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L-8122-6-S-W-11-Nov. 22.

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AT A BARGAIN
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DELIGHTFUL MISCELLANEOUS SHOWER

One of the most delightful functions of the season took place at Bonshaw on Thursday evening July 11th when Mr. Fred Hickox and his bride (formerly Miss Helen MacRae, Canoe Cove) accepted an invitation to spend the evening with Mr. and Mrs. Neil Salmond, only to find on their arrival the lawn beautifully lighted with Japanese lanterns, to their surprise about one hundred guests awaited them to spend a social evening and shower them with good wishes and many beautiful gifts. After a social hour these present were asked to gather in and about the living room, which was artistically decorated with cut flowers and potted plants, when Mr. and Mrs. Hickox arose to take the two chairs placed in the center of the room for them both girls and boys participated and each received a hearty "bouncing." Mr. Seymour MacLean then presided and in a few well chosen words explained to Mr. and Mrs. Hickox the purpose of the evening, and on behalf of those present extended to Mrs. Hickox a hearty welcome into the community. Little Marine Salmond then wheeled into the living room a miniature farm wagon, topped by a bassinette beautifully decorated with flowers and ribbon, following the color scheme of the evening, it being yellow and white and many beautiful and expensive gifts were opened by Miss Florence MacRae, while Mrs. George Carson, read the accompanying verses which added much merriment to the evening. When the last parcel was removed Marine returned to the sewing-room where the bassinette was refilled and for the second time she gently wheeled the wagon back and took her place in front of the bride and groom while Miss MacRae and Mrs. Carson again opened the parcels and read the witty verses. This time the bassinette was lifted from the wagon and it also was given as a gift. Included in the gifts were two beautiful looking rugs given by the brides sisters. After the wagon was removed from the room, "Fred" in behalf of his bride thanked Mr. and Mrs. Salmond for the pleasant evening, and each and every one for the gifts, and invited one and all to visit them now while they are residing with the groom's parents Mr. and Mrs. Spurgeon Hickox, Low-land Mills, and also when they go to their new home in Dunedin. The crowd then sang

"For they are jolly good fellows" This was followed by lunch served by the ladies. Music and dancing then whirled away the remainder of the evening. Guests included Mr. and Mrs. Frances MacDougall, Miss Bea MacRae and Miss Mary MacRae, Canoe Cove, sisters of the bride, Mrs. Lester Hickox, Frederick, brother of the groom. Miss Rose MacDougall, Ottawa, cousin of the bride, Mr. Allie MacLean and Miss Muriel MacDonald, Cornwall, and Mrs. H. J. Blanchard, Jamaica Plain Mass. The evening passed all to soon and as another day dawned each one returned to their home after one of the most delightful miscellaneous showers which has taken place in Bonshaw. In recent years, Mr. Hickox is the youngest son of Mr. and Mrs. Spurgeon Hickox and is one of Bonshaw's popular young men, having resided there for the past twenty years and has a wide circle of friends. His bride is a daughter of Mr. and Mrs. Frederick MacRae, Canoe Cove and has been a successful school teacher for the past few years and has many friends in Bonshaw and elsewhere. Very best wishes goes out to Mr. and Mrs. Hickox, that their voyage through life may be as happy and free. As the dancing waves on the deep blue sea.

THE OLD LOVE LETTER

Yes, it is an old love letter, but Dearest far to me than all the worldly treasures that I own. Hiding beneath the sea. For in that old love letter, he said, "Will you be mine, Betty, my dearest treasure. Words fall me now to tell, Of how my heart did patter, when I met you at the well."

It is strange the place of meeting But, now, when I gaze in space, I see nothing but the old well. And a wonderful bright face; Also the charm and beauty of Your pretty calico dress. And your dear sun-bonnet, Oh, my God, what have I met."

I have stepped around so happy On the old farm and the home. Mother says, why son William, What has happened to you today? For everything seemed sunshine, And I said, yes, mother dear; And I think I met an angel at the old well. Over there.

Mother smiled a greeting, and She said, my dearest boy, Was it little Betty Fitzgibbon? She is a charming girl. Yes, my mother, she was always kind.

But now I love her more. For right away she now approves Of the girl that I adore.

But your father, he is coming, Will I tell him, William dear? Of our boy's rejoicement, And the smiling, happy girl. He will say, now mother, What is this dream of happy days, When you met me on the sleigh-ride. That cold, cold winter's day. Ada C. Green, 18 Rawson Road, Roslindale, Mass.

TENDERS

For painting inside of Bangor School. Apply to Secretary DUNCAN MACDOUGALL, Bangor. L-8565-7-23-31.

