

## Weak, Tired, Nervous Women • Nourished Back to Health •



Many women wake up in the morning feeling as tired as they went to bed, and the simple household duties seem a drag and a burden. They become nervous, cross and irritable, weak and worn out, and everything in life looks dark and gloomy. Milburn's H. & N. Pills is just the remedy they need to restore them to the blessing of good health, and the health improved the daily tasks become a pleasure, not a burden. Try a few boxes. See how soon you will feel the beneficial effect.

**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  
Marquisesettes, 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.

## SPRINGTIME

## ECONOMY

Now is the time to have your  
heating plant repaired for the  
first cold snap next fall.

Its recent shortcomings are  
still fresh in your mind and you  
will not overlook any.

Repairs now made mean insur-  
ance against disappointment  
next fall.

We will gladly come out and  
inspect your heating plant free.  
Write, Phone or Call

**D. J. Shea**

80 Carleton St. Phone 563-11

## 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 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



## CAROLINE CHATFIELD SAYS

In America Every Marriage Starts a New Family  
That Doesn't Depend Upon Forebears. If Be-  
tween Them a Young Couple Has the Goods  
They Can Deliver And There Are Plenty of  
Takers, the Humblest May Climb High.

Dear Miss Chatfield:

The road I am on has so many  
bends in it that I am scared to death  
that I will make a wrong step. I  
have been picking life to pieces—in-  
cluding my sweetheart. I love him.  
He adores me. We are planning our  
marriage. But there are some men-  
tal hazards, if not other sorts. I  
have a good education, including post  
graduate work. My family has social  
position as well as other advantages.  
The young man has had very little  
education but is struggling to get  
more as he works. He has a fine  
character, no bad habits and enor-  
mous possibilities. But there is his  
family and they will always be there  
in spite of anything he does. He has  
risen far above them. Is this dispar-  
ity going to cause embarrassments  
that will wreck our happiness?  
Serious-Minded.

Answer:

It seems to me that the answer to  
your question lies in what your edu-  
cation has done for you. If it has  
made you wise and tolerant, broad-  
minded and generous, enabled you to  
distinguish between essentials and  
non-essentials, then there is no rea-  
son to fear that the embarrassment  
which will arise out of your mar-  
riage to a man who is socially and  
educationally less privileged, will  
wreck your happiness. But if your  
education hasn't taught you the dif-  
ference between pride and false pride  
if it hasn't taught you to value a man  
for what he is rather than for his  
family tree, there is trouble ahead if  
you marry him.

A woman naturally wants her hus-  
band to shine before her friends and  
her family. She likes nothing better  
than to bask in the reflected glory.  
She loves to have people comment on  
his good English, his polished man-  
ners. She enjoys being squired by a  
man that knows his way around and  
is at home in any situation. She is  
proud to tell her children of their  
father's distinguished heritage, point  
to the old portraits, the old mahog-  
any and the old silver that were

used in his family for generations.  
She gets a big kick out of his having  
graduated from one of the big four  
universities and his being able to  
refer familiarly to his Alma Mater.  
Yet all of these things won't give  
her the same satisfaction as she can  
have in his being a fine character  
with no bad habits and plenty of  
ambition.

This is the glory of America: that  
no matter how humbly a man may be  
born he sets his own limits on the  
heights to which he may climb. Ig-  
norant, he can learn to speak cor-  
rectly. Unacquainted with social  
customs, he can soon catch on. He  
may start without a penny and with-  
out any pull and make his pile. He  
can acquire polish and power and  
ride the crest of the wave if he has  
brains, ambition and ability.

In America every marriage starts  
a new family that doesn't depend up-  
on forebears for its social, financial or  
cultural rating. If between them a  
young couple has the goods they can  
deliver and there are plenty of tak-  
ers. The wife determines the social  
position and together they determine  
the cultural position in their com-  
munity. In a home of great wealth in  
this country where there are art  
treasures valued at thousands of dol-  
lars an old lady comes occasionally  
to visit her son and his wife. They  
are on the top rung of the ladder  
while the old lady doesn't know the  
names of the men who wrote the  
books or painted the pictures that  
decorate her son's home. Long, long  
ago he left her below while he climb-  
ed to the top. But because he had  
character as well as ability, he never  
forgot to stoop down and pick her up  
beside him and to point with pride  
to his humble parentage.

