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garding our Business Courses.**FREDERICTON
BUSINESS
COLLEGE**F. B. OSBORNE, Principal,
Fredericton, N. B.**ANGINA PECTORIS**

(By Dr. Herman N. Bundesen)
A heart attack which comes on with an intense pain under the upper part of the breastbone, then shoots down into one or both arms, and at times even into the side of the neck, is likely to be angina pectoris.

The person who has such an attack is usually gripped by intense fear, together with the physical pain; his breathing becomes shallow and slow.

There are a number of things which help to bring on these attacks, when the heart is affected. Walking against a strong wind, going up stairs, excessive gas in the intestines and stomach, too violent exercise, and over-eating, all help start them.

We know that angina pectoris occurs more often in men than in women, and that it comes on most often in middle and old age, with an occasional rare case earlier in life. It also seems to follow certain infections, such as rheumatic fever, tonsillitis and influenza.

We know that persons who are overweight are more likely to have this disorder than those whose weight is normal or below normal. There are some authorities who think that people who do much fine work, and who are under emotional strain are likely to have this condition.

Only the doctor can tell you whether you have angina pectoris. For there are a number of other disorders that produce symptoms much like those of angina pectoris, such as ulcers or gall stones, and, particularly, coronary thrombosis. Coronary thrombosis means a blood clot in the coronary arteries, the ones which supply the heart muscle with blood.

Dr. J. Hayward Gibbs, of Columbia S.C., made a study of 78 persons with angina pectoris. He believes that this disorder occurs because of certain changes in the walls of the large blood vessel which comes from the heart, known as the aorta, and that, together with this change in the aorta, the coronary arteries are affected. The coronary arteries branch off from the aorta where it comes from the heart, and supply the heart with nourishment.

It seems also, that in persons who have angina pectoris, there is often a history in the family of diseases affecting the heart and the blood vessels. That is, it may be inherited. Furthermore, in persons who have this disturbance there are changes in the blood vessels. These changes can be seen by looking at the blood vessels at the back part of the eyeball, known as the retina.

Another fact which Dr. Gibbs noticed was that persons who had angina and who were overweight had a life expectancy which was much less than those who were below normal weight. In other words, the less their weight, the better their chances of surviving this disease. So, when a person has angina pectoris, it is most important that he make some effort to reduce, if he is overweight.

Above all the person with this condition should try to avoid worry. With proper care, he may live for years.

**DECLARES RED
CLUBS ACTIVE**

OTTAWA, March 16.—In the City of Montreal alone there are at least 200 active communist clubs. Wilfrid Garneau (Liberal, Three Rivers) warned the House of Commons this afternoon in a plea for Federal and Provincial co-operation to stamp out Red doctrines.

"Tons of Communist literature" are being distributed annually throughout the length and breadth of Quebec, if not Canada generally, the member charged.

"We in Parliament must keep our eyes open," he said in his plea for Government co-operation to wipe out communism in the Dominion.

Robert L. Ripley, the 'Believe It or Not' man, is one of the outstanding wall handball players in the country, having been a N.Y.A.C. handball team member for years.

... OF ...

Interest to Women**KEEP MOVING IF YOU
WOULD KEEP YOUTHFUL****Become a Sit-Downer and Middle-Age Spread
Will Get You**

(By Elsie Pierce)

Don't be a sit-downer and sit-arounder. Or, the middle-aged spread will get you if you don't watch out. It's the young thing who keeps moving who invariably keeps young. She has to have the stamina to say 'no' to an offer of a 'lift' when there's a half-mile walk ahead of her; just as she has the self-control to say 'no' to an offer of sweets, an extra helping of rich desserts and such.

Sitting down and sitting around is the surest way to encourage flesh to settle. Then the waist thickens into the hateful spare tire, then the hips become padded and the middle-aged spread starts spreading.

