

Have You Lost That Snap? Feel Yourself Slipping?



How many thousands drag on through life with weary step and worn and haggard face who might be strong and healthy but for some constitutional weakness.

It should be the aim of everyone to retain the strength, health and vigor of mind and body, and to fortify the system against attacks of disease.

Milburn's H. & N. Pills contain the elements so necessary to create vim, force and energy to run the machinery of the system.

Get a box from your druggist. You won't be disappointed.

**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
Marquisettes, flax and tuskans
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.

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.

SPRINGTIME

ECONOMY

Now is the time to have your
heating plant repaired for the
first cold snap next fall.

Its recent shortcomings are
still fresh in your mind and you
will not overlook any.

Repairs now made mean insur-
ance against disappointment
next fall.

We will gladly come out and
inspect your heating plant free.
Write, Phone or Call

D. J. Shea
80 Carleton St. Phone 553-11

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

... OF ... Interest to Women STUNTS CALCULATED TO DELIGHT ANY YOUNGSTER

Dual Feats, Bottle Ball and Great Variety of Races Are Among Cynthia Proctor's Suggestions For an Enjoyable Occasion

(By Cynthia Proctor)

Three tall handsome lads, about 12
or 13 years old or thereabouts and a
strikingly pretty girl stopped out-
side our office the other day for a
conference.

"Aw, Barbara, let's go home. You
won't get anywhere with Cynthia
Proctor. She doesn't know anything
about contests at picnics!"

Disgust and apparent mistrust of a
"party lady" filled his voice.

"Dan, we're going in there and get
some ideas. We're the committee,
aren't we? And we said we'd have
this the best school picnic ever,
didn't we? Besides, you had a good
time at my birthday party, you know
you did. That was a Cynthia party.
Come on."

Thus upheld by a determined mem-
ber of our sex, we attempt a modest
vindication and present the latest
and most exciting versions of picnic
fun that will keep every husky, ac-
tive 13-year oldster busy from the
time the bus unloads at the picnic
grounds until the last ham sandwich
is devoured.

Individual Stunts

Dog Jump—Jump over stick held
in hand or through clasped hands.

Esquimo Race—Run on all fours,
keeping knees stiff.

Head Spring—Toe line two feet
away from wall, chair between, lean
forward, head against the wall. Pick
up chair and recover.

Lath and Plaster—Rub head and
pat chest, or vice versa.

Pick Me Up—Stand back to wall.
Pick up object from floor or ground
without moving heels.

Pick Up Book—Standing on one
foot and holding other behind, lean
forward and pick up with teeth,
book or magazine standing on end.

Wood Soldier—With arms folded,
lie down and get up.

Dual Feats

Arms Length Tag—Arms extended
Try to touch opponent on body with-
out being touched in return.

Attack—Standing on one foot,
arms behind back, shoulder opponent
until he puts other foot on the floor.

Boundary Tag—Two lines and
wand. Pull opponents across.

Chinese Duel—Two men blind-
folded, and each with a paper club.
lie on the floor or ground face down-
ward holding with left hands to cap.
Take turns in hitting.

Chinese Get Up—Two persons, sit-

ting on floor back to back, and with
arms locked, try to get up.

Dog Collar—Two on hands and
knees; heads inside leather collar.
Pull opponent across the line. Do
not slip head from collar.

Dizzy Izzy—Player puts head down
on top of cane or bat, closes eyes
and circles around cane five times or
more. He then stands up and tries to
walk rapidly along a straight line.

Bottle Ball

Place a row of empty bottles or
fruit jars, about six inches apart,
across the centre of the room. Be-
tween each two bottles place a small
piece of paper on which is a number.

The players stand at one end of the
room and take turns trying to roll a
soft ball between the jars. The store-
keeper gives each one credit for the
number which appears on the paper
in the space over which the ball
rolls. After each player has had five
turns, the scores are added up and
the one having the highest score
wins.

