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TAILORED OF EXCLUSIVE

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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.

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GLOVES

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Surplus funds invested in sound development
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Maritime Provinces will return maximum in-
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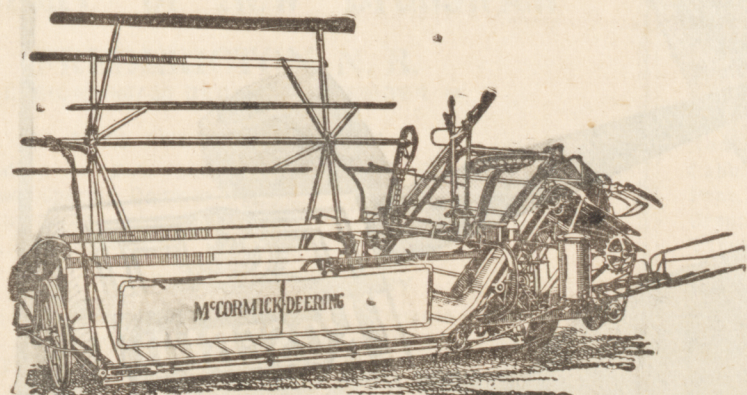
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nancial Aid—if Injured Away From Home.

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The McCormick-Deering Binder with Alemite Hydraulic Oiling.
Farmers—when you cut your grain, why not use the best Binder
or Reaper? We sell that kind.

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Buy your Blankets at DeLong's,
where you have a good assort-
ment to choose from. Pure Wool
Blankets in reversible and plain
colors in beautiful color combi-
nations—also white with blue
and pink borders, and Hudson
Bay Blankets.
We also carry a good stock of
Camp Blankets

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TAKING TIME BY
THE FORELOCK

—is a wise suggestion. So we
say, have your heating plant
repaired or inspected NOW!
At this time of the year we can
give you immediate attention
and the service of our most com-
petent workmen.

By waiting until the fall rush is
on you may be at greater ex-
pense, or experience unavoid-
able delay.

SEE US FOR PARTICULARS

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... OF ...

Interest to Women

MENTAL DIVERSIONS WILL
KEEP GUESTS SATISFIEDCynthia Proctor Suggests That Finger Dancing
Always Scores a Hit and Mind Reading Is
Not Far Behind As a Fun Maker

(By Cynthia Proctor)

A little table nonsense now and
then is relished by the best of host-
esses, as balm to the political oppo-
nents who like to fight it out over the
dessert, or as a silencer to the guests
who insist on talking personalities
at dinner parties. Try some of these
easy stunts.

Finger Dancing Dolls

Finger dancing dolls are clever
favors and fun-makers. To make
them, you cut out a pattern of a doll
from stiff cardboard, dress in gay
costumes but minus legs! Then demon-
strate to the mystified how those
discrepancy can be supplied by a
pair of fingers.

The dancing dolls should measure
about five inches from top to bottom
of skirt or waist. Fasten arms on
with brass-headed fasteners, and
draw or paste a face on. If you do
not think you can draw the face, you
may purchase lollipop stickers at
any Dennison's store or store that
carries Dennison's supplies. Dress
the dolls in any costume, from ballet
to Dutch maiden and from tap danc-
ers to la Astaire (for boys) to Scotch
laddies in kilts. Use cellophane, or-
ganza or crepe paper in dressing the
dolls.

Keep the back of the costumes as
simple as possible so that there will
be nothing to interfere with the work-
ing of the dolls. Fasten a tape or rib-
bon across the lower part of the doll
at the back, through which to slip
one's fingers. For shoes use bits of
material to match the doll's costume.
Cut these shoe shape and just large
enough to cover one's finger tips.
String a heavy thread about four in-
ches long through the band at the
back and then fasten a shoe to each
end.

Number Mindreading

Another mystifying stunt is to ask
one of your audience to decide on a
number. Tell him to keep it in mind,
double it, multiply the total by five
and give you the result. As soon as
the number is voiced, you mentally
cancel the last figure which is al-
ways zero, then state aloud the
number which remains. It will be the
number your guest decided upon.
For example, number chosen is six.
Six doubled equals twelve. Twelve
times five equals sixty. Cancel last
figure 0 and a six remains which is
the number chosen.

Easy Money

Take from your own pocket or bor-
row, two silver dollars, half dollars

HOW TO KEEP YOUR HEALTH

WORRY AND PEPTIC ULCERS

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

Worry is one of the serious dis-
eases of mankind. It makes us un-
happy and often makes us sick. The
heart specialists have told us that
worry is one of the causes of in-
creasing heart disease, and nerve
specialists have shown that worry
may help cause nervous break-
down. An eminent student of the
digestive system, Dr. Heinrich Me-
cheles, of the Michael Reese Hospi-
tal, Chicago, says that worry may
lead to the serious disease called
peptic ulcer.

Peptic ulcer is a condition affect-
ing the first part of the intestine, in
which a small part of the lining mem-
brane is destroyed, leaving a deep
sore in the wall of the intestine. The
pain these ulcers cause usually will
come from one to three hours after
a meal.

Sufferers from this disease may
often be relieved of pain by taking
some alkaline substance, such as
baking soda. We have noticed that
this type of ulcer seems to occur
most often in persons who are high-
strung. Usually these individuals
are thin and somewhat underweight.
Ten times as many men seem to be
affected as women.

Not only may worry and emotion-
al upsets help produce the conditions
which lead to ulcer, but they may
be the cause, also, of digestive up-
sets, headaches, a feeling of being
sick, discomfort in the abdomen, a
feeling of anxiety, and general dis-
couragement.

If some one should discover a
medicine to relieve us from worry,
we would have the gratitude and the
blessing of all mankind. We know
that relief from worry comes largely
by training the emotions; that is, by
developing emotional stability. We
must try to see each problem logi-
cally and with common sense.

