

All-Out-of-Sorts! Nervous, Irritable, Peevish!



This may be due to lack of proper rest, the worry over business, the too free use of tea, coffee or tobacco, the keeping of late hours, the never ending drudgery of housework, but whatever the cause you have been putting too heavy strain on the nervous system.

If you are tired, listless, irritable, distressed, you will find in Milburn's H. & N. Pills a remedy to make the weak nerves strong, the shaky nerves firm, a medicine that will help put you on your feet again.

HARNESS
OVERALLS
WORK PANTS
GLOVES

H. A. Burt
TEL. 1234

CURTAINS AND DRAPES

JUST RECEIVED...
OUR NEW SPRING RANGE OF
Curtains in plain and figured
Marquisesettes, flile and tuskan
nets, Curtains, widths from 27
to 54 inches. Lengths from 2 to
3 yards. Drapes in all the new
shades. Also a full range of Tap
estries and Homespun.

"See our stock before
purchasing."

J. Stanley Delong
Phone 68-11 63 Carleton St.

WORD O' MOUTH ADVERTISING

Travelling men have no "heart"
when talking about a hotel. To
them, it's either "good" or "bad."

Give them a clean room, abun-
dant hot water supply, and mod-
ern bathing facilities and you'll
have them "telling the world"
to stop at our hotel.

Modern plumbing fixtures —
easily kept clean—mean more
business. Ask us about econom-
ical installations.

D. J. Shea
80 Carleton St. Phone 563-11

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 in-
come—Increase Purchasing Power—Create
Permanent employment and prove the great-
est benefit to general business. A list of
carefully selected offerings will be forward-
ed on request.

IRVING, BRENNAN & COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office, Suite 1, Loyalist Building Phone 454
Fredericton Charlottetown Halifax Saint John, N.B.

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

68 YORK ST. YOU CAN REST ASSURED PHONE 291

LAWN MOWER TIME IS HERE AGAIN

WE HAVE A VARIETY TO CHOOSE FROM.

Federal 14" Bronze Bearings \$ 7.90

Speedy 14" S.K.F. Ball Bearings 9.90

Speedy 16" S.K.F. Ball Bearings 10.25

Garland 16" S.K.F. Ball Bearings 13.35

Garland 18" S.K.F. Ball Bearings 13.90

These Lawn Mowers are all equipped with the Eureka Positive
Drive. The pawls are accurately machined from crucible steel.

J. Clark & Son, Ltd

SUGGESTION

for
JUNE



THE ART OF RELAXATION

Foreigners tell us that we eat
faster, play faster, work faster than
any people in the world. Perhaps
that is true. Most of us know some
one who has strained his body and
mind so hard that he has "gone to
pieces."

Now, if I say you should relax,
you will tell me that you get lots
of relaxation. You play bridge, or
drive a golf ball around, or go to
the movies, or bowl, or take frequent
vacations. That is all very good.
They are all forms of relaxation. But
physiologists tell us that there is
another kind of relaxation, which we
need, that all these things, I men-
tion will not give us. That is the
kind in which a person lies down
and really relaxes his muscles.

The "Ragged Edge"

People who are on the "ragged
edge" from nervous strain and worry
can help themselves by training to
relax scientifically. Dr. B. K. Bagchi
of the University of Iowa, tells
how to treat ourselves so that we can
get away from the bad effects of the
nervous overstrain which comes
from the rush and drive of modern
living by taking a period each day
to lie down and relax.

That does not mean just resting
by slumping down in a chair, or lying
on a couch for a half hour or more.
That kind of relaxation does not
relax the body and mind as much
as many believe it does. But relax-
ing in the right way, says Dr. Bagchi,
will refresh a person in ten minutes
as much as if he had an hour's sleep.
And that is important, because many
of us could do that during the day
whenever we feel especially over-
tired.

How To Relax

Here is the method: First, try to
put your mind at rest. Look out
of the window at a beautiful land-
scape or close your eyes and think
of pleasant things. Listening to soft
music helps put you in the right
frame of mind. Soon you will feel
like dozing off, or sleeping.

