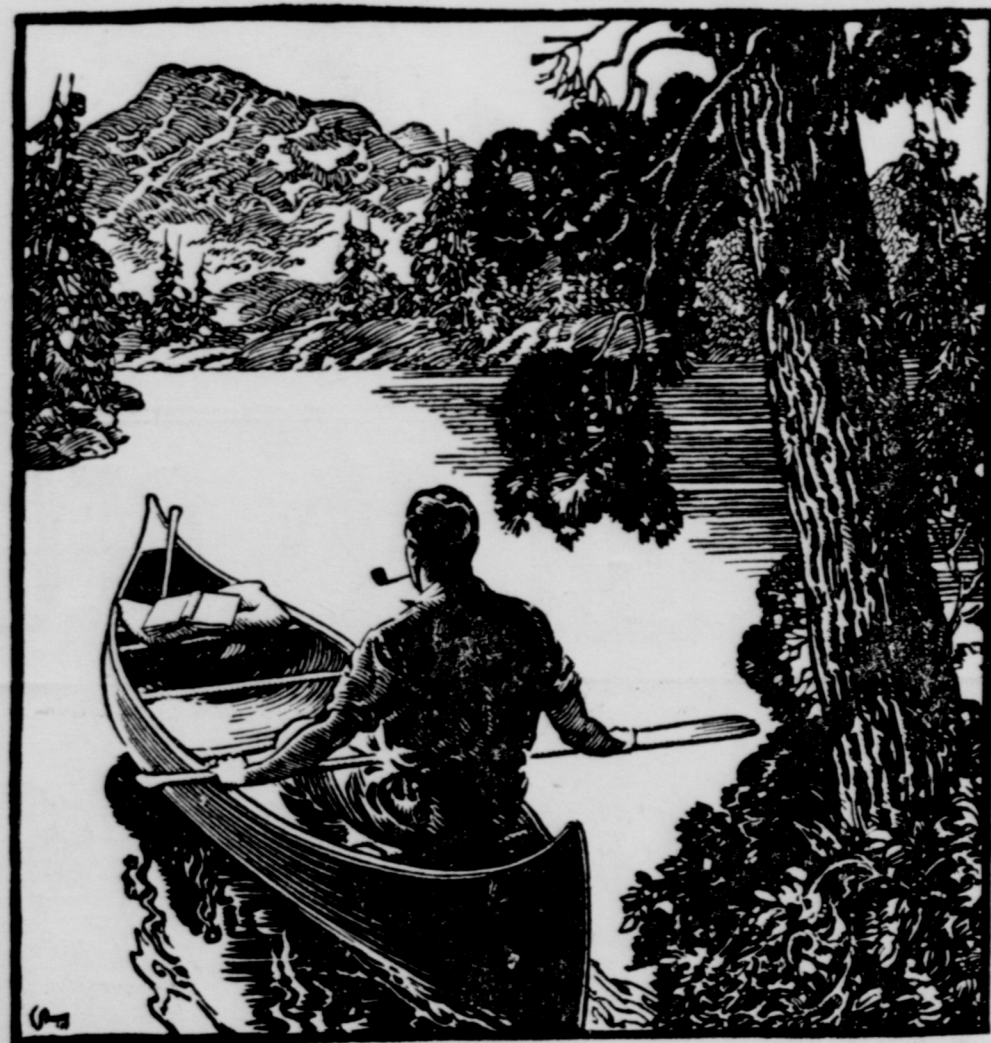




FREEDOM FROM WORRY

An adequate Savings Account means more than money; it means security, independence, ability to enjoy life. Regular deposits in a Savings Account lead to the great objective for which all men strive—a mind at ease and free from worry.

THE ROYAL BANK OF CANADA

WOODSTOCK BRANCH - C. J. DURLING, Manager

LIBERAL LEADER ASSAILS RECORD OF N. B. GOVERNMENT

HON. A. A. DYARSAT AND OTHER SPEAKERS HEARD IN SUNBURY CO.

Oromocto, Sunbury Co., Sept. 6.—The Liberal party in New Brunswick is out to "clean house," Hon. A. A. Dyarsat, K. C., Buctouche, leader of the provincial opposition, told a large gathering at a public meeting here tonight. Every department head of the present administration was open to severe criticism, he said.

