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VISITORS SEE MEN DOFF HATS PASSING SOLDIER'S TOMB

**Memorials Everywhere
--Even Rifle Range Re-
calls the Execution of
Edith Cavell.**

To the discerning visitor, Brussels
and its vicinity seem overhung by
the shadow of war, says the National
Geographic Society. There one's
memory is constantly assailed by
grim war mementos.

Men doff their black derbies as
they pass the tomb of their Un-
known Soldier. Flanked on each side
by bronze lions, and at the head by
a perpetual flame, the tomb lies at
the foot of the tall Congress Column
overlooking the city.

In the courtyard of the National
Rifle Range a stone slab, set in the
grass, marks the actual execution
place of Edith Cavell and Belgian
and French heroes implicated with
her in helping more than 100 Allied
soldiers escape across the Belgian
border to safety. The low wall that
partially shielded the firing squad
now is painted sky blue. In summer
begonias bloom in boxes along its
top. Neither these, nor the pink
ramble roses brightening the court-
yard can destroy the atmosphere of
tragedy overhanging the place. Rifle
shots of soldiers practicing in the
range recall, more vividly, the epi-
sode that made the British nurse the
outstanding heroine of the World
War. In Brussels' Parliament House
is the Senate Chamber, in which
Edith Cavell was condemned by a
German court-martial.

One war memorial, depicting British
and Belgian soldiers as comrades,
was erected in Brussels by the Brit-
ish. It symbolizes Belgian kindness
to British wounded and prisoners.
Another monument commemorates
fallen war aviators, while still an-
other "Au Pigeon Soldat," recalls
the part played in the war by carrier
pigeons and those who raised them.

BUSINESS EASTERN CANADA SHOWING BIG IMPROVEMENT

MONCTON, March 21—Business
conditions in eastern Canada are
showing a much greater improve-
ment this year than for any year
since 1929, according to traffic fig-
ures quoted by W. U. Appleton, vice-
president and general manager of the
Atlantic Region of the Canadian Na-
tional Railways, at a conference of
agents on the region held here.
With the exception of 1929, density
of freight traffic for the month of
January this year on the region sur-
passed in volume that of any corre-
sponding month since the amalgama-
tion of the various system lines in
1923. While this year's net ton mile-
age per mile of road was 18.5 per
cent. less than the 1929 figure, it
reached nearly 120 per cent. over
1933, and in comparison with 1936, a
gain of 33.5 per cent. was shown.
Loaded cars delivered to the Central
Region increased 66.6 per cent. and
receipts were up 21.7 per cent.

At the final meeting, the agents
formed themselves into an organiza-
tion to be known as the Canadian
National Atlantic Region Agents' As-
sociation and the following executive
was elected for the ensuing year:
President, N. G. Munro, Stellarton,
N. S.; vice-president, J. W. Howard,
Campbellton, N. B.; secretary, A.
Hetherington, Woodstock, N. B. This
is the first organization of its kind
in eastern Canada and its objects are
to bring about a more efficient hand-
ling of railway traffic and to suggest
ways and means of giving better ser-
vice to the public.

Some butterflies give off a pleas-
ing scent, suggesting sandalwood.

... OF ...

Interest to Women

LAMB HAS BEEN POPULAR ITEM AT EASTER FEASTS SINCE EARLY TIMES OF WORLD HISTORY

**Has Been Associated With the Occasion Since
Time Immemorial; Israelites Sacrificed First
Born of Their Flocks in Spring While Captives
in Egypt.**

The Easter season and lamb have
been associated from time immem-
orial. Early in the history of the
world lamb was used in religious
ceremonies, the Israelites, during
their captivity in Egypt, keeping up
their old practice as a pastoral peo-
ple of sacrificing the firstlings of
their flocks in the spring.

Among the Anglo-Saxons, Norse-
men and other Teutonic races, the
feast or Eostre of Ostara, the Anglo-
Saxon goddess of spring, was celeb-
rated in April, which was named
Eosturmonath, or Easter month,
when young lambs were principal
items at all the feasts. With the com-
ing of Christianity, and the celebra-
tion of the Christian Easter, the
traditional use of lamb still persist-
ed, and so on to the present day.

In France, down through the cen-
turies, lamb has been the national
meat; likewise, in the British Isles,
lamb and mutton have always been
popular with the English, Scotch and
Irish peoples. At Easter time particu-
larly, choice fresh lamb will have
a special appeal to all Canadians.

Canadian farmers have specialized
in the rising and fattening of lambs
for the Easter market. Many thou-
sands of western range lambs were
placed in feedlots both in Eastern
and Western Canada last fall. After
several months of feeding on the best
of alfalfa silage, roots and home
grown grains, these lambs are now
ready for slaughter and are being
marketed from week to week. The
quality of the product is at its best.
Lamb will therefore be in season at
Easter time; in fact, Canadian lamb
of quality is available throughout
the entire year.