Professional Cards

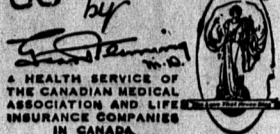
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HEALTH



The very fact that we are alive is the best evidence of the remarkable capacity of the human body to adjust itself to changing conditions. Whether it be an adjustment to the difference between twenty degrees below zero and ninety degrees above, to the attack of disease germs or to the eating of too much sugar; to all of these, the body, if it is to continue to function, must adjust itself.

The circulating blood is always under pressure, for that is what keeps it moving throughout the body. We know the average pressure for groups of persons who appear to be normal. The rate of blood pressure is found by the use of a simple apparatus. A rubber sleeve which can be inflated is placed around the arm; this is then inflated and on a dial attached to the rubber sleeve is read the pressure required to shut off the circulation in the arteries underneath.

There are differences in blood pressure arising out of age, sex, height, weight, the position of the body, and re. physical activity. The average pressure of groups of apparently normal persons is not taken as a normal pressure. Within limits, good health is not endangered by variations from the average.

Blood pressure is maintained by the strength and frequency of the heart beat, the elasticity of the walls of the blood vessels, the quantity and quality of the blood itself.

When the blood pressure is found to be consistently above or below the average, the only important question is: what has caused this change? High or low blood pressure is not a disease, but a sign of some change within the body. A blood pressure date below the average frequently accompanies chronic disease.

An increase in pressure is commonly associated with such bad living habits as overeating, which means overweight. Increased blood pressure is a symptom of the triangle of falling function due to age, seen in degenerative changes in heart, kidneys and blood vessels. Long-continued emotional strain, worry and lack of relaxation may be responsible too.

It will be clear, therefore, how impossible it is to attempt treatment without knowing the cause in the particular person who is to be treated. If treatment is to be successful, it must do away with or correct the underlying cause.

The periodic health examination includes a record of the blood pressure. In the way, changes are noted, attention is given to possible causes, and trouble is dealt with before harm is done.

Question concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered personally by letter.

POONA, India, July 22—(C.P.)—Bus and motor lorry traffic in Hyderabad State has been limited by the government to 20 miles an hour.

"Rody" McPhee News Writer Dies at Home

(Springfield Journal, July 17)
"Rody" MacPhee is dead. The beloved columnist, who for years not only guided the thought of the community through his editorials and made many thousands of people laugh at his quips, in his daily column, in the Springfield Union, under the caption of "The Firing Line," and previously, "The Gung Gung Gung," the former being published under the initials, R.F.M., died in his home, 24 Rockland St., Monday afternoon.

To the members of Mr. MacPhee's family, the staff and workers on the Springfield Journal extend their deepest sympathy. Through years of service on the Springfield newspapers, many of the workers on the Journal, came in daily contact with "Rody" as he was affectionately called, and in the stress of the daily chore of getting out a newspaper, came to know him as a friend and gentleman. In "Rody" MacPhee's passing, Springfield newspaper men have lost a sincere and beloved friend.

For 26 years he conducted the editorial page column in The Morning Union now known as "On The Firing Line," a department that was widely quoted by other papers. He became conductor of the column in 1909 when it was called "Various Topics," but this name was supplanted by the popular designation, "Ging Gung Gung" derived from the comic character, "Ging Gung Gung," whose utterances in a philosophical and whimsical vein were the trade mark of the column. The feature took its present name when the United States entered the World War.

Mr. MacPhee was born in Springfield, June 8, 1868, the son of Donald and Margaret MacDonald MacPhee who moved to this city from Prince Edward Island. He was educated in the public schools.

His first place of employment after leaving school was as a clerk in a local law office but he soon afterwards turned to newspaper work.

While still in his teens, he entered the employ of The Union as a printer's devil in the composing room shortly after the disastrous fire of 1888. Later, he worked for the old skate manufacturing concern of Barney & Berry, but returned to the newspaper field, this time to the editorial department of The Daily News.

In 1899, he returned to The Union. He covered the City Hall and other news beats, and served as news editor, night city editor and city editor. When Maurice S. Sherman was promoted to the position of editor-in-chief, Mr. MacPhee was offered the managing editorship of the paper, but declined it for an opportunity to do editorial writing which was his avocation. The editorial column and his initials, R. P. M., have been familiar to subscribers since that time. He was a member of the American Press Humorists' Association.

Mr. MacPhee leaves his widow, Mrs. Ester C. MacPhee, one son, Donald P. State House reporter for The Union, three brothers, James F., Donald Augustus and Emanuel, one sister, Miss Mathilda MacPhee.