Three points in particular were dealt with by the opposition leader as he compared the viewpoints of the two parties in this province—the Liberal and Conservative. In 1917, he declared, a Liberal administration had passed the Auditing Act to keep the finances of the province clean. Under that act, a governor's warrant permitted the government to borrow money on the province's credit in cases of extraordinary emergencies. Mr. Dyarsat pointed out. The Conservative administration had violated that law when it paid a guaranteed loan of \$100,000 to the British Canadian Packing Co., Ltd., Saint John, and by covering non-emergency expenditures by governor's warrants to the extent of \$3,600,000, he affirmed.

Another accomplishment of a Liberal administration was an independent non-political Crown lands organization, which, under the Conservative regime, had become a "political cesspool for the friends of the government."

A third practice touched on by the opposition leader was that of doing road work by New Brunswick men cheaply under a Liberal government, as compared with the road work now carried on by the Conservative administration by what he termed the expensive "Stewart-Smythe road machinery."

In 1930, the election year, when the government repeatedly said there was no depression, according to Mr. Dyarsat, the department of public works alone spent upward of \$8,500,000, he declared; when the depression was at its peak, however, with hundreds of men out of work, the government spent \$7,000,000 less.

Mr. Dyarsat spoke at some length in answer to what Premier Tilley had said at the recent provincial Conservative convention at Fredericton regarding the government's joint guarantee with the municipality of the City and County of Saint John of the bank account of the Port Royal Pulp and Paper Co., Ltd. Saint John, to the total extent of \$120,000.

What he was concerned with, the opposition leader continued, was whether the guarantee of the province was given by the government with a view to having the company in return pay the stumpage bill owing the department of lands and mines by E. C. Atkinson, M. L. A., for Sunbury. When the premier at the convention denied that one dollar of the guarantee to the Port Royal Company went to buy shares in Mr. At-

PEARSON'S CREOLIN

ANTISEPTIC DISINFECTANT

kinson's company, he, the premier, was drawing a red herring across the trail. For he, Mr. Dyarsat, had no concern with shares in the New Lepreau, Ltd., Mr. Atkinson's company. If the Port Royal Company wished to invest capital in the Atkinson Company, that was their concern.

Mr. Dyarsat read a letter sent to him from the premier, which he said the latter had read also at the Conservative convention, in which the phrase "arraignment of stumps" was mentioned. The latter authorized Mr. Dyarsat to ask the bank supervisor, either by letter or in person, to examine the records in connection with the Port Royal guarantee. At that time the premier had declared that Mr. Dyarsat had neither appeared in person nor had written to obtain the information.

Mr. Dyarsat stated tonight that he did not act on the letter because he knew that Premier Tilley "did not know what he was talking about." A bank dare not, he said, even with the authorization of the prime minister or the governor-general, for that matter, permit anyone to see the bank accounts of private concerns. Had the premier, however, submitted an authorization for such examination from the president of the Port Royal Company, it would have been a different matter.

Other speakers tonight were J. B. McNeill, Fredericton, president of the New Brunswick Liberal Association and leader of the Liberal ticket to contest the constituency of York County in the next provincial election, and the two Liberal candidates in Sunbury County—W. C. Lawson, Minto, and Gabriel F. Smith, Central Blissettville.

Mr. Dyarsat corrected a statement which he made at Minto last night. In naming some of the groups of those who he said had attended the Conservative convention in Fredericton he used the phrase, "chief of the Liquor Control Board," whereas he had intended saying "a commissioner of the Liquor Control Board," he stated tonight.

BEAR HUNTING POPULAR

Fredericton, N. B. Sept. 10.—An increasing popularity of bear hunting is noticeable on the part of United States and Upper Canadian sportsmen visiting the Province of New Brunswick.

Inquiries reaching the Government Tourist Bureau here regarding seasons and conditions for hunting these animals are on the increase and with many sportsmen the thrill of shooting a full grown black bear seems to be on a par with that of bringing down a bull moose. While replete with excitement, the adventure of hunting bear affords the sportsman more chances of success than does the hunting of various other species of game animals. Through the fact of their being herbivorous, these animals may be easily located in the autumn as they browse for beech nuts along the hardwood ridges.

