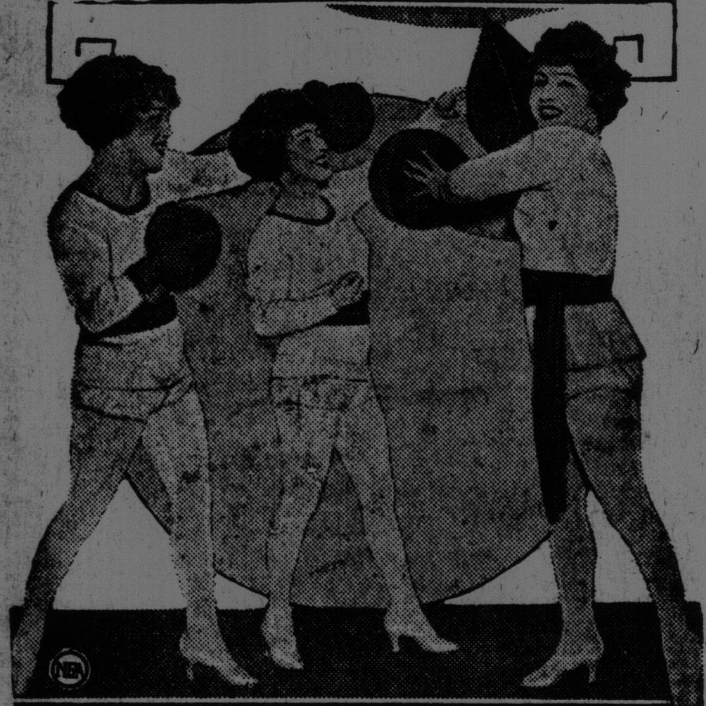


## HOW TO BE HEALTHY

By LILLIAN LEITZEL  
World's Greatest Aerial Gymnast

### EXERCISE AND GOOD HEALTH



These exercises aren't suggested merely for those who think they are too fat and want to reduce. They aren't meant for persons who want to become professional acrobats.

They are meant for every man, woman and child who wants to be healthy.

Properly applied they will make for health, beauty and longevity. They will make for red cheeks and healthy color from the inside, not from the outside.

No matter what you do, do it as an exercise. Be it walking to the store, do it with swank and swing. Shoulders back, head up, chin in. Be it sweeping, do it with shoulders back head erect and strong swing. Be it hanging on a strap in a crowded street or sub-

way car, pull up on it, as I do on my rings in the arena. Little equipment is necessary to get the proper exercise.

Jumping the rope, climbing, throwing a basketball and punching the bag strengthen the muscles and develop circulation and grace. It is the spirit that counts, not the trimmings.

My mother is past 87. Yet she is lithe and graceful enough to do a turn in the circus. Her health is perfect. Her secret: exercise.

No strict rules of abstinence need be laid down. If perchance you like smoking, smoke, but not to excess. Don't let the faddist worry you. Act as you please, healthfully and with vim, and you'll never have to worry about dieting, daily dozens or any of the other bans which make so many persons' lives miserable.

## READY TO DISSOLVE Nfld. LEGISLATURE

Election in Ancient Colony Last of May or First of June

St. John's, Nfld., April 25.—Sir William Allardice, Governor of Newfoundland, has assented to the request of Premier Warren for a dissolution of the local Legislature which was summoned to meet for business only yesterday. Writs will be issued for a general election within a couple of days and a poll will be taken during the last week in May or the first week in June. The indications at present are for a three-cornered fight with the Warren party and the Opposition party in the field, and a third organization, headed by Sir Richard Squires, figuring in the fight.

At the dissolution of the House the standing of the parties was Warren Government party, 18 members, Opposition party, led by Sir Michael Cashin, 18 members, and insurgent group, led by Sir Richard Squires, five members.

The dissolution of the General Assembly of Newfoundland after only the opening ceremonies of the first session had been concluded is due to the defeat yesterday of the Warren ad-

ministration on a no-confidence motion by a majority of one vote.

