

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. Burt
TEL. 1234

CURTAINS AND DRAPES

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

WORD O' MOUTH ADVERTISING

Travelling men have no "heart"
when talking about a hotel. To
them, it's either "good" or "bad."

Give them a clean room, abun-
dant hot water supply, and mod-
ern bathing facilities and you'll
have them "telling the world"
to stop at our hotel.

Modern plumbing fixtures —
easily kept clean—mean more
business. Ask us about econom-
ical installations.

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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
Fredericton Charlottetown Halifax
Phone 454 Saint John, N.B.

There is hardly anything* in the world that
some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)
* Insurance is no exception.

HOWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 291

LAWN MOWER TIME IS HERE AGAIN

WE HAVE A VARIETY TO CHOOSE FROM.

Federal 14" Bronze Bearings \$ 7.90
Speedy 14" S.K.F. Ball Bearings 9.90
Speedy 16" S.K.F. Ball Bearings 10.25
Garland 16" S.K.F. Ball Bearings 13.35
Garland 18" S.K.F. Ball Bearings 13.90

These Lawn Mowers are all equipped with the Eureka Positive
Drive. The pawls are accurately machined from crucible steel.

J. Clark & Son, Ltd

SUGGESTIONS

for
JUNE



EXERCISE IS PART OF A ROUND ROBIN OF HEALTH

It is Necessary to Be Physically Fit in Order to
Indulge; Exercise Goes Far to Keep You
Feeling in Good Condition

(By Elsie Pierce)

The matter of exercise is a round
and round circle and a grand one at
that. You have to be physically fit in
order to indulge in the first place.
And exercise does much to keep you
fit and feeling fine. Any way you
look at it, then, you should want to
be in tiptop form from a health point
of view in order to reach tiptop form
on tennis court, in a row boat, on
golf links.

Rowing, rope jumping and tennis
are three splendid summer exercises.
Rope jumping and tennis are quite
strenuous. Rowing, taken in easy
strokes, need not be much of a strain.
Rope jumping affords plenty of
knee action, keeps you nimble, and
form fit. Rope jumping has a way of
making you feel young mentally and
ever so gay. It is fine for chest de-
velopment too. And affords plenty of
arm movement.

Healthy young mothers are ad-
vised to jump rope with their children.
This will promote a feeling of com-
radeship and all who partake in the
game or sport, call it what you will,
experiences a zestful joy that keeps
them as young in spirit as in body.

Have you ever seen Helen Wills
Moody on the court? I have—in per-

son. Leg work there. Arm movement.
Speed, Assurance. And infinite grace.
That's what tennis does for one. And
you don't have to be a champion to
get the full benefit of this splendid
exercise. It brings all muscles into
play. Gives the chest ample exercise
for development. It is strenuous, how-
ever, and those who are not in per-
fect health should not undertake it.
Any heart or lung ailment, any pre-
disposition to fatigue should pre-
clude exercises such as tennis or
rope jumping.

In addition to the arm and chest
exercises afforded by rowing, it is
one of the finest bust developers we
know. It has the added advantage of
being very restful. Gliding through
the water, looking into the distance
at mountains and trees perhaps,
soothes the nerves. The pull on the
oars exercises not only the chest
muscles but the shoulders, arms and
legs as well, and the back and forth
rowing movement does wonders to-
ward flattening the abdomen.

More relaxation exercises in a
special bulletin on the subject, "Ex-
ercises to Practice at Home if You
Are Not Indulging in Active Sports." Send self-addressed, stamped (3-cent) envelope.

WHEN FATHER IS LACKING IN BACKBONE

(By Arthur Dean, Sc. D.)

I sometimes feel that many fathers
let life get them, because their chil-
dren are extravagant and thoughtless
and I feel I must include some moth-
ers too.

I am sorry for a father who must
take all the responsibility and his
family none. It is a pity that he must
come home to a house of quarrels,
bickerings and extravagances. I do
not see how some of them stand it,
particularly at meal time.

