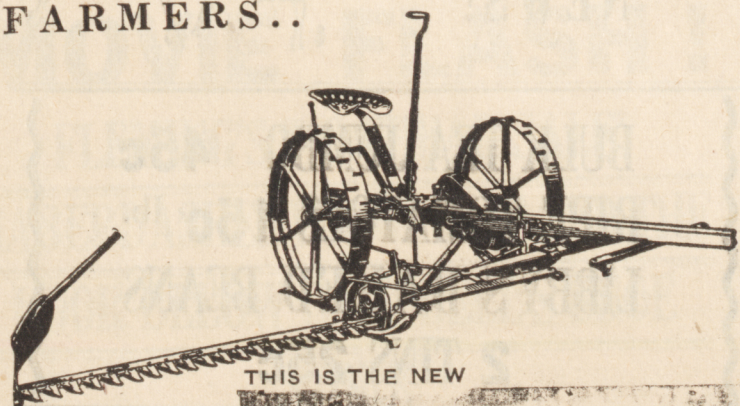
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SUGGESTIONS

for
JUNE



SLEEK HAIR FOR CROWNLESS MODE

Hot Weather Hair Problems --- Beach Coiffures
--- To Keep Gray Hair Beautiful

Seashore haircombs need to be simple. There are enough things to fret about at the beach—such as sunburn, and horseflies—without having to worry about keeping an elaborate coiffure in place.

Coolness is what everybody wants in summer. And while bobs remain long in general, a great many are being shortened from shoulder length to a length of about four inches in back and over the entire head. It's the easiest length to manage with a quick comb. The "page boy" which created such a hair furor this spring isn't quite so popular now that the weather is getting into its full summer stride. Those long "page boys" are hot, although one hairdressing salon is doing an attractive "page boy" cut in a shorter version for summer.

For the Beach

The best way to treat a long bob when you're lying around on the beach is to pin it up in a big roll in back. That's what a lot of girls are doing. And two good beach rules to remember are, don't keep a tight rubber bathing cap on your head any longer than you have to, and don't go without any head covering at all. Caps make the head perspire. And hair is particularly susceptible to sunburning in streaks when salt water is mixed with the sunshine.

For Crownless Hats

Those crownless hats have private difficulties. For one thing, the ribbon bands that are often used across the crowns are always at variance with a centre hair part, with the result that the top of your head looks kind of cockeyed. A leading hair stylist gets around that problem with a new summer coiffure that's cool and perfect for all crownless hats.

After cutting the hair in a three to four inch length, she swirls it slightly around the entire head, starting from the cowlick and leaving no part at all.

Every head has a cowlick, which simply means the direction in which hair naturally grows. By following nature's direction the hair lies nice and flat on crown, sides and back, leaving no fly-away ends to ruffle up. The whole effect of this new crownless hat coiffure is a little like the erst while "wind-blown bob," except that the hair is curled up around the hairline instead of down on forehead and cheeks.

Dry Ends

Sun is particularly hard on gray hair. One midtown hairdresser who has been specializing in permanents for gray hair these many years, has an excellent pomade for dry hair ends that dry even more when the sun beats down on them. And his blue rinse is a marvel. It gives gray hair a shimmering silver look—more like a platinum blonde. The gray-haired matron who wants a cool, dignified summer hair style couldn't do better than adopt his effect of back ringlets without bunchiness achieved by a swirl across the back of the head, but with two vertical curls behind the ears so there's no vast expanse of swirl.

One mistake often made by the older woman with graying hair is in having the back swirl too short. Never have your hair cut above the natural hairline. The gain in coolness is nothing at all, and it gives the back of the neck an unattractive masculine appearance. And if you're wearing long hair and a knot at the back of the head, never have the knot above the natural hairline. It's aging.

CHIC AT 40 MEANS GROOMING CARE

Many a Woman Careful
About Dress, Makeup,
Careless About Hair

(By Antoinette)

It isn't chic or clever today for the 40 year old to try to look, act or be like a deb. Being frankly 40 is far more charming, but being the 40 that makes people doubt your word for it. That's being a delightful 40. But you don't come by this perfection without putting considerable effort into it.

The idea recurred the other day when a cosmopolitan of the other sex volunteered a certain woman the compliment of being the smartest 40 in town. A great many other people think so, because the woman is featured in news columns as one of the modern stunners. "Her hair," the man started to say.

"Yes," said the 40 connoisseur, "it's the hair that absolutely determines the smartness of the woman no longer young!"