Do not let yourself sleep. But
start relaxing each group of muscles.
Begin with the forehead. Smooth
out the wrinkles and the feeling of
tension between the eyes. Then
gradually relax the muscles of the
cheeks, the tongue, mouth and throat,
then the arms, chest, abdomen and
legs.

A Slightly Different Method

Dr. Edmund Jacobson of the Uni-
versity of Chicago believes that one
can relax his muscles better if he
first makes them tense or tight,
and then lets them relax. He has
taught many people the art of relax-
ing, and he thinks that many ner-
vous disorders may be conquered by
relaxation. For example, there is
the disorder known as mucous col-
itis which in large part is probably
due to nervousness. Now, if the
person with this disturbance will
learn to relax and spend a part of
every day in a relaxed condition,
improvement may result.

I have found that when I am tired
and irritable, just relaxing for a
few minutes brings an almost un-
believable feeling of freshness.
Whichever method of relaxation you
use is worth trying. If you once
learn to relax, you will be able to
sleep better, will save your energy
and will be happier and more effi-
cient.

A MISTAKE TO ASK TOO MUCH OF LIFE

Every once in a while a sentence
I read in a novel some years ago
comes back to me. In substance, if
not in accurate wording:

"You will find a great deal more
happiness when you learn not to
ask of life what it cannot give."

I doubt if anyone under 30 ever
found that kind of happiness.

Some people begin to get some of
it between 30 and 40.

Some have to wait until the next
decade.

And some never get it.

Which is a pity.
I started to say that under thirty
readers might just as well duck out
right now, but I take that back.
Here's hoping some of them get that
sentence by heart and tuck it away
somewhere so that five or ten years
from now they will take it out again
after some enlightening experience
and will say, "So that's what that
meant."

"You will find a great deal more
happiness when you learn not to ask
of life what it cannot give."

And I always add as a corollary to
that: "Of or people."

I am thinking today more especial-
ly of people.

How much unhappiness in marriage
is caused when husbands and wives
go on asking of each other qualities
which the other simply cannot give.
Parents sometimes ask impossible
qualities of children and give them
an inferiority complex.

Friends, sometimes ask the impos-
sible of each other instead of en-
joying that which the other can
freely give.

Take What They Can

If a person can be kind and gen-
erous but cannot be just, what's the
use of forever trying to force him
or her to be just? Of fretting against
his lack of the 50-50 sense? Take
the kindness and the generosity as
you would take roses from a thorny
stem and forget the other.

If a man falls in love with a wo-
man because she has a distracting
dimple and a way of glancing up
under her eyelashes, and is lots of
fun, and finds later that she is the
casual, unsystematic and orderly, he
will probably never find happiness
with her until he decides to stop
asking those qualities of her and en-
joys to the full her warm-heartedness,
her sweetness, her humor.

To expect things from people
which they are temperamentally un-
able to give works two ways:

It disappoints us when we do not
get what we expect.

And it antagonizes them when they
know that they are failing to give
us what we want.

They feel criticized and they criti-
cize back.

And then no one is happy.

Life and people can both give us
a lot of lovely things if we will take
them and not be like a child pushing
aside the toy that is offered us and
screaming for another.

"You will find a great deal more
happiness when you learn not to
ask of life and people what they can-
not give."

DOMESTIC COLOR SCHEMES

It now develops there is scientific
basis for "seeing red" in the ver-
nacular phrase for anger. What was
thought to incite ire only in the
bull ring, according to Dr. Wesley
L. Vanosdow of the Indiana Associa-
tion of Optometrists is equal inflam-
matory to the human disposition and
domestic tranquility can best be
maintained in homes where red is
conspicuous in the decorations by
its absence.

Green on the other hand, particu-
larly in its lighter shades provides a
blissful atmosphere for those in its
vicinity and the only envy in its
make-up comes possibly from those
not so fortunately surrounded; while
persons who "feel" blue, if they could
only "see" it, would find that color,
particularly in its deeper shades,
most conducive to sleep.

