

"Blue" Spells

Reduce some women to the petulant shadow of their own smiling selves. Others take the Vegetable Compound when they feel the "blues" coming on. It steadies quivering nerves... helps to tone up the general health... gives them more pep... more charm.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

HEALTHY

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

EATING UTENSILS

The easiest ways are the usual ways by which disease germs are passed from one person to another. Most of the disease germs which we, in Canada, have to combat leave the body in the secretions of the nose and mouth. It is the transference of these germ-laden secretions which accounts for the spread of germ diseases.

In the acts of coughing, sneezing and loud talking, particles of secretion are thrown into the air, and any one who is in the line of fire receives these particles, which, if they gain entrance to the nose or mouth of the person within reach of them, carry with them, any germs which were in the nose or mouth of the individual omitting them. In the act of kissing, the transfer is more direct and more certain.

During the summer, there are fewer colds and so fewer coughs and sneezes; people are out of doors more, which means that they run less chance of being near those who cough and sneeze or talk at close range. The result is that this manner of spread of disease germs is not found so frequently in summer as it is in winter.

Another easy way for disease germs to be passed around is by the use of unsterilized eating utensils. This happens even in the home, so it can be readily imagined how it can occur more easily in restaurants or at soda fountains where the same utensils are used by a number of patrons within a short space of time.

What happens depends upon what is done to the eating utensils after each time they are used. If, after having been washed, they are placed in water that is hot enough to kill germs, they are perfectly safe. If not, then the second user receives the secretions of the first which may contain disease germs. Paper cups and dishes which are used only once are, of course, safe.

You can be satisfied as to your own safety if the restaurant and the soda fountain which you patronize are regularly inspected by a health department which has the authority

to require the sterilization of all eating-utensils and the sanitary preparation of foods. The task of health departments would be better if the public would assist by demanding cleanliness of their eating-places.

There is not the same amount of danger in the home because dishes are not used by large numbers of people, and there is usually time for many of the germs to be destroyed, by drying, between meals. There is real danger in the common drinking-cup in the home, whether it be found in the bathroom or at the kitchen-sink.

Look around your home. Is there a common drinking-glass in the bathroom? If there is, how many colds do you think it has spread among the family?

Questions concerning Health, addressed to the Canadian Medical Association, 134 College Street, Toronto, will be answered personally by letter.

BREEDS OF BACON HOGS

The three recognized bacon breeds, namely, Yorkshire, Tamworth, and Canadian-type Berkshire, all conform reasonably well to the required standards demanded by the British Wiltshire trade. However, all the three bacon breeds have defects common to each, of which hog raisers should be aware, especially now that a superior quality product is in demand. The Yorkshire is a particularly popular bacon breed both from the standpoint of the farmer and the packer. Typical Yorkshire hogs, when properly fed and finished for market, produce a carcass which carries the desired balance and proportion in relation to length, an even distribution of fat, and a wealth of lean meat. Good quality of bone, which is associated with quality in the skin and hair, leaves the carcass with a rind presenting a clean, attractive appearance on the rail.

Although a higher percentage of individuals of the Yorkshire breed has attained perhaps more closely to the desired standards of perfection, there is still too great a percentage of market hogs of Yorkshire breeding which falls short of the requirements. Some strains lack the desired length of body. Others lack constitution and thrift. The Yorkshire breed offers a reasonably large number of strains to choose from, so that discretion can be exercised in the choice of animals that have the desired length, a vigorous constitution, and a smoothness of conformation essential for the making of economical gains that result in a carcass saleable at the top price for Wiltshire sides or best Canadian cuts.

Tamworth hogs have always maintained a high reputation for the production of high-class Wiltshire sides. Unfortunately, in Canada they have never been produced extensively, and, while there are many individuals of excellent type and quality, there are comparatively few strains from which to select. Tamworths as a breed are

inclined to be slightly heavy in the shoulder. Some strains are apt to be short of side, and market hogs from such breeding invariably carry too heavy a fat covering if fed to weights of 200 and 220 pounds. Tamworths are prolific, are economical feeders, have good quality of bone and skin, and are considered less subject to sunscald than white hogs. An infusion of new blood on the part of pure-bred breeders would appear advisable, and should be followed up with the objective of developing strains with smoother and lighter shoulders, slightly more length of side, and better balance of body throughout.

