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SUGGESTIONS

for
JUNE



Brides

SILVERWARE — THE PERFECT WEDDING PRESENT

Vogue advises, "Don't just get married. Have a wedding." June brides are already planning their trousseaux, ordering wedding dresses and thinking about wedding presents whether they'll admit it or not. Here are a few tips.

The silverware she receives is the foundation of practically every bride's setting-up housekeeping. With checks from the family, with gifts of silver from friends and relatives she begins a lifetime of collecting that most beautiful and perfect appointment for her home. Flatware, the knives and forks and spoons, etc., form the basis.

If it is a question of moderate expenditure, the bride can start very modestly with a service for four or six and a few serving pieces in a standard pattern, and add to it as she goes along. At first, she can do very nicely with these. Later, birthdays, anniversaries, and Christmas are occasions when she may increase her collection.

If her family or friends wish to set her up in grand style, a chest of sterling silver flatware is every bride's aspiration. There are so many handsome patterns today that it is only a question of choosing the one that will fit in best with the style of furnishings in her home. If sterling is too steep, silver plated ware in a very fine quality will last for years.

Even silver hasn't escaped the assembling idea and most manufacturers show holloware, that is silver plates, tea sets and so on, in patterns to match or harmonize with the table ware. After knives and forks, silver vegetable dishes are, perhaps, the most welcome gifts. They can be used for many kinds of foods and add so much to the glamor of dining. They are also very practical, as one vegetable dish with cover can be made into two by using the top as a separate dish. Some of them also have metal inner linings, either divided or in one piece, that are removable.

Silver trays and bowls are also excellent wedding presents. The most beautiful and most resplendent silver wedding present is, of course, the tea set with its tray. It is the ultimate in gifts. What bride wouldn't be thrilled over it! Candelsticks or candelabra, with an aforementioned bowl that can be used as a centerpiece, are other pieces of silver for which the bride will have no difficulty in finding a place.

If your own contribution won't allow for a very substantial gift, why not band together with others and give her a piece of good silverware that will be cherished always for its beauty and its associations? One lovely silver bowl, any bride will tell you, is worth dozens of gadgets that clutter up a house.

MODERN MILLS AMAZE EASTERN WOMAN

Like most women, Mrs. Bennoch has hitherto been more interested in getting good results from flour than she has been in seeing how it is milled. But she has returned from a visit to the three great modern plants operated by Robin Hood Mills Limited on the Western prairies, amazed at the endless precautions taken to produce pure flour. In a recent interview, Mrs. Bennoch said:

"We women may not think that the way flour is milled has anything much to do with the flavor of our bread and cakes—but with my own eyes I have peeped behind the scenes and believe me there are some facts about milling flour that every woman ought to know. I cannot describe machinery, for it always confuses me but I can describe some of the methods by which flour is kept pure and maintained at the same high standard of baking quality year after year.

Visited Mills

"I visited the Robin Hood flour mills in Calgary, Moose Jaw and Saskatoon. I knew that these mills used only Western Canadian Hard Spring Wheat, but I didn't realize the care and pains they take with that wheat

of that grime and dirt is actually to wash the kernels in water. Now, I'll show you how we do it."

"Every woman who uses flour should see those washing machines work. They seem to operate on exactly the same principle as my own washer at home. And I could scarcely believe it when I saw the muddy stream which was carried away from the wheat that had seemed so clean. The Superintendent pointed to the muddy water flowing away from the washer. 'In our Mills,' he said, 'that dirt goes down a drain. In Mills that do not wash their wheat it goes straight into the flour. It takes more than 100,000 gallons of water daily to keep these machines running but they're worth it.'"

Sieved Through Silk

Mrs. Bennoch told also of another of the processes used in milling this great modern flour. "Did you know," she said, "the flour passes through more than a mile of silk—real silk that is actually ten times finer than a silk stocking. No wonder Robin Hood mixes so well with other ingredients in baking and rises so well in bread!"

Controlled Hourly

Mrs. Bennoch also visited the mill-control laboratories where the flour is tested every hour of every day. She said, "I asked the chemist what the little loaves he was baking were for." He explained that they were test loaves and dozens of them are baked every day. "He showed me how the superior gluten in Robin Hood gives the dough greater strength and liveliness, and demonstrated again how the wheat washing process makes for greater purity in the flour." As I was leaving I told how much I had enjoyed the visit, and how I was only realizing what a wonderful science modern milling is. He agreed with me and when I again mentioned wheat washing, he said, "We pioneered in the wheat washing process because we knew that women everywhere are demanding purer and better food. Some day all flour will have to be milled from washed wheat because it is just as necessary to wash wheat as it is to wash radishes or onions or potatoes for your table."



