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HOW TO KEEP YOUR HEALTH STARVING AMIDST PLENTY

No one knows how many people there are in this country of middle age or over, who have aches and pains; who have heart difficulties; who are nervous and cannot sleep; who are overtired, and who suffer from chronic constipation. We do know, however, that they run into the millions. And, if all of these people could be carefully studied, I feel sure it would be found that many thousands of them have these troubles because they do not eat the right kinds of food.

Recently, Dr. Oscar W. Bethea, of Tulane University, gave an interesting report of studies made on this subject. He tells us that there are many people who are poorly nourished, not because they do not have enough to eat, for many of these poorly-nourished people were in families of good means, but because the quality of the food was wrong. There were too few of the necessary vitamins and minerals in it. And these are parts of food that the body must have to be healthy.

Many times this condition of poor nutrition is not due to ignorance. Only too often it is due to plain, everyday bad habits and indifference. They just do not have the will power to eat the foods they need.

When people are sick or worried, they often begin to cut down on the food they need. In their nervousness they take stimulants of various kinds that interfere with the appetite and cause sleeplessness and digestive troubles. Then, too, they eat too fast, eat at irregular times, and do not take enough exercise and play. All these things have their effect in helping to cause bad nutrition and sickness.

One of the serious mistakes that many people make who are reducing is to try to lose their appetites. But, let me emphasize here and now that when a person loses his appetite for food, it is a serious danger sign and usually means that some sickness or trouble is beginning. People who diet should have a good appetite and should eat only the things their doctors have chosen for them. Dieting without the guidance of a physician is unwise.

When a person develops a dislike for food, serious complications may develop. It has been proved within the last few years that the neuritis and terrific pains which many people have are due to starvation. They lose their appetite for the foods they need and develop disease due to vitamin starvation.

Diet, Exercise and Drugs

There are three ways of overcoming poor nutrition — diet, exercise and medicines. Often people do not eat food because it is not well prepared, and because it is not served in pleasant surroundings. We must remember these two things when we try to get undernourished people, as well as children, to eat more.

Sweets and starches often crowd out the desire for other more nourishing foods, and those are the foods that these people with poor appetites usually eat in large quantities. So, in order that the person may eat more fruits, vegetables, milk, butter, whole-grain cereals, meat, and eggs, the amount of sweets should be lessened during the time that they are trying to build up their appetite for the foods they need. One of the first things that the doctor will insist on is to see that there is sufficient vitamin "B" in the diet. One of the benefits of this vitamin is that it stimulates the appetite.

Moderate exercise, of course, is important for the undernourished person. But, you can readily see that overdoing may be harmful. Walking is a good form of exercise. To make walking a pleasure, remember that the shoes must be comfortable and well-fitted. A walk before meals often stimulates appetite.

Drugs are probably the last important part of the treatment of the undernourished person. Sometimes lemon juice or a weak solution of hydrochloric acid, may help the appetite. The doctor will be sure that foods which keep the blood in good condition are taken, but frequently special preparations are given when the undernourished person has an-

mia, that is, lack of red coloring matter in the blood.

We should be watchful of aged people. Often these folk are starving for the foods they need. They often eat so little that there is danger of their not eating enough of the necessary vitamins and minerals they must have for good health. Then they get sick and we charge that sickness to the fact that they are getting old; that their tissues are wearing out, instead of realizing that these elders could be well, that they are in fact "starving in the midst of plenty."

Not how much, but what kind of food, is the important thing for building good health.

THE COLLEGE BOY LOOKS AT LIFE AND PONDS

Beware Girls!—He May
Be Your Big Moment,
But You Probably Are
Just a Case History to
Him.

(By Frances McCormack)

The black leather note book of the college boy is interesting to look through these days because its jottings are no longer confined to mathematical theories and chemical formulas, but to the far-reaching studies of sociology, psychiatry and psychology, which already are starting to mold his ideas and attitudes toward love, life and a future mate.

Women occupy a goodly part of the attention of one local professor of sociology, and receive revealing treatment, according to one senior's notes.

Case A.

The good professor devotes one lecture to the "Unstable Woman" and the local campus heroine is thoroughly analyzed under the title of Class A and found to be decidedly wanting. He warns his young charges that she who must make herself interesting by temper tantrums and other outstanding bids for attention, is an unstable personality and should be avoided. The girl who must lead a college orchestra while not quite sober was another exhibitionist and should not be encouraged.

On page five of the senior's notes the shy girl gets a break because she is supposed to be a personality problem, "introvert type" and in need of kindly and sympathetic attention. After a good course in sociology the college boy is supposed to recognize some of the outstanding types of behaviour and understand what lies behind them.

