

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.

**HARNESS
OVERALLS
WORK PANTS
GLOVES**

H. A. Burt
TEL. 1234

CURTAINS AND DRAPES

JUST RECEIVED...
OUR NEW SPRING RANGE OF
Curtains in plain and figured
Marquises, 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 Homespins.

"See our stock before
purchasing."

Stanley Delong
Phone 68-11 63 Carleton St.

A TAILORED-MADE SUIT IS
TAILORED OF EXCLUSIVE

FABRICS

We buy only a limited amount
of 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.

WORD O' MOUTH ADVERTISING

Travelling men have no "heart"
when talking about a hotel. To
them, it's either "good" or "bad."

Give them a clean room, abun-
dant hot water supply, and mod-
ern bathing facilities and you'll
have them "telling the world"
to stop at our hotel.

Modern plumbing fixtures —
easily kept clean—mean more
business. Ask us about econom-
ical installations.

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

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.

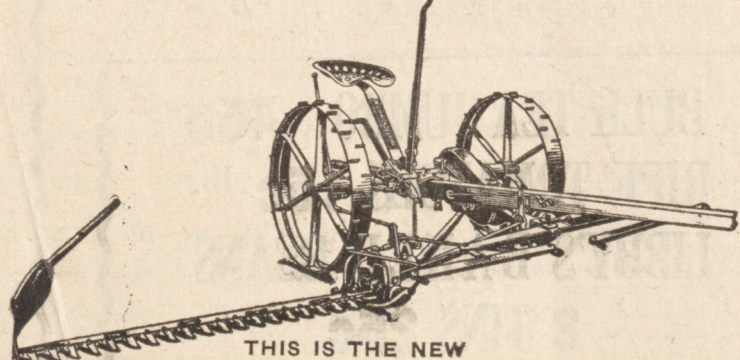
There is hardly anything* in the world that
some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)

* Insurance is no exception.

HOWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 291

FARMERS..



THIS IS THE NEW

McCORMICK-DEERING MOWER
If you want the BEST—No need to go any further.

J. Clark & Son, Ltd
"A GOOD PLACE TO DEAL"

Interest to Women

THE SEISMIC TREMORS START WITH INVITATIONS

(By Cynthia Proctor)

The demands for 'Earthquake Bridge' plans spring up like petunias in the summer sun. So here we are again with complete directions for overturning the calm of a bridge minded party. Earthquake bridge is one way to relax at cards—maybe!

Earthquake Bridge

The 'seismic tremors' start with the invitation, continuing throughout the entire party. Heres the invitation

"First Seismic Tremor
Expected at about 6.7 p.m. on
Wednesday
Relief Expedition under the
J. Blakes, Geologists."

The invitation is written with crayon in topsy-turvy lettering on a piece of drawing paper and sealed with large splashes of red sealing wax.

When the guests arrive they find the card tables set for dinner. When they are told to locate their seats by means of place cards, they feel that they are in a foreign country. Soon, however, they discover a 'key'—all the names written backwards and then deciphering becomes an easy matter.

Feeling that the first shock is over the guests settle down to enjoy one of the hostess famous dinners. Things appear a bit strange, however, when coffee, cheese and crackers are served first. Not until the orange ice is brought in next does it dawn on the guests that dinner is being served backwards—and then there's fun! Reverse the entire menu, and end up thoughtfully with soup and crisp crackers or a fruit cocktail

Indicated on the reverse side of the place card which also serves as a tally, is the location of the first table of bridge. The reverberations of a second tremor are now to be heard as the hostess places an envelope and a package at each table, which reads: "After you have bid the first hands, lay them face down and

open the envelope.' The message in the envelope reads: First shock: Each person takes the hand from the player on his right and declarer now proceeds to play the game with his new hand. The other three hands are played normally. The package is opened by the losers and contains a paper dunce cap for the holder of the low score. He dons it with appropriate blushes or curses, depending on his temperament.

The winners of all tables now progress in the usual manner. A second package and envelope are now placed on each table. On the outside of the envelope is printed: Play four hands as usual and then open the envelope. When the envelopes are opened the slip states: A seismic tremor has occurred, winners open the package and keep contents in mouth during next round. The package contains two lollipops. Did you ever try to play bridge while sucking a lollipop? Great indoor sport. Try it some time.

More Shocks

The winners again progress for the third round. Another envelope and package are placed at each table with instructions: Third shock. Bid the first hand and then deal over again and the bidder continues the hand with the new hand. At the end of the fourth hand, open the envelope. The message says: Losers wear contents of package during the next round. The package contains two pairs of clumsy cotton work gloves and here's hoping the most dignified fastidious person in your crowd draws the prize.

