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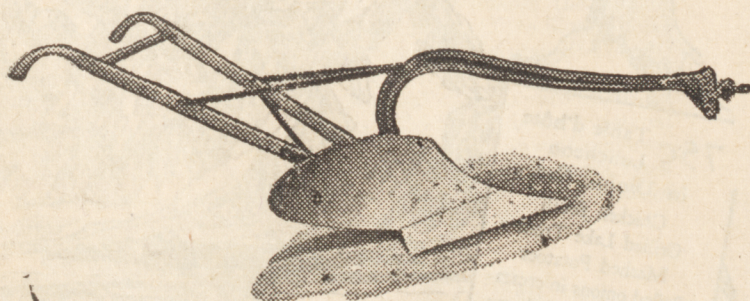
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## Interest to Women

### INDEPENDENCE AIDS PERSONALITY

#### Dramatic Coach Gives Set of Rules For Building a Personality

(By Antoinette)

Mere charm is insufficient, personality is an essential of screen stardom.

A psychological analysis conducted by Phyllis Loughton, a Hollywood studio dramatic coach, revealed that Hollywood is crowded with charming people, but the celebrated stars are endowed with personality.

Personality, Miss Loughton said, is the quality which enables one to understand one's self. People with personality cultivate their own characters. They are reliable and cannot be governed by another. A personality never interferes with the life of another nor attempts to dictate. He respects himself and the other fellow too much to attempt domination.

In her analysis of the elusive quality known as personality, Miss Loughton found that it demands mental and moral courage, clear thinking and absolute independence.

For young players who come to her for instruction while they prepare for screen careers, she has prepared a brief set of advisory rules for the cultivation of personality. In effect, they are as follows.

1. Respect yourself, mentally, morally and physically.
  2. Understand yourself, so that you know your own weaknesses and your strong qualities. Then govern the weak ones.
  3. Read simple psychology and advance to more technical study.
  4. Permit no one to sway your line of reasoning. Think for yourself, but learn to think clearly. Make your own choice.
  5. Avoid any tendency to advise other people how to conduct their lives. Respect them as you respect yourself.
  6. Never evade a decision. Make it the right one, if you can, but make it yourself.
  7. Don't attempt to please other people if, in doing so, you are not certain that it is what you actually want to do.
  8. Endeavor to find the best in life that is available—intelligent people, good books, fine music, drama and recreation.
- Miss Loughton summed up the psychology of personality in a phrase. "To have it," she said, "you must stand on your own feet."

## NEW KNITS IN LOVELY COLORS

#### Current and Copper Reds, Many Greens—Variety Of Attractive Details

(By Marjorie Mears)

Knitted clothes aren't the slipshod, badly fitted, any old style for any figure, things they used to be. The new fall one-piece dresses, two and three piece suits, and long cocktail blouses are individual in styling, and have as many dressmaker details and late fashion points as any smartly tailored dress or suit.

Simplicity of both line and stitch was the keynote of the new tailored streamlined garments modelled at the Waldorf-Astoria. The newest stitch was the popcorn lace stripe stitch done in an attractive negligee. Angel crepe wool and sports angora are still popular. Newer are the cheviot zephyrs, crinkly crepe and cobble crepe wool.

Black and brown are always good. But the new fall colors in wool are fascinating. There's a new current red, reds with copper tones, a queen blue that's close to royal in shade and heavenly greens, both dark and in a lighter paddock green. This season's fashion note is to blend the wools in a frock with the color of your accessories.

The newest thing in knit suits is kick pleats in front to give width. One particularly smart suit model in brown cheviot zephyr had six 3-inch kick pleats in its skirt front, round collarless neck and a slide fastener front opening on the jacket. Other skirts were in a wide flare or swing style.

Square shoulders are still going strong. They're often padded, even in knits. V-neck or a V-shape neck are good in the vestee, sweater or cocktail blouse. So is the boat neck if it's a three-piece suit. The slide fastenings are also amusingly used in pocket fastenings. Or pockets may be outlined in a contrasting shade of wool, as the Bretton tweed suit in the show was with its coat pockets edged in dubonnet wool.

The popular big hook and eye fasteners in colors are new for knit coat front fastenings. Boat-necked vestees were fastened with three little buttons in back, when they didn't have slide fasteners up the front. And if you still insist on showing off your knitting skill in fancy steps, you can do an after-trimming at strategic points of a chain stitch, or glove stitch, in contrasting shades. A one-piece dress at the show had an interesting sunburst of chain stitching crocheted on the garment after it had been completed. Small knit wool bows are also new details to add as trimming when dress or suit is finished.

