

## FOR WOMEN

Mrs. E. Crozier  
Gains 24 PoundsSays Her Troubles Have All  
Disappeared and She Feels  
Like a New Woman.

"When I began taking Tanlac I only weighed one hundred and four pounds; but now I tip the scales at one hundred and twenty-eight, which is exactly thirteen pounds more than I weighed even before my troubles began," was the statement made recently by Mrs. Elizabeth Crozier, 739 Broadview Ave., Toronto, Ont.

"Over a year ago I noticed I was getting in a run down condition. My appetite was very poor, and what little I did eat seemed to do me no good. I was nervous and restless, couldn't sleep any to speak of, and always felt tired and listless. I fell off over ten pounds in weight, and was so weak and nervous I felt perfectly unendurable all the time.

"But by the time I finished my first bottle of Tanlac I was eating and sleeping better and was picking up in weight. When I had finished my fourth bottle, my troubles were all gone, and although three months have just now, I am still feeling fine. I have a wonderful appetite, everything agrees with me perfectly and I am twenty-four pounds heavier than I was at the time I began taking Tanlac. My nerves are as steady as a clock, and I sleep well every night. Tanlac is just grand."

**OUR'S DIED TOO.**

It is said that goldfish have been known to live for 80 years. The privately owned goldfish, however, usually lives but a few weeks at the most, and then your globe is put away in a safe place in the attic.

Noses of left-handed people point in a different direction than those of right-handed persons.

## MIRACLES.

Today I saw this lovely thing—  
A maple tree a-burgeoning—  
And, on the lawn so brown and bare,  
Green grass upspringing here and there;

Tulips, that perked their fragile heads  
From stark and barren garden beds;  
While all the rambler roses show  
Fruit, tender buds in embryo.

Listen, and heed earth's glad refrain,  
You, who are worn with grief and pain.  
Cease for a while your sorrowing!  
Come out, come out, and meet the spring!

—Mamie V. Carothers.

## STYLES OF TODAY.

A lovely over-blouse of rose chiffon is embroidered in the threads of rose, gold, copper and black.

Exclusive but conservative rather than extreme styles in silk lingerie show a strong tendency toward such colors as orchid, gray, maize and blue. Flesh is no longer in good favor among particular women, and only the extremist in fashion goes in for black and the vivid colors in selecting lingerie.

The baby waist or high Josephine waist line is a new development in nightgowns, models of this order having tiny puff sleeves that further carry out the effect of the origin of this new mode in sleeping robes. These gowns are mostly in fine muslin, dimity and handkerchief linen and are lace trimmed.

Many hip-length models in exclusive blouses are to be seen. Wool embroidery, bead decorations and fancy stitching in silk and chenille are the trimmings most in evidence.

The cape influence is noted in the spring wraps.

GIRLS! LEMONS  
BLEACH FRECKLES  
AND WHITEN SKIN

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, which any drug store will supply for a few cents, shake well and you have a quarter pint of the best freckle and tan bleach, and complexion whitener.

Massage this sweetly fragrant lemon lotion into the face, neck, arms and hands each day and see how freckles and blemishes bleach out and how clear, soft and rosy-white the skin becomes.

## CRETON DRESSES.

New York, May 13.—Have you seen what appears to be a corner of a boarder walking down the street? Well, you soon will. They are already appearing on tennis courts hereabouts. Girls in Chintzes and cretonnes, with large splashy patterns all over them, exactly like the colour parlor chairs in their summer wrappings, they are. Bright carmine drapery ligens with blue stripes and yellow dots, scenic chintzes of huge patterns and vivid hues in fantastic designs showing languorous figures in eccentric poses are among the favorites not only for sport skirts but for entire costumes, hats and bags. "I never thought of going into the dressmaking business," said an interior decorator, "but women seem to be buying more large figured drapery fabrics for clothes than for houses this season. There are some designs I will not let them have, though, for such purpose. He shaved a chintz enormously patterned with red and yellow farm scenes. "That, for instance," he added, "one of them was determined to dress herself in that, but I said positively that she shouldn't."

Ate Vitamines  
UnknowinglyMost Important Substitutes  
Got by Chance Into Our  
Bill of Fare.

