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some man can not make a little worse and
sell a little cheaper, and the people who con-
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(Ruskin)

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UGGESTION

for
JUNE



PREPARING FOR SUMMER CAMP

It Won't Be Long Before Railroad Stations Will
Echo the Good-bys for the Season

(By Edith M. Barber)

By the latter part of this month
the railroad and bus stations will be
resounding with young voices. Fond
parents will be saying good-bys to
girls and boys bound for camps in
the mountains or on the shore.
There will be weeks and sometimes
months of supervised outdoor life
which will build up reserves of good
health.

Camp life which has become so
much a part of our American pro-
gram started less than a generation
ago and followed the project of tak-
ing underprivileged children to the
country for a few weeks of fresh air.
In the first place families in small
towns and country volunteered to
take city children for a few weeks.
This was not always satisfactory for
the "fresh air" children, or for their
hosts. The organization of camps
where it was possible to regulate
conditions followed. On account of
the successful results, public and
private camps are to be found in al-
most every section of the country.
Physical examination of the child-
ren, sanitation of the camp site, well
balanced and well cooked simple
food and a pure water supply are
now considered even more impor-
tant than fresh air and supervised
play. Expenditure of money for
sweets and eating between meals
should be limited. With these condi-
tions fulfilled, a sojourn at a camp
will be the worth while at the time and
the beneficial results will show in
the following months.

Carolina Corn

3/4 pound sliced bacon
3 or 4 eggs
1 can corn
1/2 cup milk
Salt and pepper

Fry the bacon to a delicate brown.
Remove the strips from the fat and
cut in small pieces. Beat eggs slight-
ly, add milk, corn, cut bacon and
seasoning. Cook in the bacon fat,
stirring constantly until set.

Meat Loaf

2 pounds lean beef, chopped
1/2 pound salt pork, chopped
2 eggs, slightly beaten
1 cup milk
3 tablespoons butter, melted
3 tablespoons catsup
1/4 teaspoon pepper
1 tablespoon salt
1 medium sized onion, minced
1 cup soft bread crumbs
6 strips bacon.

Mix all ingredients and shape into
a loaf. Cover with bacon. Bake in a
moderate oven, 375 degrees F., 1 1/2
hours.

WEDDING FARE SUGGESTED BY THIS TRIO OF MENUS

Wedding refreshments are deter-
mined by the hour of the wedding,
and the formality or informality of
the occasion. Either a white cake or
a pound cake may serve as a founda-
tion for the wedding cake. Some-
times a rich fruit cake is baked sepa-
rately and pieces packed in small
boxes for the guests to take home.
The bride's cake itself may be one
large plain cake, a square tiered
one or a round one with tiers beau-
tifully decorated with white orna-
mental frosting.

Here are recipes for other items
on the wedding menu:

Fried Chicken

The chicken is unusually delicious
when prepared this way. Have two
2 1/2 or 3-pound broilers cut up as for
fricasse. Dip each piece of chicken
in 2 cups light cream and then roll
in 2 cups finely sifted dry bread
crumbs. Brown on all sides in six
tablespoons butter. Put into a large
casserole, pour in the cream left
over, cover and bake in a moderate
oven for 1 1/2 hours. Uncover during
the last 15 minutes of baking so the
chicken will brown nicely. Thicken
the sauce if necessary, and serve
over the chicken.

Strawberry Ice Cream

Blend 2-3 cup sweetened condens-
ed milk with 1/2 cup water. Add 1

PLANT GLADIOLI 8 INCHES APART

They Need Full Sun-
light, Plenty of Water
and Should Not Be Too
Close Together.

Gladioli bulbs may be planted
until June 15 with reasonable as-
surance of getting flowers before
frost, especially if bulbs of the prim-
ulus type are planted.

The primulus varieties are not
so large as others. They have slender
stems and the flowers are small
but they are dainty and have ex-
quisite coloring, especially in sal-
mon shades. Some of the salmon
pinks look particularly well in the
border, planted in small groups, with
blue flowers as a foil.