Another lecture gave a rap across the knuckles to the college boy who felt the necessity of being perpetually drunk on state occasions. He was labeled inadequate and supposed to be covering up his inadequacies by the use of liquor.

In one assignment the college boy was given the task of analyzing his own personality into plus and minus combinations, and also that of some of his close friends. The young man used his best girl friend to chart and found her decidedly lacking, according to the professor's qualifications, but he maintains that he loves her despite her minus personality.

The Ideal Family

In another chapter the college boy was told what the ideal family should be and what role the man should play in the household. The professor emphasized the point that the lord and master type of household is out of date in America, with the partnership type of management more in vogue. The boys were warned to maintain their proper position in the house and not to allow their children to usurp first place in the mother's affection.

The spoiled daughter receives a goodly trimming with the idea that she is selfish and adaptable to only one group of society, her own family and her close friends.

Following through with this idea the professor proceeded further to tell that the day of the exclusive snob list is past. He shows that the

THE ABILITY OF GETTING ALONG WITH OTHERS

By ARTHUR DEAN, Sc. D.

"Dear Arthur Dean:

"Please give me some practical suggestion on how to get along with others and how to make and hold friends. Is friendliness an acquired ability or an inheritance? My father is not social."

"WILLING-TO-LISTEN"

Getting along in life means, getting along with others. This means personal and business friends, it means promotion, and perhaps financial success.

We may inherit our Greek nose, our curly hair, our outstanding ears. But we do not inherit out methods of getting along with other people. Your father has furnished an unsocial environment in which you have lived.

Getting along with others is an acquired ability learned by playing the game according to the rules.

I might mention rules for getting along with people.

1. Just stop to think how you—just you—like to be treated. How do you like to have people get along with you? Then ask yourself if, after all, you are very much different from other people in these respects.

2. Remember that getting along with people is a science based upon definite rules, and the very first rule is that it is practically safe to predict what a certain person of your acquaintance is going to do under given circumstances.

3. Study how a person with whom you want to get along reacts to your own behavior. Get out of your head any fancy notions of what he ought to do when you do so and so. Instead, notice what he does when you say or do certain things.

4. Don't be a pest. And yet keep yourself in circulation by remaining in touch with your friends. You do some of the inviting. Ask them to accompany you to the movies, a concert, a ball game, auto ride, picnic, or invite them in for an evening of bridge or something of the sort. Then they can't forget you are around.

5. Make an honest effort to be as interested in others as you are in yourself. Do you meet the others half way? If in school, do you walk out of class with someone, or exert yourself to catch up with the other person on the street, do you occasionally invite the other to drop in for a soda? When it is the movies or an entertainment, do you call on a friend or stalk off alone?

6. Be honest and compare yourself with others. Study whether you are original, honest, reliable, intelligent, adaptable and agreeable. You expect these things in others, be sure you have them yourself.

7. Make this your motto: "I cannot get along with other people if I carry old grudges."

8. Don't accept the grudges and prejudices of others. You will get enough without talking about those of others.

average young girl and boy must meet and get along with at least three different sets of people and that he must develop a personality which is socially adjustable to the people he knows socially, those whom he goes to school with, those whom he works with and those with whom he lives.

The college boy does not always accept all that the learned professors have to say, but at least his attention is being focussed on a few essential facts of life. Who knows in the future academic life the study of people may be more interesting to the college boy than the current football score or the line-up for the spring baseball season. At least the professors are tending to make it that way these days.

**BABY'S
OWN
SOAP**

Best Baby Soap

WHAT IS SUCCESS?—AN UNANSWERABLE QUESTION

By ARTHUR DEAN, Sc. D.

Dusty-headed philosophers and dusty books have never arrived at the question: "What is a successful life?"

Young people want success, but what is success?

They might as well ask themselves, "What is life?" and in neither case will they know the answer. Every man and woman who has a little gray matter in his upper story has asked this eternal question since the beginning of human time.

When we were babes we probably thought that success was somehow connected with the milk bottle. We got the bottle and had our fill and rested contentedly. When we are toddlers we are sure that success is tied to a cookie jar. When we are young men and women, we think we know all about life and success.

If we have a job, some money, an auto, and a full stomach. When we are 70 we are so tired out we have no punch left to tell the world much of anything, except our physical troubles.

Many young people write me: "What am I to do with my life?" Here are some suggestions:

1—Have an open mind that grows with the years.

2—A spirit which is very youthful. Legs may get gouty and hearts may murmur, but why should the spirit grow hard? It is made neither of bone nor of flesh. Why is it that the spirit in us dies so early?

