THE DAILY MAIL, FREDERICTON, N. B. SATURDAY, MARCH 26, 1938

Page Seven



# BUDGET YOUR EXERCISES FOR SPACE

### In a Very Small Room the Standing-up Variety Are Best

(part of the body that needs special (By Victorine Howard) "My room is small so that I have exercises it's wisest to choose allonly a three by four foot space avail- round ones to work on the 'large able for exercising. Yet I have been muscle' groups of the torso and imtold by a physician that my body prove general proportions and muswas becoming flabby due to lack of cle tone. Plan your morning program exercise, which she said it was im- for a well-balanced exercise diet just perative that I get. Would you be as you would a balanced food diet. kind enough to suggest several exer-For waist muscles-Stand with feet cises for various parts of the body wide apart, hands on hips. Bend which I can practice in that space," sharply to left, circle trunk to left, write sone of our readers. circle trunk forward and as far to

There are any number of exer- the right as possible. Come to upcises that you can do in a small space right. Repeat going the other way. without knocking the skin off your For thighs and hips .- Stand, and knees and elbows on the furniture -- balance on one foot, hand on wall, exercises which are quite as helpful swing one leg forward and backward as any others in either helping to vigorously ten times, and then do educe or to strengthen flabby mus, likewise with the other. Keep the les and restore their tone. trunk upright at all times.

Exercises can be classified accord-For general proportions-Rest op ng to whether they are done from hands and knees. Slowly raise right an original standing, sitting or ly-leg and left arm, hold for four counts ng position. Which you do is mere replace, and do the same with left y a matter of choice. You certainly leg and right arm.

All of the exercises may be done can't do much about the lying down variety unless you're only four feet ten or more times, unless they tire all in a 3x4 foot space. But there you. The important thing to rememsn t'any part of the body which can't ber about exercises, whether you do be reached by exercise in either a them in a tiny space or in a hired standing or sitting position. hall, is not to overdo them, and to Unless you have some particular do them regularly.

## **BAROQUE REVIVAL GIVES HOMES** VICTORIAN TOUCH

### Cupids, Cherubs and Blackamoors Part of New **Vogue For Elegance in Decoration**

Where are all those cupids coming fabrics are used as all-over coverrom? and cherubs and blackamoors? ings or in semi-architectural tricks Plaster or porcelain cheruf's or cu- like a taffeta cascade spilling from a pids are poising themselves over cornucopia over a doorway. Rich vindows or bedsteads, with frothy bedspreads and chair covers have curtains billowing through their arms many folds and swags.

Blackamoors are supporting table tops Maybe you won't like this fantasr crouching under striped satin ot- tic madness; but it has a sense of tomans or just standing in a window humor, and a little experimenting with a lavish drapery background. with baroque curves may be just Well, it all began in Venice, long right to liven up a room.

Sallow Skin

You can dissolve cuticle, but yo

that forms on a dry, sensitive face.

Yet while this outer coating covers

ercise vigorously until you feel the

ago. Venice tried to crowd into its 1 palaces as many highly colored and gilded statues of African slaves as it could. And when the dear ladies of the time of Victoria Regina wanted their homes to be especially elegant, can't peel off the dead layer of skin they displayed blackamoors too.

It's all a part of the thing called your complexion no amount of cream 'baroque,' the new style revival that ing will coax it back to a peaches goes the limit in extravagant eleg- and cream consistency. It needs stime ance. Curves, swags, feathers, shells, ulation to stir up the blood circula scrolls. festoons, mirrors, prism and tion, for it is through the bloodstream all the what-not of the most fantas- that many impurities are carried tic period designs. away. A mild skin tonic helps to

Strangely enough, it seems to go speed up this process. Stimulation well with the severe backgrounds of creams are sometimes effective. Ex modern decoration.

Fabrics swish in every way to high- blood tingling through your veins light sheen and texture. On walls, even to the roots of your hair.

A man's no bigger than the way He treats his fellow man! This standard has his measure been Since life itself began, He's measured not by titles or creeds, High-sounding though they be, Nor by the gold that's put aside, Nor ingenuity. He's measured not by social rank, When character's the test; Nor by his earthly pomp or show, Displaying wealth possessed! He's measured by his justice, right, His fairness at his play,, His squareness in all dealings made, His honest, upright way. These are his measures, ever near To serve him when they can; For man's no bigger than the way He treats his fellow man!

HOW BIG IS A MAN

When You Want to Alkalize **Stomach Fast** 



#### Try This Amazing Fast Way -The "Phillips" Way Millions Are Adopting

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cid indigestion" pains leave. You feel like a new person.

