

HARNESS
OVERALLS
WORK PANTS
GLOVES

H. A. Burt

TEL. 1234

A TAILORED-MADE SUIT IS
TAILORED OF EXCLUSIVE

FABRICS

We buy only a limited amount
in each pattern and fabric.
That's why you can choose your
fabric and know that you won't
be seeing it on every other man
in town! Our complete line of
fall fabrics are now in. Call and
select YOUR OWN Distinctive
Pattern.

Alex. Ingram

376 KING ST.

CURTAINS AND
DRAPES

JUST RECEIVED...
OUR NEW SPRING RANGE OF
Curtains in plain and figured
Marquises, flut 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 Homespuns.

"See our stock before
purchasing."

J. Stanley Delong

Phone 68-11 63 Carleton St.

THE
GREATEST
PLEASURE

...is obtained from your shower
bath when the force and tem-
perature of the spray is easy to
control.

The triple valve gives you a
shower which can be hot or cold
at will, and either like a gentle
rain or a sharp, needle-like
spray—with all the grades be-
tween.

Let us install this conven-
ience for you—it's not expen-
sive and mighty nice to have.

D. J. Shea

80 Carleton St. Phone 563-11

TREATMENT OF
UNSTABLE COLON

(By Dr. Herman N. Bundesen)
Many years ago a famous doctor
said, about treating disease: "And
now abideth diet, drugs and rest—
these three—but the greatest of
these is rest." That is particularly
true about the unstable colon disor-
der.

You will remember that a person
with this condition is constipated,
and then, too, excessive gas may be
formed in the intestines. Headache,
sickness in the stomach, and vomit-
ing occur in many cases.

To rest properly, not only must the
body be relaxed, but also the mind.
The first thing to do is to put the
individual to bed. This will aid in
giving relaxation to the body. The
individual should do his best to avoid
worry. He should not be troubled
with the problems of the home and
the family, if they can be handled in
some other way.

The intestines can be rested, to
some degree, by using a bland diet.
Certain drugs, such as atropine, help
to relax the muscles of the intestines.
Rest for a week or two in a hospital
may be helpful to many persons with
an unstable colon. During the rest
period in bed, the way in which cer-
tain foods affect the person can be
studied.

The bland diet is the kind we call
low residue and non-stimulating. Dur-
ing the first few days, the diet must
be made up only of cereals from
which the coarse part, such as the
bran, has been removed, as well as
eggs and milk. Raw fruits, raw vege-
tables, and whole-grain cereals are
omitted from the diet. It may con-
tain vegetables which are well cook-
ed and thoroughly mashed before
serving, but vegetables such as cab-
bage, should be avoided.

Strained fruit juices are permitted.
Highly spiced foods, such as those
containing a great deal of pepper,
should not be taken. I have outlined
a diet of this sort, which I shall be
glad to send to all those who desire
it.

Heat applied to the abdomen has
been found to benefit persons with
an unstable colon. A hot water bottle
or an electric pad may be used for
this purpose, or warm water may be
drank. Sedative drugs are unable to
sleep. The most important suggestion
is to avoid all laxatives or injections
into the lower bowel.

Many people have the idea that
such things as milk of magnesia and
psyllium seed are not irritating to
the intestines, but they are, and have
a harmful effect on a person with an
unstable colon.

While an unstable colon is disab-
ling, with rest, proper diet, and avoid-
ing laxatives, it is often possible to
overcome the condition. The person,
who has this disorder, should not be-
come discouraged.

The trouble may recur from time
to time, especially after a period of
emotional strain, great excitement,
or worry. But repeating the course
of treatment, with rest in bed and
strictly following the bland diet, the
trouble may again be relieved.

PREFERRED TO
MARRY WOMAN
PAST THIRTY

(By Vida Hurst)
He was the most eligible bachelor
in the city and could have married
almost anyone of the season's debu-
tantes. Although he was twice as
old, he was as handsome, charming
and wealthy as a story book prince.
But to everyone's surprise he chose
a wife of his own age.

When his best friend asked him
how it had happened, he replied: "I
have seen too many cases when a
man marries a youngster to find out
later that she is a stranger. A girl's
personality does not develop until
she is 30 and there's no way of tell-
ing before then what sort of person
she may become. Many a delightful
woman of 35 has been awkward and
shy at 19. The reverse is also true.
Many a beauty at 20 is a vain, shal-
low little fool at 30. Or a fat, frow-
sy, complaining tramp at 39.