Yes, a man's family "is always  
there and they will always be there,"  
but no matter where they are and  
who they are, they needn't keep him  
from going yonder if he has what it  
takes.

CAROLINE CHATFIELD

## GREEN FOODSTUFFS NEED LITTLE WATER

(By Marjorie Mills)  
We'd like to campaign for a "Be  
Kind to Vitamin" week. A week in  
which every one of us would look to  
our vegetable cooking and decide if  
we are getting full value from these  
green vegetables that appear on our  
tables frequently.

In many families vegetables are  
accepted without enthusiasm and we  
often think it's because the poor  
peas, or asparagus, or spinach are  
cooked till they are limp and ex-  
hausted of their rich store of vita-  
mins and minerals.

A real test of cooking vegetables  
comes when you cook them in a  
small amount of water and watch  
them carefully so that when they are  
tender, there is only enough water  
left to moisten.

The popularity of many vegetables  
depends upon their serving with at-  
tractive garnishes, as well as careful  
cooking and seasoning.

Let's see what we can find in the  
way of slightly unusual ways of serv-  
ing these health-giving vegetables.

### New Ways with Peas

Chop bacon, fry until brown, pour  
off most of the fat, add peas and  
heat. Season with salt and pepper.  
Shake gently rather than stir, since  
peas mash easily. Finely cut onion  
may be cooked with the bacon until  
lightly browned.

Cream butter or margarine and  
work in about the same amount of  
lemon juice. Or use vegetable oil and  
lemon juice. Lightly toss the peas in  
the pan until they are coated with  
this sauce.

Toss heated peas in a pan contain-  
ing a little heavy cream, a pinch of  
powdered sugar, and a dash of lemon  
juice. Excellent for string beans too.

To heated peas, add one third as  
many mushrooms, chopped fine and  
sautéed in butter or margarine.

Cook a few shredded outside leaves  
of lettuce or a sprig of mint with  
liquid from canned peas, remove be-

fore adding peas for final heating.

Cream peas with young green  
onions, first cooked until tender.

### Asparagus is Plentiful

The roadside stands are spilling  
over with quantities of native aspar-  
agus of serving the green, succulent  
agus. Try some of these different  
stalks.

Add chopped hard-cooked egg  
whites and stuffed olives to cream  
sauce. Pour over hot asparagus and  
garnish with egg yolks rubbed  
through a sieve.

When serving asparagus on toast  
cut the toast the same length as as-  
paragus. Arrange sliced hard-cooked  
eggs on the toast, then asparagus,  
and pour white sauce on top.

To scrambled eggs add asparagus  
tips cut in pieces.

Chill asparagus tips and serve on a  
bed of flaked canned salmon. This  
makes a delicious luncheon or sup-  
per salad.

### Spinach

Place spinach in bottom of greased  
ramekins, sprinkle with grated  
cheese and place a poached egg on  
top. Cover with white sauce, sprinkle  
with buttered crumbs and brown un-  
der broiler.

Scallop spinach with mushrooms,  
seasoning with a dash of nutmeg.

### Vegetable Platters

As summer vegetables appear in  
the markets you'll want to serve the  
all-vegetable platters frequently.  
These combinations have variety in  
form, color, flavor and texture. By  
the way, texture is combining foods  
is so important. Don't have all boiled  
vegetables, or all green ones, or don't  
combine several having the same  
shape.

Grilled tomato, lima beans, glazed  
carrots, asparagus with Hollandaise  
sauce.

Asparagus with mock Hollandaise  
sauce, baked stuffed tomato, green  
peas, glazed onions.