MRS. ANNIE E. BENNOCH
Visits West's Most Famous Flour Mills

after it comes to their mills. First of all, I saw a battery of big magnets that are passed over the wheat to draw out any bits of metal which might have got into it. Then the Superintendent showed me the wind and suction machines that blow straw and dust and light seeds from among the wheat kernels. By that time the wheat seemed clean enough to me—but the Superintendent said 'Here's where our cleaning process really begins.'"

Washed in Water

"He took up a handful of wheat berries and told me to examine them very carefully. 'You see' he said, 'there is still a little film of grime over the whole berry, and in the crease here, a little black deposit of dirt. The only way you can get rid

MATURITY'S GREATEST ASSET IS POISE

Former Stage Star Realizes Folly of Trying To Ape Youth

(By Antoinette)

It's all very well to present our bright young movie stars as paragons of beauty advice to the young reading public. But, in their early twenties and late 'teens, they're hardly equipped to offer us older women much in the way of suggestion. It takes one who has been through a long grind, surviving it with humor, intelligence and a well preserved body, mind and face, to inspire women long past their first voting years. Instead of trying to dress, look or act the younger generation's age older women today are recognizing that in their own age there still is much beauty.

I had luncheon recently with Olga Petrova an old time stage and screen star. She was paying a return visit to America from her home on the Riviera. In her one finds no attempt to lock a blondine, frizzled masquerade of youth as I have seen in other instances of professionals who won't 'give up.'

Instead, Mme. Petrova is a tall, still beautifully silhouetted woman, exquisitely groomed, chic and with great physical poise emanating from intelligence and a sense of humor about self and life. Can a mature woman ask more of the gods than to be permitted a fine carriage, the well groomed appearance, a well balanced sense of values and the 'controlled' outlook on life? No reaching out for impossible things. An appreciation of the blessings one has.

True, Mme. Petrova is well established, as the Riviera home would imply. But that, she says, is because she was smart about money, knew what she wanted, didn't want too much, and if the tide should turn tomorrow she still could turn a hand to cooking. All of which seems to offer a neat little sermon to the older woman.

SAYS DOCTOR'S WIFE'S JOB IS HARDEST

(By Marguerite M. Marshall)

"Doctors' wives are the unwept, unhonored and unsung heroines of the modern world—and they're bears for punishment."

Several hundred wives of medical men, members of the Women's Auxiliary of the Medical Society of Kings county, N.Y., are today quoting in the domestic circle that vindication of their role in life, uttered by Mrs. Augustus Keech at the annual luncheon of their group in New York.

Mrs. Keech is the president-elect of the Women's Auxiliary to the American Medical Association. To a keenly interested and enthusiastic audience composed of the better halves of the medical profession, she pointed out:

"There are 154,000 doctors in this country, and 72 per cent. of them are married. Among that 72 per cent. there are just 906 divorced—less than eight-tenths of one per cent. These figures show how well the doctor's wife is doing her job.

"It's the hardest job of any wife today, for the doctor is the only man not master in his own house. He is at the beck and call of the world, and his wife must stand between him and the world if a tired man is to have any rest."

It was Mrs. Gorgas, wife of the great Surgeon General, who kept him from resigning in disgust at political interference at the time of the building of the Panama Canal, according to Mrs. Keech. She instanced also the wife of Dr. Marion Sims, who persuaded him not to give up his profession in despair, but to continue researches which resulted in the invention of the speculum.

"Being a doctor's wife," Mrs. Keech concluded, on the basis of her years of experience and observation, "is one of the hardest feats for a woman—but one of the finest and most rewarding for any woman who wants to leave the world better than she found it."

EDWARD'S RULES FOR HAPPINESS WITH WALLY

NEW YORK, June 4—Here are the marriage rules that will guide Edward of Windsor to marital happiness with Wally Simpson, revealed in the current issue of Liberty Magazine by Helen Worden, close friend of many of the ex-King's intimates.

"Don't ask questions. If you get the right answer it might hurt."

"When her old sweethearts appear prove she's picked the best of the lot by being decent to the others."

"Don't encourage confidences about the past."

"Don't let marriage interfere with old customs."

"Be firm about the dishes you like, but remind the chef also of her favorite recipes."

"Discourage house guests. She might become interested in one—or you might."

"If she shows an inclination to go with you to your tailor, ignore it."

This is a major encroachment upon your freedom.

"Make no explanations."

"Own your own home and encourage your wife to go in for gardening. The deeper affections cannot root in a rented estate."

"Always praise the way she wears her hair. If possible, like it."

"Let her select the house guests."

"Don't let her mix the drinks if you can help it."

"A prudent husband conceals his knowledge. However, do not play a game in which you cannot excel your wife. The principle is bad."

"Leave the servants to her and let her keep the household books, but don't share a bank account."

"Insist on punctuality at meals."

"Object to your morning routine being altered."

"Avoid promises. Marriage is a matter of honor, not words."

