

A Friend to the Aged As the Years Creep On



In the later years of life we start to lose that snap and vigor of our younger days. The blood does not circulate as it once did, the vitality is on the wane, and the nerves not just as steady as they used to be.

Little sicknesses and ailments seem harder to shake off; and evidences of a breakdown begin to appear.

Those who wish to maintain their health and vigor and retain their energy should use Milburn's H. & Nerve Pills at this time of life.

**HARNESS
OVERALLS
WORK PANTS
GLOVES**

H. A. Burtt

TEL. 1234

CURTAINS AND DRAPES

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

A TAILORED-MADE SUIT IS
TAILORED OF EXCLUSIVE

FABRICS

We buy only a limited amount
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.

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.

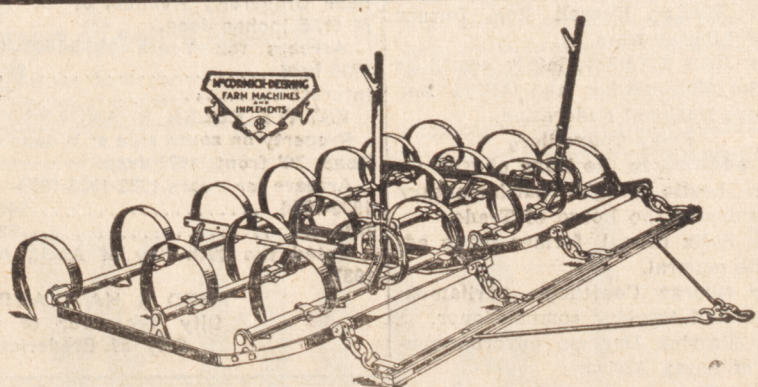
DEATH BEGINS AT 40

In spots 30 or 35 is dangerous, and it may
be that Death begins at 40 M.P.H.

Drive carefully please and for Reliable
Auto Insurance, consult

H. OWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 281



McCORMICK-DEERING
LEVER SPRING TOOTH HARROW
We have them in 15-tooth and 17-tooth

J. Clark & Son, Ltd.

FOUR GREAT RESISTANTS TO INFECTION

(By Dr. Herman N. Bundesen, For-
mer President, American Public
Health Association).

Rest is one of Nature's best re-
medies. Rest gives the body a chance
to build resistance. Rest helps child-
ren as well as older persons to throw
off the army of germs that is always
threatening us. Rest is an impor-
tant method for keeping the young-
ster well in bad weather.

Dr. Allen Moncrieff, English child
specialist, recently emphasized this,
but he also pointed out that the child
should be outdoors regularly each
day, except when there is rain or
heavy fog.

Sunshine is another great weapon
against disease. Dr. Moncrieff says
that every pre-school child ought to
be outdoors between 11 and 1 o'clock
every day, because the sun's rays are
most direct at that time.

Children, four years of age and
under, should go to bed at 6 o'clock.
However, they may be permitted to
stay up one-half hour longer each day
as they grow older, but 8 o'clock
should be the limit for all youngsters
under 13.

I mentioned rest and sunshine as
the two outstanding preventives of
disease. The third is fresh air. Child-
ren need fresh air day and night,
and should sleep in rooms that are
cool—not hot or dry. If a child hap-
pens to be naturally restless, he may
wear a light sweater during the cold
weather to be sure that he is covered
during the night.

Dr. Moncrieff does not believe that
children should be exposed to too
much cold without proper protection.
He suggests the wearing of warm un-
dergarments next to the skin, and
short wool socks and leggings when
outdoors. Of course, when inside, the
child may remove the leggings, thus
allowing his knees to be bare. When
outdoors, however, all young children
should keep their legs covered on
cold days.

When children get wet out of doors
their clothes and shoes should be
changed at once, but he believes in
children being "collegiate." They do
not need to wear a hat unless they
are accustomed to it.

When it is cold, give the youngster
a little extra food, a little more fat,
in the form of butter, so that he has
extra energy to fight the cold. For
breakfast, he should have a hot cer-
eal with cream; a little butter, and
a glass of milk. At his other meals,
he should have plenty of green vege-
tables, salads and fruit. Liver and
fish are excellent foods for children.