So science at last has put its O.K.
on what nature with its fields and
woods and skies has been doing
since Creation to make us one and
all, happy.



CARE OF FEET SHOULD BEGIN IN CHILDHOOD

Early Foot Defects if Neglected Cause Later Trouble

The time to take care of feet is
during childhood, when tiny bones
are forming and the muscles are
developing, according to a bulletin
issued by the National Foot Health
Council.

Children grow normally except for
their feet, which usually are dis-
torted by ill-fitting shoes or stock-
ings. Foot defects in childhood can
be prevented or corrected.

Children's feet grow rapidly at
certain ages a full size or even more
in a month or two. It is ten years
before the foot and arches are en-
tirely formed. It is 20 years before
the feet are full grown.

Common foot defects in childhood,
the Council reports, are red spots,
blisters, corns and calluses caused
by thick, stiff, heavy or outgrown
shoes. Neglected, these defects
bring about bunions, weak feet and
ankles. Prevention means cotton or
wool stockings that are big enough,
flexible leather soled shoes with
lightweight calf or kid leather over
the toes so that feet bend without
restriction or chafing.

Children's feet, parents are re-
minded, always should be fitted and
measured by competent fitters at
dependable shoe stores. The shoes
of the child determine the feet of
the adult.

The periodic examination of chil-
dren's feet by chiropodists or school
physicians will detect and correct
foot troubles which, if neglected,
may become painful in later life.

With the shoes one sees being
worn by young women today, you
can well imagine how grateful to
parents they are for seeing that
their feet are shapely and fine
enough to be seen. As years go on,
the beauty requirements alone of
well shaped feet will become more
imperative.



Why at 40 You Think You're "GROWING OLD"



It's Frequently Just an "Idea."
Not "Old Age," And According
to Scientists, May be Something
No More Alarming Than A
Touch Of Acid Stomach

At about 40, many people think
they're "growing old." They're tired
a lot. Have headaches. Stomach up-
sets. Dizziness. Nausea.

Well, scientists say the cause, in a
great many cases, is merely an acid
condition of the stomach. The thing
to do is simply to neutralize the excess
stomach acidity.

When you have one of these acid
stomach upsets, all you do is take
Phillips' Milk of Magnesia after
meals and before going to bed.

Try this. You'll feel like another
person! Take either the familiar
liquid "PHILLIPS", or the con-
venient new Phillips' Milk of Mag-
nesia Tablets. Made in Canada.

Also in Tablet Form:

Phillips' Milk of Magnesia Tab-
lets are now on sale at all drug
stores everywhere. Each tiny tab-
let is the equivalent
of a teaspoonful of Gen-
uine Phillips' Milk of
Magnesia.

PHILLIPS'
Milk of Magnesia

CLINKING ICE DAYS ARE COMING

Those Are Days When Long Cool Drinks Put New
Energy in Tired Bodies

By EDITH M. BARBER

Nothing is more refreshing during
the first warm days and, of course,
throughout the summer than long
cool drinks, frosty on the outside
and clinking with ice.

Iced coffee and iced tea at meal-
time, fruit beverages in between and
iced chocolate topped with whipped
cream either with meals or between
all are refreshing and give us new
energy after busy, hot morning or
afternoon.

I wonder if you know that favor-
ite Viennese summer beverage, cafe
au lait—the milk in this case is ac-
tually cream, half frozen, served in
a glass and topped with whipped
cream? Vienna and whipped cream
are synonymous.

The French like to serve white
wine with seltzer and plenty of ice.
Marsala with lemon juice and crush-
ed ice, claret cup for which the
wine is combined with seltzer, sliced
lemons, oranges and pineapple and
sweetened to taste provide cool
drinks with a tang.

Special Iced Tea

(Six large glasses)

3 teaspoons tea.
3 cups boiling water.
1-3 cup lemon juice.
½ cup orange juice.
Sugar.
1 pint ginger ale.
6 mint sprigs.
6 slices orange.