All gladioli have a habit which
makes them desirable for cut flow-
ers. Their blossoms are arranged on
a tall stalk. The lower one opens
first, after which the others open in
order. Six or seven may be open at
one time, but if the faded flowers
are picked off there will be fresh
blossoms until the last bud opens.

The primulus type seldom needs
staking in the border, but the large-
flowered varieties are likely to need
support. Deep planting of the bulbs
will sometimes obviate this, but deep
planting is not advisable in very
heavy soil. From four to six inches
deep is the recommended practice,
four inches in heavy soil.

Gladioli need the full sunlight and
plenty of water if they are to de-
velop their best flowers, and they
should not be planted too closely.
Eight inches apart is close enough.

Dahlias are among the good gar-
den flowers which may be planted
rather late. They are at their best
in late summer and autumn, when
the weather is beginning to get cool.

All garden makers are familiar
with dahlias of the usual type, but
there are many who have not yet
become acquainted with the dwarf
varieties, most of which have been
imported from England.

Their use is suggested now in gar-
dens where geraniums and begonias
have become commonplace, for they
are charming bedding plants. Their
use for making beds has become
widespread in foreign countries and
there is no reason why the plan
should not be adopted here.

PARENTS OPPOSED, SON PROPOSED

"Frank M." Hadn't
Thought of Marrying
Girl Until His Family
Ran Her Down.

(By Beatrice Fairfax)

Attention, Mothers! Fathers! Fam-
ilies! Would you have the perfect
recipe for making a son or daughter
of the family marry someone of
whom you disapprove highly?

Then, oppose the boy or girl in
question. Say disparaging things.
And when you meet the Unwelcome
One, act as mean as you feel. This
will arouse pity, which has a way of
opening the door of even a cold
heart. "Pity is akin to love," said a
poet, and here's a concrete example
of his wisdom.

On leaving college, Frank M. took
a job in a store. There he became
interested in a very pretty girl. "I
knew she cared a great deal for me,"
Frank confided. "But I was just
passing the time" with her.

"Out with the girl friends one eve-
ning, I suggested we drop in and
see my family. My sisters and moth-
er treated the poor kid with the cor-
diality one might expect toward a
burglar. They withered her with a
sarcasm, and when she made slips
in grammar, they would find an ex-
cuse to correctly repeat what she
had said. She cried, and didn't speak
on the way home, and said she
thought we'd better break up."

Then, Frank relates, something
queer happened. He fell in love with
the girl, though he hadn't been con-
scious of anything but a mild attrac-
tion before the family got in his dirty
digs. He told her that when they
could afford it they would be mar-
ried. The upshot of this whole busi-
ness is that the girl and Frank are
engaged. He's satisfied that he loves
her, but wishes things had come
about differently.

Frank admitted there are some
things about his girl he wishes he
could change. He doesn't like her
manner of speaking or the way she
tries to copy the clothes, abrupt
manners, etc., of the smart girls she
sees in the shop.

Also, she's willing to gamble with
the future and be married immedi-
ately, whereas, if Frank didn't live
home, he wouldn't be able to live at
all.

In my opinion, Frank has become
engaged to this girl for two reasons,
and love—deep, true love such as
one needs to stand the daily grind—
plays no part in either one of them.
Her prettiness attracted him, he liked
her, his family was unkind to her
to the last degree. This aroused his
pity and—pity is the most deadly of
love potions.

Frank wanted to "show" his family
that they couldn't treat a friend of
his the way they did. His method of
striking back, while it does credit to
his heart, has not done credit to his
head.

The prospects of maintaining a
home, or even helping to maintain a
home, are far distant. The girl has
qualities which distress Frank—de-
mands for an immediate marriage,
without any forethought as to what
will take care of such a step, and
she's a poor imitation of the smart
girls she waits upon in the store.

