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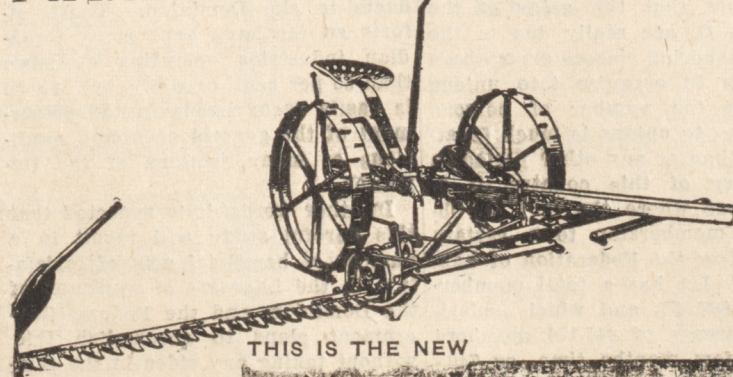
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HOW TO KEEP YOUR HEALTH Chronic Kidney Disease

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

The kidneys are the separator in the body. As the blood passes through the kidney, waste products are taken out of it and excreted in the urine. However, useful mineral and other substances are not allowed to pass out.

If anything goes wrong with these organs, the waste materials may not be properly removed from the blood. These wastes collect in the body and serious symptoms may develop.

One of the diseases of the kidney is called chronic nephritis. Physicians have been studying for many years to find out what causes chronic kidney disease. We think that infected teeth, sinuses, or tonsils may help produce it. As a rule, when the teeth or tonsils are infected, it is advised that the trouble be removed, and the teeth may have to be extracted.

But workers who have recently studied this problem do not believe that operations should be carried out in patients with chronic kidney disease for removing the tonsils or for clearing up infected sinuses. Such operations, they say, may be too much of a strain on the person who already has damaged kidneys.

If persons with kidney disease have pyorrhea, it should be treated but it is not wise to pull out a large number of teeth in such patients. Often persons with chronic nephritis may have high blood pressure. This high blood pressure should be treated by means of rest in bed, and, perhaps, the use of some simple sedative drug, such as bromides.

One of the ways to help the person with chronic kidney disease is to place him on a diet rich in all of the necessary food parts, particularly the vitamins A, B, C and D. Fruit juices are usually satisfactory for furnishing the vitamin C. Butter and milk will give the patient vitamin A. Whole-grain cereals, or some vitamin B preparation may be used for

supplying vitamin B. Cod liver oil or some similar preparation will supply vitamin D.

The person with chronic nephritis should measure the quantity of water he drinks so that he gets the right amount. Between two and three quarts of water a day are usually advised, unless the heart is weak. If a person has a weak heart, to drink more than a quart or two of water may put too much of a strain on it.

A person with chronic kidney disease often has a poor appetite; for this reason, getting him to eat foods enough may be difficult. As a general rule, in an individual with chronic nephritis, some albumen, which is a protein, passes out of the body in the urine. Normally, there is no albumen in the urine.

It used to be the practice to give patients with this disease a diet in which there was a small amount of protein, such as is supplied by meat and eggs. However, more recently it has been shown that these individuals must have more protein than was formerly allowed.

Now it is suggested that such persons be given one-half of a gram, or about one-sixtieth of an ounce, of protein a day for each pound that they weigh. This means that a man weighing 150 pounds would get about 75 grams, or about two and a half ounces, of protein daily. It can be given in the form of chicken, fish, lamb or beef, as well as in the form of eggs, milk and cheese.

Those who have chronic kidney disease should get plenty of rest. But some exercise is needed, such as walking about a little. Of course, when the heart is weakened, or the blood pressure is very high, the exercise will have to be limited. Warm baths are helpful and add to the patient's comfort.

If the person with chronic kidney disease will be careful to do exactly what he should do in regard to his diet and exercise, he will not suffer so much and his chances for prolonging life will be greater.

Improved Chances in Pneumonia

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

A scientist of the Rockefeller Institute, Dr. Rufus L. Cole, recently said: "Twenty-six years ago—not a long time measured in years of medical progress—pneumonia was considered to be a disease which could neither be cut short nor be prevented." Since that time we have learned a great deal about this dreadful disease.

Today we do not sit idly by and let Nature take its course in pneumonia. Physicians have a number of ways to help the patient build resistance and fight off the disease.

For example, there is treatment of the pneumonia by a method called pneumothorax, which means air in the chest. This air is injected into the chest cavity, using a large syringe and needle. The pressure of the air against the lung keeps the lung from moving. Dr. L. C. Montgomery, of the Montreal General Hospital, has used this treatment particularly where the patients were suffering from severe pain in the chest. He reports that almost immediate relief of the pain resulted from this treatment. Deeper breathing and an improvement in the patient's color followed.

