

All-Out-of-Sorts! Nervous, Irritable, Peevish!



This may be due to lack of proper rest, the worry over business, the too free use of tea, coffee or tobacco, the keeping of late hours, the never ending drudgery of housework, but whatever the cause you have been putting too heavy strain on the nervous system.

If you are tired, listless, irritable, distressed, you will find in Milburn's H. & N. Pills a remedy to make the weak nerves strong, the shaky nerves firm, a medicine that will help put you on your feet again.

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OUR NEW SPRING RANGE OF
Curtains in plain and figured
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Permanent employment and prove the great-
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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

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J. Clark & Son, Ltd

SUGGESTION

for
June



RECIPES

Date Bread and Rhubarb

"Would you be kind enough to
print in your paper a recipe for date
and nut bread? You boiled the dates
and sugar and water for five min-
utes and let them cool.

"Also a recipe for rhubarb jam in
small quantities, 5 or 6 jars or so.
This recipe I had but lost, contained
I think 1 lemon to 1 pound sugar and
1 pound rhubarb. It tasted wonder-
fully.

"And last, how to can rhubarb in
cold water without cooking, as I've
got a lot in my garden.

"Thank you so much. I think your
column is great and would not miss
it."—M. A. C. Roslindale.

Date and Nut Loaf

- 1 cup dates
- 1 teaspoon soda
- 1 cup boiling water
- ¾ cup brown sugar
- ½ teaspoon salt
- 1½ cups flour
- ½ cup nuts, chopped
- 1 egg

1 tablespoon shortening, melted
Chop dates, sprinkle soda over all
Add boiling water, brown sugar and
salt and allow to stand five minutes.
Add remaining ingredients in the
order listed, blend well and pour into
a bread pan, which has been well
greased. Bake in a slow oven, 300 de-
grees F. until done—about 50 minutes

Rhubarb Jam

Wash rhubarb and cut into small
pieces. Weigh it and to each pound
of fruit put one pound of sugar, the
grated rind of half a lemon and a
quarter of an ounce of bitter al-
monds, skinned and chopped. Bring
this slowly to a boil and let it boil
more quickly for about three-quar-
ters of an hour, or until ready to set.
Then pour into jars or glasses, cool
and seal. Almonds may be omitted.

Rhubarb (Cold-Pack)

For practical canning, cut stalks
when they are between ½ and ¾ of
an inch in diameter. Wash and cut
into 1-inch lengths, being careful not
to "string" in cutting. Blanch for one
minute, plunge into cold water for
a few seconds only. Pack firmly into
hot jars, cover with a medium thin
syrup made with 3 parts sugar to 2
parts water, partly seal and process
for ten minutes in a hot-water bath.
Remove from canner and seal at once.

Rhubarb (Cold-Water Method)

Because rhubarb contains so much
acid it can be canned, if handled
carefully, by what is known as the
cold-water method. Rhubarb canned
by this method is used chiefly for
pie fillings.

Wash thoroughly and cut into
pieces of convenient size, pack into
jars, fill jar to overflowing with pure
cold water, fully seal and store in a
cool, dry place.

FEW CLOVES ADD ZEST TO STEW

(By Frances Blackwood)

- 2 pounds round steak, cut in cubes
- 3 onions, thinly sliced
- ¼ cup beef drippings
- 2 teaspoons salt
- Pepper as liked
- 3 whole cloves
- 2 tablespoons flour
- 1 can tomatoes

Simmer the onions in the fat until
they take on color. Add meat and
cloves and cook until meat is brown-
ed. Remove cloves, add the tomatoes
and seasonings, and a full cup of
water and bring to the simmering
point. Cover pan and let simmer
about 1½ hours until meat is per-
fectly tender. Stir in a teaspoon of
Worcestershire sauce, ½ teaspoon of
sugar and 1 teaspoon of prepared
mustard. Mix the flour with enough
water to make a thin paste. Stir it
into the stew and continue to cook,
stirring, about five minutes. Then
serve on a hot platter.

