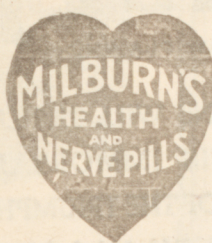


All-Out-of-Sorts! Nervous, Irritable, Peevish!



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.

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We buy only a limited amount
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Travelling men have no "heart"
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Give them a clean room, abun-
dant hot water supply, and mod-
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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.

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WE ARE SHOWING A COMPLETE
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ALSO PURE WOOL AUTO RUGS
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SUGGESTION

for
JUNE



LET BRIDES TRY TO BE NATURAL

Make-up Suggestions for June Brides—Coiffures
For Bridal Veils— New Nail Polishes

(By Victorine Howard)

Aisles are full of June brides these
days—church aisles, and the aisle-
like corridors of City Hall, and coun-
try house front hallways. One of the
big questions that every bride has
to consider is what makeup will be
most becomingly worn with her
wedding gown. It's a question in
which two things should be consid-
ered—the color of that gown, and
the place in which you're going to
wear it.

Naturalness is the keynote of
bridal makeup. If it's the little chapel
at City Hall, the problem is very
simple, since you'd wear ordinary
street makeup keyed to the color of
your frock. If you're wearing the
traditional white in the formal set-
ting of a dimly lighted church lip-
stick and nail polish can be dark.
But if it's an intimate home wed-
ding, anything striking, such as very
dark fingernails or an over-dose of
eyeshadow, shows up horribly. After
all guests at a home wedding
view you at much closer range than
in church.

Light Shadows

As the head of one leading beauty
salon says, "white needs contrast." But
you can get enough contrast by
using a vivid shade of rouge and
lipstick with a peach-bloom shade of
powder. As far as nail polish goes,
the lighter shell-pink shades are re-
commended. They're more fragile
and bride-looking. Eye shadows to
be kept light—blue or gray-green—
never the too-sombre brown or
black. The elaborate coiffure that
looks stately in a church aisle is
best given up in favor of a simple
hair arrangement for the home wed-
ding.

At this salon the head hair stylist
is doing some lovely coiffures to
wear with different shapes and
types of bridal veils. And the salon
also has a 'Bridal Beauty Day' ser-
vice, in which they do everything
but place the wedding bouquet in
our hands.

Brides come and spend the en-
tire day before the big event getting

a special coiffure, manicure, pedi-
cure, facial, makeup and even a
soothing massage to relax nerves
that get thoroughly frayed running
around in the pre-wedding excite-
ment of plans and parties. The ser-
vice includes sending a skilled op-
erator to the bride's home on the
wedding morning for a final makeup.

Another salon idea for brides to
consider is the stage and screen
makeup of a noted house. You can't
keep powdering your nose and add-
ing dabs of lipstick through the cer-
emony and reception, and that make-
up will stay put for hours. For the
white-gowned brides, they do a
beautiful makeup of foundation and
face powder that is sort of pink and
glowing, with faint eyeshadow to
match your eyes.

Hands are particularly important
at weddings, both for the bride and
her attendants, since every eye
goes sooner or later to the bouquets
they carry. A brand new line of
liquid nail polishes is on the coun-
ters of any department
store. And among the sixteen really
lovely soft shades is a shell pink
that might have been especially de-
signed to wear to the altar. Made by
a woman who has been specializing
in blending nail polishes for years,
all the colors from the lightest to
the oak shade of Bermuda brown, or
the deep rich Bombay red, are in
subdued tones. But either that sea
shell shade or the sun tint (they're
both lively apricot shades), is this
department's choice of the week for
the girl who's wearing bridal white
or the bridesmaid's pale blue. Grand
lasting nail polishes they are, too.

Bride, or not, if you like to keep
the day's hairdresser curls in place
overnight with a restraining cap,
there's a new model of net in a fine
mesh that's adjustable by a draw-
string. The makers recommend it for
wearers of the 'page boy' bob, since
it slips easily over the back of the
head, and fits low down on the neck.
Comes in assorted colors.