Possibly fewer hogs of Berkshire breeding conform to bacon standards than of the other two recognized bacon breeds. This is due to the fact that only a few breeders have confined themselves definitely to the development of a bacon type hog. There is still a percentage of individuals from even the best strains that revert back to the short thick type. However, says Mr. A. A. MacMillan of the Dominion Live Stock Branch in the handbook of the bacon hog, with persistent selection along proper lines, this difficulty will undoubtedly be overcome. Berkshire carcasses from improved strains carry over a large proportion of lean meat to fat, and the yield of dressed meat is high. Owing to the black hair, there is an objection on the part of packers to the Berkshire hogs will not stand close pen feeding and forcing with a heavy carbonaceous grain ration. Under such feeding practice, individuals of this breed do not develop sufficient length and the hog at market weight produces a carcass possessing an excessive fat covering.

BASEBALL

HAWKS 16 SENATORS 12

The ball game on Friday night between the Hawks and Senators developed into an old-fashioned slugfest before the final out was called, the score reading: Hawks 16, Senators 12. The losers had almost as many misplays chalked up against them as they did series. "Bus" Lavoie made his debut as a pitcher for the Senators, and did a very creditable job. Young Ed. Saunders was the outstanding hitter of the evening, smashing out two 3 base hits, a 2 bagger, and a single in 4 times at bat. "Timmie" Nelson although handicapped by a badly swollen eye, which he received while practicing before the game, played the entire game, and crashed out a 3 base hit to aid the winners' cause in the 3rd inning.

Hawks 15 12 4
Senators 12 9 11
Batteries for the Hawks: Barnett, Dymond and Rolston.
Batteries for the Senators: Lavoie and Murphy.
Umpire, A. Kelly.
Time of game, 1 hr. 35 mins.

Minard's the great Rubbing Liniment.

CROP REPORT

Below will be found a brief synopsis of telegraphic reports received at the Head office of the Bank of Montreal from its Branches. The Branch Managers have complete and intimate knowledge of each local situation and are in close touch with crop conditions in all sections of the district mentioned.

GENERAL

Crop conditions are generally good throughout Alberta and in Northern Saskatchewan and Northern Manitoba, but in Southern Saskatchewan, and in certain sections of Central and Southern Manitoba the outlook is but fair to poor. Hail damage is reported from scattered sections, but is not considered serious except in some local areas in Alberta and Saskatchewan. Reviewing conditions in the Prairie Provinces as a whole, a leading grain company estimates the grain crop as 77 per cent of normal. In Quebec crops as a whole present a good appearance and weather conditions are satisfactory. In Ontario rains and warm weather have promoted rapid growth and spring grains are looking remarkably well. Haymaking is nearing completion, the yield being much below normal, though of good quality. In the Maritime Provinces growth is below the average for this period and rain is needed. In British Columbia fine weather with intermittent rains has been favorable to growing crops in most districts, and conditions generally are satisfactory. Details follow:

PRAIRIE PROVINCES

ALBERTA NORTHEASTERN AREA—Wheat is heading rapidly at average height; coarse grains and pastures are making good growth. **ALBERTA SOUTHEASTERN AREA**—Summerfallow crops are fair to good. **ALBERTA WESTERN AREA**—Crops in the northern district particularly are growing rapidly and range pastures are good. **SASKATCHEWAN NORTHERN AREA**—Wheat generally has a fairly good stand, although backward. Coarse grains are making satisfactory progress. **SASKATCHEWAN SOUTHERN AREA**—Wheat on summerfallow is spotty and short, and stubble crops are poor. Pastures are improved but are still short and rain is required. **MANITOBA**—In the north wheat is 50 per cent headed and there is a good stand, with ample moisture to mature all crops. Haymaking is in progress. In the eastern section all crops on heavy land are advancing satisfactorily, but on light soil, and where moisture has been insufficient, crops are stunted. In the western area as a result of drought in the early spring and continued shortage of moisture, grain, fodder and hay crops are thin and short.

PROVINCE OF QUEBEC

In all sections hay lands continue to improve. In the Eastern Townships and Upper St. Lawrence Valley cutting will be general in a few days. An average crop is now in prospect. Grass pastures are in good condition. Grains are making satisfactory progress; root crops, particularly potatoes, are doing well. A large crop of strawberries has been marketed; raspberries are now being offered for sale and the yield is expected to be heavy. The apple crop will likely be below average.