For years we have been told that the food of man should consist of protein, carbohydrates, fats and mineral salts in certain proportions, which, it was stated, were being ascertained with some degree of accuracy, says Margaret Davidson in "The Woman's Century." Now, it appears that these things are insufficient in themselves to support healthy life and growth and the fact that we are still alive "to tell the tale" is owing to the happy chance that the most important substances or "vitamines" got into our meals whether we planned for them or not.

Up to the present, three of these "vitamines" have been isolated and labelled "A," "B," and "C."

"A" is soluble in fat and is found in milk and is so necessary to infant life that its absence or deficiency will instantly produce rickets—hence, the absolute importance of milk. There is no substitute.

"B" is soluble in water and occurs in great quantities in yeast, etc. Hence the tremendous popularity of yeast as an antidote to neuritis and other kindred complaints as "vitamine." "B" is valuable in this direction.

"Vitamin C" is, also, soluble in water and is found in nearly all vegetables, including potatoes and fruits, and is the only effective anti-scurbutic known since the year when Jacques Cartier wintered in Canada and the Indians made spice tea to save the lives of the men dying of scurvy; since the days when the men of the British Navy, far from the source of supplies of green stuff, died of scurvy; since, when Nansen in his three years voyage in search of the North Pole brought his men back in even better condition than when they left, because of the carefully planned commissariat; since the time when the men, in search of gold, invaded the Arctic regions and died, hundreds of them, of scurvy because they failed to provide themselves with an equivalent to green vegetables, it has been known that the leaves of plants and fruits contained an anti-scurbutic substance. This "vitamine C" is not, however, largely present in milk and as it is most sensitive to heat, may be completely destroyed in pasteurization and therefore, the necessity for the addition of orange juice or other fruit or vegetable acid in infant feeding.

## HELPFUL SUGGESTIONS.

If you wish to cut new broad heat the knife by dipping in hot water.

When buying mackerel remember that if the gills are not red the fish is stale.

Moth holes in garments can be disguised by scraping the fuzz or lint from the material, filling the hole with this and placing a piece of rubber cement back of it.

Cover the tops of the set-tubs in the kitchen with oldcloth. It looks much better than the zinc cover and is easier to keep clean.

All bits of soap should be saved, melted with a little warm water, put into a bottle and used for soft soap.

Almonds are so rich in protein and fats that a pound of the shelled nuts is equal in food value, to three pounds of beefsteak.

The president members of the executive of The Red Cross desire to notify all Red Cross workers of a meeting to be held in the Red Cross rooms, 160 Prince Wm. street, on Monday morning at 10.30, to consider the Royal Proclamation regarding the Great National Membership Crusade of the Red Cross. A full attendance

## AMUSEMENTS

Arrival of Smart  
Jersey SuitsA special purchase to sell at  
a remarkable price—

\$19.75 each.

The Jersey Suit is so serviceable, comfortable and good looking that it is proving one of the most popular garments of the season.

They come in pretty heather mixtures of blue or brown. All sizes.

\$19.75 each.

F. W. Daniel & Co. Head of  
King St.HOW PERFUMES ARE  
MADE IN FRANCEImportant Industry Suffered  
Greatly During the War.

The rare perfumes of France, suffered severely during the war, and only the industry and thrift of the French prevented them from dying out altogether. This would have been a world-wide calamity, as the French perfumes are noted for their delicacy and fragrance.

"Cannes and Grasse," says a writer in the Illustrated World, "are the centers of the French perfume industry, which is situated in southern France along the Mediterranean. In that flower garden of the world there is only one formula used in making perfumes. It is very simple; the scents shall be unique and shall be produced in limited quantity; therefore they will be expensive. Essence of rose, in the Riviera raw material market, is often quoted as high as \$750 for the two and one-half pound. The attar, or the essential oil, of a flower is obtained by crushing the leaves or petals and boiling them in a copper cauldron. The residue from the boiled leaves and petals, is mixed with clarified pork fat, and the mass is stirred with wooden paddles. Boiling the extract with fat concentrates the perfume. After boiling, the grease is churned with refined alcohol until the latter absorbs nearly all the odor. The residue of it is made into fine soaps that have a high commercial value. The oil method, which is still practical, consists in saturating a coarse linen cloth with olive oil and stretching it over a frame; thin layers of flower petals are then placed on the cloth until it has absorbed the essence of the flower. The cloth is then treated to an alcohol bath that in turn absorbs the perfume. In this process

the flower petals must be changed frequently.

