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Goodbye — Hello!

Here we are, all of us, ready to wave "Goodbye" to Old Year 1937—Smile "Hello" to Young Year 1938.

Before we leave the one and turn to the other, let's pause a minute or so — '38 shows this: People are now living longer than ever before, their health is better, their "pep" greater.

During '37 our Friends have been good to us, and we have tried to be good to them. Thanks, and may '38 bring you increased health and prosperity.

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...OF...

Interest to Women

HOW A RIGHT MINDED BABY SLEEPS

Right Through The Night At Three Months, Asserts An Authority

All mothers, it may be supposed, are concerned to a greater or less extent not only with the minor alarms of infancy, such as hiccupping, prolonged crying and loss of appetite, but also with the more permanent problems of behavior and mental and physical development in general.

In 'Modern Ways With Babies' (J. B. Lippincott Company, \$2.50), Elizabeth B. Hurlock has come to the aid of harassed parents by anticipating their questions and answering them in simple, non-scientific language. Miss Hurlock represents a happy combination of theory and practice, for she is herself a mother (in private life, Mrs. Ireland McKnight Beckman) and she is connected with the Psychology Department University Extension of Columbia University.

Most parents, presumably, will follow the instructions of their individual pediatricians but a perusal of this book will help them both to avoid pestering the busy physician with elementary questions and to understand better why the various procedures are adopted; and when Miss Hurlock asserts somewhat dogmatically that physical exercises should be given to babies, it is with the assumption that parents will consult their pediatrician first.

"No baby has to learn to sleep, but the formation of correct sleep habits must be learned," she writes. "This is a home problem, entirely in the hands of parents and nurses, as the young baby cannot form good habits without guidance."

So far, so good. But when Miss Hurlock goes on to say that "beginning with the second or third month, the baby should begin to sleep all through the night and the ten o'clock feeding can then be discontinued," she is indulging in what amounts to wishful thinking, so far as the majority of parents are concerned!

The author has an interesting theory with regard to the speech which a baby is permitted to hear at frequent intervals.

"If you have to choose between an American-born servant who has an American accent, but makes many grammatical mistakes and uses slang freely, or a foreign-born one who speaks with a foreign accent, I think you will do well to select the latter," she says.

"Foreigners generally learn to speak English correctly and, as a result, make few grammatical mistakes. Even though your baby may pick up an unfortunate accent from his nurse, do not allow this to disturb you unduly. While he is still a baby it will not be difficult for him to lose it."

Miss Hurlock is opposed to any attempt at making a child bilingual during the first few years.

"Psychological studies have indicated that the best age to begin the study of the second language is not during babyhood, but during adolescence, generally between the ages of 12 and 15 years."

On the thorny question of clothing handed down from an older child to

a younger one, which is inevitable in families of small means, the author has the following suggestion:

"The best method, it seems to me, is to remodel the old clothes so that they will appear to be new. This can be done by dyeing, by removing some of the decorations or ornaments and replacing them with new ones, or by adding some distinctive touch such as the child's own initials."

Miss Hurlock strongly urges providing the child with a place of his own in the house, no matter how small it may be, in which he can sleep and play. If necessary, this corner can be shared with another child of about the same age.

The author has some commonsense advice on the subject of punishing children, but she leaves one knotty problem unsolved. Punishment should be immediate, she says, preferably while the act is going on or just afterward. Do not punish your child while you are angry or emotionally disturbed, she adds in the next breath. Many parents, of course, are at least emotionally disturbed when their offspring misbehaves. What should they do?

Parents should study the encyclopedia to prepare themselves for the thousand and one questions which their children will ask, Miss Hurlock advises. Their answers should be as brief as possible and phrased in simple language. There is no need to try to explain rainfall or the internal combustion engine in a single answer. You may be sure that Junior will put further questions to clear up any points which puzzle him.

"Because the foundations of personality are laid so early in life, personality development is one of the most important problems you will have to meet during the babyhood years," says the author. "Do not try to mold your child into a specific pattern, but develop good traits and eliminate undesirable ones."

The book is confined to the first three years of life "because of the tremendous amount of scientific data available." It is equipped with comprehensive list of recommended books on infant care and with a convenient index.

STAR WARNS OF REDUCING PERILS

Ann Sothern Urges Sensible Diet Instead Of Harmful and Unnecessary Starvation

(By Antoinette)

It's news, methinks, when a movie star talks against reducing, as does the well known film personage, Ann Sothern. Her remarks on the subject are directed at you young girls who may be taking your life in your hands in your too hectic pursuit of a sylphlike form.

There are so many girls, not only in the films but all over the nation, living on black coffee and boiled eggs fruit juices and a lamb chop, and very little else.

When will they learn that such foolishness is not only detrimental to their precious health but unnecessary as well?

