

## All-Out-of-Sorts! Nervous, Irritable, Peevish!



This may be due to lack of proper rest, the worry over business, the too free use of tea, coffee or tobacco, the keeping of late hours, the never ending drudgery of housework, but whatever the cause you have been putting too heavy strain on the nervous system.

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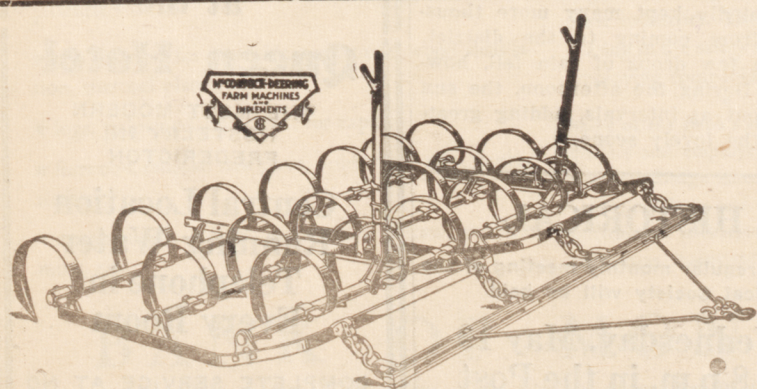
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some man can not make a little worse and  
sell a little cheaper, and the people who con-  
sider price only are this man's lawful prey.  
(Ruskin)

\* Insurance is no exception.

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## ... OF ... Interest to Women HOW TO MAKE BEST USE OF LEFT-OVERS

### Marjorie Mills Presents Ideas for Housewives' Consideration

(By Marjorie Mills)

A friends of ours says that gar-  
nishes are to salads as smart white  
gloves are to your new spring suit—  
it's just the added touch you need to  
put it across.

Speaking about garnishes, is your  
imagination working when you plan  
the luncheon or dinner salad? Or do  
you fall back on hard-boiled egg or  
chopped pimento as usual? Let's see  
what you can do with left-over veget-  
ables for garnishes. Cooked beets or  
carrots cut in fancy shapes dress up  
the salad plate, and cubes of aspic  
are a little out of the ordinary.

Have you ever tried cheese slivers  
on green salads? Pile on top and  
vary the cheese to suit the mood.

Add segments of grapefruit and  
green pepper rings to the usual cole  
slaw. Or add sliced bananas to sal-  
mon or tuna salad.

Another thing that makes salads  
so much fun to prepare is the unlim-  
ited variety of accompaniments you  
can bring on to dress up a meal.

Try fluffy light sweet cheese bis-  
cuits instead of the plain baking  
powder biscuits with a green salad.  
Or a coffee cake with a fish salad.  
Or corn muffins with a fish salad.

And now we're in the mood for  
"salading"—let's go.

#### Cottage Cheese and Tomato Salad

Cut a cucumber into 1½ or two  
inch lengths. Allow one piece for  
each serving. Scoop out the cen-  
ter portion of the cucumber leaving the  
walls and bottom of ¼ inch thick-  
ness. Add chopped cucumber to cot-  
tage cheese, season with chopped  
chives or scallions or minced onions,  
salt and pepper, and a little sugar if  
desired. Arrange on lettuce leaves  
with sections of ripe tomato serv-  
ing and fill the cups with mayon-  
naisse.

#### New Potato Salad

6 to 8 new potatoes  
2 or 3 scallions, chopped  
1 teaspoon salt  
¼ teaspoon pepper  
2 tablespoons vinegar  
½ cup salad dressing or mayon-  
naisse.

Wash potatoes, cook until tender  
in boiling water. Mix chopped scal-  
lions, seasonings and vinegar, allow-  
ing to stand about 10 to 15 minutes.  
Add hot diced, peeled potatoes. Chill,  
mix with salad dressing and top each  
serving with an added teaspoon of  
mayonnaise.

