

DR. G. R. LISTER
: Dentist :
PHONE 531-11
Burchill-Wilkinson Building
QUEEN STREET : Below Regent

CURTAINS AND DRAPES

JUST RECEIVED . . .
OUR NEW SPRING RANGE OF
Curtains, plain and figured
Marquisesettes, flax and tusk
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.

Do It Now . . .

The earlier you start on the
right road to advancement the
farther you will go. Get the best
commercial training while it is
easy for you to do so, rather
than postpone it until later and
be forced to acquire it under
difficulties.

Write for full information regard-
ing our Business Courses.

FREDERICTON BUSINESS COLLEGE

F. B. OSBORNE, Principal,
Fredericton, N. B.

HARNESS OVERALLS WORK PANTS GLOVES

H. A. Burtt

TEL. 1234

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.

AN OILY SKIN NEEDS DAILY SCRUBBING

If There's a Tendency
Towards Blackheads
Two Scrubbings Are
Advised.

One troubled miss told me recently
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 no-
thing like it, girls, when it comes to
stirring up the circulation and get-
ting rid of the excess accumulation
in the pores which, if not removed,
will form blackheads, pimples and
even may result in acne.

An occasional cleansing is not en-
ough. Constant cleansing is neces-
sary to ward off these unlovely skin
blemishes. Once a day, at least, the
oily skin can stand for a good scrub-
bing. With it you may use warm
water and soap. The soapy water is
rinsed off with clear warm water,
then with cold water. Splash on
plenty of cold water. It quickens the
circulation thus helping to correct
its toneless quality.

A good time to go in for this heavy
cleansing is at bedtime, and should
there already be a tendency toward
blackheads or other skin eruptions,
you may repeat the scrubbing in the
morning. You may find it helpful to
use a freshener tonic or an astrin-
gent tonic afterwards, to remove any
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 pas-
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
elimination.

An occasional mask treatment will
be 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 profes-
sional economist into a music critic.

Although he had been a teacher of
economics at the universities of Chi-
cago and Maryland, he decided the
world's major ailments would remain
unsolved despite any efforts of his,
and he was certain he could help fur-
ther an understanding of music.

He has been interested in music all
his life. Before 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 econ-
omics at George Washington Univer-
sity in Washington, D. C., but spent
most of his time in research into the
history of music at the Library of
Congress.

He has written extensively on music
for newspaper and magazines. Dur-
ing the summer of 1936 he interview-
ed famous composers in Europe, and
broadcast over NBC from the music
capitals abroad.

In addition to his present work on
the Chicago Symphonic Hour—which
includes planning the programmes as
well as his role as commentator—
Smith keeps up a lecture schedule
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-
prano, Edward Davies, baritone, and
Charles Sears, tenor.

... OF ... Interest to Women EVERYDAY CONVENIENCES ONCE CALLED LUXURIES

(By Ruth Cameron)

I turned the faucet this morning
and the water wouldn't come. Where-
upon I felt a wave of irritation and
indignation.

What was the matter with it? Why
should I be balked in this way when
I wanted to wash my hands? How
dared the faucet remain dry when I
had called upon it to produce water?

And then the indignation subsided
and I laughed at myself.

And at the rest of the world who
feel, I think, very much like that
when any one of the wonderful me-
chanisms which we have come to
take for granted fails us.

The water is shut off for a few
hours while the town fixes a break in
the main. Terrible! How we grumble
and groan at the slowness until it is
turned on again.

The electricity fails us during a
thunderstorm, a few times, in the
summer. We are outraged when we
light the candle or the kerosene lamp
and get along for a few hours with
these which were all the light our
grandfathers and grandmothers ever
knew. Maybe we even write letters
to the paper on the poor service.

We get into the faithful car which
has carried us 50,000 miles in com-
fort and at a cost so small that when
you stop to think of it, is almost in-
credible. We turn the switch and old
Dobbin's descendant refuses to start
and we are outraged at this insub-
ordination.

The radio will not work clearly
during bad weather conditions and
we are deprived of our daily miracle
worker for a few minutes and turn
on it looks of disgust.

"You never miss the water till the
well runs dry," was the old proverb.
In the proverb-maker's day water in
a well was a blessing, something you
ought to be grateful for but didn't re-
member to be until the well ran dry.