Try this way. Get either the liquid "Phillips" or the remarkable, *new* Phillips' Milk of Magnesia Tablets. Each one equals a teaspoon of the liquid. Only 25¢ a box at all drug stores.



with moistureproof paper. English Muffins 2 cakes compressed yeast 1 cup lukewarm water 1 tablespeon sugar-1/2 teaspoon salt

3 cups flour 1 tablespoon melted shortening Crumble yeast into bowl, add the

water and stir to dissolve yeast. Add sugar, salt and flour. Mix, add melted to a smooth dough. Put dough in a cut into three-inch rounds. Bake on

by increasing the amount of shorten- turning often. When cool, split, toast ing, and sugar and by the addition of and butter.

Brioche

1 cup lukewarm milk (scalded)

2 cakes compressed yeast

er until double in bulk. Bake in a hot oven, 400 F., until brown. Add 1/4 tea spoon of soda to the mixture with salt and sugar if some of the dough is to be kept in the refrigerator for

Fancy Rolls

a few days. The portion reserved for later use should be put in a bowl, greased on top and covered tightly

HOWARD H. BLAIR 68 York Street You Can Rest Assured Phone 291

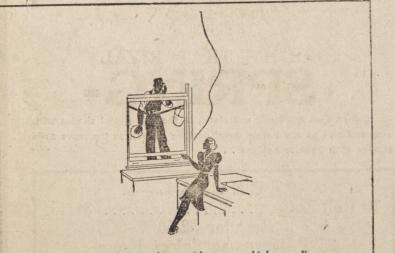
## A MESSAGE TO **INVESTORS IN THE** MARITIME PROVINCES -

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SWEET CAPORAL CIGARETTES "The purest form in which tobacco can be smoked."

varying number of eggs. The foundation mixture may be used for Parker House and clover-leaf rolls. The richer mixture is suitable for buns of arious sorts, and for coffee cakes Part of the dough after it has been kneaded the first time may be covered and put into the refrigerator to

use another day, if a little soda is added to the original mixture. Just a word about baking temper ature. For most rolls, a moderately

pending upon the size of the rolls. Standard Rolls

Takes about 21/2 hours. 2 cakes compressed yeast 1 cup lukewarm milk (scalded) 1/4 cup sugar 1/2 teaspoon salt 1 egg

4 cups flour 1-3 cup melted shortening

1/2 cup sugar 1/2 teasmoon salt 4 egg volks, heaten 3 whole eggs, beaten 1/2 teaspoon lemon extract 4 2-3 cups flour 2-3 cup melted butter Crumble yeast into bowl, stir in not oven, 400 degrees F., should be milk which has been cooked to lukeused. The time of baking will be warm. Add sugar, salt and egg yolks from fifteen to twenty minutes. de- and whole eggs. Add flavoring and stir in flour and when well mixed add melted butter. Blend well. Let rise six hours, then chill overnight in refrigerator. Turn out on floured board and roll 14 inch thick, brush with melted butter, fold in three layers, cut off 3/4 inch slices, cover and et rise over steam until double in mik. Shape, put in large, greased ran and cook.

# LEMON BUTTER AN OLD FAVORITE OF GRANDMOTHER'S DAY

(By Frances Blackwood) Beat until grain of sugar is smooth, One man writes for an old favorite then beat in 1/2 cup water and juice recipe that lingers in his memory of and grated rind of three lemons. good things his grandmother used to Set this in too of double boiler over make. Another contributes an idea simmering water and cook, stirring constantly, until it is about as thick in the way of a sandwich. Leaning back in his chair this gen- as a mayonnaise dressing. Cool be tleman said, "I discovered something fore using.

good the other day, a scrappie sandwich. You just fry scrapple as usual and then make a sandwich of it with plenty of catsup or chili sauce-it's good.

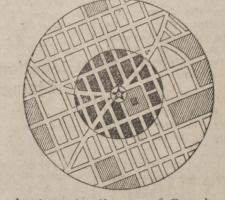
How To Powder

It is good, just like that. Or if you You're no economist-judging from have the time and inclination, use the paths of powder you leave! Contoast instead of bread and instead of fess now-don't you slap your puff plain chili sauce, chop up some on- gainst your cheeks letting the powions, fry them tender and mix with a der fly hither and yon? You could little chili sauce and use that. As a save half of it by careful application. hearty snack it has few equals. Begin at the base of the neck and Now for the lemon butter. This is work up gradually, gently pressing an old-fashioned dish, that used to the powder on as you go. When you grace the Sunday supper table just have a thick coating on, dust the exlike jelly or jam, for spreading on cess off with a fresh piece of cotton hot biscuits or bread. To make it, or puff. Smooth the remainder in cream 1/2 cup batter and beat in two with your fingertips, and don't forscant cups of sugar. Then gradually get to brush the specks of white out beat in three very well beaten eggs. of your lashes and brows.

# BORNEWING FOR PROFIT "to every Lusiness comes a time to borrow," for instance..... To Extend Your Local Trade

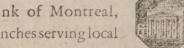
Business now restricted to very narrow limits may have in it potentialities for wider markets, larger profits. Wise management must determine business limitations.

If your business possibilities, conservatively appraised, warrant extension to a larger field, conservative borrowing may be a wise and businesslike step.



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