PROVINCE OF ONTARIO

Fall wheat is ripening fast but returns will be definitely below average. Spring wheat is progressing satisfactorily. Coarse grains, the acreage of which has been considerably increased to supplement the feed shortage, are filling out well. Corn has improved with the warm weather and shows satisfactory growth and color. Pastures show improvement, but still need more moisture. The yield of canning peas will be less than normal. Tomato plants are coming along nicely and forming well. Root crops are promising with the exception of sugar beets which are patchy, and a poor yield is fore shadowed. Damage to orchards due to winter kill was more severe than anticipated and light crops of apples, peaches, pears and plums are indicated. Tobacco plants are showing good growth but due to the activity of the cutworm a small percentage of the crop will be spotty and in Norfolk County some scattered damage has resulted from winds.

MARITIME PROVINCES

In Prince Edward Island grains are making satisfactory progress; root crops show strong growth and a good cut of hay is in prospect. Throughout New Brunswick and Nova Scotia grains are growing well. Potatoes continue to show satisfactory progress. The hay crop will be below average and cutting will commence in a week or ten days. Grass pastures are in fair condition only. In the Annapolis Valley apples look promising; the drop is not excessive but rain would be beneficial. A light crop of strawberries is now being marketed.

PROVINCE OF BRITISH COLUMBIA

The hay crop is of excellent quality. Grain crops are looking well and prospects are for a 100 per cent yield. Small fruits are plentiful, with the exception of loganberries on Vancouver Island, the yield of which is now placed at 60 per cent to 75 per cent of average. The strawberry and cherry crops, of average yield, are almost over. Semi-ripe tomatoes are being

shipped from the Caribou District. General crop conditions in the Okanagan Valley are favorable and tree fruits are developing well. Pastureage is plentiful.

FRESH SWEET CORN HAS ITS DAY

Bar B Brooks

The season is approaching when fresh corn will be on the market. This is important news because corn is one of the few vegetables that still has its season. Nearly everything else can be found in the markets at some place the year around. However, corn is neither fresh nor sweet after it has been picked for many hours, and most of the crop is sold as it ripens near the place where it is grown, or it is canned or dried for out-of-season use.

When we bite into the first juicy corn of the season, we decide then and there we could never tire of corn. Perhaps, we really do not tire of it. The fact remains, however, that after the first week or so of the corn season we begin to think of ways of serving it that are different.

Succotash and corn fritters with maple syrup or honey corn cut from the cob. Many cooks left-over or freshly cut from the cob is delicious if heated in cream or butter with salt, pepper and a little butter if the cream is not too rich. Well-seasoned corn stuffing is good in tomatoes or peppers. Corn has its place in cream or vegetable soups. It adds a certain something to muffins, biscuits, griddle cakes and waffles. In fact, if you will list your favorite recipes for meat and vegetable dishes, for soups and for quick breads, many suggestions for using corn will occur to you. When you wish to feature corn in the menu and want something different, the following recipes will help you.

CORN STUFFED PEPPERS

6 green sweet peppers
2 cups whole kernel cooked corn
1/2 cup thin white sauce
5 tbsps. tomato catsup
2 tbsps. sugar
2 tbsps. onion salt
Butter
Corn flake crumbs
Grated cheese.

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ENTERPRISE

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Cut off tops and remove seeds of peppers. Put peppers and top slice in cold water and bring to boil, boiling five minutes. Cut cooked tops of peppers into small pieces and add to corn. Add catsup, sugar and onion salt and pack into the parboiled pepper cases. Put lump of butter on top of each and cover tops with corn flake crumbs and grated cheese. Bake in hot oven (425 degrees F.) until brown on top.

SPANISH CORN

1tbsp. butter
1 large green pepper, minced
1 medium onion, chopped
1 tsp. salt
1-4 tsp. black pepper
2 cups cooked corn
2 1/2 cups tomatoes
8 whole wheat biscuits
Melt butter in frying pan and saute pepper and onion until tender but not brown. Add other ingredients (except whole wheat biscuits) and simmer until juice has partly condensed. Split, heat and butter the whole wheat biscuits, place a generous amount of the corn mixture on top and serve. Yield: 8 servings.

SCALLOPED CORN AND OLIVES

2 cups celery (diced)
2 cups cooked corn
1-2 cup ripe olives (minced)
1 tsp. salt
1-2 tsp. pepper
1-2 cup corn flakes
2 tbsps. butter
Cook celery in boiling, salted water until tender, but not soft. Place in a buttered casserole alternate layers

of corn, celery and minced olives. Add seasonings and milk. Top with corn flakes and dot with butter. Bake in a moderate oven (275 degrees F.) thirty minutes.

