

## ARTHUR F. BETTS

Plumbing and Heating

QUEEN STREET -- PHONE 512

## DR. G. R. LISTER

Dentist

Burchill-Wilkinson Building

QUEEN STREET -- Below Regent

... OF ...

## Interest To Women

GIRL WITH POISE SURE  
TO ATTRACT ATTENTION

(By Jane Scott)

"If you have it, you don't need anything else—and if you haven't it, it doesn't much matter what else you have."—That's what Sir James Barrie said about it, and 'it isn't sex appeal, but charm. Another word for it is poise. Call it what you will, any man will tell you it's as much a part of feminine allure as a seductive figure.

A shapely figure will attract a man but it takes personality to make him propose.

Here's a word to the wise—you. So few women have poise that if you are clever and cultivate it, you'll stand out in a crowd, even if you're bow-legged.

Besides, it's catnip to men (and isn't that what you want?) There's something about poise and serene self-confidence that makes them think "Here's a girl that's different—a woman who understands."

Do everything you can to make yourself attractive. Everything. That includes hair, hands, makeup, and becoming clothes. Then relax and forget yourself.

When you get to the party even if it's just a party for two forget yourself. Take a real interest in the other fellow, instead of thinking of yourself. Show your interest in your face and by asking intelligent questions. If

you're truly listening to what he's saying, you'll have no opportunity to feel painfully self-conscious.

Don't give another thought to your powder, lipstick and coiffure. Keep your hands still; don't let them fidget or fiddle with your jewelry. Sit with them resting quietly on the arms of the chair or in your lap with palms upward and fingers relaxed.

Banish all those keyed up habits that you use to cover embarrassment or uneasiness. Don't smoke incessantly, chatter unceasingly, or giggle when there's nothing to giggle at.

Learn to stand correctly and easily without bulges fore and aft, slumping or constantly shifting your weight from one foot to another. Stand tall and straight with your weight on your arches—this distributes it evenly on the ball and heel of the foot—and on your hips, which should be pulled in to support the weight of your body. Then it's no effort to keep your back straight and shoulders back.

Walk with good posture, back erect head up, and a spring in your step. As if spring were in the air or you were hearing lilting music!

Sit gracefully with the full length of your back against the back of the chair—no slumping on the end of your spine with legs crossed at the knee and arms sprawled out.

## IMPORTANCE OF VEGETABLES

Formerly a Pleasant Accessory to Meals, They  
Have Become Vital to Good Health  
And Any Diet

(By Edith M. Barber)

News headlines informed us recently that life could be prolonged through diet. Of course, the experiments which brought forth this statement were made upon some of the smallest members of the animal kingdom—flies. While there can be scarcely anybody who is interested, except from a scientific standpoint, in prolonging the life of this annoying insect, we are more than interested in the application of the research work.

The attention which nutrition research has called to the relation between diet, and health has caused noteworthy changes in the food habits of this country. No change has been more marked than that which demands the inclusion of vegetables in variety and liberal quantities in our everyday meals. Once looked upon as merely a pleasant accessory to meals, we now realize that the mineral and vitamin content, as well as the bulk, which they provide make them an important component to a meal. Some raw vegetables, such as lettuce, carrots, celery and cabbage should be used each day. Other vegetables should be cooked in such a way that the natural food value will be preserved. It should be noted that potatoes, which we have always used in this country as accompaniments to

meat, are well endowed with minerals and vitamins.

## Casserole of Vegetables

2 tablespoons butter  
1 tablespoon chopped onion  
1 tablespoon chopped pimiento  
2 tablespoons flour  
2 cups canned tomatoes  
1 cup canned peas  
1½ cups boiled rice  
1 tablespoon chopped parsley  
2 teaspoons salt  
1-8 teaspoon pepper  
½ cup grated cheese.

Melt butter, add onion and pimiento. Cook slowly for five minutes. Add flour and mix well. Add tomatoes and cook until mixture thickens slightly, then add the other ingredients. Put in greased baking dish and sprinkle with grated cheese. Bake in hot oven 400 degrees F., twenty minutes.

## Scalloped Potatoes

1 quart sliced raw potatoes  
4 tablespoons flour  
1 teaspoon or more of salt  
Pepper  
1 tablespoon butter or other fat  
2 cups milk.

Slice the potatoes ¼-inch thick. Arrange them in a buttered baking dish in layers, sprinkling each layer with flour, salt, pepper and butter. Add the milk and bake in a moderate oven, 300 degrees F., until the potatoes are soft.

WEALTH OF CONFIDENCE  
IN WELL-SCRUBBED LOOK

(By Betty Blair)

When all else fails, including your spirits and your pocketbook, climb on the soap and water wagon and scrub your way to beauty!

Haven't you ever felt tense and tired and blue after a particularly grim day at the office? A hot bath performs miracles in soaking those troubles away.

