

## No Happiness In the Home When the Mother Is Sick



The tired, worn out mother cannot make a happy home if she is sick and worried by the never ending household duties. She gets run down and becomes nervous and irritable, downhearted and discouraged, can't rest at night, and gets up in the morning as tired as when she went to bed.

Women suffering in this way will find in Milburn's H. & N. Pills a remedy with which to recuperate their health, build up the run down system, and bring back their bodily vigor.

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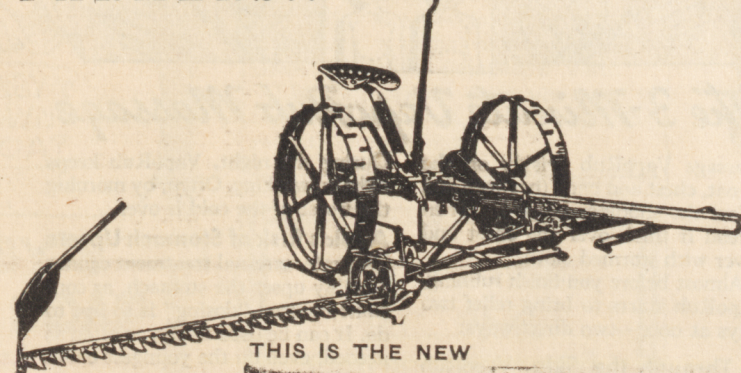
There is hardly anything\* in the world that  
some man can not make a little worse and  
sell a little cheaper, and the people who con-  
sider price only are this man's lawful prey.  
(Ruskin)

\* Insurance is no exception.

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## Interest to Women

### THERE STILL ARE ICE CREAM FREEZERS

#### Occasionally They Are Put to Good Use --- Here Are Suggestions for Things to Do With Them

(By Edith M. Barber)

There really should be a guild of  
ice cream turners. I am sure that  
there were many more of us who  
took our turns at freezing the Sun-  
day ice cream than the few males  
who were lucky enough to earn a  
quarter or so pumping organs.

Nowadays when we are able to  
buy ice cream just around the cor-  
ner, home made ice cream making is  
not the rite that it once was. There  
are probably as many children who  
have not even seen a freezer as  
there are those who have not ever  
ridden behind a horse. The ice cream  
freezer however, is still put to good  
use on occasions in many households  
as the letters which I receive each  
year and which ask for recipes show.  
There have been a number of im-  
provements in the mechanism. The  
cranks are not so hard to turn as  
they once were, and there are the  
vacuum freezers which dispense with  
it entirely. Ice must be chopped,  
however, the good old fashioned way  
and a burlap bag and a heavy mallet  
are indicated. Of course, you  
may be a softy and have the ice man  
bring you the ice in chopped form.  
The proportion of salt and ice is  
important. Eight parts of ice to one  
of salt will produce creamy texture.  
After the cream is firm and the  
dasher has been removed (and licked-  
ed a cork put in the hole in the  
cover, the water should be drained  
and the freezer repacked with four  
parts of ice to one part of salt. Cook  
books tell you that ice cream is  
better after it is ripened, but I am

convinced that nothing taste as good  
as the few teaspoonfuls of soft cream  
which can be scraped from a dasher.

And soon a column will be devoted  
to the most modern frozen dishes  
which are prepared in the automatic  
refrigerator.

#### Philadelphia Ice Cream

1 quart thin cream  
¼ teaspoon salt  
¾ cup sugar  
1 tablespoon vanilla

Mix well and freeze. To freeze:  
Crush ice fine. A burlap bag and a  
heavy wooden mallet makes this an  
easy task. When packing for freez-  
ing use eight parts of ice to one part  
of salt, as this comparatively small  
amount of salt makes a cream or ice  
smoother than when more salt is  
used. After the cream is frozen turn  
off the water and repack, using four  
parts of ice to one of salt.

#### French Ice Cream

1-3 tablespoon flour  
¾ cup sugar  
¼ teaspoon salt  
1 egg or two egg yolks  
2 cups milk  
3 cups thin cream  
1½ tablespoons vanilla

Mix the flour, sugar and salt; add  
the egg slightly beaten, and the milk  
gradually. Cook over hot water 20  
minutes, stirring constantly at first,  
until it thickens. Cool, add the cream  
and flavoring and freeze.

For fruit ice cream allow equal  
parts fruit crushed with sugar and  
cream or custard and cream.