## FIX GRADUATION DATE.

At a special meeting of the Board of Commissioners of the General Public Hospital yesterday afternoon the report of the training school board was received and it was decided to

## Indigestion Gas On Stomach Pains After Meals

Many people suffer terribly from gas and pains in the stomach after every meal, and are kept in constant misery. For the past 44 years Burdock Blood Bitters has been bringing hope and joy to thousands suffering from various forms of stomach trouble, helping them to eat three square meals a day, helping them to eat anything they wish, without having to suffer for it after.

Mr. Fred Nielson, Moose Jaw, Sask., writes:—"All last summer I was troubled with stomach trouble and indigestion, and also gas on the stomach. I could not eat anything except some light food and even then I would be bothered with pains after each meal. I could not work a whole day without being done out. I had tried everything; doctors, medicines and pills, until I read about Burdock Blood Bitters. I have taken four bottles and it has nearly, if not completely, restored me to health again."

Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.



Practical, serviceable, every-day hose!

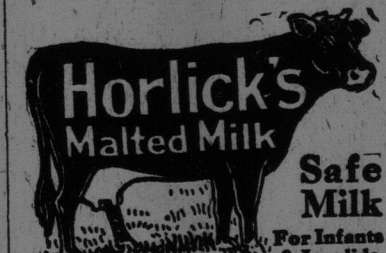
Comfortable, durable, economical—yet as beautiful, as stylish, as hosiery can be.

MADE IN CANADA

Holeproof Hosiery

hold the graduating exercises for the 1924 class of nurses on May 12. Mrs. J. V. McLellan and Alexander, McMillan, were appointed to have charge of the arrangements for the exercises. The class numbers 26 or 27 and is the largest in the history of the hospital. Those present at the meeting were M. E. Agar, president, Hon. Dr. W. F. Roberts, Mrs. J. V. McLellan, J. King Kelley, K. C., and R. H. Gale, superintendent.

Wash stockings in salt water before putting them in suds and they will always keep their original color.



A Nutritious Diet for All Ages. Keep Horlick's Always on Hand Quick Lunch; Home or Office.

## IS HELD



Mrs. Mary K. Eggleston of Larned, Kas., hired a detective, thinking him an underworld character, to kill Mrs. Laura Eggleston, her dead husband's first wife,



Keeps Brown Shoes Like New

Well-polished brown shoes always look well. With "Tony-O" you get a high gloss polish which is particularly pleasing—your shoes will give much longer wear because every application helps to preserve the leather.

Look for the name BeBe Co. "TONY-O"

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"RADIO"

