

**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 Pethick, 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 Aquitana 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 teaspoons 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 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 cutouts 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 Basquette 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."

**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 rhabarb 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, 222. 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.

Total calories, 3628. Protein, 1032; fat, 2239; carbohydrate, 237. Iron, .0311 gram.

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 rhabarb 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.



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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36in. 38in. FILET NETS Very fine quality in Bird, Floral, Block and spotted designs—49c yd. Special	IVORY MARQUISSETTE CURTAINS Cluny Insertion and Lace Edging. 2 1-2 yds. long \$2.95	PLAIN SCRIM Double Border, Ivory only 36in. wide. Good Quality 19c yd.
FILET NETS, MADRAS Spotted and Figured Muslins. Marquissette Lace with double border 39c yd. 36in., 40in. wide	Fine Lace and Net CURTAINS 2 1-2, 3 yds. White, Ecu, Ivory, Floral, Basket and Conventional designs. Regular \$5.00 \$2.59	50in. Colored Madras. Excellent Quality—Brown Blue and Green . . . \$1.10 yd.
22in. Superior Quality Wall Paper		

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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!"

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 berth of pleated crepe and a rasette 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.



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

OAK HALL'S Bargain Basement
Quality at a Price

Announces For Thursday, Friday, Saturday
Great Bargain Celebration
Thousands of Dollars Worth of Bargains
To Make
Hundreds of New Customers

St. John people know that the Oak Hall Basement is different from ordinary stores but MANY do not know exactly what the difference is. In 1922 the Oak Hall Basement was started to reduce the cost of merchandise. It is operated entirely independent of the upstairs stores. It has its own buyer who makes numerous trips to the large manufacturing centres. He buys in large quantities, always at prices considerably under the market value; if he can't get his price he doesn't buy—so every article is a bargain; this is the first step in lowered prices. When the goods arrive they are sold for cash, there are no refunds, no charges, no returns, all this brings down the cost of doing business which is directly reflected in still lower prices. New goods continually arriving, bought under the market price, sold on a smaller mark-up than usual. That's why today and every day the Oak Hall Bargain Basement is able to provide hundreds of bargains like these below:—

Boys' Blouses sizes 6, 7, 8 only Good quality cotton blouses in white with fine stripes, Regular 55c and will go 25cts. fast at 25	Ready Thursday at 8.30 a. m.	Leather Bags Party Boxes Made of genuine leather either plain or grain finished, embossed figures. Regular \$1.00. Get yours now 69c for 69
Pantie Dresses For Little Girls 2 to 6 yrs. Lovely ginghams in fine checks or plain colors, some have embroidered fronts. Regular \$1.00. Don't miss them at 67c	House Dresses Pretty striped ginghams 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	Women's English Flannellette Blouses Light blue and cream with dainty stripes of grey or pink, convertible collar, buttoned cuff, sizes 36 to 42. Very special at 79c
Great Bargains In Underthings Fine White Knitted Undervests 37c. Knitted Undervests in sizes 46, 48, 50 49c. Combinations, White Knitted, 50c, 50c, 90c. Jersey Silk Undervests . . \$1.25 Underskirts, Black Taffeta, extra size . . . \$1.35 Girls' Black Satteen 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	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	For Boys Tweed Caps 60c. Braces 22c. Waist Unions 65c. Tweed Knee Pants 4 to 10 yrs. 98c. Tweed Bloomers 6 to 16 yrs. \$1.35 Ribbed Black Cotton Hose . . . 30c. Blue Chambray Coveralls . . \$1.20 White Balbriggan Athletic Combinations 78c.
For Men Tweed Working Pants . . . \$2.85 Heavy Wool Work Socks . . . 39c. Fine Cotton Socks 25c. Fine White Dress Braces . . . 35c. Heavy Police Braces 35c. Serviceable Work Shirts . . . 98c.	China Cups and Saucers A Wonderful Bargain in 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	Some Basement Bargains At 15 Cents Kiddies Sock Garters Moths Waterproof Bibs. Red Rubber Bath Sponges Webster's Pocket Dictionary Penny Bank With Lock Bobby Cutlers and Wavers Kiddies' Party Boxes Kwikstik Mucilage Multihook Hangers Nesco Glassware Women's Dust Caps One Pound Economy Cocoa. MANY OTHER BARGAINS AT 15c.
Men's Fine Quality Pyjamas Striped percales with pearl buttons and mercerized frogs. Reg. \$2.25. Yours for 98c	High Grade Silk Hosiery foot or top. Perfect in Silk part, slight imperfections in \$1.25	NO APPROVAL NO REFUNDS NO EXCHANGES NO MAIL ORDERS

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