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Interest to Women

"LET IT FALL" ATTITUDE IS
GOOD MEDICINE FOR NERVES

(By Ruth Cameron)

In your article where you stressed extra sleep for that blue, depressed feeling you hit the nail on the head. I have tried it out today and already feel much more cheerful. But I have lost so much sleep during my 15 years' nursing that it will take me a long time to catch up. My 9-year-old son takes my breath away, he has so much energy. I look at him and think 'cannon fodder' and it makes my blood boil. You see I was in France for 18 months and I know what it means.

And here's an interesting example of a pass-it-along experience. I passed along the 'let it fall' story from some one who told it to me years ago, and who had heard it from someone else. And here it is still working good. I wish the doctor who originally gave the advice might happen to read this.

"There was an article which you wrote some time ago which I have appreciated more than all the others combined. I call it the 'Let it fall' article. You told about the lady who thought the tall buildings were going to fall on her and after consulting several doctors who said, 'They won't fall, don't worry, etc.' and not getting any better, finally came to one who said, 'let them fall. You wouldn't be any worse off than you are, and you had heard it from someone else. And she did that and got over her nerves."

"Of course in my case it wasn't buildings, but so many other things where the saying fits so well. I have used it myself and passed it on to several people, one lady in particular who has three children under five years old, including four-year-old twins, and who has told me so many times how it has helped."

"It so happens we both have husbands who flare up at trifles and we have always tried to argue with them or worried about it, but now our inward thought is 'let him get angry' and you can't imagine the calm peaceful feeling down inside. I believe I have added several pounds since adopting the 'Let it fall' idea."

"May I say that this is one of the things in which I have not only taught 20 what were good to be done but have also tried to be one of the 20 to follow mine own teaching. I too have said 'Let it fall' to some of life's threats, and I too have added pounds, partly on this account. In fact, five too many. Perhaps I'd better start propping those buildings up again."

And here is one of the most charming contributions I have ever received. It is a little verse written, says the author, 'after reading the thought provoking article on color.'

"OLD WINE IN NEW BOTTLES"

"We have lovely names for colors, Names, that Grandma never knew, Her gowns were always lavender, Pink, yellow, green or blue.

"Of course she knew magenta, Cerise and amethyst, But she'd never heard of sun-tan, Silver-ash or coral-mist, "Dusty-pink or flowering-current, Sandalwood or cameo-cream.

Of those charming and descriptive words She didn't even dream.

"If she could hear us mention Crystal-green, wheat-gold or puff-o'-smoke; She would give us an indulgent smile And think it . . . all a joke.

"Grandma saw those lovely colors, Nature ever is the same, But she missed a subtle something, When she didn't know their name."

ON THE DIGESTIBILITY OF CORN

A Reader Wants To Know, Out of Her Own
Experience, Whether Her Children
Should Eat It

(By Edith M. Barber)

One of The Sun's readers is concerned about the digestibility of corn. She asks me what I think about giving it to children. She has never been able to eat it herself, she says, and therefore she is uncertain whether she should allow her children, who are ten and twelve, to eat it.

This question cannot be answered in one question. It is true that some persons find corn difficult to digest, but in this case it is usually not corn alone, but any foods with a large amount of fibre that seem to make trouble. The quality of the corn itself also makes a difference. Young tender corn just out of the garden is quite different from older corn with tougher kernels. While little children are seldom allowed corn, as they grow older there is generally no difficulty of digestion, if the corn is chewed thoroughly.

Sometimes corn is blamed for digestive disturbances when the comparatively large amount of butter which is eaten with it is to blame. Fat slows the digestive processes, generally to advantage. Occasionally, however, we find some one who finds it best to keep the amount of fat taken at meals at a minimum. This is, of course, an individual matter and not a general condition.

Most persons find the roughage, which vegetables supply, and fats in the form of butter, cream and shorten-

ing, normal constituents of the daily diet. There should of course, be an avoidance of too many fried foods, and certainly not more than one at a meal. In general fried foods have no place in the diet of children.

Corn Scalloped with Tomatoes
2 cups corn
2 cups tomatoes
3 tablespoons uncooked farina
1 teaspoon salt
Black pepper
½ teaspoon thyme or marjoram
3 tablespoons butter
Bread crumbs

Mix all ingredients except crumbs and bake in a moderate oven, 350 degrees, for 30 or 40 minutes, stirring occasionally to prevent farina from setting. For the last 15 minutes cover with crumbs and brown. Or cook over the flame until farina has thickened mixture, then cover with the crumbs and brown.

Beets with Sour Sauce
1 pint beets (cooked or canned)
½ teaspoon salt
½ cup sugar
½ tablespoon cornstarch
½ cup vinegar
2 tablespoons butter

Cut the beets into slices. Mix the salt, sugar and cornstarch, add to the vinegar and boil 5 minutes, stirring constantly. Pour over the beets and let stand half an hour. Add 2 tablespoons of butter and reheat.

OLDER EYELIDS NEED BEAUTY CARE

(By Antoinette)

There are those who pan the eye makeup artifices, but I'll say this for them. They've made women look after their eyes.