Whole baby carrots, spinach, sum-

## HAIRPINS REPAIRED AIRPLANE

Martin Recalls Mother's  
Help on 25th Anniver-  
sary of Flight

AVAILON, Cal., June 5 — It took  
Glenn L. Martin 37 minutes and a few  
of his mother's hairpins to fly his  
cloth and bamboo hydroplane across  
Catalina channel 25 years ago.

It took him 15 easy minutes to re-  
trace the route in one of his trans-  
Pacific clipper ships yesterday.

The silver jubilee of Martin's  
epochal 33-mile crossing was a civic  
holiday here. Townsfolk gave him  
a medal.

Mrs. Ninta Martin, a happy pas-  
senger yesterday in the clipper, re-  
paired a split bamboo strut of her  
son's first plane with a darning  
needle and several hairpins just be-  
fore the takeoff.

## DIARRHOEA SOLID STOMACH GAS CRAMPS

There can be no question as to the  
supremacy of Nerviline for these  
disorders; it acts promptly, even  
twenty drops of Nerviline in  
sweetened water gives immediate  
relief.

Too Ill to Leave Home  
Restored Quickly by Nerviline

Mr. A. E. Archer of Chelsea, writes:  
"As a boy I was accustomed to take Ner-  
viline for pains in my stomach but never  
realized its true value until this summer.  
I had an attack of diarrhoea and was so  
bad I couldn't leave the house. I sent for  
a bottle of Nerviline and took a dose every  
hour during the morning. It restored me  
quickly. I use Nerviline now as a preven-  
tive of summer complaint and it works satis-  
factorily. My wife also has derived very  
special results in stomach trouble from  
Nerviline which I recommended highly."

**NERVILINE**  
SURE RELIEF.

## HAWKINS FRUIT & PRODUCE CO. LTD.

WHOLESALE DISTRIBUTOR:  
FRESH FRUITS  
AND  
VEGETABLES  
PHONE 313  
NORTH DEVON

mer squash, whole, kernel corn.  
New cabbage, broiled mushrooms,  
baked stuffed potato, new green peas  
Hollandaise Sauce

½ cup butter  
2 egg yolks  
1 tablespoon lemon juice  
1-3 cup boiling water  
Few grains cayenne  
¼ teaspoon salt

Divide butter in three pieces. Put  
one piece in pan with egg yolks and  
lemon juice. Cook over boiling water  
stirring constantly with wire whisk  
until butter is melted. Add second  
piece of butter and add seasonings.  
Serve immediately. If it curdles, add  
2 tablespoons heavy cream, or two  
tablespoons boiling water, drop by  
drop.

### Favorite Luncheon Salad

1 head of iceberg or other lettuce  
1 cup celery (cut in julienne strips)  
1 hard-cooked egg  
1 pimento, canned or fresh  
Parisienne dressing  
¼ pound smoked beef tongue  
Wash the lettuce and celery, cut  
the latter in thin strips, julienne  
fashion, cut the beef tongue, pimento  
and egg white in the same way, and  
crisp and blanch the celery in ice  
water to which a little lemon juice  
had been added. When ready to  
serve, line the salad bowl with the  
crisp lettuce leaves, mix together the  
beef tongue, celery, pimento and egg  
white, dress with Parisienne dressing

## HOW TO KEEP YOUR HEALTH

### THE COATED TONGUE

(By Dr. Herman N. Bundesen, For-  
mer President American Public  
Health Association)

"Let me look at your tongue," says  
the doctor to his patient. If it is  
coated, it may be a symptom of some  
digestive disturbance. When that is  
the case, then cleaning the tongue, of  
course, will not cure the trouble that  
is causing the coated tongue. But  
there are many people who have a  
'furred' or coated tongue and are  
otherwise perfectly well. That is the  
condition I want to take up with you  
today.

Several years ago, in 1931, Dr.  
Thomas Hartzell of Minneapolis,  
brought out the fact that bad odor of  
the breath and mouth may be due, in  
many cases, to food lodged on the  
rough surface of the tongue. Bad  
breath, it is believed, is often due to  
decayed food lodged between the  
teeth. But Dr. Hartzell believes that  
more often the guilty place that de-  
velops bad breath is the tongue.  
There have been experiments to show  
that garlic and onion breath may be  
due to particles of these foods or  
the oil from them being lodged on  
the tongue. So doctors have reason-  
ed that cleaning the tongue might re-  
move bad breath by getting rid of  
the cause of this condition.