Baked Tomatoes and Eggs

- 4 medium sized ripe tomatoes
- 4 or more eggs
- 1 small mild onion
- ½ a green pepper
- ½ a bunch of parsley
- Butter, salt and pepper
- Cream sauce.

Cut a thin slice from the stem end
of tomatoes, using as many tomatoes
and eggs as you have people to serve.
Scoop out inside of tomatoes, dredge
inside with a little salt and pepper

PARIS SHOWINGS

Having been inspired by the men's
clothes of the Directoire period, and
at the same time achieving a most
feminine looking collection is cer-
tainly no common feat! And this
was brilliantly demonstrated at the
Bruyere fall showing in Paris.

Marvelous, soft, clinging gowns,
clever draperies, natural shoulder
line for day and evening wear, were
a real pleasure for one to see. Ma-
terials for sports dresses were rough
and natural tweeds; for afternoon
wear, light woollens and many silks
and satins. A new silk Amorosa was
very successful in many day models,
as well as in evening gowns.

A few colors, mauve, black, greens
browns and rust reds were outstand-
ing for sports. For evening white,
lames, silver, gold, and mauve were
conspicuous.

Tulle and lace had a prominent
place among all these rich colors,
and formed charming evening mod-
els. 'Erigone,' a lovely evening dress
of black net with bands of thicker
net across it in horizontal lines, was
worn over a gold lame slip. The
shoulders were covered with a cape-
like bertha in the same net. A lovely
shade of lilac pink, very faint, was
chosen for a lace dress, the design
on it stitched over with silver thread.
This gown, too, had just a bertha
around the shoulders.

And then came a handsome even-
ing gown in black lace, with a de-
sign of crepe clusters on it, and a
full skirt, falling in gentle folds.
This was worn with an apple-green
cloth cape.

And then, of course, one of the
most important items of this collec-
tion was the introduction of sashes,
such as the elegant beaux of the Di-
rectoire used to parade in! They are
black, on black dresses, and have
the ends embroidered in bright col-
ors. They look graceful and give a
vivid note to the dark day and ev-
ening gowns.

DOUBLE CHECK

Check and double check for the
smartness of the three-piece costume
suit! Especially when the short,
swinging casual coat uses checked
fabric in new and clever ways and
the collarless checked jacket under-
neath has sleek, neat accents. The
black skirt is as slim as you like it.
The useful and youthful kind of cos-
tume that a business girl needs!

Cup Cakes

- ¾ cup shortening
- 1 cup sugar
- ¼ teaspoon salt
- 4 eggs
- 1 cup milk
- 3 1-3 cups sifted flour
- 4 teaspoons baking powder
- ½ teaspoon mace
- 1 teaspoon lemon juice
- 4 drops almond flavoring

Cream shortening until beaten very
light. Gradually beat in the sugar.
Add lemon juice and almond extract
and beat again. When very light add
the well-beaten eggs and beat to mix
thoroughly. Sift flour, measure it
and sift again with salt, baking pow-
der and spice. Add alternately with
the milk and bake in buttered cup
cake pans in moderate oven.

FALL SPONGE CAKE INDICATES EITHER TOO MUCH LIQUID OR A SLOW OVEN

(By Harriet Cooke)

Two weeks certainly seem to fly
and here I am back at my desk
ready to continue the usual services
Kitchen Counsel readers. It's quite
natural to find many requests await-
ing an answer, so before I can even
think of giving you 'Down East' re-
cipes and tell you about the inter-
esting tea rooms which served them
I must take care of these.

Here's one that has to do with
sponge cake and you will benefit the
more if you know the question, too.
"Why, when I make a sponge cake,
and it rises to the top of the tin,
and I take a peek at it, it falls? Even
when it is supposed to be done." The
thing is the cake is really not cook-
ed to the degree that the air cells
have become firm and as the cold
air strikes the top of the cake, it
being heavier, forces these very deli-
cate cells down.