Dr. Moncrieff believes that the
child's chances of catching cold are
great unless resistance is built up.
You can help to do this by feeding the
child the proper foods and not let-
ting him become overtired or chil-
dren. He believes that building up
resistance against colds with diet
and rest is more effective than using
vaccines and treatments.

Sometimes parents give children
cold baths or sponge them with cold
water to harden them. There is no
objection to this, if they can tolerate
it and the water is not too cold. If a
cold bath is followed by a pleasant
feeling of warmth, and the child ap-
pears to be vigorous and happy, it
may do him good. Sometimes, how-
ever, the shock of the cold water de-
presses the child, leaving him chilled
and cold. Then, of course, such a
bath is not desirable.

The four important ways of keep-
ing children and adults well, espe-
cially when colds and influenza are
common, are:

1. Plenty of rest.
2. Lots of sunshine or its equivalent in vitamin D, or ultra-violet light
3. Fresh air day and night.
4. Good food, with an abundance of the vitamins and minerals which are essential in building resistance.



ARTHUR F. BETTS

Plumbing and Heating

QUEEN ST. PHONE 514

... OF ...

Interest to Women

IF YOU WOULD BE BEAUTIFUL

Keep Your Head Up and Don't Wear Tight Col-
lars to Avoid Double Chin

It is much easier to prevent the
advent of a double chin than it is to
remove one. Many women have re-
moved them by practising exercises.
Those who can afford it will find a
masseuse, who knows what she is
about will be of great benefit, though
the exercises should be kept up just
the same to strengthen the muscles
of the chin and throat and prevent
the fatty tissue forming again. Thirty
is about the time of life that the
double chin begins to annoy, and if
that age is reached without the ap-
pearance of it, the thing to do is to
keep up the exercises which will act
as a permanent preventive.

The woman who holds her head up
straight, the chin out from the throat
who does not let the chin fall for-
ward and downward, will have little
need to fear a double chin. She will
find also that, no matter what re-
verses or troubles come to her, if she
holds her head and chin so she will
be able to meet the situations square-
ly and much more wisely than if she
lets the chin fall forward and the
head hang down. There is something
about holding one's head up and
one's chin where it should be that
makes the world respect one and
places self-respect and determina-
tion in the very being of one. The
head and chin well poised is half the
battle won.

The first exercise is the simplest.
Stand straight with the head and
chin in the proper position, and

breathe deeply. Next move the chin
forward as far as possible. This
stretches the muscles of the chin and
throat, which have become taut from
too little exercise or from other
causes. It also breaks the fatty tissue
which has formed midway back on
the chin. Next drop the head forward
ten times until it touches the chest.
Then move it backward as far as it
will go ten times. Follow this with
turning the head ten times to the
right as far as it will go, then to the
left the same number of times.

Every woman can safely massage
her own chin. To do this the ends
of the fingers should be moved about
in a rotary movement, moving back-
ward and downward at the same time.
This will break up and disperse the
fatty tissues which are the cause of
the double chin. A good skin food
should be used during the massage.
Cold sprays or packs should be used
every day on the chin to make it
firm and strong. Extreme hot water
should never be used as it makes
the flesh flabby and baggy.

The manner of dressing the neck
has much to do with the tendency
toward a double chin. Collars which
are too high or too tight are sure to
produce a double chin. They are very
bad for the throat as well. If high
collars must be worn, great care
should be taken that they are not too
tight, and they should be made of
soft lace which will not push the
flesh into unnatural positions.

LIGHT FRAGRANCE FOR SUMMER TIME

Even a Heat Wave Will Yield a Little to Refresh-
ing Eau de Cologne

The time to get ready for summer
is before the first dog-day strikes
you down. Remember that boiling
week New York got in May last year,
everybody mopping his brow? Re-
member? Well—it could happen
again.