He gets grouchy. The radio never
has his station. The kitchen stove is
his fireplace, while daughter enter-
tains her beau. He cannot leave his
trousers on the chair, because of rif-
ling. The old bus is his. The new
cars are for the children. I feel like
writing such fathers a letter.

Dear 'Old Grouch': Cheer up! You
are not defeated yet. Do something
about it. Decide what you are to do
and stick to it if the heavens fall.
But keep outwardly calm. No more
weak blustering for you. If you rate
a vacation from your firm, take it;
leave a letter to your family for
them to think over while you're gone.
Tell them there is no life insurance
and why there is none. Tell them you
must conserve your health or they
will be penniless if you have to stop.
Stop son's allowance—make him sup-
port his own car or not drive it. Tell
daughter that you are through paying
her bills for a while. Tell mother to
do her own laundry and to spend less
time window-shopping.

Close all charge accounts. Give
your wife an allowance and keep the
rest to buy yourself respectable
clothes and start a bank account.
Rest your nerves on Sundays with a
quiet drive into the country and go
alone.

Children with the 'Gimmies' give
both of us a pain and will drive any
normal man to desperation.

Never sit in the kitchen, when
there is company. If daughter has a
beau you might give way of your
own accord. For the beau may take
her off your hands—and good rid-
dance. Be pleasant, pay no atten-
tion to their scoldings and scorn.
You gave them all they have—hold
up your head. Sit in the best living
room chair, reading; smile at every
one, but have the firmness of the
rock of Gibraltar behind that smile.

Spend a bit of money on yourself
and let the others go without, while
you 'catch up' with them.

Head up! Chest up! Laugh! But
don't forget the firm hand on the
pocketbook. I'm rooting for you and
all the discouraged dads of growing
children with the 'gimmies'.

Maybe your wife needs a trying to
earn something herself. Maybe she's

DUTIES OF CYCLISTS TOWARDS OTHERS

Remember that you cannot be cer-
tain of the movements of pedestrians.
Be ready for children who may run
suddenly on to the road and for peo-
ple who may step from a refuge or
footpath. Make allowance for the
hesitation of the aged and infirm and
for the blind.

Give plenty of room to pedestrians.
Be prepared to meet pedestrians
and led animals coming toward you
on your own side of the road.

Take special care when passing a
stationary vehicle or any other form
of obstruction which prevents a clear
view of pedestrians or oncoming traf-
fic.

When traffic in front of you is held
up do not encroach on the off-side of
the road, and thereby impede other
traffic.

Do not attempt to gain a forward
position in a traffic block by riding
along the narrow spaces between
stationary vehicles.

Keep a straight course and do not
wobble about the road.
Never ride close behind fast mov-
ing vehicles; always leave enough
space to allow for their slowing down
or stopping suddenly.

Never carry parcels or other ar-
ticles which may interfere with your
control of your cycle.

SIMPLE WEDDING LUNCHEON

Some one wants a simple wedding
luncheon that can be prepared ahead
of time and needs a minimum of
time in the last minute serving.
These menus should fill the bill.

Bouquet Fruit Cup
Baked Ham with Cherry Sauce
Creamed Potatoes with Green Peas
Molded Pineapple and Cucumber
Salad
Peppermint Ice Cream
Wedding Cake Hot Coffee.

Pineapple and Ginger Ale Cocktail
Noodle Ring with Crabmeat Newburg
Ripe Olives Celery
Julienne Potato Stix
Crapefruit and Green Pepper Salad
Orange Bavarian Cream
Wedding Cake Hot Coffee

ambitious just for the children and
will come out all right when she dis-
covers that firm hand of yours is
really kind. You may have to wait
until the children are all gone from
home to be really good chums again.
The adolescent period is enough to
wreck most any home.

Buy those new clothes. Keep shav-
ed and epic and span, and let the
wind howl. Cheerio!

