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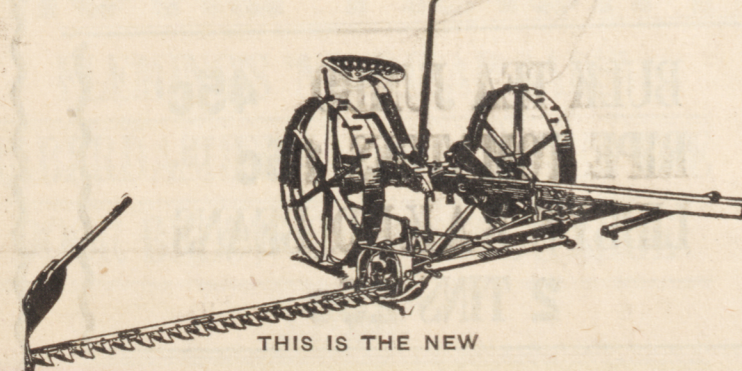
There is hardly anything* in the world that some man can not make a little worse and sell a little cheaper, and the people who consider price only are this man's lawful prey. (Ruskin)

* Insurance is no exception.

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for JUNE



ADVICE ON BANANAS, SALMON AND SALADS

(By Marjorie Mills)

Someone asked us if we'd try to get the recipe for the Pennsylvania Railroad Salad Bowl Dressing so we wrote to ask for it.

Almost immediately we had the friendliest note from J. F. Finnegan, the general superintendent of the dining car service of the Pennsylvania railroad, telling us he was sorry he couldn't give us the recipe but he'd like us to try the dressing. So in due time along came the tall white capped bottles with a green and gold seal of a tomato red dressing that smells so good and tastes superlatively good.

You can buy this P.R.R. Salad Bowl Dressing on any Pennsylvania railroad dining car or you can have their favorite salad bowl served with it. Here's the way they make the salad.

P.R.R. Salad Bowl

1/2 crisp head lettuce, core removed, leaves pulled apart.
2 good sized tomatoes, peeled, each one cut in 8 sections.
1/2 large cucumber, peeled, cut lengthwise, seeds scraped out and cucumber thinly sliced.
5 radishes sliced.
2 stalks celery, finely sliced.
1 1/2 oz. Roquefort cheese.
6 tablespoons P.R.R. Salad Bowl Dressing.

Wash leaves of lettuce carefully and dry in clean towel. This is important and if not done dressing will not adhere. Place all vegetables in a salad bowl, break Roquefort cheese in small pieces and sprinkle over salad. Then add P.R.R. Salad Bowl Dressing and mix well. This salad should be prepared at least 30 minutes before being sent to the table and placed in a refrigerator until such time as needed.

Free Recipe Books

We have so many good recipe books to offer you today, we feel most benevolent. And you'll enjoy every one of them.

First—have you received your copy of Bananas Take a Bow? It's a gaily illustrated little book packed from cover to cover with all sorts of tempting ways to use bananas. It's yours for the asking. Send your name and address to Marjorie Mills, the Boston Traveler. But that's not all about bananas. You see, Ina Lindman has just completed another just as useful and attractive book on salads using bananas and if you'd like that, too, say so when you write. If you've already received the first book, "Bananas Take a Bow," let us list your name and address for the new salad book.

Canned Salmon Books

Ever so many of you have asked us where we managed to get such delicious recipes and menu suggestions for salmon which we printed recently. They came from a new book hot off the press called "Magic Entrees to Make with Canned Salmon"—a 32-page, lavishly illustrated book of recipes, menus and cooking suggestions using canned salmon. Every one of you are going to want a copy of this book and it is yours if you will send us your name and address and say you want the new salmon book.

So send for these three helpful recipe books that will make your summer meal planning so much easier and address your request to Marjorie Mills, the Boston Traveler.

Jellied Beef Loaf

1 pound ground veal shank
1/4 cup coarsely chopped celery
1 tablespoon minced parsley
1 1/2 teaspoons granulated gelatine
1/4 cup blanched almonds, sliced
1 1/2 teaspoons salt
1-8 teaspoon pepper
1 Oxo cube
2 tablespoons cold water
Mix all ingredients except the gelatine, Oxo cube and hot and cold water and pack into a small mold having a tight-fitting cover. A coffee can will do. Steam for two hours in a steamer, waterless cooker or deep kettle which may be tightly covered. In using the latter, place a mold on a trivet in the bottom of the kettle, then fill the kettle with boiling water half way up the mold. At the end of two hours, drain the juice from the meat in the mold, remove the fat from it and add enough hot water in which the Oxo cube has been dissolved to make one cup. Mean-

while soak the gelatine in the cold water for five minutes.

Then add to the hot liquid, and stir until dissolved. Pour this gelatine mixture over the meat which is still in the mold and chill until thoroughly cold. To unmold, set the mold in a pan of hot water for about ten seconds. Serve in very thin slices.