## FOOD SHOPPING IN BERLIN RESEMBLES BIG GAME HUNT

(By Mary Werner)

BERLIN, July 2—Housekeeping in  
Germany is almost as exciting as a  
big game hunt. I mean you have to  
go right out and "bag" what you  
want for the table, if you can get it.  
I think I tracked the last surviving  
bottle of genuine American catsup  
to its lair some months ago. I man-  
aged to bring down several bottles  
of American tomato juice, too, but  
it's so long since I snared a can of  
American corn that I've forgotten  
the name of the shop where I en-  
countered it.

There you have something to cry  
about, if you feel that way. Every  
American wife new to Germany has  
American food on her table once in  
a while—and in Germany there is a  
real shortage of imported foods.

Of course nobody seems to be  
starving—not even the Germans who  
used to rely on imported dainties  
quite as much as the foreigners with  
foreign tastes. We finally found a  
fair enough brand of German catsup,  
and if we can't buy any more Bos-  
ton baked beans or Danish bacon  
here, we put plenty of nourishing  
food on our table just the same.

In fact, it's easier to convince your-  
self there are plenty of German-  
grown things to eat than it is to  
convince your maid. She is quite  
likely to wring her hands in dismay  
for weeks over the difficulty of get-  
ting good beefsteak.

But that is just another phase of  
housekeeping abroad. You depend  
much more than at home, on your  
ability to persuade your servant or  
servants to do things your way—or  
almost your way. On the whole, with  
a little diplomacy, German servants  
are not hard to handle.

The average maid is paid about  
\$16 a month, plus her sickness in-  
surance and other taxes, amounting  
to about \$4 monthly, and, of course,  
food and lodging.

Sometimes embarrassing for the  
American wife new to Germany is  
the custom of tipping the maid  
where one is invited out. From the  
German point of view this is a nice  
way to give the girl a break after  
you and several other guests have  
made extra work for her at dinner or  
tea. But when you yourself are en-  
tertaining it doesn't seem natural.

My solution is to give the maids  
extra money beforehand, with in-  
structions to be out of sight when  
the guests depart. Even that bright  
idea doesn't solve the problem if it's  
a big party.

No doubt you have heard about the  
butter cards? Technically you can-  
not buy butter without producing the  
card showing how much butter your  
household is entitled to consume

weekly. Actually you produce it only  
when butter is scarce, which it is,  
periodically, for weeks at a time. But  
I can't honestly say we personally  
have suffered for lack of butter. Be-  
cause the price is fixed by law—  
about 66 cents a pound at the mo-  
ment—the periodical scarcity is eas-  
ier on some people than an occasion-  
al period of \$1.50 butter would be,  
with only those buying who could af-  
ford the price.

Now that eggs are fairly plentiful  
again I buy them 10 at a time—they  
are never sold by the dozen—at an  
average price of 4c to 5½c apiece.  
People still stand in line, however,  
to get fresh country eggs at the mar-  
ket. Some other prices:

Coffee, 96 cents to \$1.60 a pound;  
cheese, 25 to 64 cents a pound; stew  
veal, 56 cents; roast, 72; cutlets, 96;  
beef, 32 to 72 cents; pork, 32 to 64  
cents. A small loaf of white bread,  
8 cents a pound; cabbage, 6; grape-  
fruit, 20 to 28 cents apiece; apples,  
24 to 40 cents a pound. Short rides,  
on street car or underground, 4  
cents; longer distances, 10 cents.

These prices, it should be noted,  
are based on the 40-cent mark, not  
the cheap travel mark sold to tour-  
ists.

## Women of Java Wear Dresses From Canada

A Canadian walking down one of  
the main shopping streets in Batavia,  
Java, would probably be surprised to  
see stores with modern windows and  
window dressing, similar to any Cana-  
dian city. He would probably be more  
surprised to find on display some  
beautiful women's dresses which were  
made in Canada, according to the In-  
dustrial Department of the Canadian  
National Railways. Canadian design-  
ers and manufacturers of wearing ap-  
parel are acquiring quite a reputation  
in the way of women's dresses which  
are sold in several countries.



Best for You and Baby too

## GO EASY ON GETTING YOUR TAN

(By Anjolette)

The world is filled with sun lov-  
ers, judging from the week-end exod-  
us to beaches. Everyone feels more  
cheerful on sunny days and we like  
the sun because it provides the ever  
essential vitamin D.

But we cannot stress too much the  
need for being on our guard against  
taking the sun in too large doses in  
the hope of acquiring a tan. Prolong-  
ed exposure to the sun's rays may  
do serious harm to the skin, so let's  
be sensible and go about acquiring  
tan gradually.

The woman with thin, delicate,  
sensitive skin needs to use extreme  
care. Her first contact with the sun  
should be for a very short space of  
time, and she should greet that sun  
with a skin that has been well oiled  
otherwise she will burn terribly. Her  
skin may even blister. Where there  
are blisters there always is danger  
of infection.