The funeral will be held from his home, 24 Rockland St., Thursday morning at 8.15, followed by requiem high mass in Holy Name church at 9. Burial will be in St. Michael's cemetery.

Keeper—Hey, sonny, keep away from that elephant!
Very Small Boy—Aw, I aint hurt in 'im.

"Devil-Pig" Quest of New Exploration

SYDNEY, July 23—Held in terror by the natives, the cloven-footed "devil pig" of New Guinea, never seen by a white man, is among the objectives of a scientific expedition to the Australian Mandated Territory.

The leader is G. M. Dyott, a noted explorer, who will have two other English companions and one Australian, H. L. Williams, an anthropologist, with him. From Sidney the expedition will sail for New Guinea to explore unknown country in the neighborhood of the Sepik River. On a tableland which has been seen from the summit of Mt. Hagen, but never explored, unknown tribes exist. Their system of agriculture is believed to be unique in the tropic world.

Australian scientific institutions will share in the collections made on this romantic and dangerous expedition, which is being given facilities in New Guinea by the Government and is supported by the Royal Geographical Society, London.

Dyott led an expedition through Brazil to solve the mystery of the fat of the lost explorer, Lieut. Colonel Fawcett, who, with his son and another young Englishman, set out in 1925 through Matto Grosso in search of a fabled city in Central Brazil.

The explorers disappeared and several expeditions in the past ten years have failed to find trace of them.

Scientist Touring World for Spiders

MELBOURNE, July 23—On a motor caravan trip half-way round the world in search of spiders and lizards, Dr. Jerl Baum, of the Czechoslovakia National Museum at Prague, for which he is collecting specimens, drove into Melbourne with his wife recently after a 2000 miles journey from Feith.

The caravan contains two beds, two wardrobes, a kitchenette, which is also a miniature dark room and laboratory, running water, a spirit stove, a table, a reference library, and a wireless set—just like a home, said Mrs. Baum.

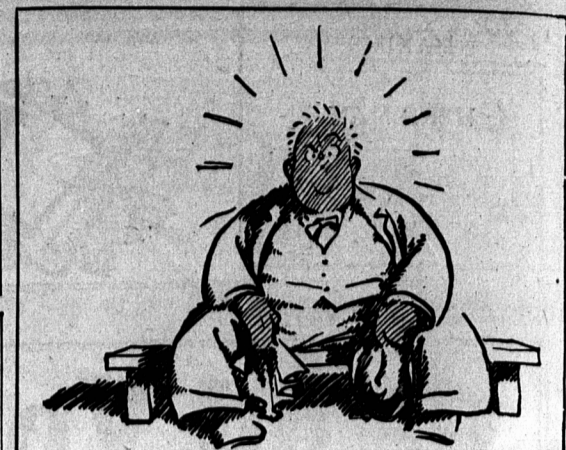
The car's eight forward gears and drive on both sets of rear wheels have made boggy roads like blumens. They had no difficulty in getting through.

Already on the top of the Caravel, are hundreds of spider men. Small lizards and spiders have been sent alive to Prague by air mail. Dr. Baum is paying his own expenses.

CLAIMS HIS VICTIM BROKE HIS HEART

LONDON, July 23—A tale of jealousy and reproach was told by counsel for the prosecution as Del Fontaine, Winnipeg boxer, appeared for preliminary hearing in police court to-day charged with the murder of Hilda Meeks and the attempted murder of Mrs. Alice Meeks, the girl's mother. The hearing was adjourned for a week.

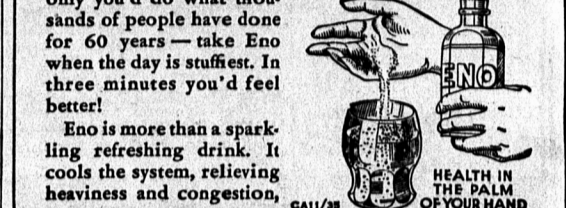
The prosecution introduced a letter found on Fontaine and addressed to Miss Meeks when he was arrested after the double shooting in the Meeks' home in south London early this month. This full of reproaches, charged her with



Cool Off with Eno

'Another scorcher,' you say joyously on your way to the office. But look at you by the afternoon! Collar limp. Sleepy and yawny. No energy for anything. If only you'd do what thousands of people have done for 60 years—take Eno when the day is stuffiest. In three minutes you'd feel better!

Eno is more than a sparkling refreshing drink. It cools the system, relieving heaviness and congestion,



Eno's Fruit Salt

turning him against "the most wonderful woman in the world." Here in London on a visit Madame Heidy recalls that until she was a grown woman she never saw a man except her father and brothers, never played a game and knew nothing of the world outside her father's house.

