THE DAILY MAIL, FREDERICTON, N. B. WEDNESDAY, JANUARY 12, 1938

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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 & COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office Suite 1, Loyalist Building Phone 454 Fredericton Charlottetown Halifax Saint John, N.S.



the name of others are urged to have thema placed in their own names, so that receipt will be had promptly of a new circular letter describing an important and favorable development in the Company's affairs which will mark a milestone in its history.

> HALLIWELL GOLD MINES LTD. 360 St. James St.; W. Montreal. Que

the coffee has started to drip. The beverage itself must never be allowed to reach the boiling point, as the fiavor will be changed for the worse

1 teaspoon gelatin 2 tablespoons water 1/2 cup sugar 3/4 cum strong hot coffee 1 pint cream

Soak gelatin in cold water, disby high heat. Coffee which is used in practically solve it and the sugar in hot coffee. every household in this country at Cool. Whip the cream and fold in the least once a day deserves care. It is coffee mixture. Place in freezing tray just as easy to make good coffee as four to five hours.

BEWARE OF REDUCING TOO FAST

Two Pounds the First Week Are Enough Or Wrinkles Are Sure to Develop

(By Antoinette) causes wrinkles.

five pounds.

two pounds the first week, after

The woman over 30 must remember

skin to shrink back to normal.

muscles and tissues in condition

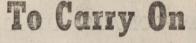
the weight piling on again.

Plan meals that are not too full of Quick reducing is one of the great- calories. Have fruit juice, a slice of est mistakes a woman can make when toast and black coffee in the mornshe sets out to take off poundage. It ing; luncheon of clear soup, a sandwich or salad, and a fruit dessert.

When she reduces too rapidly she Fruits always are good whether oses in the wrong places. Usually they are eaten raw or cooked, and the face and neck are the first places they are kind to the calorie count to show the loss, and because of it Have a dinner of lean meat, several years are added to the countenance. green vagetables, and a fruit dessert. Reducing should not be greater than

which the loss may be from four to her skin has not the elasticity it forloot Man. merly had. In fast reducing the flat layers underneath the skin are taken away too quickly to allow the smoke-You can lose two pounds a week without adding an extra wrinkle to your face if you are willing to exercise consistently, plan menus which provide proper amount of strength yet do not contain too large a number of calories, get the required amount of rest and sleep, and allow yourself an occasion massage to keep the When you've lost the desired amount of weight you don't want to turn ing measures which have made the weight possible, or you'll find

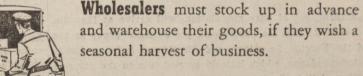




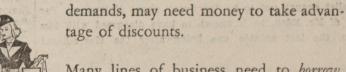
Farmers are not the only business men who need to borrow to make next season's "crop" possible.



Manufacturers have to purchase raw materials for a "crop" of future finished products.



seasonal harvest of business. Retailers, buying for the new season's



Many lines of business need to borrow, in order to carry on.

The Bank of Montreal makes loans to all kinds of Canadian business for such constructive purposes.



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Fredericton Branch: M. A. JOHNS, Manager

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