FITTINGLY CELEBRATES ANNIVERSARY EVENT

(By Cynthia Proctor)
June will not only be the initial introduction to matrimony for a great many young couples, but an anniversary event as well.

If it is your first anniversary wedding celebration, your friends may want to invite you to a cotton festival

Cotton Wedding
Most of the guests when they receive invitations to a party in the form of plain correspondence cards with the Roman numeral 'I' written under puffs of cotton, tied to the card with white bows, will guess the meaning of the party and arrive with amusing gifts.

Spools of cotton and balls of cotton for the family work basket; rolls of absorbent cotton for the medicine cabinet; huge and gaudy cotton bandannas and some really attractive articles such as a laundry bag, a handkerchief bag, etc., are suggestions for gifts. The ladies are asked to wear cotton dresses or aprons. The men should wear overalls or slacks.

Cotton Picking

The hostess explains that little tufts of cotton are hidden all over the house, except the dining room, which is forbidden territory. The girl who 'picks' the most cotton wins a dainty powder puff in a leather case and the winning man a pencil wrapped carefully in cotton. Several of the cotton tufts may have fortune-telling charms hidden in them; a silver wedding ring, silver thimble, lucky coin, etc.

Cotton Tangles
Card tables are set out and four people seated at each table. The hostess goes about from table to

table laying on each a tangled handful of cotton threads of short lengths and of four colors—red, green, blue and yellow.

A color is assigned to each player and they are supposed to disentangle the threads of their own colors from the mass. Every thread, when pulled out of the tangle must then have a loop knotted at one end which is slipped over a little pearl-handled pink stick in the table top in front of each player. The first player at each table who is able to loop all threads of one color around his pin and braid them in a neat pigtail receives a pretty cotton shoe bag. (If you've a tangled work basket shrieking for attention, now is the time to straighten it out!)

Supper
Arrange the dining room table to look like a field of cotton, with darky dolls in gay colors, bending over filled baskets. The centerpiece could be big market basket apparently filled with cotton. However, the cotton is merely a cover which is lifted off and discloses the basket to be full of sandwiches and cakes. A similar basket opposite holds chopped chicken and pineapple salad, neatly deposited in leaves of lettuce held in waxed paper. There should be a huge chocolate cake, frosted in white, as fluffy as a cotton field, for the 'bride's cake.'

Buffet Supper
If you'd rather be a little more magnificent, serve a buffet supper of shrimp newburg, creamed cheese and horseradish salad sandwiches, hot rolls and strawberry shortcake topped with fluffy mounds of whipped cream. Add steaming cups of hot coffee, mints and nuts.

CREAM AND OTHER COTTAGE CHEESES

Recipes for Croquettes
and Coeur de la
Creme

(By Edith M. Barber)

Cream and cottage cheese have been matters of interest to Sun readers this week. I have been asked if it is possible to make the French specialty, coeur de la creme, that heart-shaped mold of delicate sweet cheese, which is so often served with strawberries and raspberries in France. I sometimes press Philadelphia cream cheese or a soft cottage cheese into one of those little heart-shaped baskets which come especially for this purpose after lining it with waxed paper. Any heart-shaped mold may be used and, of course, chilled thoroughly.

Another reader asks for a recipe for cottage cheese croquettes which make a delicious luncheon dish. Cottage cheese mixed with minced chives which are to be found in market at the moment and served with a green salad furnishes an appetizing luncheon dish for a warm day.

Coeur de la Creme
1 pound cottage cheese
1 quart fresh berries or 1 pint of

quince or peach preserves.
Press cottage cheese into a heart-shaped mold and chill in refrigerator at least an hour. Turn out on platter and serve with either sugared berries or with preserves. Serve as a dessert with toasted crackers.

Cottage Cheese Croquettes
1 tablespoon butter
2 tablespoons flour
1/2 cup milk
1/4 teaspoon salt
Pepper
2 cups cottage cheese
2 cups mashed potato
1 tablespoon ground onion
1 egg, well beaten
Sifted bread crumbs
Prepare a white sauce of butter, milk, flour and seasonings. Stir in the cheese, potatoes and onion. Chill. Form into balls, roll in crumbs, then egg diluted with 1 tablespoon water, then crumbs again. Fry in deep hot fat, 395 degrees F. Drain and serve with tomato sauce.

Cottage Cheese Salad
1/2 pound cottage cheese
1 tablespoon minced chives or onion.
1 teaspoon paprika
Lettuce or romaine
1 pimiento.
Mix the cheese, onion or chives, and paprika well and pack in a small bowl to set in the refrigerator to chill. Cut pimiento into slices. When ready to serve place the mold of cheese in the centre of a platter or chop plate. Arrange the lettuce or romaine around the edge in six bundles and hold together lightly with strips of pimiento. Pass spicy dressing with this salad.

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