RULES FOR JITTERY BRIDEGROOMS

Useful Do's and Don'ts

For the Neglected
Males on the Great
Day.

For every flustered bride there's
an equally flustered bridegroom.

Often the feminine members of a
bridal party are posted carefully on
what is expected of them while the
masculine contingent is compara-
tively uninformed.

In the best regulated weddings
these days the bridegroom is respon-
sible for:

Planning the wedding trip and pay-
ing for it.
Buying the engagement and wed-
ding rings.

A personal gift to the bride. Jew-
elry is preferable.

Paying the clergyman's fee—from
ten dollars up. The bridegroom puts
it in an envelope and instructs the
best man to give the envelope to the
clergyman just before or immedi-
ately after the ceremony.

Paying for bouquets and corsages
for the bride, the bride's mother and
his mother. Since the boutonniere
corresponds to flowers in the bride's
bouquet, he may arrange for that too.
Gifts to the best man and ushers.
The best man's gift may be slightly
more valuable than the ushers, which
should be all alike.

Boutonnieres for the best man and
ushers.

Often the bridegroom also pro-
vides ties, gloves, collars and spats
to insure uniformity among his ush-
ers. However, he may just send each
man a detailed list of what he's to
wear.

Responsibilities of 'Bride's' Father
The bride's father is responsible
for: The bride's trousseau (her
clothes and the linens, etc., she
takes to her new home).

All wedding expenses except the
clergyman's fee—church and home
decorations, transportation of the
wedding party, wedding breakfast or
reception and bridesmaids' bouquets.
He takes his daughter down the
aisle on his right arm and responds
"I do" when the clergyman asks who
gives the bride in marriage. Then
he joins his wife in the front pew on
the left side of the church.

Best Man's Duties

The best man is expected to:
Take charge of the wedding ring,
which he keeps in a waistcoat pocket
until he hands it to the bridegroom.
Escort the bridegroom to the
church—after having helped him to
dress.

Take charge of the bride's and
the bridegroom's luggage.

See that the bridegroom's 'going
away' clothes are taken to the bride's
house—where bride and bridegroom
change after the reception.

Take care of the bridegroom's hat,
gloves and stick. Immediately after
the ceremony the best man should
get them from the vestry, rush
around to the side of the church and
give them to the bridegroom.

A WALK AND A THOUGHT

I passed a grim stone wall one day
And I thought as I walked along
Had the wall been trimmed with
roses gay
My heart would have thrilled with
song.

It was June once more and I walked
that way
The wish in my heart came true,
For roses bloomed on the wall of gray
And the song in my heart came, too

So fill the mind with thoughts of
beauty—
Crowd out sorrow—smile away
dull care,
Transform—and change the thing
called duty—
Into a joy—a privilege rare.
—Elizabeth W. Fry.

**BABY'S
OWN
SOAP**

Best for You

—Baby Too

TWO MOTHERS WITH DIFFERENT VIEWPOINTS

One Complains of a Daughter Who Refuses to
Help Around the House and the Other Looks
For Methods of Child Training

(By Arthur Dean, Sc. D.)

It is difficult to answer a letter
which reads:

"My daughter of 16 sasses me
when I ask her to help me around
the house. She is impudent and lazy.
Tells me that her parents have to
support her until she is 21. I might
go on for hours telling you how she's
not any good and never has been.—
Mother."

I suspect that such a mother has
the idea that I think the daughter is
perfectly terrible and I shall send
her a reply against the girl which
would raise the roof. To tell you the
truth, it is the mother who ought to
have a letter. How did the girl get
that way? It never came overnight
like infantile paralysis or mumps.

I'll wager that this mother said to
her when she was a little girl: Now
don't bother me. I have no time to
let you mess around with that dough-
nut dough. No, you cannot have the
cookie cutter. No, mamma doesn't
want you to wash the glasses; you
will break them. No, you let that
doughnut cutter alone. No, you can-
not have a thimble to cut holes in
the dough for your own little dough-
nut. But I'll give you a nickel to go
out and buy six lollypops which you
can suck all day. Only keep out of
the kitchen."