#### Celery, Olive and Pimento Salad

2 cups finely chopped celery  
¼ cup finely chopped olives  
2 tablespoons finely shredded pim-  
ento.

Dash of pepper  
Dash of salt  
1-3 cup mayonnaise  
Lettuce

6 stuffed olives, sliced.  
Combine celery, olives, pimento  
and seasonings. Add enough mayon-  
naisse to moisten. Serve on crisp let-  
tuce with remaining mayonnaise and  
garnish with sliced stuffed olives.

#### Tuna Fish Salad

2 cups tuna fish  
2 cups chopped celery  
½ cup fresh horse radish  
1 cup mayonnaise  
1 teaspoon salt  
Lettuce.

Flake the fish and mix with other  
ingredients. Serve in individual help-  
ings on crisp lettuce leaves.

#### Romaine Salad with Hard-cooked Egg

Wash romaine, using only the ten-

derest parts. Cut up fine with silver  
knife and set away to crisp in re-  
frigerator. Hard-cook three eggs.  
Pass the yolks through a fine sieve.  
Place in bottom of salad bowl. Add a  
teaspoon of dry mustard, pepper and  
salt. Then add three tablespoons of  
olive oil and one tablespoon tarragon  
vinegar. Add romaine, and sprinkle  
with a teaspoon of fresh tarragon.  
Mix well. Sprinkle top with whites  
of eggs which have been chopped  
fine.

#### Fruit Plate de Luxe

Cover each salad plate with three  
crisp lettuce cups. On one lettuce  
cup arrange sections of large orange  
in 'petal' form. On another lettuce  
cup put fresh grapefruit segments  
and garnish with strips of green pep-  
per. On the third cup place stuffed  
dates, stuffed with cottage cheese.  
Serve with French Fruit dressing.

#### French Fruit Dressing

1-8 teaspoon paprika  
1-8 teaspoon white pepper  
½ teaspoon salt  
2 tablespoons grapefruit juice  
4 tablespoons olive oil.  
Shake vigorously and serve.

#### Salmon and Cucumber Salad

½ cup mayonnaise  
1½ cups salmon  
1 teaspoon salt  
1½ cups cucumber, diced, salted,  
drained.

1 tablespoon vinegar  
To mayonnaise, add other ingredi-  
ents in order given. Serves six.

#### Heath Salad

6 medium sized tomatoes  
1 small head white cabbage  
4 tablespoons chopped green pepper  
1 tablespoon minced onion  
Mayonnaise. Salt. Pepper.

Peel tomatoes, remove stem ends  
and cut down in quarters almost to  
the opposite end. Invent and chill  
well. Choose a very firm white cab-  
bage. Finely shred the cabbage.  
There should be three cups. Add  
chopped green pepper, minced onion  
and mayonnaise, enough to hold to-  
gether. Season well with pepper and  
salt.

#### Fresh Strawberry Cream Mayonnaise

¼ cup mayonnaise  
¼ cup fresh strawberries, hulled  
and crushed  
2 tablespoons confectioner's sugar  
1 tablespoon lemon juice  
¼ cup cream, whipped.

To mayonnaise, add strawberries,  
sugar and lemon juice, and fold into  
whipped cream. Makes ¾ cup may-  
onnaise.

#### Fresh Tomato Mayonnaise

For hearts of lettuce and other  
greens.

1 cup mayonnaise  
½ teaspoon Worcestershire sauce  
¼ cup pimento, chopped  
1 cup skinned fresh tomatoes.

To mayonnaise add Worcestershire  
sauce, pimento and tomatoes, cut in  
small shreds. Makes about 1½ cups  
mayonnaise.

#### Mock Chicken and Vegetable Salad

1 cup tuna fish, white  
¾ cup diced cucumber  
¼ cup cooked peas  
½ cup celery  
¼ cup kidney beans  
Salt, pepper and mayonnaise.