NOT THE HOUR BUT WHAT YOU DO

Some Girls Should Be Restrained From Going
Out Evenings

(By Arthur Dean, Sc.D.)

"Dear Arthur Dean:
"I am 13 years old, and I never
went out until a year ago. Now I
have a boy friend whom I think a lot
of. My mother insists that I should
be home by 10.30, just because when
she was a girl, about 20 years ago,
she had to be in at 10.30. She does
not seem to realize how times as
well as people have changed since
then.

"Recently I got in at 11.30 and
she said that I couldn't go out any
more that week. I have a brother
who is 21. He comes in when he
pleases, although it has never been
later than 1 a.m.

"I can't understand why it is any
worse for me to stay out not later
than midnight than it is for him, for
after all, he is keeping company with
some mother's daughter.

"If she refuses to let me go out
three times a week like my brother
does I am going to leave or do some-
thing which I will be sorry for later.
—A Girl of Eighteen."

Dear Girl: This problem is much
deeper than the question of coming
in at 10.30 or 11.30 o'clock. For all I
know it may not be best for you to
be out even a minute. You do not say
what you do when you are out or
where you are or with whom you are
in company. I have an excellent
leaflet on 'Going Out Nights' that
will tell all I know about this im-
portant subject. But it doesn't tell
me anything about you.

Parents let boys go out because
they don't care so very much, ap-
parently, what they do when they
are parking or at the movie, or
standing around the street corner.
Parents don't worry whether or not
their boys are 'ruined.' But they do
care a whole lot if their daughter
loses her reputation. It is sort of
foolish and inconsistent, but there
seems to be a 'double standard.' Re-
gardless of whether this is fair or
not, it is true that it is the girl who

with you, because the older genera-
tions the bad name—a name which
sticks to her for years.

When I moved into a small town
for a part of the year I heard within
a week all about the past history of
every woman in there.

But never a word about the men.
It is for this reason that your moth-
er wants to know where you are and
why you are out, and with whom. I
quoted the statement of a French-
man the other day. He said: "I
trust my daughter, but I don't trust
human nature." If you don't know
what that means, perhaps your
mother can inform you.

I trust girls a good deal, but I
don't trust a predatory male.

It would be wise for your mother
to know what you do up to 10.30 p.
m., and after she finds out she may
not permit you to go out after dark.
It is not time of the clock which
counts. It is rather what is your
idea of a 'time.'

Shouldn't Live with Newlyweds
"My fiancé and I have taken ad-
vantage of almost all opportunities
afforded us and have reached a sen-
sible age. We feel that we are ready
to face life and its problems togeth-
er. There is one thing bothering us.
We would like you to help us solve
it.

"His father was unfortunately left
alone two years ago, and, naturally,
expects to live with us now. He is
still a comparatively young man, in
no way an invalid. I like him and
am perfectly willing to have him
with us—later on. I think, and so
does my fiancé, that we should be
alone at least the first two years to
adjust ourselves to our new life.
Quite often, you know, an 'in-law'
at the very beginning causes misun-
derstandings.—Engaged."

Answer—Very wise to postpone
trouble until you two are adjusted.
The first five years of married life
are the hardest. When children come
there may be a clash if father lives

GOOD POSTURE AIDS JOB SEEKER

No Other Factor So Im-
portant in Making Fav-
orable Impression

(By Antoinette)

First impressions are important
because they are lasting. For this
reason, if for none other, every wo-
man should keep herself looking fit.

First impression very often is the
point which decides whether or not
the business woman gets the posi-
tion she is seeking. And to make
that favorable first impression no-
thing is as important as good post-
ure. With good posture one sees a
person who is up on her toes, with
plenty of energy and who is mental-
ly alert, all suggesting efficiency.

If you're inclined to slouch down
in your chair, or if you walk with
shoulders rounded, perhaps a realiza-
tion of the unlabeled picture you
present, and the unfavorable first
impression you give, will arouse in
you a desire to correct the fault im-
mediately.