"Dear Dr. Dean: Some time ago
you listed in your column three leaf-
lets on sex education. I believe the
first was 'What, How and When to
Tell a Little Child.' Would you please
send me these three leaflets. I am
inclosing ten cents and my address.

"Congratulations on your most in-
teresting and helpful column. You
are rendering a great service.

"Could you advise me how to start
giving my girl, aged 3, an allowance?
She has chores to do around the
house each day, such as putting away
her toys, bringing the dust-pan when
I need it, getting handkerchiefs, and
helping to put away laundry and the
dishes. I feel that she should do
these things as her part in the fam-
ily, but would like to have her 'earn'
a little money for spending and to
put in her bank.—Mother."

The mother who writes today has
a plan. She is willing to 'bother' with
her little girl. Why shouldn't she
'bother' now and make it easier for
both the girl and herself later? Bring
ing youngsters into the world is hard
enough without having trouble with
them in the 'teen age. There are

worries enough at this age without
helping to make trouble with poor
childhood training. I am convinced
that wise information—a piece at a
time—on life matters, instruction in
home duties, responsibility of a partic-
ipating family life, and keeping
children interested and knowing the
value of money are very essential
things in childhood training.

What's in a Name?

"Why not name a child Abigail—
pleasing the mother—and call her
Gail, a very modern and lovely name?
I like my old-fashioned name—Sara."
Comment.—I had raised the point
in a question I answered in the col-
umn regarding the advisability of
naming a girl Abigail. What's in a
name? A western psychologist says:

"The name a child is given at birth
may be a determining factor in his
development of personality, in the
case with which he acquires friends,
and in all probability in his success
and failure in life. Odd sounding
names and those of ambiguous mean-
ings may definitely handicap the
child throughout his entire life."

He cites as examples of names
which may lead to unpleasant social
experiences: Reginald, Percy, Hector
Percival, Chauncey, Aloysius and Hor-
ace. In naming girls, parents would
do well to avoid the 'flower series',
such as Pansy, Violet, Daisy, Blossom,
Rose and Heliotrope. He also ad-
vises against the 'character series',
such as Faith, Truth, Hope, Charity
and Patience.

CHOLERA INFANTUM THE FATAL DISEASE OF CHILDREN



Is a valuable preparation that has
been on the market for the past 88
years.

It effectively off-sets the vomiting,
purging and diarrhoea of cholera
infantum.

Price, 50c. a bottle at all druggists
or dealers; put up only by The T.
Milburn Co., Limited, Toronto, Ont.

NOW SORE THROAT EASED IN LESS THAN 3 MINUTES!



1. Crush and stir 3 Aspirin tablets
in a third of a glass of water.



2. Gargle thoroughly—throw head way
back, allowing a little to trickle down
throat. Repeat—do not rinse mouth.



3. If you have signs of a head or chest
cold take 2 Aspirin tablets—drink a full
glass of water. Repeat in 2 hours.

Rawness, Irritation Go at Once
Note Directions for
New Instant Treatment

Incredible as it may seem, doctors
are now prescribing a way that re-
lieves raw, painful sore throat in as
little as 2 to 3 minutes!

All you do is crush and stir 3
Aspirin tablets in $\frac{1}{3}$ glass of water
and gargle with it twice.

Aspirin tablets disintegrate so
completely no irritating particles are
left. Results are immediate. At once
soreness is eased—discomfort allayed.

Everywhere throat specialists urge
this fundamental treatment instead of
less effective old-time "washes" and
"antiseptics." Remember this. And
when you buy, see that you get
ASPIRIN. It is made in Canada and
all druggists have it. Look for the
name Bayer on every Aspirin tablet.
Aspirin is the trade mark of the
Bayer Company, Limited.

DOES NOT HARM
THE HEART