Scald and drain tuna fish. Separ-  
ate into small pieces. Add other in-  
gredients. Toss together lightly with  
a fork and season to taste. Pile light-  
ly in nests of lettuce and garnish  
with sections of tomato. Serve with  
mayonnaise dressing.

## THEY SHALL NOT PASS

Women may trespass in many  
fields hitherto fenced off for men,  
but not in varsity shows given by  
the students of Columbia University.  
For two years broadminded and gal-  
lant student managers struggled  
along with real instead of faked ac-  
tresses, but finally they capitulated to  
traditional male opinion. If the stone  
age was routed when women were  
admitted to the classroom, it could  
not be driven from the seats of the  
mighty on the college stage.

This incident should be a nightcap  
for conservatives who lie awake at  
nights worrying over radical stud-  
ents. They are apparently only rad-  
ical about matters that don't immedi-  
ately affect them. Like other rad-  
icals with grayer hairs, they are per-

fectly willing to give away property  
which they don't have. But when it  
comes down to the fundamentals,  
such as changing a tradition of more  
than forty years, the students stand  
their ground like Indians. As Amer-  
ica's first inhabitants thought, wom-  
en's place is behind and not in front  
of the tent flaps.

Despair must be in the heart of  
these professors who are charged  
with spreading the stunted pathway  
with the roses and raptures of rad-  
icalism. They have not yet succeed-  
ed in bringing their charges up to  
the horse and buggy days which never  
gagged at actresses.



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## GIRL WHO GETS ENGAGED TO A MARRIED MAN ASKING FOR TROUBLE

(By Marguerite M. Marshall)

Elected by acclamation to the  
presidency of the "wish-I'd-never-met-  
him" club—the girl who gets "en-  
gaged" to the man still married to  
his wife!

If you don't believe it, ask 21-  
year old Josephine Collins, pretty  
brunette Newark stenographer.

Josephine is expected by the au-  
thorities to be a material witness  
against her quasi-"fiance," Howard  
A. Miller, for whom a six-State po-  
lice alarm went out after the tragic  
death of his undivorced though es-  
corted wife. Edith Miller's body,  
bruised and with the marks on the  
throat, was found in the kitchen of  
the house at Haledon, N. J., where  
she lived with her mother and her  
15-year-old son.

The New Jersey prosecutor has  
absolved from complicity in the  
crime the "other woman" in the  
triangle which preceded the trag-  
edy. Nevertheless, her position is  
anything but enviable.

She has had to tell how Howard  
Miller courted her, how she let him  
give her a diamond ring, and ex-  
pected to have a June wedding, how  
she knew that there was a Mrs.  
Miller, but believed Howard when  
he said he would get a divorce so  
that they could marry soon. Jose-  
phine's friends had planned to give

her a bridal shower only the other  
day.

According to the police, the girl,  
aghast and horrified, is now helping  
them, her love for her "fiance" com-  
pletely destroyed. One must be sorry  
for her, especially since Miller is  
twice her age, and their acquain-  
tance, it is said, dates from the time  
when he was foreman in a plant  
where she was a young worker. The  
moral responsibility for such affairs  
rests chiefly on the man.

Nevertheless, any girl who lets a  
lover slip on the third finger of her  
left hand an "engagement" ring  
with a string to it—the other end  
held by an undivorced wife—is ask-  
ing for the trouble she usually gets.  
This performance not uncommon to-  
day, is a singularly naive piece of  
foolery on the part of a generation  
of youngsters who take pride in their  
sophistication.

Self-deluded women kid them-  
selves worse than the gold-diggers  
whose affairs with other women's  
husbands are draped with no bridal-  
veil illusions about the future.

Aware that he is not free, a girl  
only pulls the wool over her eyes  
when she trusts to an engagement  
to marry any man, when, as and if  
his current wife permits. There's  
many a slip between the desire for  
a divorce and the decree.

## SELF-PITY NEVER MADE MUCH OUT OF LIFE

(By Ruth Cameron)

While shopping in the city the  
other day, I met an acquaintance  
whom I have not seen since the death  
of her husband three years ago. I  
had heard of the brave struggle she  
had made to support three small  
children and expressed my admira-  
tion for her success and courage.