3—A work to do in which one has faith. Sleeping eight hours, working at a job you hate eight hours, and there are left only eight hours. Two-thirds of your life gone for nothing. We must like our work or find work we do like.

4—A religion without some Great Thing to which to cling; else one is floating.

5—An everlasting and abiding love for some one of the opposite sex. It is nature's law. It is a part of life. It is as fundamental as life itself.

6—A few real friends. The more the better. But one cannot expect too many. To have a friend one must be a friend.

7—Some money ahead. I pity the person who cannot live his life be-

cause he hasn't a cent ahead. It is a great satisfaction sometimes to do what you should because you can afford to do it.

8—If married and a man, give your wife a chance to grow. Many a man wakes up at 45 and finds that his wife has a permanent wave of plainness and ignorance, a pastry physique, and a longing for the flesh pots, because she drugged in the days when he went to the lodge nights.

If a married woman, give your husband a chance to grow. Many a wife wakes up at 45 to see her husband a discontented crab.

9—Discover something in the way of reading besides magazines, which are not allowed to circulate through the mail. There is more humor, sex, hate, love, devilry, joy, cussedness, beauty and honor in the old books than in most of the blub sellers of today. Read the classics and you will get much. They will at least be well written.

A Grateful Child
"I am not writing for advice or to complain. Instead I am going to tell you what I appreciate the most of all the things my parents have given me."

"It is the use of our dining-room at any time of day or night."

"I am 15 years old. My mother, from the very first, has made our dining-room a room where the family gathered. It is a large room and has several easy chairs and a desk besides the table and chairs of the set. Mother did this because she thinks I should have a room besides my bedroom to entertain my friends without the family around. The room is closed off by double doors and so nobody hears what we are talking about. My friends and I make use of it as a place for parties and club-room. There are nine girls that I pal with, and my house is the only house in which we can do this."

"My mother makes me think of boys as friends and not lovers, and I think she's right. It is more fun to play games like cards and bingo, with a boy, than playing 'petting' and 'kissing' games."

"A. B. C."
Comment: I like this letter. It has a joyous swing to it and I admire the mother's wisdom.

PITY THE POOR HUSBAND OF 1200 A.D. — WOMEN HAVEN'T CHANGED SINCE THEN

Dr. Margaret Schlauch, Authority on Viking Literature and Traditions, Says Modern Women Counterparts of Their Feminine Ancestors

By ANABEL PARKER McCANN

Dr. Margaret Schlauch, assistant professor of English at New York University, recently made the statement that the so-called women's movement of today is but a modern version of Icelandic conditions in the tenth and eleventh centuries. She holds that women of the present owe much to these Viking women who claimed for themselves rights possessed by few women of past centuries.

Dr. Schlauch has translated and is said to be one of the few authorities in this country on Icelandic literature.

Pioneer Women

"We can compare the early women of Iceland to our own pioneer American women in their sturdy manner of life and in the practical help they gave to their families and to their countries," she said today in her office. "Americans who have not before been conscious of this kinship in their social order have but to head the sagas such as the Saga of the Sons of Droplaug and those which give stories of Helga the Fair, the Gudrun and of Sigurd the Dragon Killer to realize how strong, economically and politically, was the influence of the early women of Iceland."

"Although the sagas were not written until the thirteenth century, they dealt with authentic characters of the tenth and eleventh centuries. They were brilliant, faithful and realistic tales handed down in oral form, of events that took place in the early life of Iceland when its remarkably democratic national character was developing. In the great family feuds that grew up it was women who were expected to remind their husbands and sons that the family honor must be upheld and retribution exacted."

"Women played so important a part in economic affairs," continued Dr. Schlauch, "that they had full property rights. Divorce was easy and a divorced woman could recover her dowry. A widow could carry on her husband's business. If she received an affront the men of her family must wipe it out in blood, if serious."

Dr. Schlauch, who is familiar with nine languages, was born in Pennsylvania. She was graduated from Barnard and has studied in Denmark, Sweden and Iceland, having been awarded a fellowship by the American Association of University Women and by the Guggenheim Foundation.

"The Icelandic sagas," she said, "have influenced later writers to a degree unappreciated by most people. After reading them one can see where the plays of Ibsen and Bjornson drew inspiration from them, where Wagner found his Siegfried. Even John Masefield uses the saga plot of Helga the Fair in his 'Dafodil Field.'"

Scientists are now experimenting with rayon as a substitute for cotton for the cord in auto tires. The new substance is supposed to enable tires to travel about 25,000 to 30,000 miles, a great deal more than the average tire goes now.

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