But why wait for a crisis in life? There's a wealth of confidence in a well-scrubbed look. It's smart to be immaculate, you know! Of course, you take a daily bath, but are you courageous enough to stagger under an icy shower every morning, rain or shine? The reward is a zest for living that you don't usually feel at 7 a.m.

Check your bath equipment. Have you a long handled bath brush? You need one to keep your shoulders and back smooth and white, and you know how important that is when you slip into that formal frock! A good stiff nail brush takes grime out of knuckles, knees and elbows, and stimulates circulation until you tingle all over. Bath-salts, dusting powder and cologne put luxury into bath rites. Have them all within easy reach of the tub.

Naturally you'll want your clothes as fresh and clean as you are yourself. That means fresh lingerie and stockings every morning. If you're down to your last pair, you'll have to

prop your eyelids open five minutes longer and wash them before you go to bed.

And remember in these months of winter woools that dark clothes get just as soiled as light. Budget a few dollars extra to pay the cleaner, and keep a quart of cleaning fluid on your shelf for an emergency.

Brush your hat before you put it on the shelf, and your shoes before you scale them into the closet, and don't forget that shoe trees make them last longer! The day's dirt should be brushed off your dress before you hang it in the closet, and your sweaters aired before they're put back in the drawer.

Never be guilty of wearing soiled gloves or run-down heels, and remember that collars and cuffs usually wilt after the first day. If you sponge off the inside of your coat collar with cleansing fluid, your neck will look fresher when you take your coat off.

Don't yield to the temptation of putting on lipstick and rouge over stale makeup—you don't have to if you equip your handbag with a compact of cleansing pads, you know—and for beauty's sake, don't attempt to preserve a wave for three weeks, if your hair needs shampooing after the first seven days.

Cleanliness was grandmother's only beauty aid, but she managed to get along. Are you doing as well?

TWO SKIRTS AND SEVEN BLOUSES  
ENOUGH FOR THE THRIFTY FRENCHParisians Who Watch Their Pennies Assemble  
Versatile Wardrobe; Sleeves of Afternoon  
Blouse Unzip for Evening

PARIS—With two skirts and seven blouses, smart French women, with budgets to worry about, are managing a different ensemble for street, sports, afternoon and evening wear every day in the week. One of the skirts is of silk jersey, pencil slim, angle length, slit up the left side to the knee; the other is pleated street length, and with straight lines. Each of the blouses goes with the street as well as the ankle length skirt.

Bruyere's finely pleated crepe blouse with short sleeves and tiny sports collar, fastened with a large jewelled clip, is good for sports or semi-formal wears. Another versatile crepe blouse is of printed material, with parallel navy blue inserts gathered at the shoulders, bust and fitted waist. For evening wear, a long wide, detachable belt goes with it, and is wound three inches below the high waist, tied in front, with the ends flowing to the floor.

Heavily embroidered, buttoned all the way down, three-quarters long blouses are popular for daytime and evening wear with either full of just above the elbow length sleeves. Mannish tailored jackets, in plain or

contrast color stripes are being worn with long and short skirts. The always important feminine touches are, large, jewelled flower buttons, mammoth beaded necklaces with ends dropping into the breast pockets, huge net or chiffon handkerchiefs hanging from the hip pockets.

Lucile Paray has designed a dressy waist with a high, untrimmed neckline. Wide ruffles are at the shoulders of the puffed sleeves, and extend to the yoke. Jean Desse is showing an all-over diagonally striped blouse, fitted at the waist, with a high flare in front suggesting a collar. The same flare is used on sleeves.

One of the newest blouses is a long, fitted satin one, with inch-wide horizontal pleats from bust to hip. For afternoon wear, the sleeves are long and full, with six rows of pleats at the cuffs. The neckline is without trimming and plainly buttoned. For evening wear, the all the way around zipper, hidden under the first pleat at the bust, completely unfastens, separating the top part of the blouse, including the sleeves. Thin shoulder straps are then attached.

Be Extra Careful about

## STUBBORN COLDS

Relieve Their Misery  
this PROVED Way

TOO often, the cold that "hangs on" is a result of neglect. . . and neglect is always risky. Be extra careful of a stubborn cold, of course. But the safest course is to be careful of all colds. Don't experiment. Relieve their misery this doubly proved way.

Here's What To Do: It's best to stay in bed and get lots of rest. Eat lightly, drink plenty of water, and keep elimination regular. And use Vicks VapoRub without delay.

VapoRub has been proved by everyday use in more homes than any other medication of its kind—further proved by the largest clinical tests ever made on colds. (Full details in every VapoRub package.) Only Vicks give you proof like this.

No Long Waiting for Relief to Begin...