"How did you ever manage it?" I  
asked.

She smiled reminiscently. "It was  
not easy," she said, "but I determin-  
ed, once I had put my hand to the  
ploughshare, never to look back."

Never to look back. Never to waste  
time and energy in self-pity and re-  
gret. Never to dwell on the compar-  
ative ease that had been her lot in  
years gone by. Never to be a 'Lot's  
wife', turned to an immovable pillar  
of salt while gazing back futilely on  
the ruin of her former hopes.

"It was the only thing that kept  
me sane," she said. "I don't mean  
that I adopted the Pollyanna-ish at-  
titude that says, 'Wipe away your  
tears, and put by your silly fears, and  
through all the coming years just be

gay.' Tears and fears are not silly  
in the face of tragedy. They are the  
natural reaction. It's just that they  
don't get you anywhere.

"So I put the past out of my mind  
like a closed book, and looked ahead  
to see what else I could get out of  
life. You'd be surprised how much it  
helps kidding yourself into thinking  
there may be an interesting episode  
just around the corner."

I know a woman whose only child  
has married and gone to live the  
width of the continent from her  
mother. There is not money enough  
in either family to permit frequent  
visiting, and all the mother's friends  
are feeling very sorry for her.

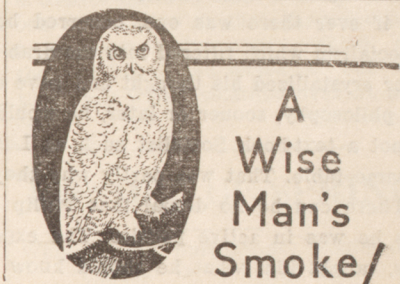
"I was pretty sorry for myself,  
thinking about the separation and  
dreading it," she said, "and then I

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began planning all the things I  
could do in the coming years that I  
never had time for before. I've lived  
Mary's life so long that I've neglect-  
ed living my own.

"For one thing, I'm going to write  
my autobiography. I know that may  
sound absurd. I'm no author. But this  
book isn't for publication. You know  
there's been a regular epidemic of  
'generation' novels the past year or  
two, and while I was reading them I  
got to thinking that every family has  
interesting incidents in its history that  
would make good stories, so why  
not write them down for my children?"

"I'm going to delve back into the  
family genealogy. A lot of our ances-  
tors were sea-faring folk; one of  
them had an exciting encounter with  
a pirate craft that I've heard my  
grandfather tell about. There's a  
story I've always wanted to hunt  
down about a great-grandmother of  
mine who was captured by the In-  
dians. And there are just everyday  
stories about my own girlhood in  
the long winters near the Canadian  
border that the children used to love  
hearing about.



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## Hikers Take The Sky Line Trail



Peter Whyte, prominent Banff  
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many drawing rooms in Canada  
and the United States, will lead  
the Sky Line Trail Hikers on a most in-  
teresting four-day holiday this  
year to Larch Valley near beau-  
tiful Moraine Lake and the Valley  
of the Ten Peaks.

Plans have been completed for  
the annual outing, from August  
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and spends four healthy, happy  
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valleys, alpine meadows, and  
rocky country above the timber-  
line.

While hiking is a popular all-  
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Hotels and Chateau Lake Louise,  
to the Trail Hikers goes credit for  
popularizing beauty spots off the  
beaten trails. Like explorers of  
old, they comb the country for

vantage points to witness a spec-  
tacular sunset or sunrise, for  
camera shots to take back home  
as trophies, and for lakes where  
the trout bite freely. With a cen-  
tral camp in Larch Valley, the  
Skyline Trail Hikers of the Cana-  
dian Rockies will spend their offi-  
cial four-day outing in leisurely  
jaunts through this particularly  
interesting section of the Rockies.  
On the closing evening they will  
have a pow-wow and election of  
officers.