The oils that are on the market  
now lessen the danger of severe  
burning and, at the same time, hasten  
the tanning process.

Girls whose skins are not particu-  
larly delicate should not be care-  
less about their first exposure. They  
should not remain in the sun for  
hours at first. They may feel no burn  
the skin may be red, or there may  
be no noticeable change in the color  
yet because of prolonged exposure  
there has been sufficient radiation  
for a painful burn to develop later  
in the evening or following day.

In your enthusiasm and enjoyment  
of those first hours spent in the  
open, don't be unmindful of the pain  
and inconvenience that carelessness  
or thoughtlessness can cause.

## TENNIS COURT ETHICS FAVOR SILENCE

### Well-Behaved Spectator and Player Both Know How to Keep Quiet

Bad taste shows up as plainly on  
a tennis court as at a dinner table.  
The girl who tracks across the  
court in spike-heeled shoes is just as  
bad-mannered as the guest who  
spills coffee on the hostess's best  
linen.

Players and spectators at every  
tennis court soon form their own  
code. The newcomer who expects to  
get the most enjoyment from that  
court should learn the code—and  
abide by it.

The well-behaved spectator is quiet  
all of the time, except for occasion-  
al mild applause. No razzing. No call-  
ing back and forth to spectators on  
the opposite side. And no comments  
to the players.

In getting seated to watch tennis  
it is best to choose a spot at the  
ends of the court rather than the  
sides. The entire action may be ob-  
served from the corners, without too  
much penguin-like activity. Here's  
once when a seat on the 50-yard line  
is a decided disadvantage.

The perfect player also knows how  
to keep quiet. Except for asking her  
opponent if she's ready to receive  
the ball or putting in an appreciative  
'Good' for an exceptional shot she  
keeps still. She avoids foot-faults,  
stepping across the base line before  
serving. In doubles, she doesn't in-  
fringe on her partner's territory, try-  
ing to play the whole game herself.  
No complaining, no losing tempers.  
All that is small kid stuff.

The general practice is to play  
three sets, or for an hour, then make  
way on the court for someone else.  
Authorities say an hour of tennis is  
enough for the average woman. Too  
much exercise is worse than none.

A few tennis stars have been  
known to net a ball deliberately in  
order to yield a point to the oppo-  
sition. Theoretically, the gesture is  
sportsmanlike, designed to make up  
to the opponent for errors in the  
umpire's or linesmen's judgment. Big  
Bill Tilden is credited with having  
started the practice. Such a gesture  
occurred once in the recent North  
American zone Davis Cup matches  
between Betsy Grant and Jack Craw-  
ford at Forest Hills, Long Island.

Actually, however, the practice  
does just one thing, implies that the  
official is incompetent.

## NEW SPORTS SANDAL DOES DOUBLE DUTY

### Of Two Shades, It May Be Worn With Even- ing Frocks

This year's open sandal, and open  
sandals are more popular than ever,  
is distinguished in one of two ways.  
It may use crossing straps of one

## THE BATTLE AGAINST CANCER (Second Article)

We know the causes of some can-  
cers. Percival Pott the great English  
surgeon, said in his book published  
in 1775 that he thought the cancer  
of the skin from which chimney-  
sweeps suffer was caused by the  
contact of soot with the skin in the  
course of their daily work. His op-  
inion has proved to be correct. It  
was shown in 1930 that cancer of  
the skin may also be caused by con-  
tinued contact with coal tar, shale  
oil, mineral lubricating oils, etc. So  
these cancers may be prevented by  
protecting the workers from pro-  
longed contact with these and other  
injurious substances.

Thorough cleanliness is a great  
protection. Three times a day at  
least, say before each meal, the  
hands should be thoroughly washed  
with soap and water and in most  
cases the clothing worn at night  
should be changed, or at least ap-  
rons, gloves, smocks, overalls, etc.,  
should be removed. The wearing of  
protective clothing, rubber gloves,  
leather gloves, etc., is an important  
way of securing safety for the work-  
er and these ways must be found and  
followed to prevent cancers develop-  
ing. Find out the cause and prevent  
the cancer.

#### X-Rays and Radium

This is a modern miracle. There

is something wrong in some organ  
of the body. We see a growth that  
looks dangerous. We must destroy it  
or it will destroy the patient. Per-  
haps the growth can be removed by  
a skillful surgeon. Will it come back  
—perhaps in two years or more?  
That is the question. All cases are  
not suitable for operation, but the  
use of X-rays and radium has now  
been developed and extended and  
improved so much that our best hope  
for destroying certain growths and  
saving the patient is often the use  
of radium and X-rays, in the hands  
of a skillful radiologist. This is one  
of the greatest gains in the war  
against cancer.