I'm not speaking now in terms of opticians and oculists. I mean, looking after the eyelid skin texture, combing the fine under-eye lines, the crow's feet, etc.

I might relate an experience the other day with a woman, past 50, who has an amazing freedom of line or skin shrivelling around this upper face sector. I remember her telling me, a couple of years ago, of this formula of hers for keeping the area free from lines. It's simple, though, goodness knows. It takes only a minute or two.

With the palms of her hands and eyelids closed, this woman embraces that eye and forehead area in a smoothing out and up gesture. She

does it frequently during the day without greased palms, but she does it nightly for a minute or two with the palms greased with cream.

It's a common weakness with women that, although they may massage the face with a degree of conscientiousness, they do slop over the eyelid section and the area around the outer part of the eye, also immediately under the eyes. The palms of the hand, used as described, take in the whole section in one sweep. You press in a bit with the palm as you do this.

Another little eye youthifying trick recommended for the conventional older women who leave eyeshadow and mascara to the young and reckless, is to use the tissue oil and leave just the tiniest film of it on the skin or the upper lid, wield a finger underneath the lower lid, lightly enough, just to give a suggestion of moistness, and to create a younger, fresher looking eye.

DUTY KISSING
FOOLISH FOR
BOY OF 14

(By Arthur Dean, Sc. D.)

Fond mothers should not indulge themselves by insisting that 14 year old sons kiss them in public. There is an unmissable age for boys as far as mothers are concerned.

A mother sends in this complaint: "My boy of 14 who started off to camp didn't want to kiss me when I saw him off at the station. To be sure several of his friends were there also, but why shouldn't he kiss his mother when asked to?"

I can imagine how disappointed you were when the boy acted that way. I sympathize with the boy. A 14-year-old boy is quite unmissable. He has outgrown the time when his fond parents and relatives—distant and near—could steal kisses. He has not reached the age when he expects to get many from, or give them, to girls. Your son is at the unmissable age and you should consider his attitude.

To be sure, if you had gone to the train to meet him after a long absence from home, he would in all probability have impulsively and affectionately kissed you good. He might have kissed his dad and his little sister too.

But you are expecting too much when you expect him to kiss most dutifully any member of the family on the station platform on his departure. The parents should grasp the boy by the hand, give it a hearty shake, and say: "So long son. Good luck to you."

Of course there are kissing families, and I rather like the idea. I wish there were more of them. I like the family greetings of those races which did not land on Plymouth Rock and settle on the rock-ribbed hills of New England. Kissing is the custom of these races. But one never sees a foreign-born mother teasing for a kiss or a father bathed in tears because his 14 year old son did not bestow a kiss. Males kiss males. Everybody kisses.

Between the period when a boy gets more kisses than he wants and the period when he never gets all he wants, there is a rest period. The boy is no longer a kissable kind, nor is he a kiss-teasing youth. He is just betwixt and between.

Correcting Children Before Guests

"Should a child's table manners be corrected when there are grown-up guests present?—A Reader."

On general principles, ignore them. Nothing is more disagreeable to the

guests than to be obliged to listen to the reproving of a child. It is certainly not edifying to a child. If a child should throw a plate of soup at a guest, the matter must be adjusted before the guest departs.

Love and a College Education
"I plan to enter college in the fall. I also love a girl. If I am to succeed I must get a good schooling. I am planning to be a chemist. I know my college work will not allow me to be out as much as I have been. She likes to go out."

"Do you think that sometime because I cannot take her out that she will go out with some one else and possibly change her mind about me? Do you think it unwise for a couple 18 and 19 years old (I am 18) to go steady under the circumstances that I have outlined?—Undecided."

Answer—1. Do not go steady; 2. think of your future; 3. give her the same opportunity; 4. if the love lasts that will be fine and dandy; if it does not, what of it? You will change and so will she—changes doing both good

Sow Delphinium
Seed Soon As
Ripened

A few perennials produce seed which does not germinate well when it is even a year old. Seed of this kind, therefore, should be sown as soon as it is ripe, even in late July or in August.

Delphinium seed is in this list, and of course, delphiniums are among the most popular of all garden perennials. The seed is being formed now and can be gathered as soon as properly ripened. It is important, though to gather seed only from the best plants, because it is in this way that a good strain is built up.

If seed taken haphazardly is used, there is pretty sure to be a general falling off in the quality of the flowers the next season. It is true that delphiniums will go on blooming for several years in the same place and that plants can be divided, but in order to have a constant supply of good plants, it is wise to start at least a few seed each year, and this is such a simple matter that no amateur need fear attempting it.



SOMETIMES the memory of an acquaintance who failed to write his Will comes into mind, and often we are reminded of the difficulties which have followed—for his family. These happenings seem distant until we analyze our own circumstances.