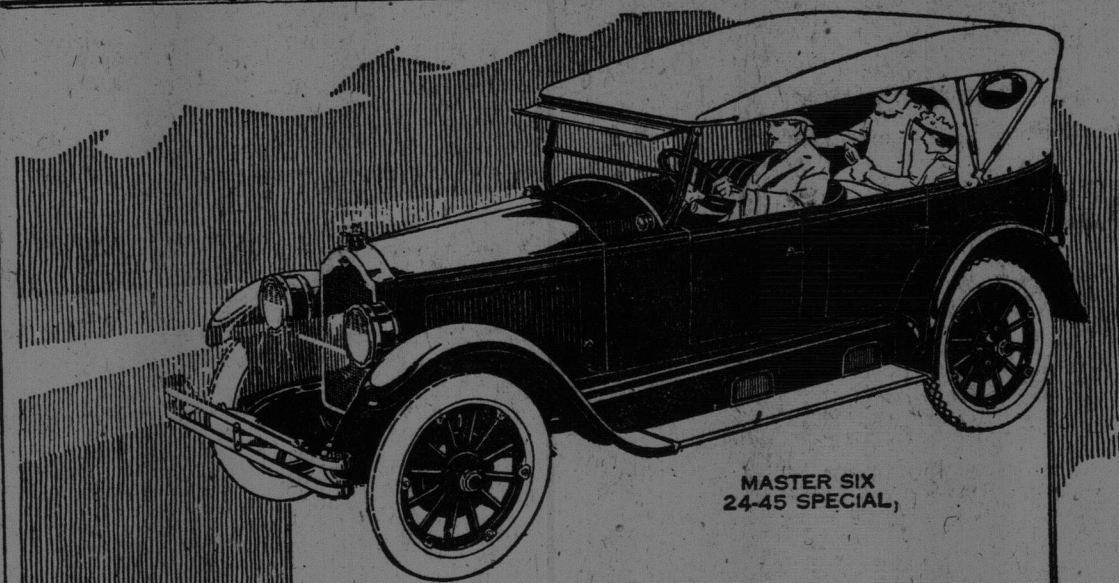
TOWER'S WATERPROOFS

"Takes the Wet out of Rain"

TOWER CANADIAN LIMITED

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MASTER SIX 24-45 SPECIAL

## The Standard among Cars of Quality

THE marked preference for McLaughlin-Buick Master-Sixes among Canadians who drive cars of the better class is noticeable to even the casual observer and, is confirmed by official motor car registrations.

This supremacy of McLaughlin-Buick is due to the fact that year after year McLaughlin-Buick engineers are pioneers in the developing and adopting of new features of design, construction and equipment so that McLaughlin-Buick cars are at least two years in advance of the accepted standard.

Four-wheel Brakes, new body design, more powerful and automatically lubricated motor and many other improvements establish a still higher standard for "Canada's Standard Car".

Ask about The G.M.A.C. Deferred Payment Plan

McLAUGHLIN MOTOR CAR CO., LIMITED

Branch House: 140-144 Union Street, St. John



PRODUCT OF GENERAL MOTORS

McLAUGHLIN-BUICK

cently had been a friend of Mrs. Mary K. Eggleston and, he told authorities, made a will leaving her \$50,000. Mrs. Eggleston, who is free on bail, charges the whole affair is a blackmail attempt.

## ADVANCED IN ARMY.

Word was received yesterday of the promotion of Captain W. G. Friend and Mrs. Friend of the Brindley street corps of the Salvation Army to be Ensigns. The promotion order came from Commissioner Sowton, head of the Salvation Army in this territory.



## Why it Pays to Insist Upon Gum-Dipped Cords

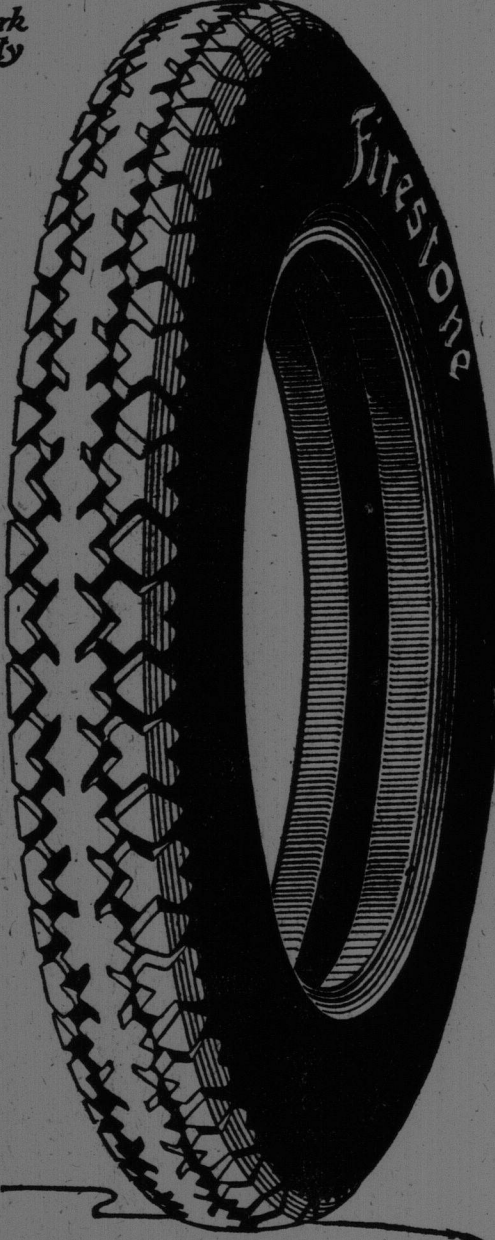
Tires look much alike before they go on your car. But tires do not wear alike. It is the things you cannot see—the hidden values—that determine tire life and ultimate cost.