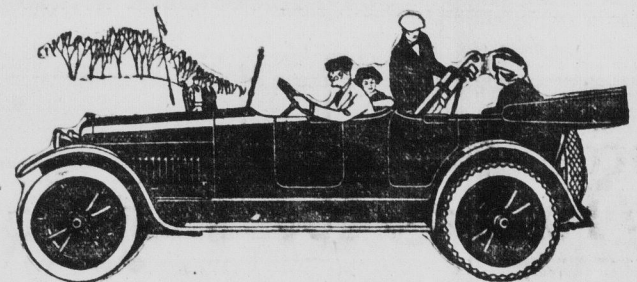
"Grasse still uses the enfleurage method, by which the delicate essence of the rarest flowers slowly filters through a quarter-inch layer of fat in shallow pans. The process takes from twelve to seventy-two hours, depending on the variety of the blooms and the season of the year."

English walnuts will keep fresh longer and have a better flavor if they are heated through in the oven before using.

When scrim curtains get stained and faded, dye them a darker color that matches the color scheme of the room.

DYE ONLY WITH  
"DIAMOND DYES"

Unless you ask for "Diamond Dyes" you may get a poor dye that streaks, spots, fades and ruins your goods. Every package of Diamond Dyes contains simple directions for home dyeing or tinting any new, rich, fadeless color into garments or draperies of any material. No mistakes! No failures!

The Superior Worth of  
The Nash Six Finds  
General Acceptance

It is apparent today how generally the Nash Six is accepted as an outstanding value among motor cars. It has acquired leadership. Nash owners have learned to know the Nash Six as a car of uncommon goodness.

They recommend it to other buyers who find in the Nash Six all of the qualities which make for satisfied ownership and at a cost which convinces them that it is by far the best value in its field.

Your judgment, we are sure, will incline to theirs. You will find the Nash Six has more power than cars costing \$100 to \$300 more and that its beauty of design and finish and riding comfort can be approximated only in cars very much higher in price.

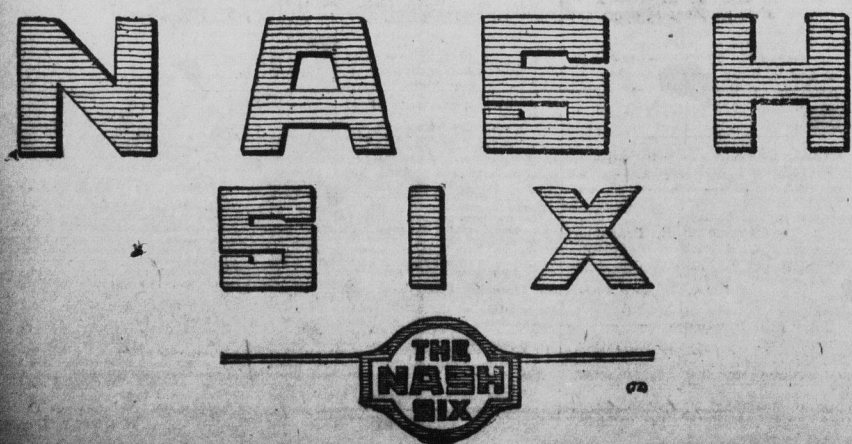
## NASH SIX PRICES

6-passenger	\$2,700.00
Roadster	2,700.00
Sport Model	3,000.00
7-passenger	3,050.00
Coupe	4,200.00
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F. O. B. St. John.

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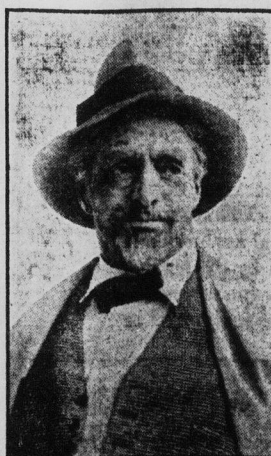
Valley Motor Co. .... Fredericton  
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Monday May 16th, 17th.  
Tuesday - IMPERIAL - 18th. Mat. on  
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## Great Britain's Eminent Actor Knight



Martin Harvey as The Burgomaster

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Matinee, Wed. Orch. \$1.50, 2.00; Balcony 75c. to \$1.50

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**BIG WEEK END**

**Monster Bill At Usual Prices**

**SHIRLEY MASON**  
The sweetest girl on the screen  
**Girl Of My Heart**  
You'll laugh, you'll sleep and you'll love SHIRLEY MASON more than ever.  
Adapted from Frances Marion's *Mildred's story Joan of Rainbow Springs*.