"The delicate bud may prove to be
a bitter disappointment ten years
later, but when a woman is already
mature her charms are not going to
vanish. Her character is formed, her
habits too well grounded to change. I
can depend upon my wife of tomor-
row being the same lovely lady that
she is today."

ARTHUR F. BETTS
Plumbing and Heating

QUEEN ST. PHONE 512

DR. G. R. LISTER
Dentist

PHONE 531-11
Burchill-Wilkinson Building
QUEEN STREET : Below Regent

... OF ...
Interest to Women

WOMEN'S INSTITUTE IS
CONGRATULATED BY QUEEN MARY;
ATTENDS INSTITUTES SANDRINGHAM

The following message from Queen
Mary has been received by Miss
Helen J. Macdougall, director of the
Nova Scotia Institutes:

"I would like to take this oppor-
tunity of sending to one and all a
word of greeting and congratulation
on the good work they have done. I
take a great interest in the movement
not only in Great Britain, but also
throughout the empire. I am well aw-
are of how much the institutes have
already done towards improving the
condition of the women in rural ar-
eas; how they have made for better
citizenship, happier homes and good
neighborliness.

"I hope that this spirit of mutual

help and goodwill will be extended to
the countrywomen of all lands, for
wherever countrywomen are organiz-
ed the work for the great human
cause travels along the path of true
progress.

"I would like to add that I am much
interested in the women's institute at
Sandringham and I attend the after-
noons as often as I can. It makes a
nice meeting place for everybody.

"The women's institutes should
prove a fresh and valuable link be-
tween all parts and all peoples of the
empire, and I hope ultimately be-
tween all parts of the world.

M. R."

WARD OFF THE AGING
LINES AROUND THE EYES

Of-the-Face Hats Are Revealing So Keep Eyes
Fresh-Looking

(By Antoinette)
Before you go out and buy yourself
one of those off-the-face hats, or even
one with a rolled brim, give a little
time and thought to the eyes.

Are they dull and lined? Remem-
ber they are going to show promi-
nently and you want them to reflect
youth and brilliance, not age and tired-
ness. Usually the first lines that
appear are around the eyes. Use of
nourishing oils or creams will help
to prevent these lines and erase the
lines already there.

There are special creams for the
purpose. They are rich nourishing
creams. Use them every night. They
spread on smoothly. Begin at the in-
ner corner of the upper lid, move out-
ward, then back under the eye.

This type of cream not only helps
to prevent lines, but also that crepey
appearance that eyelids acquire as
age is creeping on.

When the skin below the lids is
baggy, use a cream and a mild as-
tringent. Leave the cream on all
night. Just before hopping into
your bath in the morning, put on
more cream. After the bath, wipe
most of it off, leaving only a thin
film. Moisture absorbent cotton in
cold water, squeeze out the water,
then apply the astringent, and pat
lightly around the eyes for a few
minutes. The astringent tightens the
skin and tones it. The cream helps
to nourish it. Use eye packs or an
eye lotion when eyes feel tired or
strained.

Lines under the eyes often are due
to excessive fatigue. You'll have to
have more rest and sleep in such
cases, and in addition you must keep
the skin softened so that the lines
will become fainter.

MISFORTUNE
PROVED TO BE
BLESSING

(By Vida Hurst)
"I saw Mrs. Smith yesterday," the
neighborhood gossip said. "Poor thing
—she certainly looked shabby. She
used to be the best dressed woman
on this street, but I understand her
husband lost his position. That was
the reason they moved, and they've
had nothing to live on except his
savings."

"She dropped in to see me," replied
the woman next door. "And you'd bet-
ter save your sympathy for someone
who needs it. She certainly doesn't."

"Why, what do you mean?"
"She told me she hadn't been so
happy for years, as they've been
since they moved. Her husband's
position required that they entertain
all the time and she hated it. They
never had any time together and it
was a terrible strain, she said, living
up to the standard that was expected
of him."

