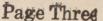
## THE DAILY MAIL, FREDERICTON, N. B., 1 UESDAY, APRIL 13, 1937

15



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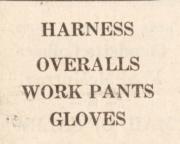
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that she was thoroughly discouraged with her oily skin. She said she had done everything under the sun to correct it. I asked her if she realized the value of the complexion brush in the care of an oily skin. There's nothing like it, girls, when it comes to stirring up the circulation and getting rid of the excess accumulation in the pores which, if not removed, will form blackheads, pimples and

oven may result in acne. An occasional cleansing is not enand I laughed at myself. ough. Constant cleansing is necessary to ward off these unlovely skin blemishes. Once a day, at least, the oily skin can stand for a good scrubbing. With it you may use warm take for granted fails us. water and soap. The soapy water is The water is shut off for a few rinsed off with clear warm water,

then with cold water. Splash on plenty of cold water. It quickens the and groan at the slowness until it is circulation thus helping to correct turned on again. its toneless quality. The electricity fails us during a

ndignation.

A good time to go in for this heavy cleansing is at bedtime, and should there already be a tendency toward light the candle or the kerosene lamp blackheads or other skin eruptions, and get along for a few hours with you may repeat the scrubbing in the these which were all the light our morning. You may find it helpful to use a freshener tonic or an astrinknew. Maybe we even write letters gent tonic afterwards, to remove any to the paper on the poor service. oil that remains in the pores.

This may sound like vigorous treatment, but when you exercise and stimulate skin tissues you create a better circulation and improve skin tone

Where there is an oily skin one should eat lightly of fats, rich pasordination. tries, and gravies. We'll not ask you to go on a fatless diet, but do eat fats and rich foods sparingly. Eat plenty of fruits and fresh vegetables, and drink fruit juices to improve the limination.

An occasional mask treatment will e found most beneficial because the mask treatments cleanse the pores deeply and stimulate the circulation. and both of these processes are what the oily skin needs most.

### **He Switched From Economics to Music**

CHICAGO, April 13-One visit to the World Economic Conference in London in 1933 changed Carleton Smith, commentator on the Chicago NBC Symphonic Hour, from a professional economist into a music critic. Although he had been a teacher of often they find their way into the conomics at the universities of Chicago and Maryland, he decided the

world's major ailments would remain

unsolved despite any efforts of his, and he was certain he could help further an understanding of music. He has been interested in music

**ONCE CALLED LUXURIES** The radio will not work clearly (By Ruth Cameron) I turned the faucet this morning during bad weather conditions and

... OF ...

Interest to Women

and the water wouldn't come. Where- we are deprived of our daily miracle upon I felt a wave of irritation and worker for a few minutes and turn on it looks of disgust.

What was the matter with it? Why "You never miss the water till the should I be balked in this way when well runs dry," was the old proverb. wanted to wash my hands? How In the proverb-maker's day water in lared the faucet remain dry when I a well was a blessing, something you had called upon it to produce water? ought to be grateful for but didn't re-And then the indignation subsided member to be until the well ran dry. In his day you either went and And at the rest of the world who drew the water up in a bucket or pereel, I think, very much like that havs pumped it with a hand pump. when any one of the wonderful me-That was a matter of course. You chanisms which we have come to were lucky to have good water at all.

But if we are reduced for a few hours to using the water we have nours while the town fixes a break in drawn off into pitchers and pails, or the main. Terrible! How we grumble if we wait for 60 seconds for water to come, or if the hot water that once had to be so laboriously heated on the stove, doesn't come steaming thunderstorm, a few times, in the out of the faucet, we are being badly ummer. We are outraged when we treated.

How much hampier we should be if it weren't so easy to get used to good

has carried us 50,000 miles in com- poorer (financially) classes. fort and at a cost so small that when you stop to think of it, is almost in- at least it does us good to realize our for being in exile. redible. We turn the switch and old luck now and then. You never know Dobbin's descendant refuses to start your luck, no not intimately, but and we are outraged at this insub- maybe you can catch a glimpse of it occasionally.