Moving and stretching has exactly the opposite effect. Pull the spinal column up to its full height and you'll discover that you have a very definite waistline. Breathe deeply, stretch, fling and circle arms and you'll soon find that you have a firm, youthful, well-defined bust, too. Roll about a bit and you'll have hips not pads—but the charming, flowing, slightly rounded line.

One thing about the middle-aged spread—you don't have to be middle-aged to have it; there are any num-

ber of young girls who, sadly enough have the spread appearance. On the other hand, there are many women of 50 who have kept wisely active enough to preserve youthful figure lines. So I repeat, you don't have to be middle-aged to have the so-called middle-aged spread; but it certainly makes one look old who has it.

Stretching exercises are as good as any to keep upper and lower parts of the torso in trim and keep each part roving about its own business. Immediately on awaking, throw off covers, breathe deeply and start the stretching. Stretch hands and arms high overhead. Stretch toes downward. Stretch as though you were trying to pull the figure apart at the waist.

Then try this one. Lying on back on the floor, brace feet under a heavy piece of furniture. Palms close to thighs. Without moving knees, try to lift upper part of body slowly. You have to be very good to come to sitting position. Do this slowly. Now just as slowly down again. Don't strain the back muscles. If you are not accustomed to this exercise do it just once or twice at first, then gradually add.

VELVET EVENING WRAPS

The influence of the coming coronation has brought us the crimson velvet cape worn over white satin or silver brocade, seen in Paris, London and New York, and it is a lovely fashion.

A tour of the wrap manufacturers will show a surprising number of velvet wraps of all types for spring and summer.

The craze for decoration, or we should say the decorative movement, which is the latest step in the evolution of costume design, is very definitely shown in these new wraps.

They are deeply shirred onto embroidered yokes, and gold and colors are employed in this embroidery.

There are long, short and three-quarter length wraps and capes. They are shirred, cloqued, mated, and often hand-smocked or puffed, and their colors are emphatic and clear.

Some fitted East Indian types, some swaggers, short, fitted evening jackets and box-coats in all types of velvet are shown.

Crush-resistant erect pile velvet is the ideal fabric for summer wear.

Crystalline types have given such a splendid performance in the past three years that they are considered crush-resistant, and after three years of persistency on sheer merit, fur fabrics which look like ermine, called Ermineluz and Erminicrush, are carrying on into spring and summer.

Light as ermine, rich, elegant and very flattering, they are shown in capes, long wraps, three-quarter, and little jackets with jeweled buttons.

Paris reports all include the phrase 'a riot of color.' There will be velvet wraps to accent, repeat or subdue the colors of the gowns this summer.

Cruise reports all favor the velvet wrap.

Summer crossings always feature the velvet wrap and it adds the luxurious touch that this mode demands at the least expense.

What with the Coronation, the Paris Exposition and the return of prosperity to America, this should be the gayest summer we have ever seen.

Velvet contributes—velvet accent notes, charming summer velvet organdies, mousselines and chiffons, and the velvet evening wrap.

BEWARE THE DOG

On the 24th of May some years ago, a burly blacksmith stood in his shop in one of our cities. It was a holiday and he had nothing to do. Presently a large Newfoundland dog wandered into the shop. He was friendly and the blacksmith, who had a liking for all animals, patted the dog's head, rubbed his back and played with him. The dog, in the course of the play rose and placed his front paws on the smith's shoulders. Then suddenly without warning, he bit his friendly host on the nose and decamped.

The doctor who was called dressed the wound and urged the man to have the preventive treatment for rabies. The wound soon healed and the blacksmith neglected to follow the doctor's advice.

Exactly a month later, the blacksmith began to have curious symptoms. He couldn't swallow. He got rapidly worse and the doctor who was called diagnosed rabies or hydrophobia. Little could be done for the patient at this stage. He died within 72 hours, raving mad.

In cases of rabies, the onset of the malady occurs late or early because of the remoteness or nearness of the original infection to one's brain.

In this case, the bite on the nose placed the infection close to the great nerve center. Onset was consequently early.