In New Brunswick, purchasers of the non-resident bull moose hunting license are allowed to take four bears. In addition, special bear hunting licenses covering the months of April, May and June are issued each spring by the Department of Lands and Mines.

MATCHES

Matches will keep dry when camping, or taking a canoe trip, if they are dropped in warm paraffin.

BEDTIME MEALS

By Barbara B. Brooks

The bedtime snack has been the subject of much discussion. Should we eat something just before retiring? What should we eat? How much do we need? These are questions often asked. And to many midnight jantry raiders the question is, what can be had?

This debate has been going on as long as man has been sufficiently civilized and well provided with food to take his meals at regular intervals. There are perhaps as many people who say they sleep best on an empty stomach as there are supporters of the light lunch before bedtime. A few people, take a hearty meal just before retiring and seem to sleep well. Others, find that sleep is disturbed if anything at all is eaten at bedtime.

Now science comes to our rescue. Experiments have been made under controlled conditions to study the effect upon sleep of food at bedtime. Tests have been made with both children and adults. The conclusions are that a light meal of easily digested food just before retiring aids sound sleep and that a heavy meal is disturbing.

A meal was classified as heavy when it contained foods rich in fat or concentrated proteins or other foods which digest slowly and with difficulty. Ready-to-eat cereal, such as corn flakes, and milk, proved to be an ideal bedtime meal for adults, as well as children.

Because children usually retire soon after supper, the tests were made by varying the suppers which they ate. The usual kind of family supper composed of meat or eggs, potatoes, vegetables and dessert was compared with a meal of ready-to-eat cereal and milk. The children's movements during sleep were studied as an index to restlessness. It was found that the children were less restless in sleep after the cereal suppers and that the heavy meals were followed by restless sleep. These tests support the theory that young children should have the heaviest meal with its variety of proteins and vegetables in the middle of the day. The evening meal must be nourishing and filling, but easily digested.

Menus are given below which are suitable for the children's supper. With these staples in the pantry, the bedtime snack for all the family is



WHEN YOU'RE HEALTHY YOU'RE HAPPY!

The blame for "blue" days can be laid often to common constipation. It may bring loss of appetite and energy, sallow and pimply skins, even serious illness. Correct it by eating a delicious cereal.

Research shows Kellogg's ALL-BRAN provides "bulk" and vitamin B to relieve common constipation. Also iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Isn't this better than taking patent medicines—so often harmful?

Two tablespoonfuls of ALL-BRAN daily, relieve most types of constipation. With each meal, in chronic cases.

If not relieved this way, see your doctor. Get the red and green package at your grocer's. Made by Kellogg in London, Ontario.

KEEP ON THE SUNNY SIDE OF LIFE

taken care of.
Corn Flakes
Sliced Bananas
Whole Milk
Soft Scrambled Egg on Split Whole
Wheat Biscuit
Cocoa
Hot Milk Toast
Corn Flake Cream Dessert
Grape Juice

SOFT MOLASSES COOKIES

3/4 cup shortening
1 cup sugar
2 eggs, well beaten
1 cup molasses
1 cup whole wheat flakes
4 cups flour
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
1/2 tsp salt
1/2 cup sour cream
Cream shortening and sugar thor-

oughly, add eggs, molasses and whole wheat flakes. Sift dry ingredients and add to first mixture alternately with the sour cream. Place in refrigerator and chill overnight. Roll a small part of the dough at a time, cut and bake in a moderate oven (375 degrees F.) for about ten minutes. Yield: About 2 1/2 dozen large cookies.

CORN FLAKE CREAM DESSERT

2 tbs. flour
1/2 cup sugar
1/4 tsp salt
3 egg yolks (slightly beaten)
2 cups milk (scalded)
1 tsp. vanilla extract

Mix dry ingredients and add to egg yolks, stirring until smooth. Add scalded milk slowly so that egg yolks will not cook. Cook in double boiler until thickened. Add vanilla, cool and pour into pan lined with corn flake pastry. Spread meringue over top and sprinkle with remaining crumbs. Bake in a slow oven (300 degrees F.) for forty minutes. Cool and serve. Yield: 10 servings.