In short this girl has not the stay-
ing qualities to take Frank or any-
one else, through life. She may im-
prove, she may develop into the type
which will prove to be a real help-
mate—but if I were Frank I would
wait and see.

Never become engaged, or marry
to spite your family. That's worse
than cutting off your nose to spite
your face.



HOW TO KEEP YOUR HEALTH

A Practical Cure for Stammering

(By Dr. Herman N. Bundesen, For-
mer President American Public
Health Association)

At some time or other, most peo-
ple have experienced a moment of
stammering. It is more pronounced in
some people than others, but nearly
all of us have stammered at times.
Think back, haven't you stuttered
occasionally? And was it not during
a time when you were talking very
fast, or when you were excited?

But why should this trouble be
worse in some people than it is in
others? In the voice box, or larynx,
there are little structures, called
vocal cords. Voice or speech comes
when the air passes over these cords
and makes them vibrate. The differ-
ent sounds we produce are made by
the vocal cords, by the tightening or
loosening of these cords. We enun-
ciate letters and words by using the
mouth, the tongue, the lips, and the
teeth.

When a person stammers, he can-
not control the vocal cords. They
will not tighten or loosen in the nor-
mal way. Now you know that a viol-
in string will not make a sound if it
is hanging loosely on the instrument.
If the string is tight, then the slight-
est pressure of the bow on the
string will produce a sound.

Causes of Stammering

The air we breathe acts on the
vocal cords so that they produce
sounds. But, if the cords are loose,
the air coming from the lungs can-
not make the cords vibrate to pro-
duce sounds. The breath passes
over the vocal cords, but it escapes
between them without making any
sound. When the person finds that
there is little air left in his lungs,
he must take another breath after
he attempts to speak. Then the stam-
merer, in his excitement, draws in
a very deep breath, but the more air
he breathes in, the less he is able to
control his breathing, or his vocal
cords.

This explanation has been given
to us recently by Dr. H. St. John
Rumsey, an expert in speech trou-
bles at Guy's Hospital, London. He
tells us, too, that some stammerers
have trouble with their vocal cords
being so tight that no air can come
through them, and thus they cannot
speak. To sum up, the stammerer
shapes the letter with his mouth,
but he cannot speak because he can-
not control the action of the vocal

cords.
Some persons can run faster than
others some can write faster than
others, and, in the same way, there
are some children who can talk more
rapidly and more easily than others.
The stammerer, when he is four or
five years old, stumbles over his
words a little more than does the
average child of his age. After a
year or two, the normal child up to
five years of age will have over-
come this tendency to stumble over
words and will have learned to
speak smoothly and easily.

The stammerer, whose voice-box is
not normal, tries to keep up to the
speed of others in talking, and so
continues to stumble over his words.
He becomes aware of his failure to
talk properly; he realizes that he is
having trouble, and thus develops a
state of nervousness which only
makes the stammering worse. This
nervousness, or fear that he will be
unable to speak, is present in prac-
tically every person who stammers.

Thus, says Dr. Rumsey, in a per-
son who stammers, there are two
things which cause the difficulty.
First, the person talks faster than he
is capable of talking, and, secondly,
he is nervous and, because of that,
he is not able to speak properly.

What then, is to be done to over-
come the trouble? To begin with,
the stammerer must learn to speak
slowly and smoothly. He is not be-
ing taught a "trick" way of speaking.
He is taught to overcome his ten-
dency to talk faster than he is able
to talk.

Secondly, he should be taught to
relax; to get rid of his nervousness.
This is hard for the stammerer to
do, because he must be constantly
reminded to concentrate on sounds
he is trying to make. Such concen-
tration makes it hard to relax.

Therefore the correction of stam-
mering through speech training is
suggested as the best method. The
advice and supervision of an expert
is necessary, but a cure can be pro-
duced in most cases, with patience
and persistence.



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