In his day you either went and
drew the water up in a bucket or per-
haps pumped it with a hand pump.

That was a matter of course. You
were lucky to have good water at all.
But if we are reduced for a few
hours to using the water we have
drawn off into pitchers and pails, or
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
out of the faucet, we are being badly
treated.

How much happier we should be if
it weren't so easy to get used to good
things! If we could savor with the
wonder our grandfathers would feel,
all the conveniences and luxuries
that are a commonplace in the homes
of millions of people even of the
poorer (financially) classes.

That isn't possible, of course, but
at least it does us good to realize our
luck now and then. You never know
your luck, no not intimately, but
maybe you can catch a glimpse of it
occasionally.

KIDNEY STONES AND THEIR RECURRENCE

(By Dr. Herman N. Bundesen, former
President American Public
Health Association)

The kidney, under normal condi-
tions, is able to separate minerals
and water from the blood. These min-
erals are soluble in the water and
pass on to the bladder. But every
now and then we find a person who
has had some disturbance which pre-
vents the waste minerals from dis-
solving in the waste water. These
minerals form into little pebbles that
are insoluble in water. We call
these pebbles kidney stones.

Sometimes these stones stay in the
kidney and give only slight pain. But
often they find their way into the
narrow tube which connects the kid-
ney with the bladder. Then the pain
is 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
to learn ways and means to get rid of
these stones. Operating to remove
the kidney stones has been done for
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 treat-
ment for those who have had stones
removed, which seems to have stop-
ped more stones from forming. Dr.
Ward advises that the patient drink
lots of water. He also prescribes cer-
tain exercises, which, together with
the water, he believes will keep kid-
ney stones from forming.

Kidney stones form most often in
the lower part of the kidney. The
only way that the kidney empties it-
self is by gravity; that is, the liquid
drops out. So, if we can place the
body in such a position as to carry
out certain exercises to speed up the
drainage and, in addition, use plenty
of water, then the mineral salts
which cause the stones will not ac-
cumulate in the kidneys, but will
be washed out.

One day every week when you get
up in the morning, drink a tall glass-
ful (about one-third more than the
ordinary glass) of water. After drink-
ing the water go back to bed. Lie on
your back for five minutes with a
pillow under your head. Turn over
and lie flat on your face for five min-
utes. 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
bed, turning your head to one side.
Remain in this position for about
five minutes. Then, take a short rest,
drink another tall glassful of water,

and repeat the exercises. Then drink
a third tall glassful of water and rest
again. Then eat your breakfast.

This series of exercises with the
water drinking, should help speed
the drainage of the kidney. A person
doing this would get the same results
by standing on his head, but most of
us cannot do that. Get up on your
knees and lowering the chest and
head downward to the bed, puts the
kidney in about the same position as
standing on your head would do. In
that way, the lower part of the kid-
ney is drained, and it is this drain-
age that keeps the stones from form-
ing.

Dr. Ward, who developed this
treatment, reports a patient 48 years
of age, with stones in both kidneys.
He operated on him and took out the
large stone in one kidney. The other
kidney contained small stones, and
Dr. Ward believed that a series of
exercises would cause the patient to
pass them. He was able to get this
result by the exercises which I have
just given you. The exercises have
been continued by this patient, and
no stones have formed.

Some day we shall know more
about what causes kidney stones.
Perhaps it is some deficiency in our
diet, or perhaps some people have an
inherited tendency toward forma-
tion of stones. Many scientists are work-
ing on this problem.

Paint For Cement And Concrete

Priming coat—One hundred pounds
white lead, 4 gallons pure kettle-boil-
ed linseed oil, one gallon turpentine.

Body Coat—One hundred pounds
pure white lead, 4 gallons linseed oil
(1-3 boiled, 2-3 raw), or 4 gallons raw
oil and 1 pint turpentine dried.

Finishing Coat—One hundred
pounds white lead, 3 1/2 gallons lin-
seed oil (1-3 boiled, 2-3 raw), 1 pint
pure gum turpentine.

So often after painting cement or
concrete people are disappointed to
find that the colors after a short time
are bleached out. Fugitive colors are
absolutely useless in these circum-
stances. Here are some suggestions
for colours which will be permanent
as any colors on cement.