Ten years ago the Shah, who is sympathetic with the women's movement, came to the throne and introduced many reforms. In memory of the emancipation of the Persian women, Madame Heidy, who has flashing dark eyes and a vivacious manner, always wears a modern eye-veil with her hats.

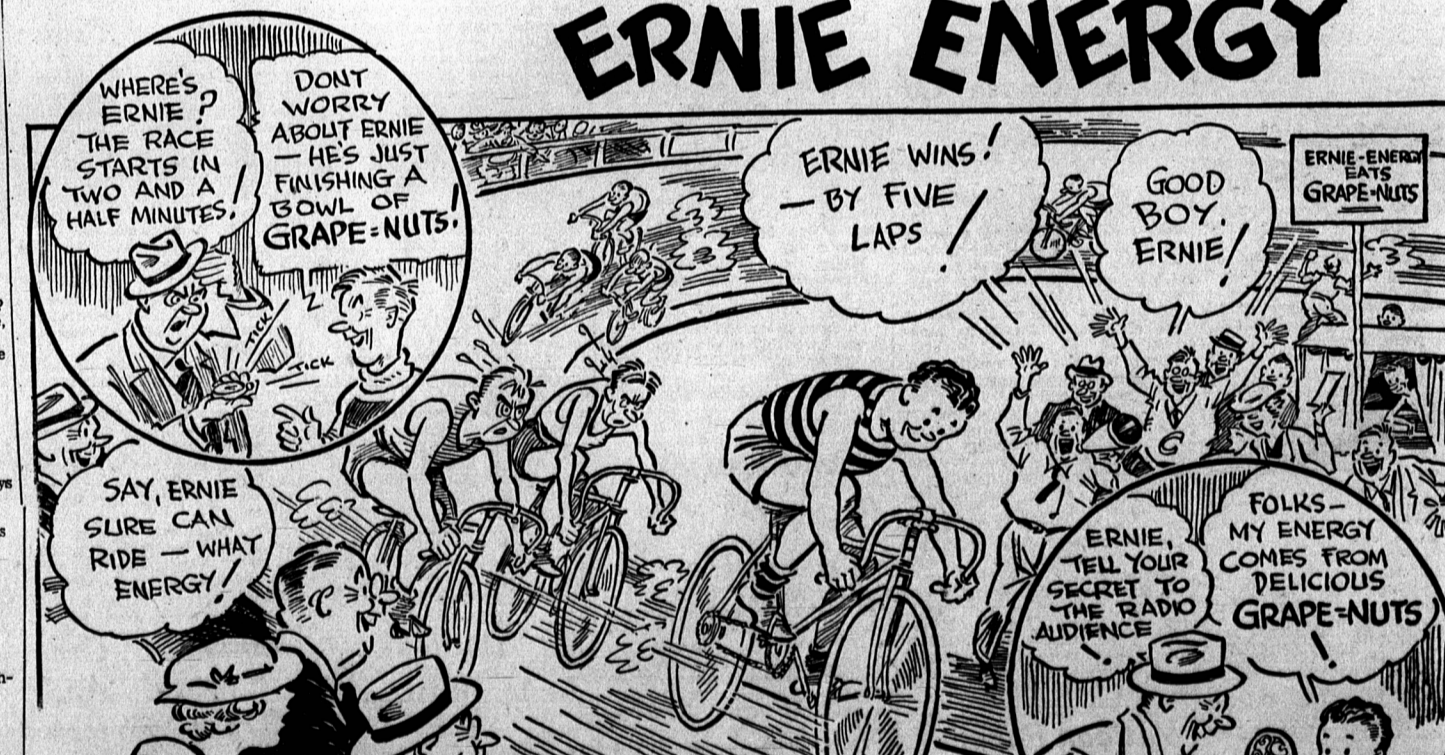
"Now only those women who prefer it go veiled," she said. There are state schools for girls in every town. They learn everything their Western sisters are taught, and they even play tennis.

Mrs. Heidy was the first Persian woman to be given a passport. It was "unheard of" for a woman to have a passport to travel alone.

"The little man was amazed. 'Don't you advertise that children under 12 with parents are admitted free?' he asked.

"But these aren't under 12," came from the doorman.

The little man's expression was now one of complete incredulity. "Well," he said, exasperated. "All I can ask you to do is count 'em again. You'll find that there's just 11."



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No wonder Ernie praises Grape-Nuts! And remember that Grape-Nuts is not only one of the most energizing and completely nourishing of foods but is also one of the most delicious! Easy to digest, too. And economical—costs only about one cent a serving. Get a package from your grocer.

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