In patients treated in this way, only one-half as many died as succumbed in the group which did not receive this type of treatment. Of course, this form of treatment is not to be recommended in all cases.

I have told you before in this column that pneumonia is caused, for the most part, by different types of the germ, known as pneumococcus. There are more than 37 types of this germ.

The pneumonia, caused by certain types of the pneumococcus may be treated satisfactorily with serum. Pneumonia, caused by types I and II pneumococcus seems to be the kind of pneumonia, which is most successfully treated with serum. Type I pneumonias make up about one-third of all the lobar pneumonias that grown-ups have. Type III pneumonia cannot be satisfactorily treated with serum, but there are serums for types V, VI and VII, which seem to be used with good results.

The earlier in the course of the disease the serum is given, the better will be the results. Most of those who have studied this question feel that the pneumonia serum is of definite value if it is given before the fifth day of the disease, but not when given later than that time. Moreover the pneumonia serum treatment will work equally well for persons of all ages—children and grown-ups alike.

Specialists believe that the serum treatment is not considered advisable in all cases of lobar pneumonia in children, because most youngsters with this disease recover without it. However, in the severe cases, its use might be found quite beneficial.

The serum is given by injection into a vein, and it is warmed up to body temperature before injecting it. Before injecting the serum, the person should be tested to see if he is sensitive to it. This is done by putting a drop of serum with ten drops of water, into the eye. If the patient is over-sensitive, the eye will become red and will begin to water and itch. If he is sensitive to the serum he still should get it but it must be given much more slowly than in the other cases. However, the injections of serum into a vein should always be given very slowly, taking about five minutes to inject the dose. The injection of serum may be repeated at from four to six hour intervals until up to 250,000 units of it have been injected.

Large numbers of patients have been treated by serum injection in many countries, and reports from all of them indicate its great value. The important thing to remember is to call a physician early when fever comes with a cold. If pneumonia is suspected, serum treatment may save a life if given early enough.

"ACT YOUR AGE" AS A HEALTH RULE

People who have lived to a ripe old age are usually asked to what they attribute their longevity. Some say they refrained from taking intoxicating drinks; others will tell you they never used tobacco in any form. Then there are those who say they observed moderation in everything.

Stories dealing with ways and means of prolonged life are invariably read with avidity because most of us like to cling to this old earth as long as is humanly possible, although there are times when we don't act that way. For instance, we may take desperate chances when sitting behind the wheel of a motor car.

In the business of improving chances to live a long life it might be well to give a little time and thought to the ten health rules followed by John D. Rockefeller who died a short time ago at the advanced age of 97 years. They are as follows:

1. Never lose interest in life, business and the outside world.
2. Eat sparingly and at regular hours.
3. Take plenty of exercise, but not



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WHITE ORGANDY IN SUMMER BLOUSES

PARIS—The increasing popularity of tailored suits for spring and summer wear has made all the big couturiers work feverishly to produce amusing and unusual blouses. As most of the summer suits are in linen, piques or lightweight flannels, few silk blouses are to be seen.

White organdy is the most popular choice for tailored as well as for frilly blouses. Frilly jabots, with scalloped or lace edges, run from the high necks to the waists of these blouses, which are usually made with short puffed sleeves and slightly elevated shoulders. Fine tucking is used at the shoulders and at waists and some of the organdy blouses are tucked into square patterns which run over the entire material.

One of these white organdy blouses is made with a deep shoulder yoke trimmed with applications of small white pique flowers. The shoulder yoke, dotted with pique flowers, continues in a wide band down each sleeve and forms a short cuff just above the elbow. The round, high neck is finished with a small ruff of plain organdy.

Eyest embroidery is used effectively for trimming of sheer linen blouses. It is inserted in bands at the neck and cuff and frequently forms a wide front or shoulder yoke. Many blouses are made entirely of the eyest embroidery tinted some pastel shade.

Striped organdy is used for another which has a long front vest of plain organdy trimmed with tiny buttons in the colors of the stripes. The color is plain, but is piped in the striped material.

- too much.
4. Get plenty of sleep.
5. Never allow yourself to become annoyed.
6. Set a daily schedule of life and keep it.
7. Get a lot of sunshine.
8. Drink as much milk as will agree with you.
9. Obey your doctor and consult him often.
10. Don't overdo things.

Every one of the ten rules has a good deal of common sense behind it. In our opinion the one which says, "Don't overdo things" is rather important in this day and age of hustle and bustle. Some of us who are getting up in years think we can be on the go continually without undermining our health. That is a mistake. We should remember that it is best to act our age. Unless we govern ourselves accordingly, we have only ourselves to blame if the human frame wears out prematurely.