## **KIDNEY STONES AND THEIR RECURRENCE**

(By Dr. Herman N. Bundesen, for- and repeat the exercises. Then drink itho does not see it that way at all. President American Public a third tall glassful of water and rest Health Association)

The kidney, under normal condi-

that are insoluble in water. We call these pelbbles kidney stones. Sometimes these stones stay in the kidney and give only slight pain. But ing.

narrow tube which connects the kidney with the bladder. Then the pain severe. Kidney stones may also lead to infection of the kidney. Doctors are always alert for any

suggestions that prevent formations of kidney stones. They are also eager

mer

again. Then eat your breakfast. This series of exercises with the tions, is able to separate minerals water drinking, should help speed and water from the blood. These min- the drainage of the kidney. A person erals are soluble in the water and doing this would get the same results pass on to the bladder. But every by standing on his head, but most of now and then we find a person who us cannot do that. Get ) g on your has had some disturbance which pre- knees and low ring the chest and vents the waste minerals from dis head downward to the bed, puts the highly laudatory, for it is a tradition solving in the waste water. These k'dnev in about the same position as in English letters that all living mineralls form into little pebbles standing on your head would do. In

Dr. Ward, who developed this

inherited tendency toward formation

find that the colors after a short time

are bleached out. Fugitive colors are

absolutely useless in these circum-

as any colors on cement.

The Danger of Cough

Among the Children

In young children a cold or cough is not a thing to be disregarded, as it is often a grave matter, and unless attended to immediately it may

eventually cause serious trouble. On the first sign of a cold or cough the mother will find in Dr. Wood's Norway Pine Syrup just

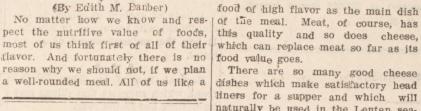
Its promptness and effectiveness is loosening the phlegm is such that the trouble may be checked before anything of a serious nature sets in.

Children like it; take it without any fuss.

the remedy required.

ing on this problem.

large stone in one kidney. The other ling, a piteous Gailure and a recreant kidney contained small stones, and to duty. Bolitho's book must be the Dr. Ward believed that a series of neatest literary trick of the year. ses would cause the patient to His work was well under way when



**BRITISH WRITER** PAINTS EDWARD AS OWN VICTIM

First to Mind Comes the Rabbit, but There Are

**Others Such as the Fondues** 

Bolitho's Book Denies He Was Forced Out by a Conspiracy of Leaders.

#### (By Joseph Driscoll)

LONDON, April 12-One more nonth and the Duke of Windsor will although it is actually baked. It is be free to marry Mrs. Wallis War- celebrated because it demands so field Simpson and make her Duchess few utensils for its making as well as of Windsor. Meanwhile, the inquest because of the appetizing results. into the abdication of King Edward has been reopened here, with the of bread and cheese and bacon, publication of "Edward VIII-His which are merely baked or broiled. I Life and Reign," by Hector Bolitho. also like the cheese sandwiches that

More in the nature of a brickbat things! If we could savor with the than a wedding gift is this exploragrandfathers and grandmothers ever wonder our grandfathers would feel, tion into the causes behind the re- the quick meal in which the business all the conveniences and luxuries nunciation of the crown for love of a that are a commonplace in the homes woman. Bolitho's verdict is that Ed-We get into the faithful car which of millions of people even of the ward was weak, stubborn, selfish, conceited, parsimonious and unduti-

That isn't possible, of course, but ful, and has only himself to blame

Not every one will agree with that verdict, which makes it all the more 1 egg interesting. An opposite view was taken recently in the book "His Was the Kingdom," the authors of which, ing dish, add seasonings and egg. Frank Owen and Regimald John hompson, assented Edward had been beat slightly to mix egg with cheese victim of a conspiracy by politici- and milk. Bake in a pan of hot watans, churchmen and press lords. Bol- er in a moderate oven, 375 degrees F.

