

Social Notes Of Interest

Miss Pauline Powell, daughter of Dr. H. A. and Mrs. Powell, Queen Square, is the guest of Hon. Josiah and Mrs. Wood, Sackville. Mrs. Wood is expected to be a visitor in the city very shortly, after Miss Powell returns home.

Mrs. Fred B. Schofield and Mrs. Frank Fairweather are enjoying a trip to New York and other cities.

Mr. and Mrs. Frank Wilson have arrived home from their honeymoon trip.

Miss Betty Petrick, of Dartmouth, N. S., who has been the guest of Mrs. Fred Caverhill Jones for some time, has left for Amherst where she will visit before returning home.

Mr. and Mrs. Alban Sturdee sailed on the Aquitania recently for a short visit to France, England and Belgium.

Mr. and Mrs. W. H. Shaw left yesterday afternoon for New York.

Mrs. Leslie Waters and her mother, Mrs. W. B. Dunn, 54 Victoria street, returned yesterday from Arlington, Mass., where they spent five weeks with Mrs. Orin C. Spooner, daughter of Mr. and Mrs. Dunn, who was recently bereaved by the death of her husband, a leading merchant of Arlington.

Mrs. Elizabeth Gorman, whose son, Mr. John J. Gorman, is graduating this week at the U. N. B., in Civil Engineering, will go to Fredericton today to be present at the commencement exercises tomorrow.

Dr. and Mrs. J. M. Curran, with their daughter, Miss Muriel Curran, are enjoying a delightful vacation in Europe. They had the unique experience at the opening of the Wembley Exhibition of occupying a box next to the Royal box, and were able to see all the notable people first hand. Mrs. Curran in writing to her friends here spoke of their visit to the battlefields. She was in Paris when last heard from. Dr. Curran is spending more time in Edinburgh and London.

studying the latest in medical and surgical methods.

Mr. and Mrs. J. E. Secord, whose son, Mr. Ralph Secord, is graduating this year at the University of New Brunswick, will attend the exercises tomorrow.

Felt Hats
A very stunning hat of brick red felt is trimmed with small yellow and green apples.

Shorter Skirts
SKIRTS get shorter as the days lengthen. From ten to twelve inches from the floor is now the correct length for tailored and sport things from eight to ten for formal gowns.

Dishwashing Device.
A small rubber hose connected with the water faucet over the kitchen sink makes a convenient dishwashing device.

Plant Disinfectant.
Clean soapy water is a good disinfectant and if poured on plants or around the roots often keeps a plant free from objectionable insects.

**Hair Often Ruined
By Careless Washing**

If you want to keep your hair looking its best, be careful what you wash it with. Do not use prepared shampoos or anything else that contains too much free alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is Mulified coconut oil shampoo, which is pure and greaseless, and is better than anything else you can use.

Two or three teaspoonfuls of Mulified is sufficient to cleanse one hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dust, dirt, dandruff and excess oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy, wavy, and easy to manage.

You can get Mulified coconut oil shampoo at any drug store. It is inexpensive, and a few ounces will supply every member of the family for months. Be sure your druggist gives you Mulified. Beware of imitations. Look for the name Watkins on the package.

PINEAPPLE BOB FOR THE OLD-FASHIONED GIRL



The slightly old-fashioned girl who wants curls and the suggestion of much hair and yet wants to be bobbed, chooses the pineapple bob, illustrated here by Mary Jayne, musical comedy actress. Sort of a camouflage bob.

Black and White

Nowhere is the combination of black and white more effective than on lingerie. Some of the most delicate and fragile lingerie of silk and linen is embroidered in black.

Wide Bands.

Wide bands of embroidery with small designs and borders of plain color are being used instead of fur on the new coats.

Crepe Linings.

Printed crepe linings, particularly those on a white ground with figures in red and white, are much liked for coats.

Linen Dresses

Linen dresses with pleats and cut-outs for trimming frequently have white organdie collars and cuffs with edgings of Irish lace.

Crystal Beads

Crystal beads on pink georgette are a combination that fashion is powerless to put out of business. For young women particularly there is a charm to such frocks that is quite irresistible.

