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**ARCHBISHOP-ELECT L. J. A. MELANSON ENROUTE MONCTON**

Delivered Farewell to Gravelbourg Citizens Yesterday--Will Be Enthroned Here February 22.

MONCTON, Feb. 12.—It has been officially announced that the ceremonies that form a part of an archbishop's enthronement, as will be the case with Most Rev. Archbishop-Elect Melanson, on Monday evening, February 22nd, in l'Assomption Cathedral, will be broadcast through station CKOW. This has been made possible by l'Assomption Society, and will be pleasing to all those unable to attend but wishing to follow the course of this important ceremony. A member of the clergy in l'Assomption Cathedral will give a detailed account of the procession as it leaves l'Assomption rectory, having the Sanctuary as its destination, the singing of the Archbishop's first Solemn Benediction in his own cathedral, the reading of Papal bulls, the official taking of his throne accompanied by his two suffragans, Their Excellencies Bishops P. A. Chiasson and P. A. Bray, bishops of Chatham and Saint John, respectively, the reading of the addresses on the part of the laity, the reply by the new Archbishop, etc.

Most Rev. L. J. A. Melanson left his former See at Gravelbourg on his way to Moncton yesterday. On his way east he will visit other bishops and will also spend a week in retreat before assuming his new responsibilities.

On Sunday last His Excellency officiated at Pontifical High Mass in Gravelbourg Cathedral during which he said farewell to the people. On Monday he paid his farewell visit to all the religious institutions of Gravelbourg and in the evening was the guest of the clergy at dinner at Mathieu College when an address was read.

Farewell addresses were also read from the citizens of Gravelbourg and His Excellency officiated for the last time as Bishop of the Diocese in the Gravelbourg Cathedral. Following the Mass a parade was formed to escort His Excellency to the station on the first part of his journey east.

Our problem is to find out if it is possible in the present social order to prepare men's minds and the course of events for passage to a better organization of human life.—Leon Blum

**City of Fredericton TENDERS**

Sealed tenders marked "Tenders for Tires and Tubes for the Fire Truck" will be received at the office of the undersigned, up until Saturday, February 20th, for supplying 4 tires with tubes (new stock).

Specifications may be obtained from the undersigned.

FRED I. HAVILAND,  
City Clerk.  
City Hall, February 10, 1937.

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**Interest to Women****EVERY INDIVIDUAL HAS OWN TRADE-MARK****Ruth Cameron Discusses Question of Handwriting and Mannerisms Which Set Each One Apart**

(By Ruth Cameron)

One of the things that impressed me as the high tide of Christmas cards submerged all other mail this year, as usual, was how many times you could pick up a card and without looking at the postmark or anything but the writing say, 'That's from So-and-So.'

Sometimes, of course, the card will be from a friend from whom one had letters so often that the capacity to recognize the writing was nothing extraordinary. It would be more remarkable if one couldn't.

But again, one will recognize a card from some person whose writing one sees only at this time or perhaps two or three times during the year.

Isn't it wonderful, when one stops to think of it, the way in which personality and individuality can manifest itself in the forming of a few letters? Our writing is one of our trademarks.

And isn't it wonderful that we do it every time so much the same that it does become our 'trade-mark.' You wouldn't think that if you tried you could write your name every time the same. Probably you couldn't do it if you tried. And yet without trying you can write it, though not the same, so nearly the same, so distinctly and inescapably your way, that people see you in their mind's eye when they see that signature and it becomes your trademark.

Our writing is just one of our

trade-marks. We each have several. Voice, hearing, little mannerisms.

A voice proceeds from vocal chords which cannot vary so very much in size and shape, and yet if there are a billion and a half people in the world as there are, according to the last estimate I read, there are a billion and a half voices all somewhat different. True, there will be some among them strongly similar, but still not the same.

As for the bearing and mannerisms, how often we say, 'I'd know that walk a mile off.' What is that walk? Just some method of carrying the shoulders, some rhythm of moving the feet and arms that belongs to that particular person, is his unconscious trade-mark patented by the fact that no one else can walk just that way.

