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I am perfectly convinced the demerits of the world are up against it.—Lady Astor.

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as being the ideal range for the modern home. In construction and appearance it is second to none. We shall be pleased to show you the latest models.

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FREDERICTON, N. B., AND BRANCHES

## ... OF ... Interest to Women PUSH UP FOR THOSE PULLED DOWN MUSCLES

(By Elsie Pierce)  
We're pulled down a plenty by the force of gravity and the natural tendency of the muscles of the body is to droop downward. That's why in using creams and lotions, in molding and patting the muscles of the face and neck we are cautioned to make sure that we work 'upward and outward.'

Even in washing the face, try to remember to work upward and outward. Try to be conscious of the 'up and out' movement, never work down. When drying the face with a towel or removing cream with tissues it is so easy to forget oneself and rub downward, but that can do no more than add age signs when they finally start cropping up.

Good posture calls for the upward lift. Abdomens should be held in, chests high, head up, shoulders in natural position, buttocks tucked under.

A modern advocate of upward exercises insists that all corrective exercises can be back instead of forward and down. Her posture position calls for the up and back lift. In any case, the drooping abdomen

and drooping shoulders and chest are all out of line with the beauty maxim 'up.'

### For Scalp Health

For scalp health, how do we brush? Once more, up and out. That stimulates the circulation through the scalp, carries the oil evenly along the hairshaft, polishes every strand, removes dust, grime and surface accumulations.

If you've seen scalp specialists at work, you've doubtless noticed how they start at a point between shoulder blades and work upward to the nape of the neck, then up to the crown, then lift the fingers through the hair up and out.

### For Spirit's Sake

Apart from the good, sound health reasons behind this 'up and out' theory, its psychological effect on the spirit is 'swell' too. Don't you feel ever so much better when you are looking up and lifting up than when you droop down? I remember, as a child, being taught to 'look up and love and laugh and lift.' One can build a whole philosophy of life on that.

## CONCEIT IS NEVER CHARM ASSET

Self-Assurance, However, is Highly Desirable,  
Film Star Declares

(By Antoinette)  
"The very core of charm," said Erin O'Brien-Moore over our teacups "is that complete confidence that some women have who, although possessed of great personal assurance, are without the charm-destroying element, conceit."

"Certain women have the assurance of being attractive, of being desirable, of being what we might call 'sex-sure,' who never offend with a conceited glance, word, or phrase. They are women who have earned their assurance by native wit, charm and appearance. Or it may be the suit of wise parents whose motto is to build constructively to foster that grand gift of assurance, as opposed to the devastating influence some parents impart with their destructive criticism of a little daughter."

"There's a great difference between this magnificent assurance of which I speak and conceit. The latter, as every one knows, may have a hideous inferiority complex at its root. Or, it may be a lopsided view of

self. In any event, it never registers with the fine pose, the confidence and the charm that emanate from the woman assured that she is attractive."

Miriam Hopkins, whom Erin O'Brien-Moore admires, has this great gift of confidence, without a grain of conceit. And Garbo must have it or she could not be the supreme artist and beauty that she is, thinks Erin.

Judith Anderson's use of her shoulders has the young star's supreme admiration. No shoulders carry so much expression. The use of her neck, too, is a study in beautiful movement.

Shoulders and neck and the turning of the head are features of great interest to Erin. They have strong influence on the beauty of the entire body. Of the individual. In Hollywood, Miss O'Brien-Moore devotes two hours daily to dancing, since she loves to dance and it contributes so much to beauty of form.

## ONCE A DOOR, NOW A CUPBOARD

The Elliotts' house was about 20 years old. It had been well built at the start and was still in good condition but lacked most of the modern touches. They wished they could sell it, but they knew that was out of the question for the time being. At least, if they wanted to get a fair price for it.

And when they would come to sell it the chances were that it would be just old enough not to attract purchasers who wanted something modern and not old enough to interest antiquity lovers. They wondered whether there were not things they could do with it to give it a more general appeal and incidentally increase their own pleasure while they lived in it.

They called in an architect. "Of course there are many things you can do with this house, but tell me first what have been the lacks. What do you wish you had that isn't here?"

"Well, we would like some wall cupboards."

"That's easy. See that door over here near the corner of the room? We can take the door off, board up the opening and then shelve the enclosed space. Does that sound like good sense or do you need that door?"

Fortunately they did not. It was one of a pair that led into a hall and could easily be dispensed with. The architect suggested that they paint three walls of the room in a soft color and paper one wall only. Then they could either paper or paint the interior of the wall cupboard. He thought they could put some of the new type of lighting in the room and suggested, particularly, the use of the long slender lamps within the frame of the cupboard.

If they had not planned on backing the davenport up to the space under the shelving he would have had them make that space into a repository for wood for the adjacent fireplace. A series of narrow compartments may be built in and then games, trays and other difficult-to-store things can be slipped in endwise. This same idea was suggested by the architect for a compartment in the kitchen to hold the turkey platters and serving trays.

Fish foods are so easily digested, that they are admirably suited to the diet of sedentary workers.

### Dr. Wood's



## Don't Neglect That Persistent, Hacking Cough

Get a bottle of Dr. Wood's Norway Pine Syrup from your druggist or dealer. It strikes at the foundation of the trouble. A few doses will convince you it is just the remedy you require.

It helps to stimulate the weakened bronchial organs, allays irritation, soothes and heals the inflamed parts, loosens the phlegm and mucus, and aids nature to dislodge the morbid accumulations.

When this is done the persistent, hacking cough will disappear, no lying awake nights, no inflammation of the bronchial tubes.