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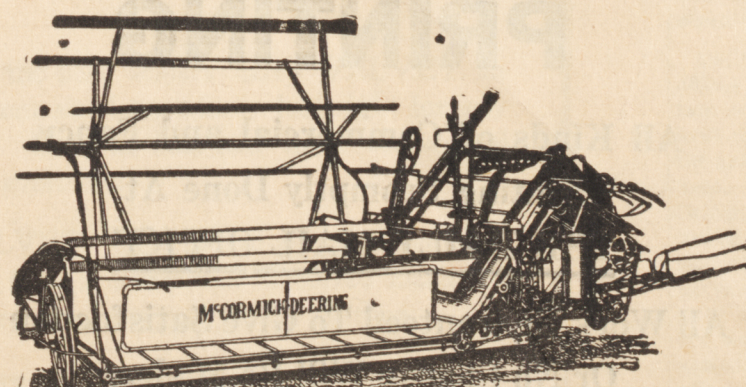
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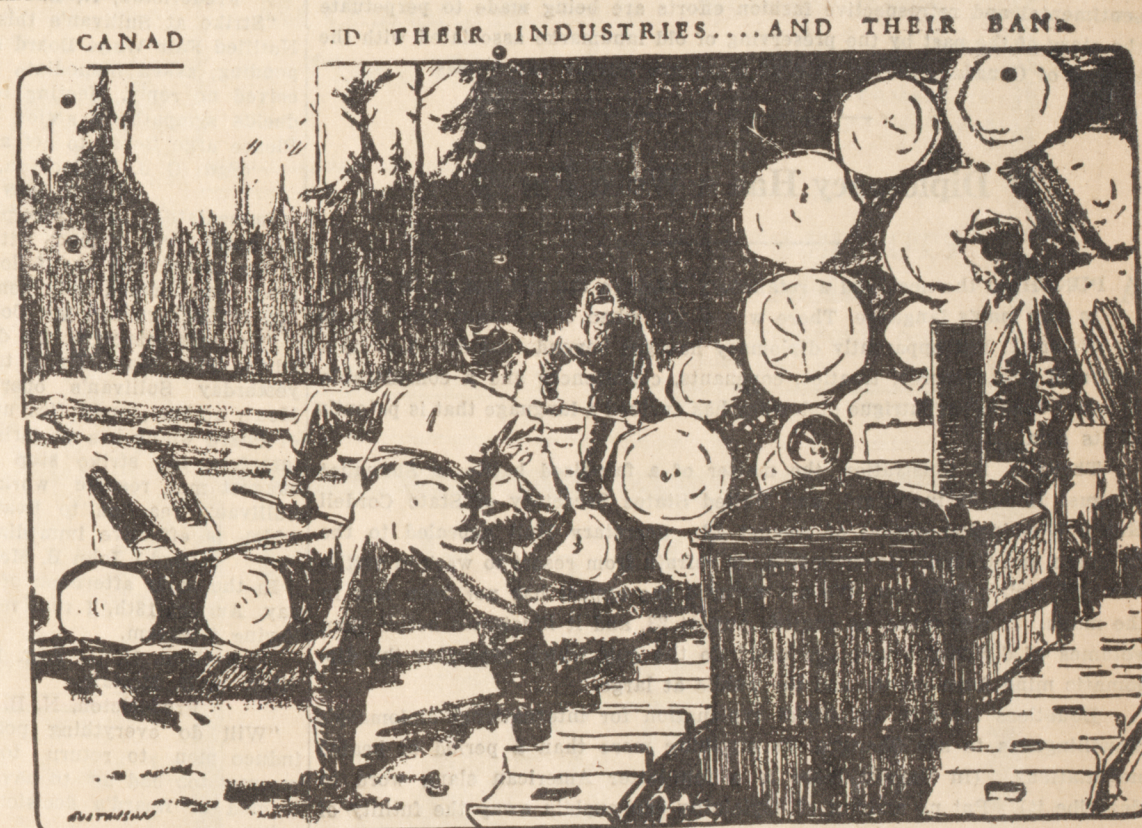
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THE FOREST INDUSTRIES

The forest area of Canada on which there is timber of merchantable size is larger than the total area of France and Germany combined; the standing timber on this is estimated at 274 billion cubic feet. An area of even greater extent is covered with young growth.

This vast reservoir of wood is the source from which Canada drew wealth in excess of \$110,000,000 in 1934 (the latest figures available) in the form of primary products such as:

- raw material for saw-mills, pulp mills, wood distillation, charcoal plants;
- logs, pulpwood, bolts, etc., for export;
- firewood, railroad ties, posts, poles, fence rails, mining timbers;
- maple sugar, balsam gum, resin, cascaro, tanbark, moss, etc.

The total value of manufactured products made principally from raw materials of forest origin was \$404,435,948. Forest products in 1936 afforded an excess of exports over imports—\$158,560,000—very important to Canada's international trade.

The Bank of Montreal has co-operated with every activity of the forest industries—assisting in every phase of production and marketing. The Bank has had the privilege of financing a large share of the export business of these industries. Thousands of workers are depositors, sharing in the safety and facilities of the Bank with their employing companies.

Some of the Bank's services most frequently used by employers and employees in the forest trades: Commercial accounts, foreign currency accounts; financing of shipments; commercial loans and discounts; collections; trade and credit information; safekeeping of securities; savings accounts; personal loans; money orders; travellers cheques; banking by mail.

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