Lamb Menus and Recipes

In the parade of meats at the
Easter season lamb for use in roasts,
chops, or stews will prove to be de-
licious, tender, appetizing and health
giving.

Lamb Dinner Menu

Fruit Cocktail
Roast Leg or Rolled Front of Lamb
Parsley, Potatoes, Buttered Peas
Rolls Spiced Currants
Lettuce and Tomato Salad
Lemon Tarts Coffee

Roast Leg of Lamb

Select leg of lamb or rolled front of
lamb or suitable size for family. To
prepare for the oven, wipe with a
damp cloth and rub surface with salt

and pepper. Place meat in roasting
pan and insert in a hot oven, 500 de-
grees F., for thirty minutes, then re-
duce heat to 300 degrees F. and cook
slowly until done. Time required is
usually 30 to 35 minutes per pound.

Lamb Chop Luncheon Menu

Celery Soup Crotons
Lamb Chops Stuffed Baked Potatoes
Buttered Beans Broiled Tomatoes
Shredded Vegetable Salad
Grape Sherbet Sponge Cake
Tea or Coffee

Lamb Chops (Farm Style)

Depending on size of family, pan
broil 6 to 10 chops two minutes. Pre-
pare 2 cups green peas, 2 cups string
beans, 3 tomatoes sliced, and 4 to 6
potatoes, sliced. Place chops in cas-
erole, add vegetables, seasoning and
sufficient boiling water or stock to
prevent burning. Cover and cook in
oven until vegetables are tender.
Serve hot.

Informal Supper Menu

Peach or Pear Salad
Lamb Stew and Dumplings
Celery Beet Relish
Riced Potatoes
Fudge Cake Coffee

Lamb Stew

Select 2 pounds neck or breast of
lamb or sufficient for family. Vege-
tables required are 2 onions, 2 car-
rots, 1 turnip, and 2 or 3 medium sized
potatoes. Cut meat into small
pieces, place in a deep frying pan or
kettle. Cover with water or stock,
bring to boil, add sliced onion and al-
low to simmer for about two hours,
then add potatoes, carrots and sliced
turnip. Cook more rapidly until
vegetables are cooked. Thicken the
liquid with flour, season and serve
stew with dumplings.

Dumplings

2 cups flour
1/2 teaspoon salt
2 teaspoons baking powder
1/2 cup milk
Sift dry ingredients, add milk, to
give a smooth dough. Drop dough by
spoonfuls over top of stew. Cover
dish and allow dumplings to steam
for 12 to 15 minutes, keep stew boil-
ing hot.

For further recipes on how to cook
other portions of lamb, methods of
cooking and points on the selection
of lamb cuts, write the Publicity and
Extension Branch, Dominion Depart-
ment of Agriculture, Ottawa.

POOR CIRCULATION WORST OF HAIR PUBLIC ENEMIES

(By Elsie Pierce)

One of the leading scalp special-
ists of this country explains that
while dandruff is admittedly Public
Enemy No. 1 of scalp and hair health,
poor circulation also contributes in
some degree to between 55 to 60 per
cent. of all baldness and hair loss.

The top of the scalp, the baldness
area is as dependent on a normal
blood supply for its nourishment as
any other part of the body, but it is
only part that doesn't obtain the
muscular exercise to stimulate the
blood flow.

Why don't we see cases of baldness
in youngsters in their teens? Because
their scalp muscles and tissues are
limber and supple and the blood cir-
culates freely. It is when one
grows older that the muscles become
hardened and tense.

Why do men seldom lose their hair
on the back of the neck and sides of
the head? Because these areas are
adjacent to and over major blood
streams.

Tight and heavy hat bands may
restrict the circulation. Or the gen-
eral blood condition may be low,
contributing to hair loss. But mas-
sage and brushing are definitely re-
commended to supply the needed

scalp exercise.

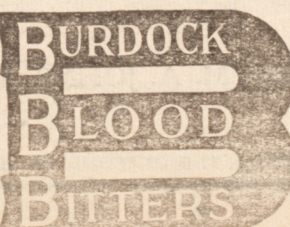
There is a right and wrong way
to massage, however. Here is the
right way as described by this scalp
specialist.

"Lean over, place the elbows on
knees or low table, then place the
fingertips firmly on the scalp and
rotate without allowing the fingers
to slip. Repeat over all parts of the
scalp. Use an upward movement at
back and sides to force the blood
to the top. Don't rub scalp or hair.
Rubbing breaks the hair or pulls it
out. Holding the head and upper
part of the body low when massag-
ing makes it easier for the blood
pressure to penetrate to the top of
the scalp."