The curious feature of the latest work of Bolitho-biographer of Queen Victoria and Albert the Good-is that he began his life of Edward with the expectation that the reign of Edward would be a lasting one. Had Edward not walked out on the job, this biography doubtless would have been kings are good kings, and that only that way, the lower part of the kid- dead monarchs, and especially monney is drained, and it is this drain- archs dead for several generations age that keeps the stones from form- may be analyzed frankly and critic ally.

In a sense, then, Edward is living, treatment, reports a patient 48 years yet dead, for not in a long, long time of age, with stones in both kidneys. has a man who was king lived to He operated on him and took out the hear himself denounced as a weak

dishes which make satisfactory head liners for a supper and which will naturally be used in the Lenten season. There is the simple rabbit, made with melted cheese and beer. There are the other types which demand eggs and cream or milk and which are sometimes known as rabbits and sometimes as fondues. There is that delicate and simple fondue which calls for Gryuere cheese and white wine and which may be made with a verv fresh cheese There are southles, one of which differs from another according to which recipe you use. I prefer one

CHEESE DISHES FOR QUICK MEALS | ARTHUR F. BETTS

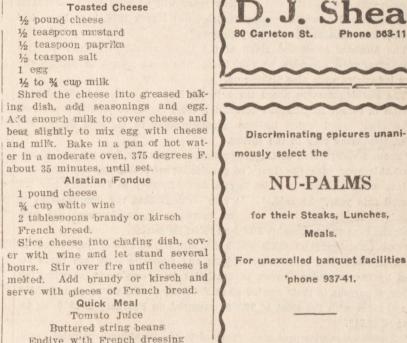
which is crisp on the outside and soft in the middle. Then there is that favorite family dish of mine, which in my grandmother's household was known as toasted cheese, Even simpler are the combinations

are dipped in egg and milk and fried in deep fat Italian style. All of these dishes are suitable for woman housekeeper is particularly

interested. **Toasted Cheese** 1/2 pound cheese

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Endive with French dressing Danish pastry Coffee Method of Preparation

Light oven. Prepare cheese and bake Premare endive and dressing Cook frozen string beans or open an of beans and heat. Dress string beans

Oren can of chilled tomato juice

Make coffee

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is life. B fore he was ten he was a regular attendant at outdoor concerts and opera in Chicago. After graduation from the University of Illinois, he took his master's degree in economics at George Washington University in Washington, D. C., but spent most of his time in research into the Congress.

He has written extensively on muslots of water. He also prescribes cerc for newspaper and magazines. During the summer of 1936 he interview- tain exercises, which, together with ed famous composers in Europe, and the water, he believes will keep kidbroadcast over NBC from the music new stones from forming. capitals abroad

In addition to his present work on the lower part of the kidney. The the Chicago Symphonic Hour-which only way that the kidney empties it includes planning the programmes as self is by gravity; that is, the liquid well as his role as commentator- drops out. So, if we can place the Smith keeps up a lecture schedule body in such a position as to carry which takes him on hurried trips to all parts of the country. Featured with him on the symphon-

ic broadcasts, heard over the NBC-Blue network Fridays at 11:05 p.m., EST, are Roy Shield's orchestra, Noble Cain's Chicago a cappella choir and Vivian Della Chiesa, lyric so- ful (about one-third more than the prano, Edward Davies, baritone, and Charles Sears, tenor.

many years; but, unfortunately, new stones often form after, the first

ones have been removed. Dr. R. Ogier Ward, of St. Peter's Hospital in London, has used a treatment for those who have had stones history of music at the Library of removed, which seems to have stopped more stones from forming. Dr. Ward advises that the patient drink

> **Paint For Cement** Kidney stones form most often in

Priming coat—One hundred pounds white lead, 4 gallons pure kettle-boil- he suffered." d linseed oil, one gallon turpentine out certain exercises to speed up the Body Coat-One hundred pounds drainage and, in addition, use plenty oure white lead, 4 gallons linseed oil of water, then the mineral salts (1-3 boiled, 2-3 raw), or 4 gallons raw which cause the stones will not acil and 1 pint turpentine dried. cumulate in the kidneys, but will Finishing Coat-One hundred he washed out. ounds white lead, 31/2 gallons lin-One day every week when you get seed oil (1-3 boiled, 2-3 raw), 1 pint up in the morning, drink a tall glasspure gum turpentine.