And isn't it, sisters? Isn't every smart woman you know around the 40 age and beyond, too, lent distinction by the clever coiffure she maintains? And isn't every dowdy one around the age under discussion a person you may point to as being careless on this point? The average woman is far more particular about her makeup, if she uses makeup. She is particular enough about clothes, but her hair so often has that ill-groomed look that bespeaks the postponed visit to the hairdresser.

Of course the hair makes the hat, and hat styles being what they are for the woman of 40 today, if her hair isn't pretty nearly "tops," from the neckline up, she doesn't get to first base. You have to have a good hairdresser today to get away with the hats at all.

But to get back to the chic and frankly 40s, another little item touched upon in the general discussion was eyebrows. Here again, it seems, and for the same reason, the older woman is most remiss. She doesn't have her brows cleared often enough of wild hairs, nor have the eyebrows shaped and trimmed which does damage to the face. When gray is crowding out the former color, more the need, it seems, to keep the brows neatly groomed.

WHY STERLING SILVER IS BETTER

Beauty—The beauty of sterling silver is shown by its finish which accentuates its value.

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Warmth—Old silver has warmth as well as color.

Harmony—Old silver, antique silver of good form and decoration will combine with any period, and gives richness to the drawing room, the great or small hall, the library or the boudoir.

Variety—The variety of articles which have been interpreted in silver are almost too numerous to mention. A trip to the Antique Department of a fine store or a museum will show one how many beautiful decorative pieces used by our forefathers are no longer commonly used but would add greatly to the elegance of our homes today.

Permanence—Silver has permanence. Its beauty is not only permanent but improves with age.

Durability—Silver has a record of great durability.

Stability—Silver is a stable article, a medium of exchange as well as a medium for the most useful of household articles. It is an absolute necessity.

Practicability—The more pure silver is used the better it becomes. It improves with age, and does not deteriorate. It gains in value each year of its life.

Low cost—Pure silver today is still to be purchased at a comparatively low price. It is an investment and one of the few things of permanence easily transported.

Upkeep—If in daily use, there is little polishing of silver required.

Form, color, decorations and value are all to be considered when purchasing silver. The best is the best. Sterling silver is the most economical in the last analysis because there is no limit to its life if it is preserved.

The best of craftsmanship, design and decoration have gone into its production and these qualities give it integrity and permanence.

TO RECAPTURE THE MOOD OF CHILDHOOD

Ruth Cameron Writes
of Sick Friend Indulging
in Fairy Tales

(By Ruth Cameron)

How we all do love fairy tales.

I called on a friend who is convalescing from an illness the other day and found her reading 'Alice in Wonderland,' with 'Grimm's Tales' and 'Under the Lilacs' waiting their turn.

She laughed rather sheepishly and said, 'I get tired of problem novels and psychological novels and stream of consciousness novels. It has been real fun to lie here relaxed and recapture the mood of these old childhood favorites.'

We were commenting recently on the fact that no matter how grave the unemployment situation you will always find the movie houses filled and often have to stand waiting for a seat. The moving picture studio is a sort of animated fairy tale factory. It offers the same release and escape from reality that my friend found in perusing her childhood story books.

No matter how poor you may be, on the screen you may see poverty as painful as your own pictured with out having our sensibilities too greatly stirred for you know that it will all come out right in the end.

By identifying yourself with the hero or heroine you may find a vicarious comfort for your own troubles, you may even gain courage from the hope that you, too, may find a pot of gold at the end of the rainbow, or a handsome husband, or rescue a lovely lady in distress.

The distant lands you may never visit, the grand homes you may never enter, the colorful glory of gardens you may never achieve, historic pagodas in other countries, even the famous little quintuplets you have longed to see are all pictured for you as clearly as in real life while you relax in comfort. No wonder the movie industry thrives.

"I laughed till I cried," said a youngster of the antics of a famous screen comedian. That, perhaps, is the greatest service the screen renders.

"A laugh is worth a hundred groans in any market," says Lamb. And, indeed, in a world that breeds so many groans today, the laughter invoked by the "cinematic wonderland" is a splendid antidote for tears. "Oh, glorious laughter! thou man-loving spirit, that for a time doth take the burden from the weary back, that doth lay salve to the weary feet, bruised and cut by flints and shards."