HIGH KICKER

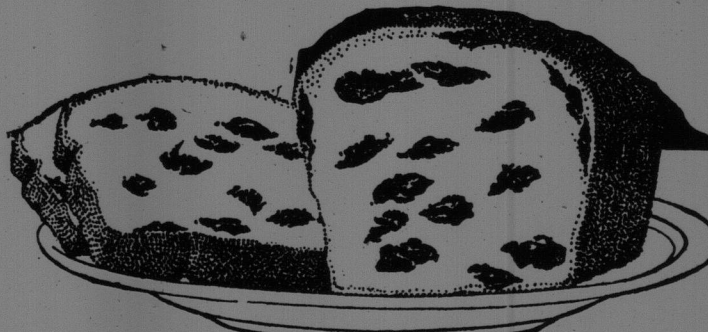


This is one of the ways Lina Bascquette of Ziegfeld's Folies keeps in dancing trim. Every day she goes through a set of limbering-up exercises something like this. And if you think they are so easy, just try them some time.

UNUSUAL MEMORY



Lucille Joy, hostess of a Los Angeles cafe, has the reputation of never forgetting a patron, whether the visit occurred weeks or years ago. In this manner she always makes folks feel at home. "It isn't a system," says she, "just an unusual memory."



Helps Study

To stand the strain of examination preparation, scholars need the nerve force found in Sun Maid Raisins. Their high content of iron and sugar reach the limit of quantity as baked in Robinson Raisin Bread. Get the bigger value 15c loaf.

**Robinson
Raisin Bread**

SISTER MARY'S KITCHEN A Daily Menu For The Stout and Thin

EAT AND-- Lose Weight--Gain Weight

Four tablespoons apple sauce, 1 thin crisp slice broiled bacon, 1 cup fruit salad, 1 cup lamb en casserole, 1/2 cup shredded cabbage, 2 tablespoons rhubarb tapioca pudding, 2 pieces crisp unbuttered whole wheat toast, 2 pieces gluten bread, 1 gluten roll, 1 pint skimmed milk.

Total calories, 1056. Protein, 221; fat, 313; carbohydrate, 522. Iron, .0189 gram.

Lamb en Casserole.

Three pounds neck of lamb, 3 carrots, 4 onions, 2 cups canned tomato, 2 tablespoons drippings, 2 tablespoons flour, 1 cup water, 1 teaspoon salt, 1-8 teaspoon pepper, 1-8 teaspoons celery pepper.

Wipe meat and remove any thin papery skin covering the meat. Cut meat in inch and one-half cubes. Melt drippings in frying pan, add meat and sear on all sides. Sift over flour and stir until flour, meat and fat are perfectly blended. Add water, bring to the boiling point, stirring constantly and let boil two minutes. Turn into casserole, add carrots, scraped and sliced, onions peeled and sliced and tomatoes and seasoning. Cook in a slow oven for about two hours. This is just as good cooked in an iron stewing kettle on top of the stove but of course can't be served from oven to table, so to speak, as when cooked in the casserole. This will serve six persons.

Four tablespoons apple sauce, 2 tablespoons creamed potatoes, 2 slices broiled bacon, 1 fried egg, 1 cup cream of spinach soup, 1 cup fruit salad with 4 tablespoons whipped cream dressing, 1 cup lamb en casserole, 4 tablespoons steamed rice, 1 cup shredded cabbage with 1 tablespoon chopped nuts and 2 tablespoons French dressing, 4 tablespoons rhubarb tapioca pudding with 2 tablespoons whipped cream, 2 bran muffins with raisins, 2 slices whole wheat bread, 1 bran roll, 3 tablespoons butter, 1 pint whole milk, 4 tablespoons chocolate bread pudding with 1 tablespoon hard sauce.

Total calories, 3892. Protein, 394; fat, 1746; carbohydrate, 1762. Iron, .019 gram.

The egg is fried carefully in the bacon fat. Have the fat hot, but not smoking. Drop the egg into the fat and reduce the heat. Cover and cook slowly from three to five minutes. An egg fried this way is not tough and

FABLES ON HEALTH

Taking the First Steps

"How you carry that child—Look out—Don't sit her down that way!" Mrs. Mann was constantly interrupting Mr. Mann's parades with the firstborn.

And well she might keep a careful eye, for the posture of the child is most important. For several months the baby should remain lying. If it has properly developed by the third month it should be able to hold the head up without aid. Its back and head should always be supported by the person holding the child. By the end of the sixth month the child should be able to sit up without support.

About this time the child will already indicate a desire to creep and, if normal, will have started doing so. By the ninth month it should be trying to stand up and before the end of a year should be able to take some steps. Many babies are walking within a year, while others take up to 18 months.