Or we know that if we heard that little cough beneath our window in Siberia or South Africa, we should rush to the window, perfectly certain of seeing that person whose unconscious trademark that little cough is.

Every individual is a bundle of these trade-marks. And isn't it wonderful beyond words that nature keeps a billion and a half of these bundles on the earth all the time and never repeats herself! And still more arresting, how, whether prince or pauper, we become attached to some particular bundle and cannot find the thing we want in any other of the billion and a half bundles.

**MANY BOLEROS ON SPRING DRESSES****Skirts Slim, Necks Low or High, Sleeves Short---Black, Beige and Navy Lead**

(By Kay Thomas)

Necks are low and square, low and V, or cover the chest and are trimly collared. Sleeves are short, with a gentle fullness at the shoulder. Bodices are snug. Waistlines are high or natural, but often look lower, because they meet gathered skirts. The skirts themselves are slim as a stem or slightly flared. Sometimes fullness is dissimulated by means of panelled gathers. There are many boleros.

This is the spring silhouette. And if you're getting a frock now for under your coat, these are the points to watch. The dresses we show here are fresh from the manufacturers, some of them rushed through, so you will get an early look.

If it's black you want, consider these. A dress with low, square neck, outlined in dainty embroidered linen. This has short sleeves and a skirt which flares ever so slightly. Consider the dress with buttons down the front—the one with the printed collar and bow tie, which actually conceals, by the way, a low V neck. The dress is unusual in that it is a compromise between straight and full skirts. The fullness is arrived at by means of side gathered panels, and it is not too peasant, not too plain for the average figure.

Another dress we suggest has a low snug bodice, gathered skirt, and crisp little collar and cuffs. Interesting too, are the varieties of boleros. Usually the dresses have the sleeves the little boleros slipping over for street wear, if you don't like them under your coat. Other these are embroidered, with peau d'ange worked into a long-stemmed flower.

Prints, for the first time in years,

don't leave us utterly cold. This is because they avoid that jumbled look which so often make women resemble badly planned and neglected flower gardens. Now they are large and widely spaced, but with a collected motif, seeming cool and poised, even when they are riotously colored. The grounds usually are black or navy, and there are many magentas, red and purplish flowers—in large, fat bunches, or gathered bouquet fashion, with long, slim stems. One very charming print consists of nosegays—orchid and purple on a navy ground. Tulips, unashamed of their bright reds and yellows, form other patterns.

And just when you have accepted the large floral prints, you discover small, trim geometrical designs which are equally pleasing. Roman numerals, Greek letters and English initials are used profusely. Names of prominent women, movie stars and such, will be found scrawled on dresses in the shops shortly.

Sometimes printed fabrics are used for jackets only, for collars and lapels. Often a printed effect is achieved by means of embroidery. For this, silk and woolen yarns, beads and patent leather are worked into designs. There are many buttons as trim, too, and much shirring relieves the simplicity of many frocks.

Of all the charming dresses we found, one had long sleeves, fair warning to those who aren't too proud of their arms. This one dress we found is perfect for under a coat for it is straight and slim, and high necked, with a charming jabot.

If you feel too bare in short sleeves though, remember that wide bracelets and longer gantlets will do much to take away that too-naked feeling.

**EXERCISE TO KEEP YOUR FIGURE****Elsie Pierce Says Many Women Let Themselves Grow Old**

(By Elsie Pierce)

Many women make the mistake of concentrating on one set of 'signs of age' and losing sight of others. For instance, they will do all they can to keep the hair from turning, to keep the figure trim and the contour firm. Yet they leave the door open for stiffness to steal in and not slowly but surely creep up on them.

Watch women walk. Watch women move. You often see a woman who seems obviously old. Yet you can't 'put your finger on' why you think so. Then the chances are—a stiff spine,

stiff, stilted movements, oldish heavy tread.