Races

Triangle Race—Divide people into
groups of three. They stand with
their backs to each other, and with
hands joined to form a triangle. In
this position they run to the goal and
back.

Hobble Race—Tie each contest-
ant's ankles together. Put obstacles
five inches high at several places in
the course and require that they
jump over these as they come to
them.

Shoe-off Race—The players run to
a fixed goal where they remove one
shoe, hopping back to the starting
point. The shoes are all piled up at
the goal. At a given signal, the con-
testants hop madly toward the goal,
scramble in the pile to find their
shoes, put them on and race back to the
starting point. Should any player
pick up another's shoe by mistake,
he is privileged to throw it further on
and you can imagine the result!

Angle Race—Each player bends
over and holds his ankle with one
hand. Maintaining this position, he
races to the goal.

Only lack of space prevents us
from giving more of these exciting
races and picnic contests. But if you
would like a copy of these given plus
a dozen more ideas, send along self-
addressed, stamped envelope or post-
age to Cynthia Proctor for the Con-
test Leaflet, which we will be glad
to send you free of charge.

"SPOILED" CHILD REBUFS PARENTS

They Ply Him With Gifts, But His Old Woolly Dog Is His Best Friend

(By Ruth Cameron)

Jackie, who lived next door, had a
birthday last week. He was one year
old.

Jackie is a much-beloved little boy.
His doting grandparents and all his
uncles and his cousins and his aunts
gave him costly gifts. A huge white
bunny with a pink satin bow; a
teddy bear on wheels; a duck for his
bath that swims round and round
when you wind it up; a set of gay
rubber blocks colored with non-poi-
sonous vegetable paints; a magnifi-
cent rocking horse with flowing mane
and shiny harness.

Jackie never looks at the bunny;
he ignores the teddy bear and con-
tinues to play with his old woolly dog
with one ear; the duck annoys him,
but he still plays with the floating
cake of soap at bath time; the big
horse frightens him and nothing will
persuade him to mount it. Yesterday
when I dropped in to see him he
was playing happily with two clothes
pins, a brass ash tray and two tin
kettle covers which he had hunted
out for himself. Jackie loves posses-
sions which have endeared them-
selves to him because he chose them.

I like to linger in our neighbor-
hood variety store, kept by the two
little old ladies whom we all love and
watch the children making their
eager little purchases.

A curly-headed girl of six holds up
a penny. "Some of those things you
put on the back of your hands,
please." And Miss Jennie carefully
tears off a sheet of the gay-colored
transfers.

"One of those speed boats," re-
quests eight-year old Jim.

"Five or ten?" asks Miss Sophie.

"Five." And he adds, knowingly,
"That's a very good boat for five
cents, almost as good as the ten."

"It is indeed," agrees Miss Sophie
gravely, "a very good boat."

Will the curly-headed girl or 8-
year old Jim get any more pleasure
out of the more expensive toys they
will buy for themselves when they
grow up, than they do out of the
penny transfers and the five-cent
speed boat?

Contentment is so much more a
state of mind than a matter of costly
possessions. It doesn't matter so
much about the intrinsic worth of
the thing so long as it is your very
own, the thing you coveted and
chose and finally possessed and per-
haps marked with your name.

A young friend drove up to show
me her new car. She pointed proudly
to her monogram on the door.

I heard the droning song which
tells us the village moron is coming
down the street, a harmless, happy
child of 30. As he came in sight,
pulling behind him the battered ex-
press cart which is his prized pos-
session he grinned with pride and
pointed to his name newly painted
in bright green letters on the side.

I have no doubt but that he was
quite as happy that day with the
old cart marked with the sign of
ownership as my young friend in
her monogrammed car.



**BABY'S OWN
SOAP**
It's Best for You and Baby Too

Always Delicious

"SALADA" TEA

TRY FOR AN OLIVE TAN THIS SUMMER

With summer coming, the burning
question is: 'How does one get a
good tan, and how deep a tan will
be fashionable this year?'