TOASTED CORN SANDWICHES

1-2 cup soft sharp cheese
1 tsp. milk
1 egg (beaten)
1-2 tsp. salt
1-4 tsp. dry mustard
1-4 tsp. baking powder
1-2 cup grated raw corn
Buttered toast, strips of bacon
Mix cheese, milk, beaten egg, seasonings and baking powder into a smooth paste. Add the corn and spread mixture on slices of toasted bread. Place strip of bacon on top and put under broiler until it becomes browned and puffed up. Serve immediately.

FALSE TEETH

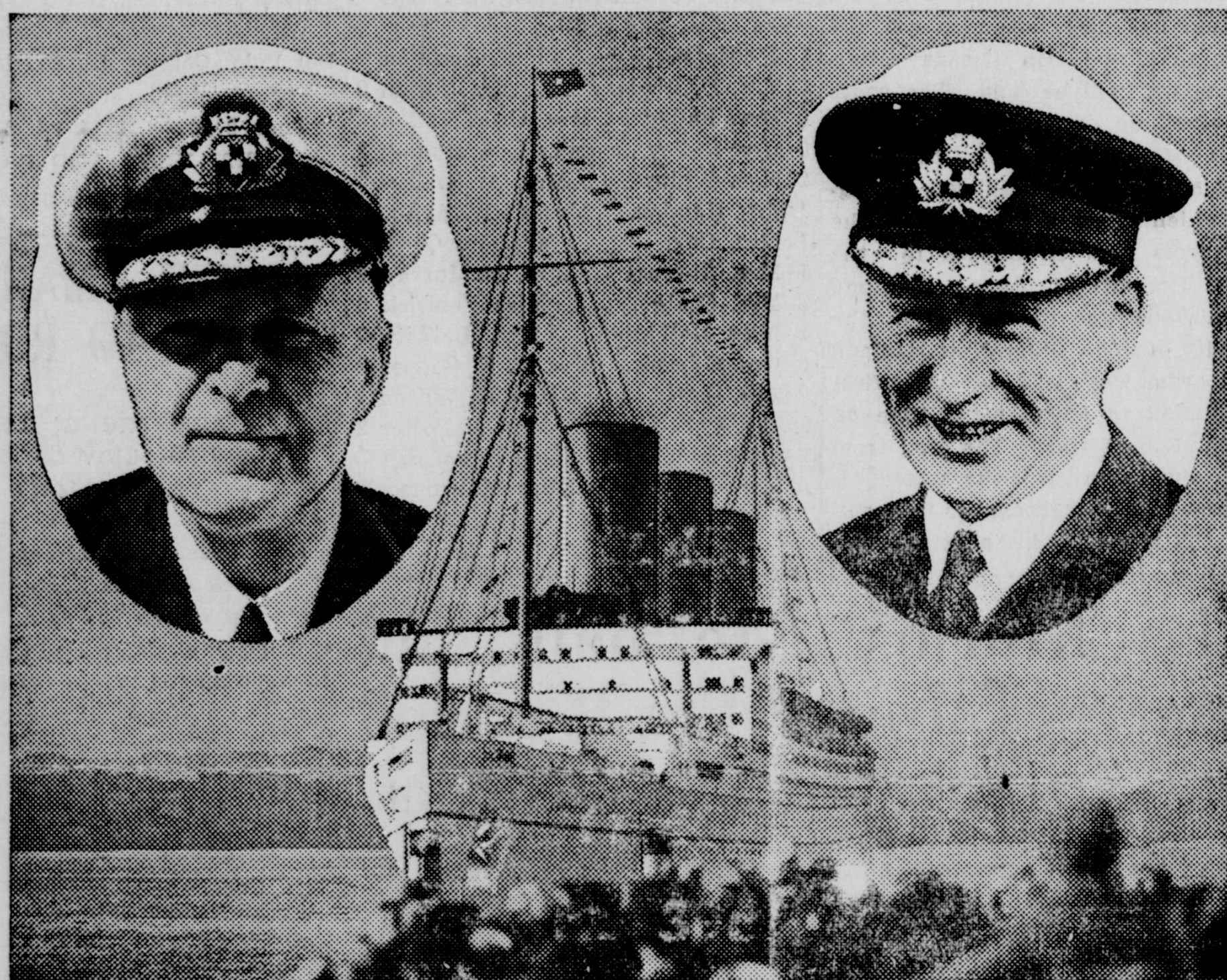
Can Not Embarrass

Most wearers of false teeth have suffered real embarrassment because their teeth dropped or slipped at just the wrong time. Do not live in fear of this happening to you. Just sprinkle a little FASTEETH on your plates. Makes false teeth stay in place and feel comfortable. Sweetens breath. Get FASTEETH at any good drug store.