It is unwise to encourage the baby to walk without some mechanical contrivance to aid while the bones are gaining their proper strength. Also, the child should be allowed to assume the posture it chooses and should not be encouraged to assume any particular position, or to walk before it shows a desire to.



leathery, but tender and firm and most appetizing. The fat adhering to it adds a few calories.

Lamb is said to contain less of the so-called "purins" so inimical to gout and rheumatism than the other meats.

It is easy to digest and deserves a prominent place on the spring menu.

A tree bearing oil which can be used in paints is grown successfully in Florida.

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"Isn't this lovely? You remember how dull it looked?"
"Yes, and if that's a sample of their work, all my suits and dresses go there from now on!"

THE reason we do such unusually excellent work—that's even better than that we've done before—is because we now use the new Bowser Clarifier. This is a machine which immediately frees the cleansing fluid of every bit of grime and dirt just as fast as it is washed out of the clothes.

For the same quick collection and delivery service that we've always given our customers, call Main 1707

New System Laundry

Dyers, Cleaners—Wet and Dry Wash
Mid-city Depot, - - - Phonograph Salon

Blue Satin

A straightline frock of navy blue satin has a row of diamond-shaped pieces, cut from white satin, running from the neckline to hemline.

Pleated Crepe

An unusual way to finish a nightgown at the neck is to have a bertha of pleated crepe and a rosette of picot ribbon.

Trick Handles

There's a reason for many of the short, stubby-looking handles you see on the smart umbrellas. Frequently they contain lipstick, powder box, and all the vanity equipment that used to live in the handbag.

Boys' Blouses

sizes 6, 7, 8 only
Good quality cotton blouses in white with fine stripes, Regular 55c and will go 25c. fast at 25c

Pantie Dresses

For Little Girls 2 to 6 yrs. Lovely gingham in fine checks or plain colors, some have embroidered fronts. Regular \$1.00. Don't miss them at 67c

Great Bargains In Underthings

Fine White Knitted Undervests 37c. Knitted Undervests in sizes 46, 48, 50 49c. Combinations, White Knitted, 50c, 55c, 90c. Jersey Silk Undervests \$1.25 Undershirts, Black Taffeta, extra size \$1.35 Girls' Black Satin Bloomers 85c. Girls' Pink Knitted Jersey Bloomers 33c. Shadow Stripe Bloomers \$1.45 Shadow Stripe Princess Slips \$1.75 Silk Camisoles \$1.50 High Grade Silk Hosiery, perfect in silk part, slight imperfections in foot or top \$1.25

For Men

Tweed Working Pants \$2.85 Heavy Wool Work Socks 39c. Fine Cotton Socks 22c. Fine White Dress Braces 35c. Serviceable Work Shirts 98c.

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NO REFUNDS
NO EXCHANGES
NO MAIL ORDERS

Ready Thursday at 8.30 a. m.

House Dresses

Pretty striped gingham with belt and pocket, piping on neck, pocket and the short sleeves. We doubt if we can get any more as good as these for the money so come early tomorrow morning 98c

Other House Dresses \$1.19, \$1.35, \$1.98

960 Pairs Fibre Silk Hosiery

Including the famous Burson fashioned. Slight imperfections brings the price down from 79c to 19c but does not hurt the wearing quality. Black, White, Fawn, Cordovan 19c

A Wonderful Bargain in

China Cups and Saucers

Japanese Hand Painted
Regular Price 1-2 doz. Cups and Saucers for \$1.50.
Four dainty patterns to choose from. Only 1-2 doz. to a customer. Priced down for this sale to 25c
For 1-2 doz. cups and saucers

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High Grade Silk Hosiery foot or top, Perfect in Silk part, slight imperfections in \$1.25

Leather Bags Party Boxes

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Light blue and cream with dainty stripes of grey or pink, convertible collar, buttoned cuff, sizes 36 to 42. Very special at 79c
Voile and Dimity Blouses \$1.69

For Boys

Tweed Caps 60c. Braces 22c. Waist Unions 65c. Tweed Knee Pants 4 to 10 yrs. 78c. Tweed Bloomers 6 to 16 yrs. \$1.35. Ribbed Black Cotton Hose 30c. Blue Chambray Coveralls \$1.20. White Balbriggan Athletic Combinations 78c.

Some Basement Bargains At 15 Cents

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Mother Goose Waterproof Bibs.
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Women's Dust Caps
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