Roast Beef Hash

1 1/4 cups cooked meat
1 1/4 cups mashed potatoes
2 teaspoons grated onion
1 Oxo cube
1/2 cup boiling water or hot milk
6 poached eggs.

Mash potatoes, chop meat. Slightly brown green pepper and onion in butter, add to hash and moisten with Oxo cubes dissolved in boiling water or hot milk. Mix thoroughly. Cook in greased frying pan until nicely browned. Garnish with parsley and poached eggs.

Salmon Pie

1 cup medium cream cheese
1/4 teaspoon salt
Dash pepper
3/4 pound canned salmon, flaked
1/2 cup diced cooked celery
1/2 cup cooked green peas
1 teaspoon minced onion
1 tablespoon butter, melted
12 tiny unbaked baking powder biscuits.

Combine all ingredients in order. Mix well. Turn in buttered casserole and bake at 425 degrees F. about 25 minutes. Place biscuits on top of salmon mixture after it has been in oven 10 minutes, and return to oven to bake 15 minutes longer. Serves 6.

Vegetable Salad Molds

3 tablespoons gelatin
1 1/4 cups cold water
1 1/4 cups juice from cucumber pickles
1 1/2 cups boiling water
3 tablespoons sugar
1 1/2 teaspoons salt
1 1/2 cups fresh cucumber pickles, chopped.

1 quart finely diced carrots
1 1/2 quarts shredded cabbage
1 1/4 cups diced celery
Mayonnaise
Soak gelatin in cold water five minutes. Pour hot pickle juice and boiling water over gelatin. Add sugar and salt and stir until dissolved. Chill until gelatin begins to congeal then add vegetables. Pour into individual molds which have been rinsed with cold water and continue chilling. When firm, unmold on beds of crisp lettuce and garnish with mayonnaise. Serves 30.

Chocolate Cake Pie

2 squares chocolate
5 tablespoons hot water
1 teaspoon cinnamon
3 eggs
1 tablespoon butter or substitute
1 cup sugar
2 tablespoons flour
1 1/2 cups milk
Pinch salt. Pastry.
Put grated chocolate in saucepan, add boiling water and stir until well dissolved. Add cinnamon, egg yolks, well beaten and butter. Add sugar mixed with flour and salt. Beat well. To this mixture add gradually the milk, and lastly fold in the stiffly beaten egg whites. Pour into an unbaked crust. Bake in a moderate oven, 350 degrees F. 50 minutes.

SHORTER HOURS CONFUSE FRENCH SHOPPERS

PARIS, June 26—The new laws relating to the closing of shops have made a great difference in the general appearance of the city. Time was when any tourist would have told the old folks at home that Paris shops never closed at all, so easy did it seem to buy anything at any time.

There have been several moves and changes while Paris has been trying to line up with the "English Week," involving a day and a half weekly holiday to the staff. First of all, the big stores extended the mid-day break to a general closed period from noon to 2 o'clock. Now they are shutting from Saturday evening until Tuesday morning, the provision shops opening at midnight on Monday.

The desolate appearance of the streets on Monday mornings and the confusion reigning in many a French

IS 'SET-UP' THE NEXT THING IN MARRIAGE?

(By Arthur Dean, Ss.D.)

"Dear Dr. Dean: My wife and I are puzzled over a family situation and we decided to put it up to you. It seems that our daughter, who is now 18, is very much in love with a young man of excellent family and a fair education, but who doesn't earn more than \$12 a week. Our daughter proposes that we 'set them' up in marriage, and pay their household bills and rent. She thinks that long engagements are too trying on young people and create too much of an emotional strain. My wife and I have read somewhere that this idea meets with the approval of quite a few people. Your opinion is desired.—Father."

A new idea born every second. The latest comes to me, as it did to you, from a national organization, which thinks that parents should save not only to put their children through college but also through marriage. Evidently it is not enough to scrimp starve and sacrifice to put a boy or girl through books, but on dad's back there must be placed the added straw of establishing son or daughter in marriage.

The next proposition I expect to see is that father should take out an endowment policy payable to his son or son-in-law when the first baby arrives, and succeeding policies maturing every time the stork perches on the roof of his erstwhile dependents.

This is going too far. Let's get back to fundamentals. There is a time when dad's responsibility ends. There comes a time when he must think of his own old age instead of slaving for those who will ride on his back, if he will let them, to the graveyard. A father may owe his children an education, but he certainly does not owe his boy or girl any 'set-up' in marriage.

One hesitates to compare birds with humans. Sometimes the comparison insults the birds. However, there is one bird lesson worth taking to heart. The birds know when to push their youngsters out of the nest. Furthermore, they know when to forget their children and give them a chance to live their own lives.

Birds devote long hours of toil to their young. They seem to do everything necessary for the physical comfort of their offspring. They give them a college education in learning to fly. And then they quit.

Birds do not support their young in a fool scheme of companionate marriage. They do not attempt to select the mates for their children. They do not demand all or even a tenth of the worms the youngsters gather. They do not advise their children how to bring up children or butt into their bringing up.