Last Round-up

The winners progress and again there is a package and an envelope which tells the players to play four regular hands. The slip in the envelope announces: Earthquake! Opponents exchange scores on past four hands and the losers may have contents of package. The package contains two gay balloons!

HOW TO KEEP YOUR HEALTH

Sciatica, a Painful Malady

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

Somebody called sciatica the 'tooth ache in the leg,' which means, of course, that the pain of sciatica is intense and causes much suffering.

Sciatica is the name given to pain over the sciatic nerve, which runs down the back of the leg—pain which is deep, boring and aching. The pain usually gets worse when the leg is moved. Anything that causes the nerve to be stretched, even slightly, causes pain. In addition to the pain, there may be some weakness of the muscles and loss of feeling in the skin.

Sciatica seldom occurs in both legs. There is generally tenderness when the buttock is pressed, as well as tenderness with pressure over the nerve over the thigh.

There are several kinds of sciatica, depending on what causes the trouble. Sciatica of one type is due to inflammation of the tissues which hold the muscles together, called fibrous tissue. This condition is known as fibrositis. In fibrositis the pain in the leg may be associated with lumbago, that is, pain in the lower part of the back. These patients often are relieved quickly by applying heat to the leg and back by using an electric pad or the electrical treatment known as diathermy.

In other cases of sciatica, the trouble may be due to tumor growths, such as cancer of the rectum. Occasionally we find tumor growths of the spinal chord responsible for sciatica. This disease may also be due to abnormal pain in the lower part of the spine, called scoliosis. In still other cases it may come from disturbances of the sacro-iliac joint, that is, the joint between the hip and the last part of the spine. Sciatica of this joint often leads to pain in the back and down the leg.

Some cases of sciatica are, undoubtedly, due to inflammation of the nerve itself. But there is no definite proof of this. In very severe cases of sciatica, there has been found a band of fibrous tissue pressing on the sciatic nerve at the point where it came from the spine. Operating on these patients and cutting this band of tissue relieves the disorder.

Such operation should not be performed until the patient has been carefully examined to determine just

what has brought about the sciatica, to make sure that it is not due to fibrositis, or to a tumor growth, or to sacro-iliac joint disease. Even then the operation should not be done until all other simpler methods of treatment have been tried out and have failed. But in those cases where the cause of the sciatica cannot be found, and where relief cannot be obtained in other ways, the operation is well worth attempting. Here again we have definite proof that one should not treat himself for 'pain in the leg' or 'pain in the back.' When such pains come back day after day—see a doctor at once. He will try to find just what causes the pain and give you the treatment that a careful examination shows you need.

"GLAMOUR" IS CONSOLATION PRIZE

Weak Woman's Power
Over Men Helps Even
Things Between Sexes

(By Beatrice Fairfax)

Once we used to call it "It," and now we're calling it "Glamour."

By whatever name it goes, this thing which Wally Warfield turned on the king and reduced him to the status of duke, can do a plenty to those whom we used to call the stronger sex. For glamour, it, sorcery—call it what you will, has wrecked the strength of the strong ever since the beginning of time.

Delilah cast her spell over Samson who could have walloped all the heavyweights of his day with a few lightweights thrown in.

There was Mark Anthony, who you will remember, threw away a world for Cleopatra, and Napoleon, whose luck went into reverse when he chucked Josephine for the unattractive but 'innocent' Marie Louise.

This power to turn strong men into weaklings, is, I believe just the good Lords way of balancing things. It's pretty well agreed that women, comparatively speaking, get more of a raw deal here on earth than men. So, 'It,' glamour, sorcery or whatever it was handed out to us ladies as a sort of consolation prize.

Pundits who have given their lives to studying the subject, say that all women have glamour, but like gold mines in lonely mountain ranges, in some cases it still awaits discovery.

The question seems to be how to get the gold out of the gold mine.

Sizable fortunes have been made by men and women who profess to know the secret of bringing to the surface all this glamour. The other day I looked in on one of their classes so that I might hand along the glad tidings to you.

Apart from looking your best, which goes without saying, it seemed to me that the sweet prying, advised by the instructor, would drive a sane man to a desert island. How are you? You're looking tops! Isn't the sunshine lovely? Isn't spring enchanting? I like your tie. And so on and so forth.

And when you weren't saying these things to the 'strong,' you were supposed to prance around your own room repeating your name: 'I am Mary Smith' over and over again. This would give you courage to believe in yourself.

