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The Unstable Colon

(By Dr. Herman N. Bundesen)
From all over the United States come reports that people are suffering from intestinal disorders. Of 3,000 patients who came to a clinic in Boston, it was found that 30 per cent were suffering from trouble with the intestines. Think of that number—three out of ten patients—suffering from this disorder! Two-thirds of them were women, and most of them were between 20 and 50 years of age—the very prime of life.

The intestinal condition they were suffering from is called an unstable colon. The colon is the large intestine. When a person has an unstable colon, he usually complains of an excessive amount of intestinal gas. He has pain, from time to time, in the abdomen, and sometimes complains of sickness in the stomach and vomiting.

In addition to these troubles, some individuals with unstable colons have headache, lack of energy, attacks of dizziness, pounding of the heart, nervousness, and rapid heart beat. But when a physical examination is made, about the only thing found is, perhaps, a little tenderness of the abdomen. In a few cases, when it is possible to feel the colon through the wall of the abdomen, it is found to be hard and contracted.

How, then, is one to know, if this disorder is present? One of the best ways is by means of the X-ray. The patient is given an injection into the rectum, of a solution of barium, so that the intestine will show on the X-ray plate.

When the enema of barium is given the person with an unstable colon may have pain in the location where he has had pain during attacks. Furthermore, on the X-ray plate, it will be noted that the muscles of certain parts of the colon are contracted, so that the opening through the colon is narrowed.

Generally, when an enema is given to the person who has nothing wrong with the colon, the entire colon is filled quickly. The material put in the lower part of the rectum quickly fills up the rest of the large intestine. But, when a person has an unstable colon, this filling of the rest of the intestine takes a longer time.

I am often asked what brings on this trouble. One cause may be eating food that contains too much bulk or roughage. By that I mean too much bran, cabbage, or other raw vegetables, as well as raw fruits. Highly seasoned foods also may contribute to this trouble. There are many people who can eat large quantities of raw vegetables and fruits, and whole-grain cereals without discomfort. But many others suffer if they eat much of these foods.

Dr. E. I. Spriggs, stomach specialist of England, reports that of 1,000 persons examined by X-ray and found to have some delay in the movement of material through the intestine, more than three-fourths of them complained of constipation. Of this group, almost all used laxatives. In fact, more than half of them took a laxative every day.

Laxatives irritate the colon, which may be compared to a railway siding that holds just three cars. Each day, the locomotive brings along another car and bumps off the one at the far end of the siding. Now, if you take a laxative, you empty out all three cars in one day. So you can expect the colon to take three days to fill up again.

The people with the laxative habit do not know this. Because there is no bowel action each day, they take a laxative to bring it on. And so the bad habit of taking laxatives is formed, and the colon is not given a chance to act naturally. Irritating enemas have the same effect.

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... OF ... Interest to Women ENGLISHWOMEN LEARNING TO COOK; DRIVEN TO IT BY SERVANT REVOLT

Interest in "Wells of Love," "Darioles" and Other
Old English Viands Revived by Coronation

(By Marion Ryan)

There is one thing the modern Englishwoman has seldom bothered about and that is cookery. The orders the meals and leaves the rest to chance and the cook of the moment with the result that you can get a better lunch or dinner in the tiny flat of an American matron with a daily maid than in most pretentious English houses.

But she is mending her ways since servants are tired of being servants with small wages and long hours and are difficult to get and to keep and more incompetent than ever. She is actually doing things herself; looking up old cookery books, trying her hand at a pudding or pie and feeling able to tell a cook what she wants and how it should be done.

Probably Miss Florence White has had more to do with this change of attitude than any other woman in England. She is a white-haired, rosy-cheeked, very young 74, and she founded the English Folk Cookery Association and knows the special dishes of every shire and county in England, besides having started the Good Food Register, which saves tourists indigestion by telling them the hotels and restaurants throughout the country where there is good food and good service.

Recently, under the auspices of the English Folk Cookery Association, and because she is an optimist who believes English cookery can be brought back to its palmy days, she has started a new enterprise, "The House of Studies." She has taken one of those old London homes you can get for small rentals, now that the big apartment houses "with all the amenities," have come into vogue, and here, with two assistants, she is giving lessons to professional cooks, to young girls who want to be cooks and to matrons who want to be able to tell their cooks what's what.