Bites from straying dogs should be given careful attention. The offending animal, at all costs, should be secured and shut up for a period of ten days. If, at the end of this period he is alive and well, he is not rabid and the wound which has been cleansed and dressed soon heals with out serious results.

If the dog shows signs of illness or if he has died of rabies, his head, in the latter event should be carefully removed and the brain tissues examined for negri bodies, the presence of which indicate rabies. The child or other person bitten should at once have a course of rabies preventive treatment. The course lasts for 21 days. It is simple of application, harmless and thoroughly effective. It is provided gratis, by all up-to-date health departments. This is one of the absolutely certain preventives of disease given to the world by the immortal Frenchman, Louis Pasteur. What a world of agony loss of life and anxiety has the removal of hydrophobia from the list of death-dealing diseases, prevented!

**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, subdues inflammation, soothes and heals the irritated 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.

**Always Delicious
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SCOUT
NEWS
Period
Ending
March 14th,
1937**

The outstanding feature of the past week, was the second weekend Camp, held at Camp Aukipauk, in connection with the District Scout Training Course, on Saturday and Sunday. We believe that this camp constitutes a record, first, in attendance; secondly, in the size of the staff assisting; and, thirdly, in fine weather. Two full Patrols: Foxes and Moose, attended, making fourteen candidates in all, and the staff included, in addition to the Camp Chief District Commissioner Good, Scoutmaster Hawkins, and Asst. Scoutmaster Betts, of the Douglas Troop. Magnificent weather, bright, windless days; sunset and a sunrise to be remembered; the glory of the Northern Lights over Keswick Ridge; all of these helped to make the camp a wonderful occasion. On Sunday morning the Scouts' Own was conducted by the Camp Chief, the portion of Scripture being read by Candidate Dann. At the Investiture which followed, ten made the Promise for the first time, and four others renewed the Promise.

Wednesday saw the last indoor Session of the District Training Course for Guiders and Rangers, with a full attendance. The meeting was held at St. Dunstan's hall. Late in the day, owing to pressure of news in previous weeks, we gave the letter, sent by the Fredericton District to the Chief Scout and Chief Guide, from the banquet celebrating the Chiefs' Birthdays. The letter, which bears over one hundred signatures, reads as follows:

February 22nd, 1937.
The Lord and Lady Baden-Powell of Gilwell.

Honored Sir and Madam.

We, the undersigned, members of the Boys Scouts' Association, Girl Guides' Association, Girl Guiders, Scouters, Girl Guides, Rover Scouts, Boy Scouts and members of the District Scout Leaders' Training Course, have assembled at a banquet and combined Guide and Scout entertainment, to do honour to your coincident birthday anniversaries and beg to assure you of our wholehearted congratulations and best wishes for the long continuance of the glorious public service you have both done for the youth of the world. May we be of some service in carrying forward the banners flung to the breeze by yourselves.

ROBT. PUGH,
Provincial Field Worker.

**TO CUT DEBTS
50 PER CENT.**

FREDERICTON, Alta., March 16.—Alberta's new debt law will show no backing down from the basic principle of the now invalid Debt Reduction and Settlement Act, but will probably be even more drastic in effect, even if based on a different principle to avoid legal barriers, it is learned on high authority today.

As a basis, the new law will follow the old one in so far as the cut-off date of July 1, 1932, will be used to designate two classes of debts, "old" and "new." Obligations contracted prior to that date will be known as old, and those contracted since new.

A direct reduction in principle of 50 per cent. will be provided, except in cases where the interest rate is over 5 per cent. In such cases, the reduction would increase 5 per cent. for each 1 per cent of interest above the basic five. In other words, a mortgage written prior to July 1, 1932, bearing interest at 8 per cent, would be subject to a reduction of 65 per cent. in the principal, with an arrangement of easy payments on the balance dating from the proclamation of the new act.

On new debts—those written since 1932—the law will call for a straight cut of 25 per cent, with a rearrangement of the balance for easier payments in the future.

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