## 1937 BEAUTY IDEAL IS ROBUST

#### Sickly Heroine, Like Camille, Replaced by Strong and Clean-Limbed Type

Not long ago we saw the movie Camille. After a day at a beach we were struck with the comparison of this historic Camille beauty and today's ideal.

A heroine wasting away today with disease would be anathema to our taste ordinarily.

But the illness and fragility were all in the picture of an ideal peculiar to the 19th century. If you weren't anaemic then you weren't a lady to stir a gentleman's chivalry. Perhaps our modern girls stir less chivalry but they do earn admiration with their clean young limbs firmly and finely proportioned, with their magnificent freedom of stride: their straight spines and their skin, hair and eyes brimming with health and glow.

Earlier in our history the trim waist was a pivotal point of beauty. But women in those days got theirs by corseting, whereas today the trim waistlines and firm bustlines are achieved with exercise, posture and correct diet.

In Camille's day, pallid brows and hands slender, purely decorative and useless except for dainty needlework, were points emphasized. Who'd care today if the feminine hand looks sturdy enough to wield a battle axe if need be, or if wrists are not exquisitely molded? A pallid brow would call for a doctor. All of which is merely a reminder that we live in Beauty's golden age.

#### Climbing Roses Can Be Grown From Cuttings

Many of the climbing roses can be successfully propagated from cuttings. Dorothy Perkins can be rooted easily by laying down the canes that are near the ground and covering them with soil. With most varieties, however, it is better to make cuttings. The lovely Dr. Van Fleet can readily be grown in this way.

This is also true of Silver Moon and others of this type. It is best to use short, sturdy pieces of half-ripened wood. They should be inserted in moist sand in a shaded place. Most garden makers use a bell glass or an inverted canning jar over the cuttings, but this is not necessary if they are placed in a sheltered place.



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## LESSONS FROM AN IMPENDING CATASTROPHE

(By Ruth Connors)

Did you ever face death? And how did you feel as you faced it?

A friend of mine was telling me yesterday about her experience in a squall on the Great Lakes a few years ago.

She was out in a large sailboat with eight other people on the Great Lakes in September. A tremendous squall came up, and it looked for a time as if they could not make land. "They put me down in the cabin," she said, "because I was the least good sailor, and I lay there and hung on the bunk while the boat rocked and all but turned over. The waves washed away something in back. I'm not enough of a sailor to know what it was, but anyway the water came rushing in, and we were all drenched to the skin. We could see the people watching us from shore, but they couldn't do anything. It was terrible, there was 20 minutes when we didn't know what instant we'd go under."

"Weren't you terribly scared?" I asked. "At first," she said, "and then I stopped being scared. I just began to feel how little the things I'd been bothering about so much, mattered. It was September, you know, and I was opening my school and I'd been straining every nerve to get everything done that I wanted to do, the painting and cleaning up and everything that hadn't come, and feeling as if every little detail was so terribly important. And I just lay there thinking how unimportant it all was really."

A viewpoint which was doubtless worth the scare she had to pass through to get it.

Not that one should go on all the time thinking that the little things that make up the warp and woof of daily life are unimportant. That way lie tastelessness and melancholia.

Only it is good that once in a while we should get that perspective and realize that few individual things are as important as we sometimes think them in moments of absorption.

## BLAMES "BOOTLEG" LOVE ON PARENTS

(By Beatrice Fairfax)

I am 18 and am not allowed to have the company of boys—not even at home, a girl confided the other day. Just recently I met a boy of 21. He thinks he likes me. Would you advise me to call him up or write him a line?

Why is it, I wonder, that some parents think that the whole plan of nature has come to an abrupt stop in the case of their daughters?

These mothers and fathers who forbid, find fault and make a scene when a young man appears might as well make up their minds to the fact that if their daughters cannot have their boy friends at home, they'll meet them elsewhere.

Some girls are doomed to a lonely old age because parents crush their spirits so thoroughly that they have no courage left. We have all seen those silent unhappy creatures. But a normal girl should submit; she has ways and means of meeting the blank wall of parental opposition.

Isn't it better to keep in close touch with your girls, be their buddies, confidants, if possible, instead of being the aloof censors that some parents are today?

Never was there a truer proverb than: "Stolen fruits are sweetest." Why add the stimulation of stealth to the thrill of meeting a boy? Concealment is the spice of life.

Bootleg love affairs are as dangerous as bootleg liquor. If young John Jones were at liberty to drop around and call on your daughter, the event would be robbed of half its witchery. If she's reduced to meeting him away from home, he becomes a young sheik for whom she will wait on a corner breathlessly, with a pounding heart.

Long afterwards we look at a can-e memento and remember how it seemed that there were no joys left in life at all because some boy didn't dance with us.

## Lr. Queensbury

LOWER QUEENSBURY, Sept. 6.—The grain harvest is about finished here, those who have threshed report a light crop.