A light olive color was the most
popular shade at Miami Beach this
season.

A few seasons ago everybody tried
to brown as deeply as possible. Then
smart women awoke to the fact that
too much tan was bad for the skin.

They also discovered that the dark
gal, no matter how beautiful she
may be on the beach, is inclined to
look dull and uninteresting in even-
ing clothes. A gold or light tan will
enhance a colorful evening frock.

How to get sun-kissed instead of
black or broiled? First, remember
that the best tans are acquired grad-
ually. Second, remember that salt
water drying on the body will give a
darker tan.

Some women use vinegar and olive
oil. About 50 life guards and swim-
ming instructors consulted on the
matter are agin' vinegar. It is inclin-
ed to give a dull tan—and so will
anything else that is acid, because it
browns too quickly.

Olive oil used alone is considered
much better. Oil puts a smooth film
over the skin and results in smooth,
bright color.

For those who do their sun-slouch-
ing on the sand, however, olive oil is
too greasy. Cocoa butter is more sat-
isfactory, because the oil in it seems
to disappear even though it con-
tinues with its good work.

The speed with which you tan
should vary according to the sensi-
tiveness of your skin. Ten minutes
is often long enough to stay out the
first day. Twenty minutes is right for
the second day. Then, if there is no
redness that night, a half hour is not
too long for the third day. If still no
redness appears the fourth day may
be stretched to 45 minutes, the fifth
day to one hour.

One hour is as long as you should
ever stay under the sun until you
have a tan sufficient to keep you
from burning.

If, at any time around the second,
third or fourth day, you become
burned, skip a day.

EASTERN STEAMSHIP LINES

EXCURSION TO

BOSTON AND NEW YORK

from SAINT JOHN

and points in New Brunswick, Prince Edward Island and Nova Scotia

SATURDAY, JUNE 5, 1937

S. S. SAINT JOHN

Tickets sold from New Brunswick, Prince Edward Island and Nova Scotia
points on dates permitting passengers to connect with S. S. Saint John,
leaving Saint John on Saturday, June 5, and good to return from Bos-
ton on Tuesday, June 8, or Friday, June 11, and from New York not
later than Thursday, June 10.

ROUND-TRIP COACH EXCURSION FARES

FROM	TO BOSTON	TO NEW YORK	FROM	TO BOSTON	TO NEW YORK
Saint John, N. B.	\$10.00	\$15.00	Charlottetown,		
Sussex, N. B.	10.00	15.00	P. E. I.	\$13.00	\$18.00
Moncton, N. B.	10.00	15.00	Summerside,		
Dorchester, N. B.	11.00	16.00	P. E. I.	13.00	18.00
Sackville, N. B.	11.00	16.00	Amherst, N. S.	11.00	16.00
Chatham, N. B.	12.00	17.00	North Sydney,		
Newcastle, N. B.	12.00	17.00	N. S.	13.00	18.00

EQUALLY LOW FARES FROM OTHER POINTS

Modern staterooms for as little as \$1.50 will accommodate two persons.
Regular sailings from Saint John Wednesdays and Saturdays, 7:30 P. M. (Atlantic Time)
due Boston 10:30 A. M. (Daylight Time) next day.
Returning leave Boston Tuesdays and Fridays at 5 P. M. (Daylight Time), due Saint John
9:30 A. M. (Atlantic Time) next day.

For information and reservations, please apply at ticket office, Reed's Point Wharf,
Saint John, N. B., or any Canadian National Railways coupon ticket office.



FOR THE MODERN HOME-MAKER

MODERN women are intelligent and
thrifty. They have neither time nor
money to waste. The new, easy-opening
ACADIA Baking Powder tin saves
time. One twist and the top lifts off.