PICNIC TO BE HELD

A Picnic will be held on August 7, on St. Gertrude's Church grounds. All the usual Sports will be carried on. Proceeds for Church purposes. Supper served in Parish Hall.

"SEA CHANGE"



Captain R. G. Latta (left) and Captain R. N. Stuart. Centre photo shows a portion of the huge crowd that assembled at Wolfe's Cove, Quebec, Saturday, June 30, to wave farewell to the popular "Jock" Latta.

A famous Atlantic skipper severed his connection with the sea at the completion of voyage 44 of the Canadian Pacific flag-ship, Empress of Britain.

Captain Robert Gilmour Latta, first Commodore of Canada's big passenger fleet, first commander of the Empire's latest luxury liner, and friend of Princes, Prime Ministers, and thousands of other travellers from all parts of the world, has been retired under the pension plan of the Canadian Pacific after 30 years in passenger service between Canada and the Old Country.

E. W. Beatty K.C., President of the Canadian Pacific, said in announcing his retirement: "His departure from the sea will be a loss that is balanced only by the gain which will accrue to the land in which he takes up his residence. While it is with regret that his friends in the Company say farewell to Commodore Latta, and that his close association with us comes to an end, all, I am sure, join with me in felicitating him upon being still young enough to anticipate

many years of useful service to his community."

At the age of 62 Commodore Latta completes 38 years as a seaman. He started as an apprentice in the sailing ship "Admiral" in 1896, and joined the Canadian service eight years later as a Fourth Officer. He was appointed to command in 1923, and became the first Captain of the 12,500 ton Empress of Britain for her maiden voyage in May, 1931, from which date the big liner has not known the hand of any other commander in the course of travelling 320,000 miles.

V. C. Captain Promoted.

Co-incidental with the announcement of Captain Latta's retirement was the appointment of Captain R. N. Stuart, V.C., D.S.O., U.S.N.C., R.D., R.N.R., as the second Commander of the big white liner, and the second Commodore of the Canadian Pacific fleet. Captain Stuart also commenced his association with the sea in a sailing ship, and his appointment at the age of 47 as the youngest Commodore in the Merchant Service culminates 32 years of sea

service which included four and a half years in the navy during the war.

His war service is well known, and as a commander of "Mystery Ships" and Destroyers he was awarded the Victoria Cross, Distinguished Service Order and Bar, and the Navy Cross of the United States. Of him Mr. Beatty said, "Captain Stuart's record for his Country is one of the outstanding war stories of the sea, and his record with the Company is equally brilliant."

"Command of the Empress of Britain with her high speed and almost continuous service, calls for men of very high calibre, and I know that in appointing Captain Stuart to the Empress of Britain, and naming him the second Commodore of the Canadian Pacific fleet, we have chosen a worthy successor to Captain Latta."

The transfer of command took place at Southampton July 7, when Captain Stuart took over his new command, and the genial "Jock" Latta swallowed the anchor.

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Prices for July 20-21-23

"HOUSEWIVES IN SEARCH OF QUALITY BARGAINS WITH CONVENIENT SERVICE GO TO THE M. M. A."

(SPECIAL)	Clark's Spaghetti	1's	2 tins	17c
(SPECIAL)	Crown Brand Corn Syrup	2's	per tin	17c
(SPECIAL)	Fairy Soap		5 cakes	19c
(SPECIAL)	Shredded Wheat		2 pkgs	23c
(SPECIAL)	Std. TOMATOES 21-2's & Std. CORN 2's		3 tins	29c

Red Rose Coffee	1's	per lb	45c
Flit Fly Spray	8 oz tins	per tin	33c
Walnuts Yellow Halves	1-2 lb	23c	
Christies Shortbread Fingers	2 doz	for	15c
Bruns. Sardines	Oil or Mustard	per tin	5c
Sugar-Crisp CORN FLAKES			
Choice Canned Lobster	1-2's	per tin	33c
3 pkgs			25c
Shu-Milk		per bottle	25c
Maraschino Cherries	3 oz per bot		13c
Acme Gloss Mixed Starch	1's	per pkg	12c
Golden Net Salmon (Cohoe)	1's	per tin	25c
Ganong's Summer Mixed Candy		per lb	19c
Enos			33c
Fruit Salts Lge.		per bot.	89c
Matches Blue Ribbon or Swan		3 pkgs	25c

M. M. A. Members of Woodstock Zone

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