Miss Sothern watches her weight carefully and always keeps herself at just the right poundage, but any one could follow this charming star's reducing diet and still maintain sensible eating habits.

Upon rising Ann drinks two large tumblers of hot water with the juice of half a lemon in each.

Her breakfast consists of fruit juice a poached egg on thin toast, and coffee. Sometimes she has her egg soft boiled and adds a few pieces of very crisp bacon. Sometimes she dispenses with the juice and has a dish of stewed fruit or sliced bananas with milk.

A typical luncheon menu might be a salad, generally a combination salad with diced lean meat or chicken, a glass of milk and a simple nonfattening dessert, such as gelatin or stewed fruit. After, instead of a salad, she has a vegetable plate.

Dinner finds the star eating lean steak or lamb chops, baked or roast chicken, two vegetables and a small salad and a simple dessert. Sometimes she has a baked potato.

REAL DELICACY IS MARMALADE

Either Orange or Grapefruit; It Is One Of The Easiest Fruit Preserves To Make

(By Edith M. Barber)

As soon as the holidays are over I begin to think about making orange marmalade. Nowadays instead of a Christmas luxury, this fruit has become a staple and will soon be at its best, at the same time at its lowest price for the year. In an earlier day, there was always a place for an orange in the Christmas stocking. I am sure that many children believed that Santa Claus grew them at the north pole.

Marmalade made from oranges or grapefruit or both is one of the earliest of any fruit preserves to make. There is never any doubt that it will jelly to the proper point because this fruit is naturally endowed with pectin, which accomplishes this. The fruit, should be sliced as thin as possible. You may like to combine with the oranges a few lemons or to use grapefruit, oranges and lemons, in order to provide a tang. The Seville oranges which are generally used for real English marmalade have a natural tang which our native fruit lacks.

Now that all of us have the orange juice habit, there are always orange skins which may be sliced and candied easily. Grapefruit peel may be prepared in the same way. Candied peels are good with both tea and cocktails. You may by the way use

them in, as well as with tea.

Citrus Marmalade

1 grapefruit, 1 orange, 1 lemon, water, sugar.

Wipe fruit and slice very thin. Re-

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move seeds of fruit and core of grapefruit. Measure and add three times the quantity of water. Let stand in dish overnight. Boil until the fruit is soft. Measure, add an equal amount of sugar and boil, stirring occasionally until the syrup jellies, about one hour. Pour into hot glasses and seal.

Variations

Use six oranges and two lemons.

Use three grapefruits and 2 lemons.

Add 1½ cups crushed pineapple after fruit and syrup have been cooked 15 minutes.

To cooked fruit add two cups cooked cranberries and an equal amount of sugar.

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ANNOUNCE

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FAMOUS PAINTING PRESENTED TO NATIONAL GALLERY



The National Gallery at Ottawa announced today that J. W. McConnell, of Montreal, had given it one of the finest works of the 17th century Spanish painter, Jusepe Ribera. The painting, reproduced above, is 57 by 77 inches, depicts the "Martyrdom of St. Andrew," and shows the life-size figure of the saint, his arms outstretched on a typical St. Andrew's Cross. Spectators are grouped about the figure.

Ribera, known by contemporaries as "Lo Spagnoletto" (the Little Spaniard) was born near Valencia in 1588 and was acknowledged the greatest master of the Neapolitan school of painting where he was supreme over all rivals during the first half of the 17th century. His pictures now are hung in most of the world's great galleries.

The painting was originally in the collection of the Duke of Rutland at Belvoir Castle, in Lincolnshire, England.

It will be shown during the Christmas season at the Art Association in Montreal and then will be sent to Ottawa for permanent exhibition.

**Only One Minor
Accident In Work
Of Demolishing**

The demolishing of the old Saunders building is nearly completed and will be finished on scheduled time, it was stated this morning by the contractor, A. L. Charters. During the time only one accident has occurred, and that on Wednesday when Mr. Charters himself stepped on a loose board and fell, injuring his arm and head. About 60,000 bricks and 20,000 feet of lumber has been salvaged, some of the timbers being 40 feet long. Six large mahogany doors and the balustrade were saved and shipped to Halifax.

**Rev. W. A. Burge
Intra Moderator
At Marysville**

Rev. W. A. Burge, pastor of the Gibson Memorial Church and chairman of the Presbytery has been appointed to act as intra-moderator of the Marysville Church while the pulpit is vacant.

**Timber Land Sale
Held Yesterday**

Timber lands on the Mobs River in Kent County were auctioned at noon yesterday at the Department of Lands and Mines, going to the applicant, George Hanson, Bass River, Kent County, at the upset price of \$20 per square mile. J. H. Ramsay of the department conducted the sale.