Chances are, if you would bake the
cake in a little hotter oven you will
have better results. Perhaps the re-
cipe is calling for too much liquid
for the amount of flour or perhaps
there is too much baking powder for
the flour. There is a standard re-
cipe for sponge cake on all the cake
flour boxes and this will give you
perfect results.

Another request comes from Lock-
port and is from a lady who wants
directions for making black currant
jam. So now you may get some of
the firm black currants and use this
Scotch recipe.

PROPER SLEEPING HABITS WILL END INSOMNIA QUICKLY

(By Dr. James W. Barton)

Physicians who treat many cases
of insomnia (sleeplessness) tell us
that some of the things that keep
the patients awake are (a) thinking
of the foolish or unwise things they
have been doing or have done; (b)
fearing the near or far away future;
(c) fearing that this sleepless-
ness has become a habit and that it
may soon cause physical ill health
and perhaps mental ill health.

The method of treatment is (a)
showing these patients that time
spent in worrying over or regretting
past mistakes is costing valuable
time and energy that should be
spent in rest of body and calmness
of mind; (b) that fearing the future
develops cowardice or an inferiority
complex and makes facing the future
actually harder than ever, and (c)
showing patients that while eight or
ten hours' sleep may be necessary
for some people and at certain times
for everybody, nevertheless two
hours' sleep and six hours' rest of
mind and body (even if not asleep)
will preserve life and prevent any
mental ill health.

I believe this third part of the
treatment showing that we can live
with less sleep than we think we
need is one of the biggest factors in
bringing on natural sleep.

The patient is first shown that
during sleep the heart beats more
slowly, the blood pressure is less,
that the temperature is lower, and
that the lungs breathe less often and
that it is this slowing up of all the
processes, less work being done by
the body, that gives him refresh-
ment by morning.

Then he is shown that if he can
keep his mind at rest (no worry
about not sleeping or other things)
and his body completely relaxed,
arms and legs slightly bent, as he
breathes slowly and deeply, this is
80 per cent as good as sleep in giv-
ing refreshment, then it is not hard
for him to see that with this relaxa-
tion and two or three hours of sleep
besides, he is not doing so badly the
fear of the consequences of lack of
sleep fade away, and with these
fears removed natural sleep comes
of its own accord.

Now there are times when pain
must be relieved and there are cir-
cumstances where sleep must be ob-
tained to ease grief and also to re-
lax all muscles and nerves to pre-
vent a physical and mental break-
down. Drugs may be quite properly
given in these cases.

But for the average case of sleep-
lessness the methods outlined above
making sleeping not sleeplessness, a
habit.

TWEED FOR EVENING

Individuality with distinction is
the keynote of Schiaparelli's fall
collection. Quite in her usual manner
her costumes are exciting, but em-
phatically wearable. The biggest news
is dark Scotch tweed evening coats,
long and plain with brilliantly em-
broided inner lapels.

Triumphs repeated are many short
jacket suits, very little altered and
depending on fabrics, color and ac-
cessories for novelty.

Extremely form fitting gowns with
high necks are often made of fancy
materials.

Waistlines are normal in the day-
time, and often raised in the evening
with Directoire effects above inter-
esting, skirt movements. Shoulders
are only slightly rounded.

Not so many flares for Schiaparel-
li. Her coats are rather straight in
heavy woollens with original fur
trimmings.

Colors are black—this has become
just about the most frequently used
word on the Paris to New York
cables this season—almost black,
deepest blue, dark green, several
rich reds and some brilliant yellows.

Typical Schiaparelli tricks are
jackets of shirred ribbon and ruf-
fled taffeta scroll ribbons painted in
gold and colors directly on the fab-
ric or on gold kid; gloves with red
fingernails or lines of hand embroi-
dery; leather chains fastening suits;
odd buttons including crowns and
coffee beans.

Hat crowns are tall in the man-
ner of chef's caps, flower pots, Per-
sian toques and the sugar loaf style.
Touches of embroidery supply a bit
of elegance.

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been on the market for the past 88
years.

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Powder—the new, easy
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Your favorite, double-
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