The war against cancer is a war of  
co-operation. The doctors want to  
tell all the people the common sense  
about cancer. And that common  
sense is that cancer can nearly al-  
ways be cured if the doctor gets a  
chance at it soon enough. Fortu-  
nately there is usually some warning  
that cancer is coming and there is  
one friend who can tell you what  
the warning means and interpret  
the handwriting on the wall for you  
before it is too late and that friend  
is your doctor.

When did you have your last Per-  
iodical Medical Examination?

## HOW TO KEEP YOUR HEALTH Sunshine Essential to Health

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

Now that the summertime is here  
we can make a fine investment in  
health if we will but take advantage  
of one of Nature's greatest gifts—  
sunshine. All of us know that we  
must have food and air to live; but  
what many of us do not know is that  
we also need sunshine.

The other day I made the above  
statement to a friend and he came  
back at me with: "What proof have  
you for such a statement?" That was  
a fair question, too. So I looked up  
some of the latest literature on this  
subject and found that Dr. A. P. Ca-  
wadias, of St. John Clinic of Physi-  
cal Medicine, in London, tells us that  
women and men who lack secretion  
from the sex glands are benefitted  
by sunshine. The maturing period  
has been speeded up by treating girls  
with ultraviolet light rays, which  
are part of the rays which make up  
the sunlight.

Perhaps that is the reason that  
girls mature earlier in tropical coun-  
tries than those in temperate climes.  
Dr. Cawadias has also seen im-  
provement in girls suffering from ir-  
regular and painful periods by giving  
them sunlight, either natural or  
from an ultraviolet ray lamp.

A person suffering from a lack of  
secretion from the thyroid gland is,  
as a rule, sluggish both mentally and  
physically. This condition is aided, if  
not cured, by giving thyroid extract.  
But, in this disorder, too, sunlight is  
of great help when used together  
with the thyroid extract. One must  
be careful in this treatment with  
light, because forming too much se-  
cretion in the thyroid gland may be  
harmful.

Diabetes, too, seems to be defin-  
itely influenced by sunlight, particu-  
larly the ultraviolet part of the sun-  
light. Several scientific workers such

as Frankel, of Germany, and Tissot,  
of France, have shown that the am-  
ount of sugar in the blood is lowered  
after exposing the skin to the ultra-  
violet rays. This is a great benefit  
to the diabetic patient because his  
trouble is that the amount of sugar  
in the blood is greater than normal,  
and anything which will reduce blood  
sugar is important to him.

It should be good news to those  
who are overweight that sunlight, in  
the opinion of Dr. Cawadias, is also  
effective in helping to bring about a  
loss in weight, even when excess  
weight is due to taking too much  
food.

Sunlight seems to have a stimulat-  
ing effect in speeding the body's ac-  
tivities. A loss of weight was brought  
about by having the overweight per-  
son expose himself, daily, to sunlight  
either natural or from an ultraviolet  
ray lamp, and by only a slight re-  
duction in amount of food taken.

Perhaps, the stimulation of body's  
activity is the reason that getting  
out into the sunlight helps those  
who feel depressed and 'blue.' 'Blue  
Monday' is rarely blue when the sun  
is shining brightly.

Anaemia, which means that there  
is not enough coloring matter in the  
blood, is also helped, in many cases,  
by sunshine and ultraviolet treat-  
ments.

People differ in the way they are  
affected by sunlight. Persons who  
have an excitable, nervous system,  
that is, who are restless and nervous  
may be made worse by ultraviolet  
ray treatments rather than better, in  
some instances.

Human beings need sunlight. Sun-  
shine not only helps to cure certain  
diseases, but may be equally helpful  
in preventing many disorders. Get  
your share of it whenever possible.  
Get out in the open and play in the  
sun. It will do you good—more than  
you realize. Make health while the  
sun shines.

## Stock-Up on CANNED FOODS

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color in two surfaces; it may use  
linked or draped sections or straps  
in two colors in one surface. For  
instance, the daytime sandal may be  
developed in bandage-like crossings  
of one patent band and one fabric or  
suede band. The sports sandal which  
may double for an evening shoe with  
summer frocks, may be done in two

vivid shades—red with blue, green  
with purple—in soft doe suede.

There is a feeling for maintaining  
a certain unity, either of color or of  
surface in these shoes, particularly  
inasmuch as many sandals this year  
feature rather elaborate patterns  
which tend to break up the line and  
distract the eye.