Short, staccato, angular movements belong to age. If movement becomes an effort and looks it—that's a sign of age. Grace, curves, ease belong to youth. Yet I've known women of 50 who had this youthful appearance. These women are just clever enough to know that the best way to keep limber is to keep using muscles. The muscles lose their 'tone' and elasticity, and joints become stiff for one and the same reason: lack of use.

The woman who golfs and swims,

**CUT FOOD SUPPLY TO THE MINIMUM, DR. BARTON SAYS**

(By Dr. James W. Barton)

When you ask your doctor what causes you to be overweight he simply tells you that you eat more food than you use or need, and so this extra food is stored in the body as fat. When you call his attention to a mutual friend or acquaintance who is slim but eats more than you do, does not do any more physical work, and gets as much rest, he repeats his statement that notwithstanding this fact, you still eat more food than your particular body needs.

It is estimated that the average individual uses up about one-half of the food he eats to supply the body's needs—beating of the heart, breathing of the lungs, the digestion and absorption of food, separating harmful wastes from the blood and carrying these wastes to the skin, lungs and lower bowel to be thrown out of the body.

This means then that the overweight individual taking in 3,600 to 4,000 calories of heat units of food, uses up 1,800 to 2,000 of these units in just supplying various processes of the body with their needs. This amount of food is used by the body every day, whether the individual is sleeping or waking, working or resting, eating or fasting, and there is no method of avoiding the expenditure or use of this amount of food by the body. Each day, from birth to death the heart pounds the chest wall 100,000 times, and the bellows of the lungs open and close 20,000 times.

If, then, the overweight individual were to cut his food exactly in half he would not put on a single pound of fat. If he took some regular exercise—walking a mile a day—resting one hour less in the 24 hours, he would take off some weight because it would require some of the fat tissue on his body to supply the energy for the exercise taken and for the loss of the hour's rest.

If, however, the overweight individual were unable or unwilling to take exercise or do without one of his resting hours, but cut down his food by more than half (say from 3,600 calories down to 100) every day then 300 calories or heat units would have to be supplied by the fat on his body to make up the 1800 units his body needed every day to do its work.

Your doctor is quite right when he tells you that as far as your body is concerned, the fact that you are overweight is because you eat more food than your body needs.

**ESTABLISHES RELATIONS WITH UNITED STATES**

LONDON, Feb. 12.—The Foreign Office announced tonight that the Australian Government is establishing diplomatic representation in the United States.

The announcement stated the United Kingdom Government had agreed to the attachment of a member of the staff of the Australian Department of External Affairs to the staff of the British Ambassador in Washington with the rank of counsellor.

The first occupant of the post will be Frank Keith Officer, for the past three and a half years Australian External Affairs' officer in London.

It was explained that Australia is adopting, with the necessary modifications, the system she has employed for more than 12 years for direct contact with Foreign Office, London.

bends and walks and keeps moving generally—seldom walks or moves 'old.' But the woman who starts 'settling down' at 35 or 40 or even 50, who sits and sits, whether she be knitting or reading or just sitting—who goes by car on the half-mile trips it would do her a world of good to cover on foot—she's the one who soon develops a stiff spine.

Some women labor under the mistaken impression that that's 'pampering.' Maybe so. But we think the best way to pamper the figure is to keep it limber.

You can actually shake off stiffness. Shake! In the privacy of your room—test your family thinks queer things about you. Shake arms and hands, shake legs, shake your spine. Thinking back, the old 'shimmy' dance wasn't very graceful to the spectator's eyes—but it must have done a lot of limbering to those who did it.

Then try bending—just a few times at first. You'll get kinks in your back if you're not used to it. But soon you'll find it easy enough to touch the floor with your fingertips—knees held straight—no cheating. Then twist. Then squat. And with a mile, two miles a day. Say 'No, thank you' to your own chauffeur or any one who offers you a half-mile lift. Keep moving—and you'll soon be spry enough to salute spring.

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