There is no more cooling life saver
when the weather jumps you like
that than good old eau de cologne.
And it usually happens that on that
first exhausting hot day when you
reach for the bottle you thought you
left on the bathroom shelf last Oc-
tober, like old Mother Hubbard, you
find the cupboard bare. Or if the
bottle is there, it has only one re-
maining drop in the bottom—not
enough to start a hot day on, let
alone do any good at the end of that
wearisome day.

Of course, the classic use of eau
de cologne is on wrists and head-
achey foreheads. But it's also pretty
slick to rub on hot, perspiring feet.
Or, taking a lesson from Napoleon,
use it on neck and shoulders after
bathing. One of his biographers says
the French Emperor was devoted to
eau de cologne, always using it in
washing and pouring it "over his
head and shoulders in profusion."
Napoleon's eau de cologne bills must
have been fairly staggering. He is
said to have used no less than sixty
bottles a month.

Eau de colognes are still made on
the same base of oil of orange, ber-
gamot and other herbs that were
poured over that famous cockle-
dick forehead. But they smell even better
for the addition of a percentage of
floral oils.

For the spring and summer of 1937,
the ancient and important perfume
house, which still keeps on file bills
made out to Napoleon for eau de co-

logne, as well as perfumes, and the
"perfume pastilles" he liked to have
burning in his room. Have blended
the light refreshing elements of their
eau de cologne with special oils of
verberna, honeysuckle, gardenia and
sweet pea in a concentrated floral
water.

The new floral waters in the dif-
ferent odors come in nicely shaped
bottles to occupy the minimum of
space in a travelling case, or on a
bathroom shelf. A 3½ ounce bottle
costs a dollar. And while we haven't
given it the washing test yet, the
makers say if you rub the floral wa-
ter on your hands and then wash them
two or three times, you'll find a de-
lightful warm fragrance remaining.
That's how lasting it is.

Whether it's eau de cologne, or
toilet water, or perfumes, the sum-
mer fashion preference is for light
floral odors. Somehow, heavy exotic
scents belong to "midnights in No-
vember," and furs, and satins, and
jewels. Outdoors in summer you just
don't want to smell like a naughty girl
or something, even if you do think
you have the soul of one. Besides
lighter perfumes, such as any of the
single florals or bouquets like that
gorgeous fleurs de rocade, are seduc-
tive enough, and they seem to
belong with lighter makeup and flow-
er print chiffons, and floating veils,
and all that.

Important among the toilet waters
is the new addition to the blue grass
sequence of a leading beauty spe-
cialist. It's an exquisite modern de-
sign bottle of two crystal globes sepa-
rated by a slender shaft with square
cut stopper of blue glass. The scent
of new-mown hay and flowers is in
that toilet water. So you know it's a
perfect summer item.

POTATO SALAD MAY BE DE LUXE DISH

Is potato salad a plain or fancy
dish in your home?

Everyone knows the plain variety,
but maybe you don't know what a
really special dish potato salad in
one of its de luxe versions can be.
So good, in fact, that, once you serve
it, it's certain to be requested again
and again.

Have you ever served potato salad
in cucumber aspic with a garnish of
slices of cold baked ham and radish
roses? It is perfectly delicious this
way and looks as good as it tastes.

Another attractive way to serve
that tried and true combination—cold
boiled ham and potato salad—is to
roll thin ham slices into cone-shaped
containers and fill them with salad.
Garnish a platter of these rolls with
celery curls and green pepper rings.

When it comes to making the sal-
ad, the materials used may be as in-
expensive or elaborate as you wish.
Remember that careful seasoning is
really the secret of the finest salad.

No matter what other vegetables
are used, a suggestion of onion is

imperative. However, since many per-
sons find it difficult to digest raw
onion, it's a good idea to use the
juice instead of sliced or minced on-
ion. A good trick is to add the onion
juice to the dressing, the flavor will
be more evenly distributed and also
exceedingly delicate.

To extract onion juice, cut the on-
ion in half and score the cut surface
with a sharp knife. Press with the
dull edge of the knife to force out
the juice.