Pour boiling water over tea, cover
and let steep five minutes. Strain
and cool quickly by pouring over
chopped ice or ice cubes. Add orange
and lemon juice and the sugar if
desired. When ready to serve add
ginger ale. Serve with ice in tall
glasses with a sprig of mint and a
slice of orange in each glass.

Tutti-Frutti Punch

6 oranges, juice.
6 lemons, juice.
1 cup pineapple, diced.
2 bananas.
1 cup sugar.
3 cups iced tea.
½ cup maraschino cherries, cut
small.
2 quarts charged water or ginger
ale.

Boil sugar and water to a syrup
five minutes, cool, add fruit and
juices. Place in punch bowl over
cake of ice. When cool, pour in the
charged water and serve.

Ginger Grape Punch

1 cup water.
½ cup sugar.
1 quart grape juice.
1 quart ginger ale.
Juice of five lemons.
Juice of five oranges.
Dissolve sugar in water and bring
to boiling point. Cool and add to
other ingredients. Pour over crack-
ed ice. Serve in tall glasses.

for stubborn COLDS



PROVED BY 2 GENERATIONS

TAKE THE HEAT ON HIGH (or Keep In High Gear This Summer)

WHEN the heat comes, some
people, like old cars, can't
make the grade—they have to slip
into "second" or into "low". The
heat slows them, saps their "horse-
power". Why can I, a youngster
of almost 80, who, judged by con-
ventional standards, should be on
the scrap heap, drive in high
through the hottest summer, defy-
ing Mr. Sol, just as in winter I
scorn Mr. Zero? The answer lies
in foods. People give no thought at
all to the foods they ought to eat,
only the foods they like. They fol-
low the herd. Herd intelligence is
notably no intelligence at all.

If people would really think, they
would realize that bodily health
depends upon the blood that feeds
the body cells. The blood depends
upon the kind of foods which build
the blood. Therefore the kind of
blood that flows through our bodies
can make us shrivel and shiver
on cold days and wilt and wither
on hot days. The cause of both is
viscid, ropy, toxic blood, derived
from denatured, dead, demineral-
ized, constipating foods.

Here is how to prove me right or
wrong. During the hot spell, make
your breakfast of Roman Meal,
Bekus-Puddy or Lishus, all you
can enjoy with milk or cream,
raisins or chopped dates, not body-
heating sugar. Make thick enough
to chew thoroughly. If hot cereal
is not liked, cook any of them the
previous night, allow to cool, place
in refrigerator and serve for
breakfast, with sliced or canned
peaches, ripe bananas, fruit jelly,
or serve, or honey with cream or
milk. Drink iced Kofy-Sub, sweet-
ened with brown sugar, or prefer-
ably honey, added while hot, a
very delightful and healthful be-
verage. For noon meal a salad of
fresh fruit or raw vegetables, iced
Kofy-Sub. For evening meal, a
large fruit or vegetable salad,
sprinkled with grated nuts, grated
cheese or cottage cheese, or
lightly steamed vegetables if
salads are not liked, as second
choice. Any kind of juicy fruit
for dessert. Iced Kofy-Sub or hot
Kofy-Sub if hot drink is preferred.

Train the intestines to eliminate
after each meal. It is of utmost
importance to exercise all groups
of muscles briskly, fifteen or
twenty minutes daily, to the point
of deep breathing, to burn up in-
ternal poisonous waste. If you do
not know how, send fifty cents
for my book "SYSTEMATIZED



The above is from a photograph
of Robt. G. Jackson, M.D., taken
in his 77th year.

Robt. G. Jackson, M.D.

MUSCLE EXERCISES, illus- trated.

Rub the body down with rough
towel wrung out of hot water in
hot weather; cold water in cold
weather. Relax muscles, nerves
and mind. Do not fret or worry
and—well, I stake my reputation
on this assertion:—follow this
program for one month, or at
most two, and so remarkable will
be your improvement, you will
always follow it. Write for Uni-
versity proof that Roman Meal,
Bekus-Puddy, Lishus and Kofy-
Sub are wonderfully rich in blood-
forming minerals, also other im-
portant health literature free.
Address: Robt. G. Jackson, M.D.,
Vine Ave., Toronto.