"They are simple souls and enjoy
picnics and movies and reading good
books together, but it had been a
long time since they had had chances
to do any of those things. He was
away a lot, too, and she never knew
when he was coming home for dinner
unless it was a company one. She
says she used to get so nervous
planning those formal parties, and
the servant question was so upset-
ting. Now, they have a cheap little
apartment, which isn't big enough
for a maid even if they could afford
one. She sold her jewelry and fur
coats, but she insisted that she does
not even miss them because she has
her husband again. They live on such
a simple scale that he can afford to
take his time to look for a really
satisfactory position, and both of
them swear they haven't had so
much fun since the first year they
were married."

Carmen Lombardo is fast becoming
the busiest and most prolific among
the nation's songsmiths. In addition
to his duties as vocalist and saxo-
phone specialist with brother Guy's
Royal Canadians, he is following his
current success "Boo Hoo" with a
new romantic ballad, "A Sailboat in
the Moonlight" and an even more re-
cent ditty titled "Toodle-oo."

WANT A GOOD
LAWN? HERE'S
HOW TO GET IT

Just as soon as the soil is dry and
firm enough to walk upon after the
snow has disappeared is the time to
commence operations for ensuring a
good lawn. The first thing to do is
to remove all the dead grass by giv-
ing the lawn a thorough raking and
attention should be directed to fix-
ing up the bare patches by sowing
fresh seed. Seed should be broad-
cast evenly on the bare patches after
they have been raked to the depth of
two inches. The seed should then be
covered lightly with a sprinkling of
sifted soil and packed down firmly.
The patches should be kept moist,
but not flooded for at least two weeks
through the application of a fine
spray.

Fertilizer is necessary for the lawn
and should be applied just as soon as
the raking and seeding have been
done; and as soon as the fertilizer
has been applied it should be well
watered care being taken to use a
fine spray so that the seed is not dis-
turbed in the newly seeded areas.
When the time for cutting arrives
which is as soon as the grass is long
enough to allow the mower to func-
tion properly regularity in the pro-
cess should be observed and it is a
mistake to allow the grass to grow
more than two inches at any time.

Reliable grass mixtures may be ob-
tained from seedsmen but for those
people who wish to mix their own, L.
C. Young, of the Dominion Experi-
mental Farm, Fredericton, who as a
Canadian authority on grasses has
lectured on home lawns in the Unit-
ed States, recommends for the aver-
age lawn a mixture of four parts Ken
tucky Blue grass and one part Red
Top at the rate of three to four
pounds per 1,000 square feet of lawn
If it is desired to include White
Clover one-eighth part should be ad-
ded to the mixture. Where the above
mixture does not give satisfactory
results owing to local conditions, the
Rhode Island Bent grass should be
used at the rate of two to three
pounds per 1,000 square feet. For
shady areas one-third the quantity of
Rough Stalked Meadow grass should
be added. Failure to grow grass in
shady places is due more often to
conditions of low fertility and lack
of moisture than to the shade itself.

BOILS

Why do we get boils? Why is one
boil frequently followed by a verit-
able crop of them?

Boils are due to a disease germ,
odily enough a germ which is almost
always present on the human skin. If
so, why does it cause a boil some-
times, and not at other times, or in
other people?

One important reason is that the
unbroken skin is a wonderful bar-
rier to the entrance of germs. Sur-
face germs cannot penetrate this cov-
ering unless it be broken or injured
in some way. If the skin is broken by
a scratch, cut, or bruised, as by the
squeezing of a blackhead or a super-
ficial pimple, the germs are given
an opportunity to penetrate to the
deeper layers of the skin and a boil
may result. If the infection spreads
through the deeper layers a carbunc-
cle is the result. Sometimes, as in
the case of a deep pinprick, the in-
fection may go right through the
skin and get into the blood stream,
in which case we get not a boil, but
a cellulitis possibly complicated with
blood poisoning.

Another factor is that of the gen-
eral health of the individual, for this
affects the 'resistance' of the skin.
People who are rundown or debilit-
ated, who have faulty digestion, or
follow a faulty diet, who have cer-
tain, perhaps unsuspected diseases
like diabetes, or who are overtired or
worried, whose clothing is too heavy
or hot, or who burn the candle at
both ends, are prone to develop boils.

Once a boil has developed, great
care must be taken to prevent spread-
ing of the infection. The boil should
not be squeezed, particularly in its
early stages before the 'core' is form-
ed. Boils should be kept covered
with sterile dressings, not only to
protect them, but to prevent the
spread of pus should they spontane-
ously open. The adjacent skin must
be kept free from contamination and
the hands should be scrupulously
cleansed both before and after doing
any dressings.