Poor posture means incorrect
breathing. When you slump your
lungs do not expand properly. They
are not free to take in the proper
amount of fresh air. Your system
does not get the amount of oxygen
needed by an active person.

There's no time like spring to avail
yourself of every opportunity for life
outdoors. Plan your time so there
will be an hour or more for exercise
in the open. Soon there'll be tennis
and golf. Later on, swimming. In
the meantime, walking is available.
There's nothing like it for an all-
around good exercise.

If you carry yourself properly and
walk briskly, your posture is bound
to improve, and likewise your pep.
When out walking, point your toes
straight ahead, and hold your chest
up. Through this one exercise alone,
properly done, of course, your pos-
ture will improve.

STRAWBERRY SHORTCAKE

2 cups bread flour
4 teaspoons baking powder
1/2 teaspoon salt
2 teaspoons sugar
1/4 cup butter cut in with knife
1/2 cup milk

One or two egg yolks beaten may
be added to milk. This makes richer
cake. Mix very quickly, handling as
little as possible. Place on a floured
board or cloth. Pat into a flat, thin
shape. Cut with a medium-sized bis-
cuit cutter. Bake immediately in
oven at 450 degrees F. for 15 min-
utes. Place crushed berries between
and whipped cream on top. Garnish
with full, perfect berries.

THE WOMAN OF IT

Oh, wives can have the queerest
streaks—

Take mine, for instance. From my
room

Is prospect fair of mountain peaks,
A stand of palms and tropic bloom.

That is, there is with shade raised
high;

If not, just length of linen plain;
No sailing cloud and patch of sky
Above lush grass and fronded lane.

So, like the mice of saying old,
What day I think the cat won't
know,

Once more I'm prompted to be bold,
And with a bang, I let it go.

Sometimes she takes me unaware,
For then I spy her, all agog,
In flaming indignation there,
Broadcasting ancient monologue.

"Look at that shade!" An angry tug.
"How many times have I told you?"
She guards a ninety-dollar rug.
Denies a million-dollar view!

—M. L. Wright.

EL PASO, Tex., June 21—Bill
Stockton, 26, ambulance driver
weighing 186 pounds, in the last 12
years has given away the equivalent
of 10 times the amount of blood in
his body. Stockton recently under-
went his 37th transfusion.

tion is seldom in agreement with
the younger on the rearing of chil-
dren.

A POST-GRADUATE COURSE FOR FOUR YEAR OLDS

Answers Needs of "Forgotten Child" of 5 Who is
Too Old For Nursery School, Too Young
For Kindergarten

(By Mary Blakeley)

A post-graduate course for four-
year-olds! You never heard of it?

Well, something very like it is in
progress right now at the Institute
Nursery School, 111 N. 49th st. The
School, conducted by the Pennsyl-
vania Hospital, will conclude the
fourth successful year with the
'younger set' this August.

Nine children, 'going on five' will
be the 'graduates.'

If you know your nursery schools,
this is news. Nursery schools, it
seems, take care of children be-
tween the ages of two and four but
not children who actually have pass-
ed their fourth birthday.

According to Mrs. Marian Paul,
teacher in charge, this was true even
of the Institute School up until the
beginning of the present term last
September.

It was discovered then that the
'forgotten child' is the child who is
entering his fifth year. Too old for
nursery school and a year too young
for kindergarten, he finds himself
faced with a period which may prove
a loss.

When parents asked us to con-
tinue work with children who had
turned four we decided to undertake
the job," Mrs. Paul explains.

This first crop of four year olds,
who comprise half of the school's en-
rollment, apparently has justified
the experiment. They are a healthy,
happy and constructive lot.

They do not spend all of their time
on swings and out of doors, as the

younger children do. The time they
spend indoors is put to excellent use.

It begins at 10.15 a.m. with a
story telling hour that is different
from the usual kind. Not only does
the teacher recount tales, but the
pupils recount them to each other.
On Monday mornings the raconteurs
are the most loquacious. Accounts of
adventures at the farm or by the sea
are detailed with gusto.