No matter how serious the problem
it does not look so serious when you
examine it in relation to your life as
a whole. "Try not to take things too
seriously" is good advice. We must
realize that our emotions play a
very important part in causing ill-
ness.

You cannot separate the mind and
the body. One affects the other. If
you are frightened, you lose your ap-
petite; if you have some digestive
trouble, it is liable to make you
cross and irritable. We always think
of the man with dyspepsia—that is,
the condition in which there is a
feeling of discomfort after meals,
with sickness of the stomach, some-
times vomiting, as a person who is
mean and 'crabby.'

If a person is a continual worrier,
if he has frequent emotional upsets,
there is need for a careful examina-
tion of the way in which he lives.
There is always some underlying
cause for these emotional distur-
bances.

VACATION HARD ON SILHOUETTE

Here Are a Couple of Exercises To Work Off
Those Extra Pounds Just Taken On

Maybe the holiday season has
done it, but a lot of waistlines, hip-
lines, and abdomens have suffered
weight in the celebrating process.

"I bet I put on five pounds," one
woman writes. "I must have put on
ten pounds," says another. "Next
year, a third confides, 'I'm going to
a hideaway where there is no ice
cream,' and so on.

One good thing about our women
is their quick repentance of wrongs
done to their figures. They begin to
feel uncomfortable and that's enough
to start them off on their reducing
regimes again.

Why not give yourself a 12 day
milk diet course? It's an easy way
to reduce, not too fast for discom-
fort, and you're never famished for
food. Or, simply cut your usual
meal intake in half. Or just leave
bread alone for a week or ten days;
potatoes, desserts, cream in your
coffee, and sugars.

These after-holiday complainants
usually are women who keep an eye
on their figures. They don't actually
let themselves get more than a few

or quarters. Place them on the table
about two inches apart. Put a dime
in the space between them. Set a
tumbler over the coins so that it
rests on the larger pieces with the
dime at the middle point beneath it.

Now challenge anyone to get the
dime without touching the larger
coins or the tumbler. Very simple!
The trick must be arranged on a
smoothly taut cloth such as a dam-
ask tablecloth. Scratch the cloth
with finger nail at any point close
to the glass between the larger coins.
The dime will come right out and
follow your scratching finger.

Mystery Candlelighting

No one will believe you when you
say that you are going to light a
candle without touching it. But to
make your prophecy come true, use a
large candle that has been burning
long enough to make the wax and
wick hot on the end. The longer the
burned end of the wick is, the
better the trick will show up. Blow
out the candle with a short quick
whiff. Notice the curl of white smoke
that spirals up from the wick. Imme-
diately hold a lighted match at the
top of this smoke which may be any
distance of from one to four inches
above the candle, and a little zig-zag
of flame like a miniature flash of
lightning will travel down the smoke
and ignite the candle wick. A dark
room free from drafts makes this
simple little trick quite effective.

the feet slowly from the floor up as
high as you can and when you drop
them back on the floor, do it slowly,
for it is in this slow return to the
floor that you get in your good ex-
ercise work.

While you're down there, rarin' to
get the extras off, do this exercise.
You're flat on your back. Now raise
your right leg, cross it over the left,
and stretch it up toward your shoul-
derline. Do the same with the other
leg.

This certainly will mow down the
hip flesh as nothing you ever tried
before, if you do it often enough.
The two exercises just given includ-

ing the preparatory stretching move-
ments, will be all you need of a morn-
ing or evening for a few weeks.

For an Early Morning
Headache—DO THIS

IN 2 SECONDS BY STOP WATCH
An "ASPIRIN" Tablet Starts
to Disintegrate
and Go to Work

Drop an "Aspirin" tablet into a glass of water.
By the time it hits the bottom of the glass it is
disintegrating.
"Aspirin" tablets
start "taking hold"
of pain a few min-
utes after taking.

What happens in this glass
happens in your stomach



Enjoy Relief Before You've Finished Dressing

If you wake up with a headache,
just do this: Try two quick-acting,
quick-dissolving "ASPIRIN" tab-
lets with a little water. Take them
the moment you get up—before
you start dressing.

By the time you've finished dress-
ing, nine chances in ten, you'll feel
relief coming. You'll meet the day
with a clear head instead of suffer-
ing for hours.

"Aspirin" provides this quick
relief because it is rated among the
quickest methods for relief since
has yet discovered. And—because

"ASPIRIN" tablets are ready to
start working almost the instant
you take them. (Note illustration.)
So, next early morning headache
you have, try this way.

"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
LOOK FOR THE BAYER CROSS

"and it's easy to pay for under the
HOME IMPROVEMENT
PLAN"

Do you need a modern home? Are
you dissatisfied with the out-of-date
interior, the shabby exterior of your
house? Then why not make those
improvements you have always
wanted, and enjoy a brighter, hap-
pier place to live in? You can do
it so easily—and comfortably—
under the Home Improvement Plan.
Decide on the work you want done
and get an estimate of its cost.

SIMPLIFIED FINANCING

Any contractor, supply firm or architect
can help you arrange a Home Improve-
ment Plan loan if you need it, to finance
the work for you, or you can apply direct
to your banker. No security or endorse-
ment needed: you simply show that you
can repay in instalments and the
loan is made, the work proceeds, your
home is made brighter and more livable
and men get needed jobs.

Full information on the Home Improve-
ment Plan and what it covers may be ob-
tained from your local committee, your Pro-
vincial Chairman, your bank or the
National Employment Commission,
Ottawa.

NATIONAL EMPLOYMENT COMMISSION

UNDER THE AUTHORITY OF THE DOMINION GOVERNMENT

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A NEW FURNACE
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