Why do crops of boils so frequent-
ly break out in school teams? More
than one championship has been lost
because of crippling boils. Skin ab-
rasions and overheating may be fac-
tors, but greater care should be tak-
en to avoid passing infection from
one player to another. Common tow-
els and soap, borrowing of uniforms
and cross-infection during the rub-
down probably play as great a role.

In addition to the proper care of
the boil itself, the general health of
the patient and his daily hygiene
should be considered. Diet, body el-
imination, rest, exercise, clothing,
fresh air—all must be checked. Some-
times vaccines are of considerable
benefit in raising the body resistance
to this particular germ.

"Morton Downey opened at the Hol-
born Empire and over very big"—
London, April 27, Variety.

**Do It
Now ...**

The earlier you start on the
right road to advancement the
farther you will go. Get the best
commercial training while it is
easy for you to do so, rather
than postpone it until later and
be forced to acquire it under
difficulties.

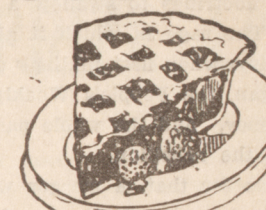
Write for full information re-
garding our Business Courses.

**FREDERICTON
BUSINESS
COLLEGE**

F. B. OSBORNE, Principal,
Fredericton, N. B.

**HAWKINS FRUIT
&
PRODUCE CO. LTD.**

WHOLESALE DISTRIBUTORS
FRESH FRUITS
and
VEGETABLES
PHONE 313
NORTH DEVON



**CHICKEN
DINNER
Saturday and
Sunday**

SPECIAL SALE

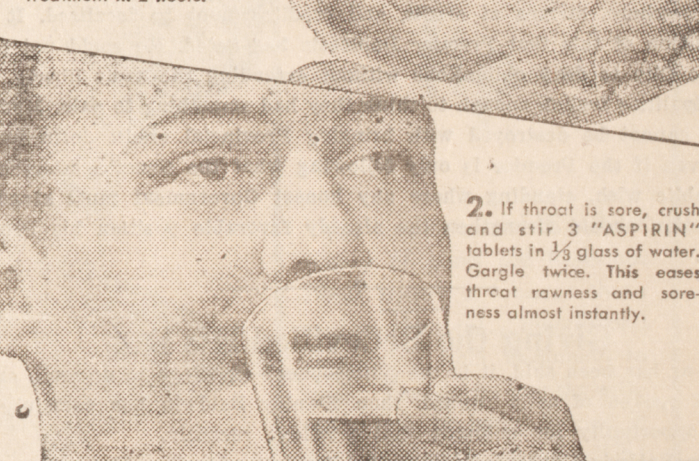
on all MOIR'S and GANONG'S
Chocolates including FANCY
BOXES and other CANDIES.

**THE
NU-PALMS**

480 Queen St. Phone 937-41

**How to Ease
a Cold Quickly**

1. Take 2 "ASPIRIN"
tablets and drink a full
glass of water. Repeat
treatment in 2 hours.



2. If throat is sore, crush
and stir 3 "ASPIRIN"
tablets in 1/2 glass of water.
Gargle twice. This eases
throat rawness and sore-
ness almost instantly.

**Get Quick-Acting, Quick-Dissolving
"Aspirin." Take 2 Tablets**



The modern way to
ease a cold is this:
Two "Aspirin" tab-
lets the moment you
feel a cold coming
on. Then repeat, if necessary,
according to instructions in the
box.

At the same time, if you have
a sore throat, crush and dis-
solve three "Aspirin" tablets in
one-third glass of water. And
gargle with this mixture twice.

The "Aspirin" you take in-
ternally will act to combat
fever, cold pains and the cold
itself. The gargle will provide
almost instant relief from raw-
ness and pain, acting like a
local anesthetic on the irritated
membrane of your throat.

Try this way. Your doctor,
we know, will endorse it. For it

is quick, effective and ends the
taking of strong medicines for a
cold.
"Aspirin" tablets are made
in Canada. "Aspirin" is the
registered trade-mark of the
Bayer Company, Limited, of
Windsor, Ontario. Look for the
name Bayer in the form of a
cross on every tablet.

**Demand and Get—
ASPIRIN**