You've got to understand your own personality and how it reacts to his. In other words, 'know thyself,' as Socrates advises, before you begin to hand out fascination, glamour, or words to that effect. It's this knowledge which will help you to get him to believe, more than prancing round a room and repeating your name.

PARIS BRIDES IN YOUTHFUL GUISE

(By Vida Hurst)

"We always ask Betty to meet us half an hour early," the smart young secretary confessed.

"Most of us are business women and accustomed to keeping appointments on the dot. We haven't time enough to waste waiting for anyone and are too courteous to expect it of anyone else. Several of the girls keep house, and one of them has a couple of babies. She has to hire a woman to stay with the children when she goes out for lunch, but she is always on time. Busy as she is, she has to plan every minute of her day. If she didn't, she says she would not accomplish anything."

"Betty is the only one with nothing to do. She is married and lives in a charming apartment with a maid to take care of it. Betty has her breakfast in bed and is reading or making telephone calls while the rest of us are already at work. She has all the time to dress, and a car to bring her down town. But she is always late."

"No matter how early we tell her to come or how much we urge her to be on time, she delays the luncheon from 15 minutes to an hour, then rushes in smiling, 'Oh, my dears! I am so sorry. Have I kept you waiting long?'"

what has brought about the sciatica, to make sure that it is not due to fibrositis, or to a tumor growth, or to sacro-iliac joint disease. Even then the operation should not be done until all other simpler methods of treatment have been tried out and have failed. But in those cases where the cause of the sciatica cannot be found, and where relief cannot be obtained in other ways, the operation is well worth attempting. Here again we have definite proof that one should not treat himself for 'pain in the leg' or 'pain in the back.' When such pains come back day after day—see a doctor at once. He will try to find just what causes the pain and give you the treatment that a careful examination shows you need.

PARIS—The extremely youthful trend of this season's clothes has had its effect on wedding gowns. The most recent Paris brides have been dressed in demure creations of white mousseline or organza which greatly resemble the frocks worn by the French children for their first communion.

Instead of the halo head veils or the conventional wreaths of orange blossoms, lilies of the valley or camellias, the dressmakers are using a little round cap or tulle with a long floating veil attached just in back.

Two thicknesses of white tulle are made into one of the demure gowns worn by a recent bride. The dress is made high at the neck where it is finished with an inch-wide ruff of gathered tulle. The long sleeves are extremely full in a small ruff imitating that at the neck.

The waist is held in by a wide band of doubled tulle crushed into gathers. The bride wore a cap of doubled tulle with small clusters of orange blossoms at each side and with a long tulle in back. There was no face veil. White mousseline was used for another bridal gown which had a square neckline filled in with lace. The sleeves were long and tight forming a point over the wrist. Twisted white velvet formed a sash which tied with a bow and streamers in back. The skirt was extremely full, falling in gathers from the waist. A conventional white tulle veil was attached from a cap of mousseline.

Orange Pekoe Blend "SALADA" TEA

A PRACTICAL MEASURE OF LINGUISTIC ABILITY

(By Ruth Cameron)

Whenever I hear it said about some one that he (or she) speaks several languages, I am always filled with the greatest admiration. It seems to make any one so much more a citizen of the world. To lift him above ordinary people.

I feel disgusted with myself that I did not make better use of my own early opportunities in that line, and am quite sure that tomorrow I am really going to buy a book and learn some language and astonish my friends by addressing them presently in Spanish or Danish or Icelandic. The ambition alas, evaporates in the heat of the days activities, but the admiration always remains.

And so when I heard some one saying yesterday of a woman, "She speaks so many languages, I pricked up my ears."

But this is what I heard, "She can talk to almost any one, educated or uneducated, rich or poor, young or old, in their own language, without any difficulty."

And it struck me as I thought it over that this, though a different kind of linguistic ability, is quite as valuable.

How many languages do you speak? Do you speak easily only the language of your own interest, your own strata of society, your own individual age bracket, or can you talk to people of varying interests?

Or suppose I make that 'to into 'with.' You don't have to know a lot about other people's interests, if you have the art to start them talking and throw in an intelligent word now and then.

What you need mostly for this kind of linguistic ability, is social ease and suppleness, sympathetic imagination, and a real will to make others feel at home.

Can you talk to children in their own language without condescension? Can you meet people much richer or much poorer than you are and talk to them without self-consciousness?

Can you, when thrown with some perfect stranger, easily establish a conversational entente, even if he or she is not the kind you naturally would click with?

There are some of us who only talk easily with our own types—the people who, we say, 'speak our own language.' And there are others of us who, though we may prefer our own language, can speak plenty of others with ease.