Quadrupeds carrying their heads
low never get bald, although their
scalps are often more tightly drawn
than humans'. That's where stand-
ing on your head comes in. Not as
silly as it sounds, it allows the blood
to flush down into the scalp.

However, since not many of us
indulge in the practice of standing
on our heads, let us at least massage
and brush. Remember that baldness
is more prevalent with men than
women; but massage will not only
counteract hair loss but dandruff and
dryness and similar scalp ills.

How You May Get Rid of Those Painful Boils



When boils start to break out it is an
evidence the blood is clogged up with
impurities and requires to be thoroughly
purified by a good blood medicine.

We believe there is no better blood
cleansing medicine than Burdock Blood
Bitters. It helps to remove the foul matter
from the blood, and once the blood is
purified the boils disappear and your misery
at an end. Try it!

AT WHAT AGE SHOULD CHILD GET ALLOWANCE?

(By Arthur Dean, Sc.D.)

Today I will ask six questions
about giving money to children and
will answer them. Also I'll add a word
about allowances, savings, bribing
and rewarding, and what they mean.

1. How old should a child be be-
fore he receives an allowance?

As soon as he is old enough to
earn, spend and save money. A 12-
month-old child can tease for a stick
of candy, but he has no conception
of saving or earning. A child of three
could fill the water tumblers, sweep
the floor with his little broom, and
pick up the things. He could start a
savings account. Therefore, he is old
enough to receive an earned allow-
ance.

2. How can saving be made inter-
esting?

A bank book in a child's name, of
at least labelled in trust for him. He
is to make his own deposits and
drafts. The bank teller is to know
his first name and greet him with
pleasure. He is to have all the atten-
tion given a magnate borrowing a
million. The interest will be in red
ink and that is to be explained to
him. A savings bank at home to
catch the pennies helps the psychol-
ogy immensely. Save for a definite
purpose.

SUBSTANTIAL PROGRESS PLACING COLONISTS

MONTREAL, March 21—Very sub-
stantial progress was made last year
in the establishment of colonists on
vacant land served by the lines of
the Canadian National Railways. The
prospects for further increase of col-
onization activities during the pres-
ent year are excellent, Dr. W. J.
Black, Director of Colonization and
Agriculture for the National System,
declared in a statement on the work
of his department, issued here.

The records of the department
show that during 1936, 3,587 fam-
ilies, 2,365 heads of families and 1,634
single men were settled along Cana-
dian National lines on 667,996 acres
of land. These families were lo-
cated directly by the department.
In most cases they had sufficient cap-
ital of their own to settle independ-
ently and without assistance from
any sources other than the settle-
ment service provided by the depart-
ment. In co-operation with provin-
cial governments a great many city
dwellers were assisted by the depart-
ment to locate and establish farm
homes for themselves. The depart-
ment last year, through its farm em-
ployment service, was the means of
establishing 3,181 persons on farms
in various parts of Canada.

"In a general way, the outlook for
the farmer improved during the
year," Dr. Black said, "and, with the
continued improvement in prices for
farm products there is a growing evi-
dence of a return to more normal
conditions."

THE WARBLE FLY A CATTLE PEST - GRUB CONTROL

A pest that strikes terror into cat-
tle herds and causes great loss to
farmers and dairymen throughout
Canada will soon put in its annual
appearance. The pest in question is
the warble fly, which lays eggs on
the legs and lower parts of the ani-
mal. These eggs hatch into grubs
called Warble grubs, which migrate
through the tissues of the animal.

They then migrate to the skin on the
back of the cow, which they perfor-
ate in order to make breathing holes.
In time the grub forces its way
through the holes, and drops to the
ground, where it changes into pupae.
From the latter stage, flies emerge
in the spring, mate and lay eggs.

The chief symptom of the damag-
ing pest is the presence of lumps on
the back of the cow.

The Warble Fly is injurious to
cattle in various ways. During fly
time they cause the animal to run,
and thus reduce the milk yield, and
at the same time worry the animal so
that it loses flesh, besides damage to
the hide is extensive on account of
the perforations by the grub.

Control is effected by killing or
removing the grub, when it becomes
exposed in the backs of the animals.
The easiest method is the applica-
tion of a mixture of derris powder,
soft soap and water, the soap being
boiled in the water and when it be-
comes somewhat cooled, it is poured
into a pail containing derris powder,
and a paste-mixture results. Enough
cold water is then added to the mix-
ture, to make a gallon; the mixture is
then ready for use.

The wash is applied to the backs
of the animals with a soft brush or
cloth, wherever the grubs are pres-
ent.

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