ordinary glass) of water. After drink ing the water go back to bed. Lie on your back for five minutes with a ow under your head. Turn over and lie flat on your face for five minutes. Then on your right side, then on left side for five minutes each. Next, while still in bed, get on your knees and lower your head and body until your chest rests on the

Dr. Wood's

(0]:

ate). For red, red ochre or red oxide bed, turning your head to one side. of iron. For blue, ultra-marine (sul-Remain in this position for about phate). ive minutes. Then, take a short rest, green or oxide of chrome. For white, lrink another tall glassful of water, zinc oxide or zinc sulphide. For black

these stones. Operating to remove pass them. He was able to get this the abdication made rewriting nec the kidney stones has been done for result by the exercises which I have essary. His early chapters, devoted just given you. The exercises have to the adventures and travels of the been continued by this patient, and | Prince of Wales, are friendly and full of praise. The final chapters, deal no stones have formed. Some day we shall know more ing with Mrs. Simpson and what Bol-

about what causes kidney stones. itho sees as Edward's collapse of Perhaps it is some deficiency in our character, are critical indeed. diet, or perhaps some people have an

We have emerged far enough from the exciting events of last December of stones. Many scientists are. work-Bolitho thinks, to realize that the authors of the future will not write on the 'romantic theme of a king who gave up his throne for love, so much as upon the theme of a man of pro-And Concrete mise, who came to disaster through the slow disintegration of his character, disintegration which was hastened by the perpetual frustration which

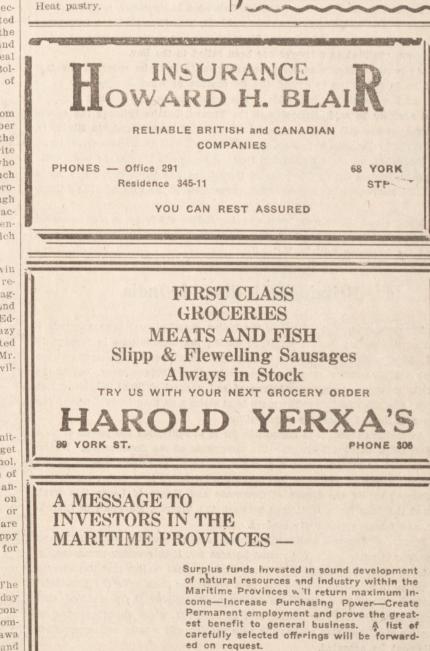
Prime Minister Stanley Baldwin inds a champion in Bolitho, who reports: "Many Americans still imagine that both the government and vested interests pressed King Edward into abdication, and this crazy view is still expressed in the United States. In such an imagined plot, Mr. So often after painting cement or Baldwin naturally appears as a vilconcrete people are disappointed to | lain."

### WATER-RESISTING POLISH

This is an ideal polish for furnit stances. Here are some suggestions for colours which will be permanent ure or surfaces which are apt to get wet or splashed: One pint of alcohol, For buff, use yellow ochre. For 2 ounces of gum benzoin, 1/4 ounce of ight yellow, use zinc yellow (chromgum sandarach, 1/4 ounce of gum anime. Place in a bottle and put on stopper, heat gently in hot water or For green, ultramarine hot sand bath till all ingredients are mixed, then add 1/4 gill of best poppy oil. Shake well, and it is ready for

> WASHINGTON, April 12-The State Department announced today that Francis H. Styles has been confirmed as a secretary in the d'plomatic service and will serve at Ottawa as second secretary of Legation and Control.

mineral black, black oxide of manganese or black oxide of iron. For grey, lithopane (zinc sulphide) and graphite, or lithopane and mineral black.



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