The Sunday School picnic of the Lower Queensbury church was held last Wednesday at the church grounds where a large crowd enjoyed an excellent supper.

Murray Jordan has a crew of men erecting a new house. Robert Hagerman of Bear Island is in charge of the work.

Miss Gwen Moore of Fredericton has returned home after visiting her cousin, Miss Ruth Moore.

Mr. and Mrs. Roy L. Murray of McAdam spent Sunday with Mrs. Murray's parents, Mr. and Mrs. A. L. Hood.

Pond Brothers have returned home from Haynes Siding, where they were sawing lumber.

Earl Moffit spent Sunday at his home Lr. Southampton.

The Misses Ruth and Gwen Moore, Joyce Brown, Mary . . . orquay and Lena Joslin had tea with Miss Georgia Pond Friday.

The Buds of Promise Mission Band was held at home of Mrs. A. L. Hood Friday evening.

## JOB GIRL BEST BET

#### One Employed Before Marriage More Apt To Make Go Of It

Girls who have jobs before marriage are better 'bets' for a successful marriage than those who do not work, according to studies of the Department of rural social organization at Cornell University.

Exceptions are women who, before marriage are very active in community affairs or who were responsible housekeepers in their own homes.

"The poorest bet of all is the girl who, after finishing school, stays at home with no responsibility either in the home, or on a job, or in the community."

Facts for the study were given by 526 couples who were married from two to six years. The couples were divided into groups whose marriages were well adjusted, moderately adjusted and poorly adjusted.

Other facts learned were: Husbands and wives who have similar social and cultural backgrounds are more likely to be more successful in marriage than those with different backgrounds.

Husbands who have a record of regular employment are one and one-half times more likely to have a well adjusted marriage. Those who earn at least \$150 a month at the time of marriage have slightly better chances of success in marriage.

People with a number of well developed hobbies and interests are likely to make a go of it, than those of narrow interests.

## TAKE THE HEAT ON HIGH

#### (or Keep In High Gear This Summer)

WHEN the heat comes, some people, like old cars, can't make the grade—they have to slip into "second" or into "low". The heat slows them, saps their "horsepower". Why can't a youngster of almost 30, who, judged by conventional standards, should be on the scrap heap, drive in high through the hottest summer, defying Mr. Sol, just as in winter I scorn Mr. Zero? The answer is in the food. People give no thought at all to the foods they ought to eat, only the foods they like. They follow the herd. Herd intelligence is notably no intelligence at all.

If people would really think, they would realize that bodily health depends upon the blood that feeds the body cells. The blood depends upon the kind of foods which build the blood. Therefore the kind of blood that flows through our bodies can make us shrivel and shiver on cold days and wilt and wither on hot days. The cause of both is vicious, rosy, toxic blood, derived from denatured, dead, demineralized, constipating foods.

Here is how to prove me right or wrong. During the hot spell, make your breakfast of Roman Meal, Bekus-Puddy or Lishus, all you can enjoy with milk or cream, raisins or chopped dates, not body-heating sugar. Make thick enough to chew thoroughly. If hot cereal is not liked, cook any of them the previous night, allow to cool, place in refrigerator and serve for breakfast, with sliced or canned peaches, ripe bananas, fruit jelly, preserves, or honey with cream or milk. Drink Iced Kofy-Sub, sweetened with brown sugar, or sweetened with honey, added while hot, a very delightful and healthful beverage.

For noon meal a salad of fresh fruit or raw vegetables, Iced Kofy-Sub. For evening meal, a large fruit or vegetable salad, sprinkled with grated nuts, grated cheese or cottage cheese, or lightly steamed vegetables if salads are not liked, as second choice. Any kind of juicy fruit for dessert. Iced Kofy-Sub or hot Kofy-Sub if hot drink is preferred.

Train the intestines to eliminate after each meal. It is of utmost importance to exercise all groups of muscles briskly, fifteen or twenty minutes daily, to the point of deep breathing, to burn up internal poisonous waste. If you do not know how, send fifty cents for my book "SYSTEMATIZED



The above is from a photograph of Robt. G. Jackson, M.D., taken in his 77th year.

*Robt. G. Jackson M.D.*

#### MUSCLE EXERCISES, illustrated.

Rub the body down with rough towel wrung out of hot water in hot weather; cold water in cold weather. Relax muscles, nerves and mind. Do not fret or worry on this assertion:—follow this program for one month, or at most two, and so remarkable will be your improvement, you will always follow it. Write for University proof that Roman Meal, Bekus-Puddy, Lishus and Kofy-Sub are wonderfully rich in blood-forming minerals, also other important health literature free. Address: Robt. G. Jackson, M.D., Vine Ave., Toronto.

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