You can make sure of obtaining a tire that wears better and so costs the least in the end by insisting upon Gum-Dipped Cords. Gum-dipping insulates each cord with pure, live rubber—prevents wear by keeping the cords from rubbing against one another.

Firestone Cords are gum-dipped. It is this Firestone process that multiplies mileage and noticeably reduces tire costs in a single season.

Firestone Tubes are steam-welded—therefore leak-proof. This keeps tires properly inflated and better mileage results. Ask your dealer.

FIRESTONE TIRE & RUBBER COMPANY OF CANADA, Limited HAMILTON ONTARIO



## Firestone GUM-DIPPED CORDS

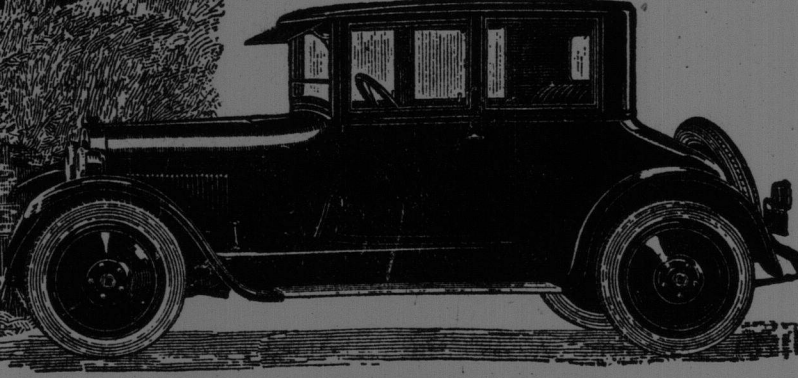
## EXCEPTIONAL RIDING COMFORT

Owners continue to comment on the marked riding comfort of Dodge Brothers Motor Car.

Increased chassis length, low-sprung body and generous seat depth have much to do with this.

Primarily, however, it must be accredited to the greater buoyancy of the new spring equipment. The rear springs are ten inches longer, and underslung.

THE VICTORY GARAGE & SUPPLY CO., LTD. 92-94 DUKE ST. ST. JOHN, NEW BRUNSWICK \$2230 f. o. b. St. John All taxes, freight etc. paid



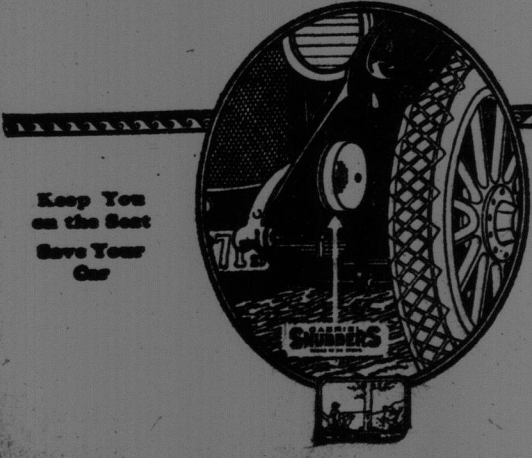
# Why

—is there always one product of proved high quality at a low price? Merit makes standardization. Quantity production makes the price. Gabriel Snubbers are standard-equipment on 37 makes of cars—manufacturers of 34 others put holes in frame for them.

Motor Car & Equipment Co., Ltd. Distributors for New Brunswick, St. John, N. B.

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