For buff, use yellow ochre. For
light yellow, use zinc yellow (chrom-
ate). For red, red ochre or red oxide
of iron. For blue, ultra-marine (sul-
phate). For green, ultramarine
green or oxide of chrome. For white,
zinc oxide or zinc sulphide. For black

CHEESE DISHES FOR QUICK MEALS

First to Mind Comes the Rabbit, but There Are
Others Such as the Fondues

(By Edith M. Banber)

No matter how we know and re-
spect the nutritive value of foods,
most of us think first of all of their
flavor. And fortunately there is no
reason why we should not, if we plan
a well-rounded meal. All of us like a

food of high flavor as the main dish
of the meal. Meat, of course, has
this quality and so does cheese,
which can replace meat so far as its
food value goes.

There are so many good cheese
dishes which make satisfactory head-
liners for a supper and which will
naturally be used in the Lenten sea-
son. 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 Gruyere cheese and white
wine and which may be made with a
very fresh cheese.

There are souffles, one of which
differs from another according to
which recipe you use. I prefer one
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 house-
hold was known as toasted cheese,
although it is actually baked. It is
celebrated because it demands so
few utensils for its making as well as
because of the appetizing results.

Even simpler are the combinations
of bread and cheese and bacon,
which are merely baked or broiled. I
also like the cheese sandwiches that
are dipped in egg and milk and fried
in deep fat Italian style.

All of these dishes are suitable for
the quick meal in which the business
woman housekeeper is particularly
interested.

Toasted Cheese

1/2 pound cheese
1/2 teaspoon mustard
1/2 teaspoon paprika
1/2 teaspoon salt

1 egg
1/2 to 3/4 cup milk

Shred the cheese into greased bak-
ing dish, add seasonings and egg.
Add enough milk to cover cheese and
beat slightly to mix egg with cheese
and milk. Bake in a pan of hot water
in a moderate oven, 375 degrees F.,
about 35 minutes, until set.

Alsation Fondue

1 pound cheese
1/2 cup white wine
2 tablespoons brandy or kirsch
French bread.
Slice cheese into chafing dish, cover
with wine and let stand several
hours. Stir over fire until cheese is
melted. Add brandy or kirsch and
serve with pieces of French bread.

Quick Meal

Tomato Juice
Buttered string beans
Endive with French dressing
Danish pastry Coffee
Method of Preparation
Light oven.
Prepare cheese and bake
Prepare endive and dressing
Cook frozen string beans or open
can of beans and heat.
Dress string beans
Oven can of chilled tomato juice
Make coffee.
Heat pastry.

ARTHUR F. BETTS

Plumbing and Heating

QUEEN ST. PHONE 512

HAWKINS FRUIT & PRODUCE CO. LTD.

WHOLESALE DISTRIBUTORS
FRESH FRUITS
and
VEGETABLES
PHONE 313
NORTH DEVON

THE GREATEST PLEASURE

... is obtained from your shower
bath when the force and tem-
perature of the spray is easy to
control.

The triple valve gives you a
shower which can be hot or cold
at will, and either like a gentle
rain or a sharp, needle-like
spray—with all the grades be-
tween.

Let us install this conven-
ience for you—it's not ex-
pensive and mighty nice to have.

D. J. Shea
80 Carleton St. Phone 563-11

Discriminating epicures unani-
mously select the

NU-PALMS

for their Steaks, Lunches,
Meals.

For unexcelled banquet facilities
Phone 937-41.

THE NU-PALMS

480 Queen St. Phone 937-41

INSURANCE HOWARD H. BLAIR

RELIABLE BRITISH AND CANADIAN
COMPANIES

PHONES — Office 291
Residence 345-11

68 YORK
ST.

YOU CAN REST ASSURED

FIRST CLASS GROCERIES

MEATS AND FISH
Slipp & Flewelling Sausages
Always in Stock

TRY US WITH YOUR NEXT GROCERY ORDER

HAROLD YERXA'S
89 YORK ST. PHONE 308

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.



Strong Enough to Stand
a "Baby Elephant"

ARE THESE C.C.M. BICYCLES. ALL MODELS IN STOCK

J. Clark & Son, Ltd.

Dr. Wood's



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
the remedy required.

Its promptness and effectiveness in 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.

WASHINGTON, April 12—The
State Department announced today
that Francis H. Styles has been con-
firmed as a secretary in the diplo-
matic service and will serve at Ottawa
as second secretary of Legation and
Control.

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