VapoRub is direct external treatment. No "dosing"—no stomach upsets. Just massage it on throat, chest, and back. Then—to make its long-continued double

action last even longer—spread a thick layer on the chest and cover with a warm cloth.

Relief starts almost at once. You begin to feel warm and comfortable as VapoRub goes to work direct through the skin like a poultice. At the same time its medicated vapors, released by body warmth, are carried direct to the irritated air-passages with every breath.

This double action loosens phlegm, eases irritation and coughing, helps break local congestion. And long after restful sleep comes, VapoRub keeps right on working.

NOTE: If there is much irritation and coughing, or the air-passages feel clogged with heavy mucus or phlegm, even stronger vapor action is helpful. Pour boiling water in a bowl, melt a teaspoonful of VapoRub in it, and inhale the steam. Just massaging vapors for several minutes.

VICKS  
VAPORUB

Now WHITE-STAINLESS

What 1938 Car has the most  
Revolutionary Features?IT'S A  
CLEAN SWEEP  
FOR NASH!SERVICE  
ACROSS  
CANADAFirst car with CONDITIONED-AIR  
for winter driving.

The First SUPER-THRIFT Engine

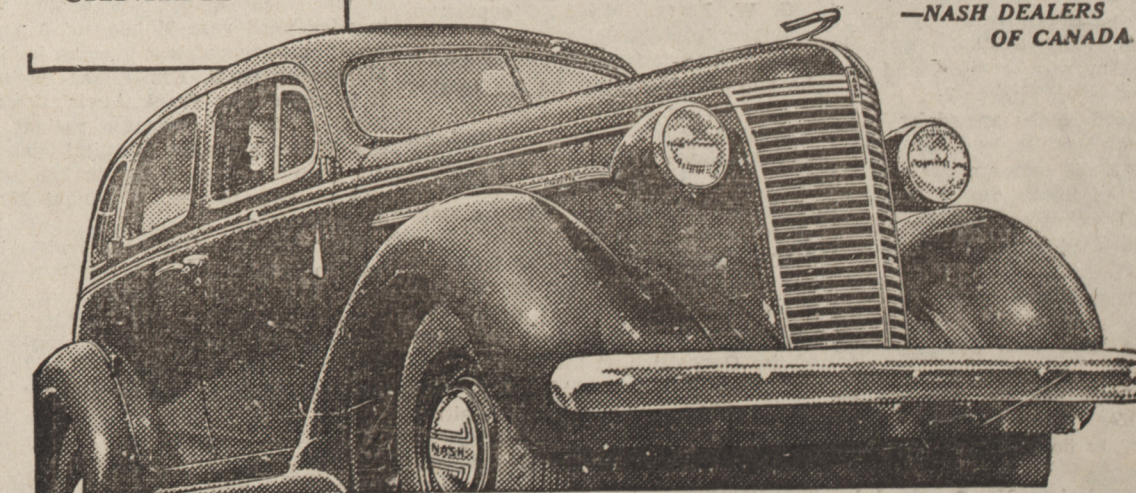
The First FATIGUE-PROOF Ride

The First Car With "SEA LEGS"

AUTOMATIC VACUUM GEAR-SHIFT

— 83 New Improvements You Will  
Want To See And Try For Yourself!"The wallop in this story is  
... you get SIX basic im-

portant improvements no other car can offer . . . plus seventy-seven more that pile up the extra value NASH gives for your money. To top it all, precision workmanship and brilliant engineering that save you money and trouble. 1938 Nash prices make it doubly short-sighted to put up any longer with a SMALL CAR. Come in and see the tremendous lead NASH has for 1938!"

—NASH DEALERS  
OF CANADAYou Can't Beat A NASH THE GREAT  
INDEPENDENT

COME IN—SEE THE THREE GREAT SERIES OF 1938 NASH CARS!

## That Icy Sidewalk

WHOOOPS—DOWN HE GOES! Broken bones are bad enough, but WORRY about loss of earning power, hospital and medical bills and increased household expenses cause far greater suffering. . . .

ACCIDENT INSURANCE . . . cannot prevent accidents, but it will eliminate financial worry and keep the home fires burning.

## HOWARD H. BLAIR

Phone 291 You Can Rest Assured 68 York Street

A MESSAGE TO  
INVESTORS IN THE  
MARITIME PROVINCES

Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

## IRVING, BRENNAN &amp; COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office Suit 1, Loyalist Building -- Phone 454  
Fredericton Charlottetown Halifax Saint John, N. B.

Greater Revenue  
Through Experience

Estates are sure of maximum revenues if the management is placed in our hands.

May we have the opportunity of  
explaining this service to you?

THE CENTRAL TRUST COMPANY  
OF CANADA

Head Office: Moncton, N. B.

Branches: Fredericton, N. B.; Woodstock, N. B.;  
Saint John, N. B.