VELVET PRETTIES FOR EASTER

So it's to be a pretty summer and her hat is trimmed with ribbons, posies, veils and fancies!! Velvet faces and wide-brimmed hats.

Velvet makes their silly little flat crowns and the flowerettes, and life-sized flowers find themselves most often translated into velvet.

Velvet bows end in funny little streamers and over the tiny hat brims a veil is draped.

Schlaparelli's velvet mitts match the crown of a cocktail hat, and the 'red velvet' lipstick and nail polish complete the color scheme.

There are little jacquettes and capes, with tiny turbans to match made entirely of velvet flower petals. They come in mauve, red, white, hyacinth-blue, and will cheer up any winter crepe that wants to go out in early March.

Velvet corsages, velvet necklaces and velvet bracelets also. Some little suit hats with velvet trimming have velvet scarves to match.

And there are also along with grosgrain and bengaline bags, very smart velvet numbers, for daytime use.

The hats are mad this season. Why this season? Hats are always mad and the madder they are the better we like 'em.

We saw a chiffon velvet blouse at Boue's Soeurs for summer and it is pretty and gosh, it is flatteringly.

We also saw a model of a little velvet parasol in turquoise with crystal handle, and if you have seen one of Renee' Montagne's velvet fans, you won't soon forget.

Might we add, that Hattie Carnegie started the butterfly on its mad flight when she presented Wendy Lehman at the Velvet Ball in October, with a beautiful velvet butterfly

The fees are small and sometimes non-existent, and the two kitchens send forth gracious odors during the three sessions of work, morning, afternoon and evening. It has never been advertised, yet many women are patronizing it. A mistress will send her cook to learn how to prepare some particular dish, after her husband has said a dozen times, "Why can't we have this the way mother used to have it?" Or a cook will polish up her knowledge in hope of a better wage, a kitchen maid will take a few hours of her time off to learn something the cook won't teach her and find herself working side by side with the mistress of a household or a bride-to-be.

Just now there is a certain concentration on coronation dishes going back to the days when Queen Victoria was a girl and "Cranford" was a favorite book, though Miss White can offer recipes based on the best English cookery ever recorded since 1399.

Women are learning to make those "Little Cupids" or "Wells of Love" that Miss Matty offered the ladies of "Cranford" who calls to call. Red currant jelly in a pastry cup, then macaroon dipped in wine with whipped cream and a petal cherry on top. And "darioles," pastry cases filled with custard or fruit creams or the pudding pies of Kent, the Manchester puddings and the favorite "Maid of Honor" found in Richmond.

It will be a great thing for British digestion if the scheme succeeds and other old houses become cookery schools and vegetables are full of flavor and meats are neither too rare or too well done and soup does not always taste of lentils and show a nasty color. And it will stop the American tourists making the eagle screech on the subject of English cookery!

in her hair, and another poised for flight on her shoulder.

The Queen's velvet nightgown is pretty also, but not news in the U. S. A. We wear them for hostess gowns and on into the night.

"SPUDS" AID THINKING

Carrots Calm Passions
and Spinach Fosters
Ambition, Says Scientist.

COPENHAGEN, March 14—Something may have been rotten in the state of Denmark in Hamlet's time, but its psychology today is very much alive. One of its scientists has made a study of the psychological effects of eating various sorts of vegetables and has found much character to be obtainable from the green grocer.

Thus, the scientist says, potatoes develop equilibrium of the mind and conduce to calm thinking; too many induce apathy, however.

Carrot eating calms the passionate while spinach develops ambitious dreams, energy and constancy of purpose. Eaters of large quantities of spinach are men of action.

Green peas develop futile thinking, shallow emotions and, in women flirting and frivolity. Cabbage induces stolidity, selfishness and narrow views. Green string beans develop artistic thoughts and sentiments and also produce pleasant dreams.

A Face Covered With Pimples Causes Much Embarrassment

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BORN ON TUESDAY? THEN DON'T MARRY A TUESDAY MAN

You Must Tie the Soul of
Your Mate if You Want
Him Never to Roam

Belief that men and women born on the same day of the week should never marry is one of the strange traditions of the Paramaribo Negroes in British Guiana, according to a report of a field study issued by the Columbia University Press.