The cooking of potatoes for salads
is quite important too. They must be
perfectly done—neither over-cooked
nor undercooked. If cooked in their
jackets they not only retain all their
food value, but stay in better shape.
Let them cool thoroughly before pre-
paring for the salad.

Cut the potatoes in small cubes.
Large pieces of potato are unappetiz-
ing and it never should be necessary
to cut them with the salad fork.
Neither should they be chopped so
finely that they suggest hash. Cubes,
about ½ inch square, cut neatly and
evenly, are the best.

Sometimes potatoes are used as a
filler for other materials, just as
bread is used as a carrier for butter.
In any event, it is the blandness of
flavor that makes the potato valuable
for salads.

Savory Potato Salad

2 cups diced potatoes
2 or 3 drops onion juice
4 small new beets
4 hard-cooked eggs
2 tablespoons minced parsley
1 cup cooked salad dressing
Dice beets while they are hot, and
cover with two tablespoons lemon
juice, one-half teaspoon sugar, one-
quarter teaspoon salt and few grains
pepper. Let stand until ready to mix
the salad. Add onion juice to salad
dressing. Chop whites of eggs and
put yolks through ricer. Combine po-
tatoes, beets drained from lemon juice
eggs and salad dressing. Mix lightly
with a fork and chill for one hour in
refrigerator. When ready to serve,
pare and dice cucumber and add to
mixture. Serve on crisp lettuce with
minced parsley sprinkled over the top

The dressing for potato salad is
important, too. It should be decid-
edly tart and quite rich, because there
is only the yolks of the eggs to sup-
ply fat calories. If oil mayonnaise is
used, it's a good idea to marinate
the potatoes in French dressing for
an hour before combining the other
materials.

RELIEVE
SUFFERING
QUICKLY WITH

**KELLOGG'S
ASTHMA
RELIEF**

Asthma or Hay Fever are quickly and simply
relieved by Kellogg's Asthma Relief. This
famous herbal preparation—sold in Can-
ada for 60 years—has already benefited
thousands.
At your nearest Drug
Store.
25c. and \$1.00
Also in cigarette
form.
Northrop and
Leyman Co.,
Limited,
Toronto,
Ontario.
K-61

**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 re-
garding our Business Courses.

**FREDERICTON
BUSINESS
COLLEGE**

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

(Continued from Page Two)

R-K-O, planning to build Harriet
Hillard into a front rank star, has
purchased "The Sky's the Limit" for
the singer. . . . The same studio
will make "She Married for Money"
as a Barbara Stanwyck feature. . . .
At Warners, due to the box office re-
ception accorded "Penrod and Sam,"
they are scheduling a number of
Booth Tarkington yarns for early pro-
duction—"Boy of Mine" will be the
first and one of the Mauch twins,
which one has not been decided, will
star. . . . Rumors of a romance be-
tween Clark Gable and Greta Garbo
lead one to believe that Metro is
planning a film co-starring the popu-
lar couple. . . . Jeannette MacDon-
ald carries both her breakfast and
her lunch to the studio with her
every day.

HAWKINS FRUIT & PRODUCE CO. LTD.

WHOLESALE DISTRIBUTORS
FRESH FRUITS
and
VEGETABLES
PHONE 313
NORTH DEVON

**MATHIEU'S
SYRUP
COLD
BRONCHITIS
GRIPPE
STOPS COUGHS**



... NOW comes a new
delight in using Bar-
bour's ACADIA Baking
Powder—the new, easy
opening tin. No more
struggles with a stub-
born cover... no more
temper (and Baking
Powder) lost in a show-
er of wasted powder.
Your favorite, double-
acting Baking Powder
is now doubly easy to
get at.

THE SAME LOW PRICE 25c PER POUND TIN

It's a real treat to get this wonderful new tin,
along with the double-acting efficiency of
ACADIA, at the same low price. ACADIA's
double action makes it worth double what you
pay for it. The first action takes place in your
mixing bowl when liquid is added... the second
when heat is applied. It is this well-timed, con-
tinuous action that ensures your baking success.

ACADIA DOUBLE ACTING BAKING POWDER