## SERVE SALAD WITH LAMB CHOPS

Perfectly broiled lamb chops and a salad of tender, fresh vegetables is a splendid luncheon or supper combination. And don't feel that you are rushing the season if you serve this combination long before spring arrives. There is plenty of high quality lamb on the market now, so you can serve lamb chops with a salad of fresh vegetables which are available in winter time, such as lettuce and tomatoes.

For perfectly broiled lamb chops, thoroughly preheat the broiling oven. Place the chops on the broiler rack for enough from the flame or heat element that by the time the top is nicely browned, they will be about half done. Season the browned

side, turn and allow to brown and finish cooking on the second side. Season, remove to a hot platter and serve immediately.

Placing the chops too close to the source of heat often results in a charred exterior before the inside is cooked. If the oven regulator is turned to "high," best results are obtained if the chops are placed about three inches from the flame or heating element. If the distance must be less, the temperature should be lowered accordingly. It requires 12 to 15 minutes to broil lamb chops cut three-quarters of an inch thick. To add a different flavor to lamb chops, try spreading the chops with a little Roquefort cheese after they are broiled but are still piping hot.

## WHEN NOT TO TAKE INVITATIONS SERIOUSLY

### Notes From Old Fredericton Papers

(By R. P. Gorham)  
The news of Fredericton and vicinity ninety-eight years ago is interesting reading as found in the Sentinel and New Brunswick General Advertiser, published by Edmund Word at his office in the Phoenix building or Tank House. We learn that the Central Bank of New Brunswick was open for the discount of bills or notes on Tuesdays and Fridays, such bills to be enclosed and directed to the cashier on Mondays and Thursdays. Wm. J. Bedell, Esq., was president of the institution and Samuel W. Babbitt, cashier.

The Commercial Bank of New Brunswick conducted discount business on Mondays and Thursdays, receiving the same enclosed in letters to the cashier on Saturdays and Wednesdays. Asa Coy Esq., was chairman of the Board of directors and Archibald Scott cashier.

The Bank of British North America conducted business on Wednesdays and Saturdays with Alfred Smithers Esq., as manager.

News items tell of Encaenia at King's College at which the Lieutenant Governor presided as Chancellor and conferred the degree of Master of Arts on Rev. John Wayne Sterling and Bachelor of Arts on Edward Henry Wilmet and Colin Irvine Allen. The public act in commemoration of the founders and benefactors of the university was held in the college chapel, the lecturer in Chemistry giving the oration.

The examination of the Collegiate School was then held and was rendered less interesting than usual by the unexplained absence of some of the scholars. However, John Wood passed a creditable examination and was awarded the Douglas Silver Medal.

Complaint was made by the editor concerning the postal service. The local postmaster having had difficulty with the Woodstock stage coach proprietors, the mail from New York which arrived regularly at Woodstock on Thursday afternoon was held there a full day before being brought to Fredericton by the post rider.

A note copied from a Providence, R.I., paper told of William Lyon McKenzie being tried for the crime of enlisting men in the United States and making preparations for a war on Canada and being sentenced to eighteen months' imprisonment and a fine of ten dollars.

Mention was made of a curious accident in Douglas, David Pickard, a boy of thirteen, while out shooting wild pigeons was killed by the breech pin of his gun being blown back and into his forehead.

Among the advertisements appeared a notice from William Payne, Collector of Rates, concerning payment of Poor and Jail Taxes, before the 20th of July. Perhaps some local historian will explain what the Jail Tax was.

Daniel Johnston gave notice that he had taken over the store on Queen street formerly occupied by Jeddiah Glason and gave a long list of the things he had for sale, which ranged from Genesee Valley wheat flour to bath bricks, Holland Gin and port wine. Among them were moulded and dipped tallow candles, Scotch and Macaboy snuff, Richmond No. 1 and Ladies Twist tobacco.

James F. Gale, chemist advertised in large type iced soda water with lemon and ginger syrups.

Nathan W. Smith, apothecary, ad-

vertized drugs, paints, oils, varnish and turpentine, also lucifer matches.

The New Brunswick and Nova Scotia Land Co. with headquarters in St. Mary's, offered farm lots on Royal Road at three shillings per acre including a log house on each lot. The company also offered six prizes for the best crops, stock, farm management, etc., ranging in value from ten to thirty dollars.

A full half column advertisement of the Louisiana lottery, 600 prizes, with \$700,000 and 100,000 tickets at \$20 each, appears on the back page. Fredericton residents evidently had their chance to gamble in those days. A footnote to this ad. requested every newspaper in the United States, Canada and the West Indies to insert this as a standing advertisement from May to December and to send their bills with a copy of this paper to the promoters. We wonder if all were paid.

The report of the Northumberland County Agricultural Society gave a rather dismal picture of conditions along the Miramichi where the forest had been so much thinned of the growth of white pine that lumbering was not carried on to the same extent as in former years and residents had "either to quit the country or turn to the soil for food."

"It is well known that until lately the country had to depend on other countries for every necessity of life and this is still the case to a deplorable extent. Even potatoes, for which our soil is so admirably adapted, were supplied to us almost wholly from the neighbouring province of Prince Edward Island.

Mention is made in this report of droves of cattle brought to the Miramichi overland from Nova Scotia and from Westmorland County.

"Our forests have been a mine of wealth but it has for the most part gone to enrich other countries and communities who have supplied us with the necessities of life."

The foregoing notes have been taken from the issue of Saturday July 6, 1839 and in concluding are many notes, two were announcements of the editor.

"Advertisements omitted this week will be carefully inserted in our next."

"All letters to the editor must be postpaid."

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VEGETABLES  
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NORTH DEVON



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We buy only a limited amount in 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.

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Install new Heating System or repair old one on the same basis.

First class workmanship guaranteed.

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