Mouth specialists have suggested  
various ways that this may be done.  
Some tell their patients to brush the  
tongue. Others believe that scraping  
is more effective. Objections to  
brushing have been made by those  
who believe that the bristles of the  
brush may stick into and injure the  
tongue.

Some doctors, on the other hand,  
believe that scraping is too harsh for  
the delicate membrane on the sur-  
face of the tongue. Others believe  
that wiping the tongue with a bit of  
cotton or gauze is the best way to  
clean it.

We can say, generally, that no  
matter what method is used, cleaning  
the tongue should be done gently and

carefully, once or several times a  
day. The substance that Dr. Hart-  
zell recommends be used in cleaning  
the tongue is any one of several  
materials which contain the chemi-  
cal sodium ricinoleate. Swabbing the  
tongue with cotton, dipped in hydro-  
gen peroxide, is also effective.

I do not wish to give you the im-  
pression that I believe everyone  
should practice cleaning the tongue.  
If one has no bad odor to the breath,  
cleaning the tongue is, as a rule, un-  
necessary. Chewing hard foods and  
pushing food around the mouth with  
the tongue will keep the tongue  
clean. Especially is this true if there  
is a normal flow of saliva.

But, if the tongue has not been  
used by chewing coarse foods, or if  
only one side of the mouth is used  
for chewing, or the saliva does not  
flow in normal quantities, the tongue  
may be coated and bad breath may  
result. This condition is common  
among mouth breathers, because the  
moisture of the tongue evaporates  
while the tongue becomes coated. In  
these cases, the tongue may be  
cleaned in the ways I mentioned.

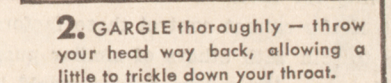
I am inclined to believe, however,  
that the right way to get at the  
problem of coated tongue is to have  
an examination to determine the  
cause of the condition. If you  
breathe through your mouth, find  
out why you do not breathe through  
the nose in a normal way. If you do  
not have sufficient saliva, there may  
be some cause which can be re-  
moved. If you chew only on one side  
of the mouth, you can change that hab-  
it easily enough. Always in the treat-  
ment of any disturbance, the doctor  
is interested, as you should be, in  
finding the underlying cause. Then  
treatment is more certain to be suc-  
cessful.

Edward C. Hodges of Montreal was  
indicted by a Boston jury of import-  
ing sweepstakes tickets on a lottery.

## Sore Throat Pains DUE TO COLDS Eased Instantly



1. Crush and stir 3 "Aspirin"  
tablets in ½ glass of water.



2. GARGLE thoroughly — throw  
your head way back, allowing a  
little to trickle down your throat.



3. Repeat gargle and do not rinse  
mouth, allow gargle to remain on  
membranes of the throat for pro-  
longed effect.

## Just Gargle This Way with "ASPIRIN"

Here is the most  
amazing way to ease  
the pains of rawness  
of sore throat result-  
ing from a cold we  
know you have ever tried.

Crush and dissolve three  
"ASPIRIN" tablets in one-  
third glass of water. Then gar-  
gle with this mixture twice,  
holding your head well back.

This medicinal gargle will  
act almost like a local anes-  
thetic on the sore, irritated  
membrane of your throat. Pain  
eases almost instantly; rawness  
is relieved.

Countless thousands now use  
this way to ease sore throat.  
Your doctor, we are sure, will

approve it. And you will say  
it is marvelous.

• "Aspirin" tablets are made  
in Canada. "Aspirin" is the  
registered trade-mark of the  
Bayer Company, Limited, of  
Windsor, Ontario. Look for the  
name Bayer in the form of a  
cross on every tablet.

**Demand and Get —  
ASPIRIN**