WILD MUSTARD BLOOM PROBLEM

The artist may rave about the riot of color displayed by the fields of the countryside in June, an enthusiasm not shared by the farmer who deplores the golden hue of the wild mustard bloom which dominates the field and foretells a serious diminution in yield of grain. Wild mustard is difficult to eradicate, as the seed may lie dormant in the soil for years awaiting conditions favourable to its germination. The weed is a real problem in Ontario and in many sections of the Prairie Provinces where it is spreading rapidly. Attempts to control it by spraying with a dilute solution of sulphuric acid, when the grain is about four inches high, have met with some success experimentally, but special machinery is required, and sulphuric acid is not a nice substance to handle. Dusting with a finely pulverized cyanamid has proved effective against wild mustard in Europe, and there seems to be no reason why it could not be used successfully in Canada for the same purpose. It is necessary that the cyanamid be dusted on when the foliage is damp, in order that the substance may adhere to the rough leaves of the weed. Used in this way, cyanamid plays the dual role of herbicide and fertilizer, since it contains 22 per cent. of nitrogen to give the grain a boost.

SECRET OF COOKING VEAL AND LAMB CHOPS

(By Marjorie Mills)

Every year as soon as spring is in the air, we begin to get questions about quantity cooking.

We're printing a little bibliography by no means complete, which may help some of you tea room owners and managers who uphold the old traditions of good cooking up and down New England. Clip this for reference.

In addition to these books, several restaurant owners have printed some of their famous recipes, scaled down for family use, in answer to numerous requests from patrons.

One of the most widely quoted and best loved is Ruth Wakefield's Toll House Tried and True Recipes. It is published by M. Barrow & Co. New York, and sells for \$2 a copy.

The Butter Cup Hill Tea Room Cook Book will recall the delights of Charleen Baker's Buttercup Hill Tea Room at Lunenburg. Alice Foote McDougall's Cook Book, published by Lothrop Lee & Shepard, selling for \$2.50, is another pleasant reminder of a famous restaurant.

Quantity Cookery Books

1. Quantity Cookery, \$2, by Nola Treat and Lenore Richards; published by Little Brown & Co.

2. Tea Room Recipes, by Nola Treat and Lenore Richards; published in 1925 by Little Brown & Co.

3. Recipes and Menus for 50, \$2.00, by Frances L. Smith. Pub. M. Barrows & Co.

4. Cooking for Profit, \$2.50, by Alice Bradley. Pub. Chicago Am. School of Economics.

5. Handy Book of Recipes for 25, \$2.00, by Sibylla Hadwen and Celia Bernards. Pub. by M. Barrows & Company.

Veal Chops Escalloped

Trim nice veal chops or small pieces of cutlet, season with salt and pepper, and brown quickly on one side in a hot buttered frying pan. Put one cup chili sauce or tomato catsup in the bottom of the casserole. Break twelve soda crackers into small pieces but do not crush. When the meat is ready, put the crackers on top of the sauce, dotting liberally with pieces of butter, and sprinkle with two tablespoons of grated cheese. Lay the veal chops, browned sides up, on top and bake thirty minutes without a cover.

Veal Chops California

Soak eighteen large dried prunes in fresh water overnight or all day. Season six lean veal chops, nicely trimmed, using salt, pepper and a little nutmeg. Into a frying pan put two slices of onion. Let it fry with two tablespoons of butter until the butter is flavored, then remove the onion. Add one teaspoon tart jelly, two tablespoons raw minced ham, one level teaspoon chopped parsley and one cup hot water. Mix lightly. In the meantime drain the prunes thoroughly, then place them in buttered baking dish, cover with the veal chops and pour the sauce over all. Bake forty minutes, the last ten with the cover off.

Devised Lamb Chops

3 tablespoons butter
1/2 teaspoon dry mustard
2 teaspoons vinegar
2 teaspoons Worcestershire sauce
1/4 teaspoon salt
Dash of cayenne
2 egg yolks

Mix above ingredients well. Mix two tablespoons oil, one teaspoon salt and 1/2 teaspoon pepper on a plate and season six thick loin lamb chops, rubbing seasoning on both sides. Lightly fry the chops on both sides in a scantily buttered pan for four minutes. Take off the fire, cool a little, then spread the chops on both sides with butter mixture and roll in buttered bread crumbs. Bake in quick hot oven until well browned. Serve with sauce made of the balance of the butter mixture, adding to that two teaspoons flour, 2 teaspoons powdered sugar, one teaspoon finely minced onion and one cup strained tomato juice. Allow these ingredients to boil in the frying pan in which the chops were cooked, then pour over the chops, set back in the oven for five minutes.

Piquant Loin Chops

Rub six thick, lean loin lamb chops with a little melted butter and season with pepper. Brown them four minutes on each side in a dry hot pan. Make a mixture by pounding together on a board on which a clove of garlic has been rubbed; one onion heart, two branches of parsley, one branch of watercress, two tablespoons butter, one teaspoon salt, half a teaspoon cayenne.

Arrange the chops in a circle in a deep glass pie plate, fill the centre with mushrooms, and coat with the butter mixture. Set in the oven for 15 minutes.



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