"Having been born on the same weekday—Thursday, let us say—they both have 'Thursday souls,' and this, it is believed, makes for conflict, since both derive their springs of action from the same source," says the report, prepared by Melville J. and Frances S. Herskovits, New York anthropologists. "The two may have tried to guard against this difficulty, yet the souls refuse to live together."

Soul Tying

Sometimes, it is explained, the husband or wife may fear loss of the other's love, and in this case "tying the soul" may be resorted to as a charm to hold the drifting affection.

"The actual technic may take several forms," the report continues. "One way is for the woman to use a black pot made by the Bush-Negro women of the interior, a type of pottery much prized both in the bush and in towns for its inherent magical properties. With a knife she scrapes the bottom until she has about a teaspoonful of the scrapings, and this she puts into the man's food."

"That night, when the man is asleep, she gets up softly in order not to awaken him, pours a little rainwater into the black pot, and places a candle in it. She then places this pot at the man's head as he sleeps. Taking up a piece of white thread, she tries to awaken the man sufficiently to elicit a grunt from him, having care however, not to bring him to full consciousness."

To Free Him

"After the third response from him, she quickly makes a knot in the string and lights the candle. If she means to free his soul later, she keeps the string, for when the knot is untied, his soul is released; otherwise she throws it away so that it is in no danger of being found by the man should he ever become aware that she had "tied his soul."

"Still another way to cause the man to desire no other woman is by taking the head of a ground lizard, smoking it until it is dry, and pounding it until it is reduced to a powder. The powder is then put into the black pot and to it is added perspiration. This mixture of perspiration and powdered lizard's head is mixed with the food eaten by the man, or put into the rum he drinks."

Divorces are frequent despite the charms, declares the report, and no particular stigma is attached to broken marriages. In all cases of separation, the children remain with the mother. If she is able to care for them, or if not they are sent to her relatives.

SIMPLE CONFESSION

I'm tired to death of cynics who assume a weary pose
And look upon all kindly folk with slightly tilted nose;
Who boast that life is tedious, and sentiment is rot,
And that a friend in need is simply something that is not.

I'm sick of so much irony and effort to be smart,
Of digs and digs and mockings which are purposed to be art;
I don't find it amusing when they shatter my ideals,
And claim that pain and suffering are all a mortal feels.

I'm a bit old-fashioned and it really makes me mad
To hear the hardened wry they say the world is wholly bad.
Their base air gives me a pain; I flinch when they start
To speak with cold contempt about all matters of the heart.

I'm having a reaction from all this highbrow stuff,
I'll tell the world courageously that I have had enough.
And firmer still I'll make my stand and shriek out my Hosanna:
I know I'm doomed—but here it goes
"Three cheers for Pollyanna!"
H. R.

AGE LARGELY A MATTER OF FEELING

(By Ruth Cameron)

As the years roll by—and how they can roll—one of the many arresting experiences that come to us, is to suddenly realize as we pass a milestone, "Why, So-and-so must have been this age when . . ."

And 'when' is a time, when to you So-and-so seemed so immeasurably more older than you supposed he or she felt entirely different inside from what you now feel.

At 21 you realize that the college 'man' to whom you looked up at 16, was just an ordinary person who probably didn't know quite everything any more than you do now.

At 31 you think back to the department head who was so good to you when you first went to work and from whom you had no hesitation in accepting all sorts of favors because he was married and 31, and of course beyond any romantic ideas.

At 35 you remember the aunt who was so indignant when you referred to her group of friends as middle-aged, and how with coyness of youth you pointed out that the Bible did say, didn't it, that three score years and ten was man's allotted lifetime and surely 35 was half of 70, and most of her friends were between that and 40, so what was so insulting? And you know now that the trouble was that she didn't feel inside the way one expects to feel when one is middle-aged—horrible term that somehow has connotations entirely beyond anything mathematical.

At 40 perhaps you think with a catch in your heart of your mother's disappointment over the trip she had to give up when you were in high school because brother was sick. You were sorry, of course, at the time, but you thought people didn't mind so much when they were older. And here you are 40 and terribly disappointed because that little motor trip you doted on has to be given up. Why, mother must have been just about 40 that time and that was the way she felt.

TAKING COURSE IN MICHIGAN

Lloyd Smith, son of Mr. and Mrs. H. A. Smith, is in Flint, Michigan where he is taking a course at the General Motors Institute.

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