SAME LOW PRICE 25c THE POUND TIN

THE double-acting principle of
Barbour's ACADIA Baking Powder
also saves money. The first action
takes place in the mixing bowl when
the liquid is added. The second in the
oven when heat is applied. The perfect
balance between these two actions as-
sures successful baking results. The
up-to-date woman is quick to appre-
ciate both these savings.

ACADIA DOUBLE ACTING **BAKING POWDER**

HOW TO DO A GOOD MANICURE JOB

Weekly Manicure and a Little Attention Neces- sary for Hand Beauty.

(By Antoinette)

It is important that you give daily
attention to the hands. Whether it is
more important for the business girl
or the girl who is at home, I wouldn't
say. It seems to me it is equally
important to both.

You can do your own manicuring,
but I would suggest that you go to a
professional manicurist for a time or
two. Study her method. Then you'll
be in a position to do a better home
job. First wash the hands in warm
water. Scrub well with a nail brush
under and around the nails. Then dry
thoroughly.

Shape the nails with a flexible
steel file, filing from the side of the
nail to the tip. In shaping the nail
take into consideration the shape of
the fingers. Oval or round nails are
considered in better taste than long,
pointed ones.

After the nails are satisfactorily
shaped, soften the edges with an
emery board. Then push the cuticle
back gently so as not to bruise the
nail. It's bruising that causes white
spots to appear, and since there is
no way to remove these white spots
the thing to do is to prevent their
appearance.

Cover an orangewood stick with a
tiny piece of cotton, moisten it in
cuticle remover, and then moisten
the rim all around the nail and clean
under the nail. Then push back the
cuticle. After using the cuticle re-
mover, rub each nail with a towel
to remove the dried skin. Now wash
the hands and again push back the
cuticle gently. Next comes the polish
which should cover only the pink
portion of the nail. Leave the half
moons and the tips white. As a pre-
cautionary measure, and to be sure
to keep the cuticle soft, rub in a
little cuticle oil.

Once a week should be often
enough for this entire procedure.

USE NICOTINE SPRAY FOR LICE ON ROSES

Plant lice or aphids often appear
on rose bushes during May. As soon
as they are noticed, the plants should
be sprayed with a nicotine sulphate
compound. The directions on the
package should be carefully followed
and one cubic inch of soap added to
each gallon of water. The soap should
be thoroughly dissolved by boiling.

Pyrethrum and rotenone sprays,
which are available under many
trade names, are also effective in con-
trolling aphids. Again be sure to fol-
low carefully the directions on the
container. The first spraying should
be followed by a second in a week or
ten days, and usually a third spray-
ing will be necessary during the
summer.

Tubers of many of the newer var-
ieties of dahlias are not yet available
in the trade. However, some of these
varieties can be purchased as green
plants growing in pots. As these
plants have been grown in the green-
house, it is important that they be
carefully hardened off and not set in
the garden until all danger of frost is
past.

When the plants arrive from the
grower, they should be carefully un-
packed and watered thoroughly. They
should be allowed to rest for several
hours, or several days, away from
the sun and wind. The best time to
set them in the ground is just before
sundown. Dig a hole, cup-like, 15
inches in diameter and six inches
deep at the centre.

NAIL SHADES

K—NAIL SHADES woman's page
It's so simple to 'spread on the
shine' compared with the old system
of tedious buffing, that few people
realize how many hours and years of
laboratory research it has taken to
produce a balanced nail polish formu-
la. A quarter of a century ago when
the first liquid polishes were made,
they varied in consistency with ev-
ery batch and about all they could be
depended on to do was to peel and
turn yellow on the nails almost right
away.

Nowadays good polishes, and these
aren't necessarily the most expensive
—are color, sun and water fast. And
they won't dry or thicken in the bot-
tle. This is a big point in economy
since it is possible to have light and
dark polishes, rose shades and rusts
all on hand at the same time, with-
out any waste.

ARTHUR F. BETTS

Plumbing and Heating
QUEEN ST. PHONE 512