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**"The Son of Tarzan"** | **Dandy Show Today**

**OPERA HOUSE VAUDEVILLE**

Matinee at 2.30  
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**5 ACTS HIGH CLASS VAUDEVILLE**  
—and—  
**SERIAL PHOTO DRAMA**

## THE BIBLE K

The International Sunday Lesson for May 15, is "With Others"—I. Cor. 12:14-26

Because of the company it kept, the word socialism is a bad reputation. As a word, it is a good one, for it gathers up to it a working together of all people for common welfare. It stands for fellowship and brotherhood and love. The idea back of it, is a thing, the important thing, is a thing, one important phase of constitutes the present Sunday Lesson.

There is nothing in Holy Writ support the class-conscious, has a destructive conception of a new system which is widely proclaimed the world today. Communism, socialism, and other things, are company with the Bible and the teaching of Jesus. But there is a abundance of teaching in Scripture for the creation of a new and fairer and more fraternal of human life.

This Lesson is based on the words, a fragment from the document which the Apostles wrote to the Christians in a Thracian city is itself a I saw a couple of years ago, principles of Paul are the powerful and prevalent than cements. Let me quote:

Paul's Pungent Parable.

"For the body is not one man, many. The foot shall say because I am not the hand, I am the body; it is not therefore the body. And if the ear say, 'Because I am not the eye, I am the body'; is not therefore of the body? If the whole body an eye, where were the hand? If the whole were hearing, where the smelling? But hath God set the members of them in the body, even as it Him. And if they were all one, where were the body? They are many members, but of the body; and they are all of the body, and the eye cannot say to the hand, I have no need of thee; or again, head to the feet, I have no need of you. Nay, much rather, those here of the body which seem more feeble are necessary; and parts of the body, which we think less honorable, upon these slow more abundant honor; the uncomely parts have more of comeliness; whereas our comely parts have no need: but God tempers the body together, giving more honor to that part which lacks, there should be no schism in the body; but that the members may have the same care one for another. And whether one member suffer, all the members suffer with it; member is honored, all the members rejoice with it."

## A Recipe For Restoration.

Was ever the great idea better? Our day's problems—inter-racial, economic, industrial, religious, all—are largely a matter of having the wrong kind of people together. If governments and individuals could subscribe to Paul's parable of the body and its members, most of the difficulties of the world would be solved. Restoration and reparation would be a cooperation.

Trouble has come from the notion of various parts of the human society, the body, is that and that the rest of the body subordinate to it. Of course, the idea is absurd; but then most sins and blunders are really absurd. A trunkless head is as futile as a headless trunk. The interdependence of mankind, as humanity is not learning, is a truth that takes precedence of the independence of any part of mankind. Every issue of the paper is abounding illustrations of the World: I live to himself, and no man to himself.

Mischief has been made by the same idea in the case of individuals—and there is usually to spare in any head where the opinions abide. Some persons that they have a sort of divine leadership. Prominence is they believe, by the wisdom Omniscient. They openly avow secretly believe, that God means to be privileged by their powers that they have no obligation great body of their fellows.

## The Mistake of "Main Street"

Anybody can be a successful dream world. To shut one's self within one's self, having little real contact with other people, the easy way of living an ideal—in our imaginations. The countless persons, who believe in a superior soul, who turn the actual tests of life. Most and other failures are of the self-centered, introspective who have been accustomed their isolation by all other than its real one, which is cold. Let us not dodge the clear here. God has put us all in of men and women. He has that it is no good for one to be Life has been so organized that we are dependent upon relationships. He has made us Bible phrases, "Members one another." To carry out the last programme of God for the simply must learn to work together. Moreover, fellowship with one of the rewards of existence is a happiness, as well as a work with other men and to learn how to be a good laborer in the great service kind. Halfhearted young persons check themselves at a different