Irish Moss Used For Food, For Making Paint, Textiles

On the western seaboard of Ireland, principally in Donegal and Clare, Irish, or carrageen, moss has been gathered for centuries. It has long been known as a health food. It is also used in the paint and textile industries. Practically the entire output is exported to Great Britain and Northern Ireland, according to the Industrial Department of the Canadian National Railways, and brings from approximately \$120.00 to \$125.00 a ton, based on quality. The industry has now been placed under state control. The moss is not subjected to any manufacturing process but is simply gathered up and left to bleach in the ozone and sunlight of the Atlantic.

MAIL SNOOPING NO PARENT'S PRIVILEGE

(By Arthur Dean, Sc.D.)

If parents worried more about what is in their children's hearts, and less about what is in their letters, there would be no need to open letters.

It is a parent's duty to know what is inside the envelope, but this does not mean opening the letter. Every time I say parents should not open their children's mail, I get an avalanche of letters, from parents who tell me that they intend to keep on opening their mail irrespective of anything I say. All of which is very interesting.

"It is a mother's duty," quoting from a letter, "to know what is under the sealed flap of the envelope her 14 year old daughter is sending to a boy friend. I am for investigating first, last and all the time. It is a mother's duty to open her child's mail." I disagree.

I heartily agree that it is a mother's duty to know what is inside the sealed flap of an envelope, and I rather suspect that I know what is under the sealed flap of letters that my family, my friends and neighbors receive. There is honor under the flap, and I don't have to pry the envelope open and try to patch it up in order to conceal the fact that I have snooped in order that I might read the contents.

I am proud of my family, of my neighbors and my friends. I trust them. They trust me. If I do not know myself and those who belong to me or belong with me, do I for a moment think I will know any more about such people or about myself by snooping? A thousand times no!

Here's another letter, this from a boy: "I like athletics but my parents won't let me participate. I asked to be allowed to join the Y.M., and they won't let me. I've got a girl, but I can't see her because if mother knew I had a girl she'd punish me. I want to get some leaflets from you, but how can I get a letter from you with out my parents seeing it—they always open my mail."

Can it be possible that a boy of 14 or even a boy of four, cannot write to me asking for some of my leaflets on self-help? I thought the days of censors had gone. But evidently not.

But as usual my readers oftentimes express these things better than I can. Here's a young man who signs himself "A Young Daddy." With reference to letter opening, he says this:

"My folks always respected my thoughts and encouraged me to think for myself. They would never have thought of opening any letter I had written or received without first having asked me. During my courtship I had corresponded with my sweetheart at least once a day for six months. There were many things said in those letters, which we would never have wanted anyone else to see. Yet there was nothing any fair minded person knowing all the circumstances would have taken exception to."

No one has the right to open another person's mail except by express request. With the proper training in home there need never be any fear about what will go into a letter.

BLANKETS STAY FLUFFY WASHED THIS WAY

Squeeze Instead of Rubbing or Twisting Them When Washing

Blankets need a thorough cleansing before they are put away for the summer. A good blanket, properly cared for, will give a lifetime of service. The primary rule in washing blankets is never to rub the downy fabrics. Rubbing causes fibres to mat and to crush down the cells. If washed by machine, run it only for two or three minutes at most.

First shake out loose dirt and dust. Then, if hand washing is done, slosh blanket in thick, sudsy water reduced to lukewarm. Squeeze the suds through fabric but do not rub. Add additional soap as needed to keep up rich, creamy suds at all times during washing. Ribbon bindings that show soil can be rubbed with small, soft brush dipped in the suds.

If the blanket is dirty, immerse in second suds, either squeezing out excess moisture gently by hand, or running through loose wringer. Three rinsings in lukewarm water should follow. Never twist a blanket to expel water, simply squeeze gently. A good deal of water will remain in the fabric which is as it should be. To hang the blanket properly it should be stretched over the line in the middle never hang by pins. Hang it lengthwise, evenly, the corners meeting squarely. During the drying, shake blanket from time to time to help restore natural fluffiness. All drying should be done at a moderate temperature. When blanket is dry, the binding can be pressed with a warm iron but the rest of the blanket should only be brushed to restore all of the nap.

HAIR NEEDS SPECIAL CARE IN SUMMER

(By Antoinette)

If you are a devotee of the sun and go around hatless as soon as warm weather arrives, don't be unduly of the fact that when hair is exposed to the sun it is going to need extra care.

With the sun shining down on it the hair is bound to be robbed of some of its natural oil, with the result that you soon have a lustreless head of hair. There's no glory in a head of hair that hasn't a sheen. And here's where the hair brush gets in its good work. The hair should be brushed vigorously for five minutes every day. By this brushing you remove dust and grime and any dead scales which may form on scalp and keep a steady flow of blood at the hair roots about which the oil glands are located. Brushing distributes the oil down the length of the hair a necessary procedure if you would keep the hair soft and lustrous. Should your hair and scalp become dry that brushing seems not sufficient, then you need to massage a salve into the scalp before you do your brushing.



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