CORN FLAKE PASTRY

1/4 cup butter
1 cup corn flake crumbs
1/4 cup sugar
1/2 tsp. cinnamon

Roll or grind 4 cups corn flakes to yield 1 cup fine crumbs. Melt butter in a cake pan (8 inches square) or a large pie pan. Add the corn flake crumbs, sugar and cinnamon and mix well. Reserve 1/4 cup for the top and press, rest of mixture around the sides and in the bottom of the pan.

MERINGUE

3 egg whites. Few grains salt, 6 tbsps sugar 1/4 tsp. vanilla extract.
Add salt to egg whites and beat until they hold their shape, but not until they lose their shiny appearance. Add sugar gradually and beat until stiff. Add vanilla.

MEETING WELL ATTENDED

The tent meetings that have been held for the last four weeks on Howland Henderson's point are still running strong. Eleven candidates were to have been immersed Sunday in the Debec stream but pouring rains prevented. It was decided to have the baptism next Sunday and to carry on the tent services another week.

Rev. S. A. Mullen has been the chief speaker and has been assisted the past ten days by Rev. J. S. Blaney of Centreville. Mr. Blaney is an eloquent speaker. He and his wife have thrilled the large audiences with their singing.

LESS THAN 1¢ WORTH IN A CAKE

MAGIC

JUST THINK—it takes less than 1¢ worth of Magic Baking Powder to make a delicious three-layer cake! And Magic is always dependable—gives the same perfect results—every time. No wonder Canada's leading cookery experts say it doesn't pay to take chances with inferior baking powder. Bake with Magic and be sure!

"CONTAINS NO ALUM." This statement on every tin is your guarantee that Magic Baking Powder is free from alum or any harmful ingredient.



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

In the Prairie Provinces harvesting has been delayed by unsettled weather, but threshing is under way again in most districts, and is well advanced in the southern and central areas of the three provinces. Frost damage has affected the grades in the north. Estimates place the western wheat crop at slightly above last year's yield. The yield of coarse grains is very light and pasturage is poor in Quebec, crops generally are in satisfactory condition, and, with favorable weather conditions, average yields are in prospect in most sections. In Ontario threshing of spring grains reveals a better than average yield, with quality good. Estimated yields of sugar beets and of apples and peaches are much below average. In New Brunswick and Prince Edward Island crops continue to make good progress; in Nova Scotia yields will be materially below average due to lack of moisture. In British Columbia the yield of grain is about average. A particularly heavy second crop of alfalfa is practically harvested, and tree fruits are ripening satisfactorily. Details follow:

PRAIRIE PROVINCES

ALBERTA NORTHEASTERN AREA—Above 75 per cent of the wheat is cut. Coarse grains generally are poor. ALBERTA SOUTHEASTERN AREA—Approximately 50 per cent of the wheat crop has been threshed, with an average yield of 8 to 10 bushels per acre. Coarse grains and feed crops are poor. ALBERTA WESTERN AREA—Wheat cutting is nearing completion. Threshing has commenced in most districts. The yields vary widely, with grades generally good. Coarse grains are light. SASKATCHEWAN SOUTHERN AREA—Practically all grains have been cut and threshing of wheat is well advanced. A large acreage of wheat and practically all of the coarse grains have been cut for fodder. MANITOBA—Threshing is well advanced and is nearing completion in some districts. Wheat marketed has been of good quality and the average yield is estimated at 13 bushels an acre. Coarse grains generally are poor and feed will be scarce in many districts.

PROVINCE OF QUEBEC

Growing conditions have been generally favorable, though crops in the Eastern Townships have deteriorated somewhat from lack of rain. Harvesting of grains is in full swing with yields well up to average indicated in most sections. Corn is spotty, being good in some sections and light in others. Potatoes promise an average crop. Other roots are doing well. Tobacco is making good progress and a satisfactory yield is anticipated. Apples promise less than an average crop. Pastures are in fair to good condition in many districts but in some sections are dried up.