In short, birds do their duty before their young learn to fly, and do their duty afterwards, the duty of making their youngsters hustle for themselves.

FRANK PERSON CAN'T TAKE OWN MEDICINE

Sarah prides herself on being frank. She is the one who dares to speak when every one else remains silent. It is Sarah who tells her friends when they are at fault or to blame in any matter.

"I thought you ought to know," she explains, "how it looks to an outsider."

Without waiting to be asked, Sarah gives her opinion of her neighbor's children, their husbands and other things, none of which are any of her affair. Those who have known her for a long time are inclined to be charitable. But last week when Sarah undertook to criticize a newcomer, Sarah was surprised.

"You call yourself frank," the newcomer stated, "but I can be just as much that way as you are and I don't mind telling you that I was warned when I first arrived to pay no attention to anything you said. I was told that you were a troublemaker and meddler in everyone else's business and never hesitated to speak your mind. But I'm speaking mine first, and informing you that I am quite capable of looking after my own conduct without help from you."

household, where shopping has won't be done when the spirit moved, frequently and any day at all, would have to be seen to be believed.

A SHORT ENGAGEMENT USUALLY MAKES FOR HAPPY MARRIAGE

(By Edith Johnson)

Springtime having turned a young man's thoughts to love, summer may find him engaged to a girl who has won his heart. Between the day of their betrothal and the day of their wedding lies an educational period that should prepare them for marriage. The success of their union depends in no small measure upon the use they make of that interval.

If their acquaintance has been a long one, so much the better. During the years of their friendship they should have learned much about each other, become familiar with one another's habits, tastes, and standards. If they marry within three months or six, they are fortunate, for a long engagement puts a heavy strain upon two young persons who are passionately in love. Should it be necessary to postpone their marriage a year or longer, they must have courage, patience and much self-restraint.

Let us suppose, however, that the engagement lasts still longer, say for two or three years. What then?

The outlook for a successful marriage is not so favorable as it might be. Unless the obstacle to their union has been insurmountable, a long engagement usually implies indifference on the part of one or both.

The man who never has enough money to get married is not what you would call an impetuous lover. One of two things must be true of him; he has not made a very determined effort to increase his earnings, or he is insisting upon a standard of living impossible in the circumstances, which may indicate a reluctance to take upon himself the responsibilities of wedded life.

The girl who postpones the wedding day from year to year, giving one excuse after another, must be anything but eager to complete her contract. Two young persons, sincerely and deeply in love usually make good on that old saying, "Love will find a way."

An engaged girl should lose no time in preparing herself for homemaking. So few girls are equipped to be competent housewives that if mastery of the domestic arts were a standard qualification for marriage there would be few weddings.

Every girl looks forward to getting married and her parents have similar expectations. Her school knew she likely would have need for training in housewifery. Yet both the school and her parents were willing that she should be graduated without knowing how to boil water.

Countless failures in marriage may be traced to the negligence of both parents and teachers in this respect. Young men are powerless to correct this condition. They must take the modern girl as they find her or remain unmarried.

With marriage in the offing, the period of engagement should be used for intensive training in cooking, housekeeping, marketing, sewing and child-care.

If a girl is not aware of her emotional shortcomings, her lover, perceiving it, should urge her to ask the help of another or to read a good book or two, written for young women whose dilemma is hers. A brides' best counselor is a woman who has made a success of her own marriage.

As the wedding day approaches, a bride should guard herself carefully against fatigue, physical, mental and nervous. Too often a bride, after having selected her trousseau, and after attending no end of pre-nuptial parties is almost too weary to walk to the altar. In justice to herself and to her bridegroom she should save herself so far as possible during the last weeks of her girlhood from worry, hurry, overeffort and every sort of strain.

GIRL TO SERVE LAMPS OF CHINA

CLEVELAND, June 28 — Miss Haeng Wong, 20 year old girl of the Orient will be graduated from Penn College here in July as a full-fledged electrical engineer — and the only member of her sex to stay on at the electrical engineering laboratory after the first year.

It wasn't easy competing with American boys, but Haeng had two important objectives toward which she was working.

First, she had ambitions to be an electrical engineer. The petite Chinese girl wanted to aid in the work of lighting the dark corners of China.

The second reason was a boon to the first. She likes the work. Haeng enjoys putting and fusing with radios, electric motors and high voltage.

She has done so well at Penn, that she is being graduated with the credit of five years' work done in three years' time. Since starting her work three years ago, she has taken a double-schedule course, attending classes winter and summer, six days a week.

Haeng's father gave her the choice of any college subject.

"A good doctor heals his fellow men. A good lawyer saves his country," he told her. "Take your choice."

The indication was that Haeng's father wanted his daughter to learn something through which she could serve her people. It is electricity that is lighting the lamps of China today, and electricity that carries thoughts through the air. The country is badly in need of expert technicians—Haeng chose electrical engineering.

Her family has been in this country nearly eight years. Haeng's father occupied himself with various professions during that period. Her family is waiting until she graduates, then they all can go back to China.



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