And after all, since so few of us spend much time in other countries, I suspect that is quite as important as the ability to speak French and German, Spanish and Italian.

Fredericton Junction

The monthly meeting of the Sunbury County L. O. L., at Tracy, on the 26th instant, was largely attended, all the primary lodges—No. 22, Rusagonis; 30, Tracy; 35, Lincoln; 36, Patterson Settlement; 84, Upper Manguerville; and 145, Fredericton Junction—but No. 114, Centreville, being represented. Geo. McQueen, Grand Lodge Organizer, and Benj. S. Boone, of Lodge No. 144, Woodland, York Co., were also present and addressed the meeting.

Final arrangements were made for attending the provincial celebration at Saint John, July 12.

Following were chosen to act as a special committee of co-operation with Grand Lodge: The County Master (H. H. Stuart, Fredericton, Jct.), Deputy Master (Reud L. Jones, Lincoln), Secretary (G. H. Bagley, of Tracy), Treasurer (R. K. Nason, Tracy), John H. Phillips, Rusagonis, Cedric Kirkpatrick, Winal, Lawrence U. Harvey, Upper Manguerville, and Stanley Howe, Lanvina, the chairman of the similar committee of each primary Lodge to be also a member of the County Committee.

Next monthly meeting will be held with Lodge No. 114, Centreville, on July 31.

A number of addresses were given for the good of the order, by the visitors, the executive officers, John H. Phillips, Henry and Lawrence Harvey, Ansley Bell, B. J. Nason, J. H. Gereau and N. B. Williams.

During intermission supper was served by the local Orangemen and True Blues and much appreciated.

BURDEN NOTES

Owing to the wet weather of several weeks past the farmers are still behind with their seeding.
Miss Velma Kitchen has been

ADOPT-A-BABY

"Adopt-a-Baby" week in New Brunswick draws near. Next Saturday, (tomorrow) will begin the period of special effort to place little ones now in the orphanages, in good Christian homes. Encouraged by the result in 1935 and 1936, the committee in charge is optimistic for 1937.

Some homes have never known the joy of a baby at mother's knee. Others have had that ecstatic experience but to lose it. In either case here is opportunity to make up for the absence of that something that makes the household complete—a child to own, to care for, to lead along life's pathway, to perpetuate the family name and do it honor.

Hours must often just drag along in the home where there is no baby laughter, no little one to whom to whisper as only a mother can; no boy or girl to be a father's pride, to greet him with chuckle and caress as he comes home tired after his day at toil or in the turmoil of business.

The committee in charge of "Adopt-a-Baby" week renews with all heartiness its invitation to all so placed, and would make their homes happier, to communicate with or call at the New Brunswick Protestant Orphans' Home, Saint John; the Home Finding Association of the Knights of Columbus or the Infants' Home, Coburg Street, Saint John or the Children's Aid Society at Saint John, Fredericton or Moncton. They will find an appealing number of healthy children eagerly awaiting to be taken to kindly hearts and given an even chance in life.

spending the past week with relatives in Fredericton.

Harry Cliffe has returned from visiting friends in Devon and Saint John.

Mr. and Mrs. Robert Mawhinney of Mace's Bay, Charlotte County, have been spending a few days at the home of Mr. and Mrs. Huntley Crowdsen.

R. B. Crewdson who had a successful operation at the Montreal Hospital, is feeling very much improved in health.

Eldon Jewett is building a residence at Smithfield.

Mr. and Mrs. Roy Tapley and son Glendon were visitors to the city on Saturday evening.

A. W. Rockwell of North Devon has been spending most of his time at his summer camp here during the past two weeks.

Dr. B. R. Ross

DENTIST

HOURS:—
9-6 or by APPOINTMENT.
404 Queen Street

D. G. R. LISTER : Dentist :

Burchill-Wilkinson Building
QUEEN STREET : Below Regent

City of Fredericton

Notice of Assessment

The Assessment Roll for the City of Fredericton for the year 1937, is now in the hands of the City Treasurer, for Collection, and all persons therein assessed are hereby required to pay the amount of their respective taxes forthwith to the City Treasurer at his office in the City Hall, Fredericton. A discount of five per centum will be allowed on all taxes paid on or before the twenty-second day of July next, after which date interest at the rate of one-half per centum per month will be added and execution may be issued and proceedings had thereon, as by law provided.

Dated at the City Hall, Fredericton, this twenty-second day of June, A. D. 1937.

FRED I. HAVILAND,
City Treasurer.