For one little girl this has done
wonders in the way of overcoming
shyness. At first she would tell her
story to the teacher only, in whis-
pers. Now she is glad to tell it to
anybody out loud.

Special emphasis is laid on hand-
work projects. Whole villages are
built of pasteboard and painted. Re-
cently the children have been work-
ing on a circus. They have made
cages from crates for the toy ani-
mals and have fashioned costumes
from paper, which they have paint-
ed. Painting pictures and working
out jigsaw puzzles are also on their
program.

Self expression is given a fairly
free range. The boys and girls are
allowed to choose their own colors.
For the circus, they were allowed to
choose their own roles. One boy chose
the part of a brown bear, another
that of a clown. Still a third, an 'en-
gineer.' So the circus had an engi-
neer.

These four year olds have their
own garden in which they have raised
pansies and nasturtiums.

HOLIDAY IN THE WEST!

Visit the Prairie Provinces... the famous holiday resorts of
the Canadian Rockies offering all outdoor sports and majestic
mountain scenery... and Canada's Evergreen Playground on the
Pacific Coast.

LOW RAIL FARES

ROUND TRIP SUMMER FARES FROM FREDERICTON

DESTINATIONS	Coach Tourist Standard		
	(plus sleeping car fare)	(plus sleeping car fare)	(plus sleeping car fare)
Winnipeg	\$ 59.25	\$ 65.20	\$ 79.00
Regina	71.55	78.75	95.40
Saskatoon	75.50	83.05	100.70
Calgary-Edmonton	84.30	92.75	112.40
Banff-Jasper	87.60	96.40	116.80
Vancouver-Victoria or Prince Rupert	103.20	113.50	137.45

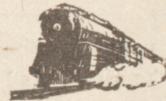
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Ask for particulars of routing via the Great Lakes.

Proportionate reductions to other points—Full information from any Ticket Agent.

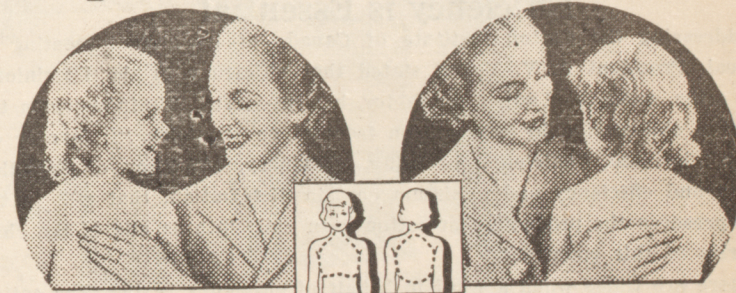
MODERATE SLEEPING AND DINING CAR CHARGES

**CANADIAN
PACIFIC**



**CANADIAN
NATIONAL**

This Safe, External Treatment Helps END A COLD Quicker



The 3-Minute VapoRub Massage

Massage VapoRub briskly on the
throat, chest and back (between and
below the shoulder blades). Then
spread it thick over the chest and
cover with warm cloth.

Almost before you finish rubbing,
VapoRub starts to bring relief two
ways at once—two direct ways:

1. Through the Skin. VapoRub
acts direct through the skin like a
poultice or plaster.

2. Medicated Vapors. At the
same time, its medicated vapors, re-
leased by body heat, are breathed in
for hours—about 18 times a minute
—direct to the irritated air-passages.
This combined poultice-and-vapor
action loosens phlegm—relieves
irritation—helps break congestion.

During the night, VapoRub keeps
right on working. Often, by morning
the worst of the cold is over.

Avoids Risk of Stomach Upsets
This safe, external treatment cannot
possibly upset the stomach, as con-
stant internal "dosing" is so apt to
do. It can be used freely, as often as
needed, even on the youngest child.

**VICKS
VAPORUB**

Mothers! Look in your VapoRub
package for full details of Vicks
Plan—a practical home guide to
greater freedom from colds. In clinic
tests among 17,353 people, this Plan
cut sickness from colds more than half!

Follow Vicks Plan for
Better Control of Colds