PROVINCE OF ONTARIO

Recent rains should benefit corn and root crops in certain areas. Threshing of spring grains is nearing completion. Corn growth has been retarded by frost in some districts. Cutting has commenced and a good general harvest will partially offset the shortage of other winter feed. Root crops, except sugar beets, which will be 30 percent to 50 per cent under normal, promise an average yield. Apples have suffered from winds and the crop is estimated at one-third or more below average. Peaches are estimated at only half of the normal crop. Grapes are progressing favorably, with a good yield in prospect, but earlier estimates are being modified. Pastures remain in poor condition. The tobacco crop, already damaged by drought and hail, has suffered further loss from frost. Plants are maturing slowly and the season will be two weeks late but the equality of the leaf is good. Fall ploughing and fall wheat seeding are under way but are being impeded by dry soil.

MARITIME PROVINCES

In New Brunswick barley, wheat and oats are now being harvested and indications point to an average crop of good quality. Potatoes are in good condition and promise an average yield. Other root crops are maturing satisfactorily. Apples will be light. Pasturage is fair. In Nova Scotia indications are that the potato crop will be below average; other roots are in fair conditions. A normal crop of apples is expected. The cutting of oats is under way and it is anticipated the yield will be light. Pasturage is poor. In Prince Edward Island an average crop of cereals is being harvested. Potatoes are doing well. Pasturage is good.

Province of British Columbia Threshing of grain is nearing completion. Tomatoes are now ripening too quickly for the canneries to handle. Potatoes in the Fraser Valley have been subject to blight and a large percentage of the crop will be small in size. McIntosh Red apples are about to enter the market. A slightly below average crop of hops is being picked in the Fraser Valley. Pasturage continues to be good in the Caribou, but needs moisture in other districts.

New Superintendent



ERNEST C. MENZIES, B. Sc., (Alberta) M. D. C. M. (McGill) forensic Canadian psychiatrist, who has been appointed Medical Superintendent of the Provincial Hospital, Saint John. He will undertake his duties on October 1st next.

COVER DOG TRIALS TO N. B.

Fredericton, N. B., Sept. 10.—The North American Cover Dog Trials Association have decided to stage another of their popular field meets during the coming autumn. Dates set at a meeting of the Association here last night are October 9th and 10th, and all heats will again be run at Petersville covers.

A general opinion expressed at last night's meeting was that the entry fees should be reduced and a motion calling for a substantial reduction in the fees was recorded in the minutes of the meeting. It is expected, also, that a good deal of widespread interest in the coming meet will be built up through the plan suggested by Dr. E. H. Cook of St. Stephen of contracting the officials of various prominent cover dog associations both in Canada and the United States.

The dates this year have been selected in order to allow greater freedom both for trainers and dogs while in the covers. The partridge season does not open until October 15th and the dog trials on the 9th and 10th will thus have almost a week's leeway.

Events the first day will be the Puppy Stake and the Amateur All-Age Stake. The second day will witness the running of the Open Derby Stake and the Open All-Age International Cover Dog Championship Stake.

Rev. Father Allen of St. Stephen, President of the Association, who was in the chair last night, again offered the use of his excellent covers at Petersville for the running of the trials and the offer was accepted. In addition to offering some of the best woodcock grounds in the Province of New Brunswick, the Petersville covers are just off the main highway between the cities of Fredericton and Saint John and approximately at equal distances from both points.

By unanimous vote the present executive will continue in active charge of the affairs of the Association until after the October meeting. Already, Father Allen, President, and D. W. Griffiths, Secretary of the North American Cover Dog Trials Association, have arrangements well under way.

MMA
ECONOMY
EFFICIENCY
HOME STORE

Patronize The

M. M. A.

Blue and Red Stores

MMA
ECONOMY
EFFICIENCY
HOME STORE

FOR THREE DAYS ONLY SEPTEMBER 14-15-17

(SPECIAL)
McCready's Pickles
20 OZ
per bottle **21c**

(SPECIAL)
BAIRD'S PURE LEMON or VANILLA
2 OZ
per bottle **17c**

(SPECIAL)
P. & G. Soap
8 cakes **25c**

(SPECIAL)
BRUNSWICK BRAND SARDINES
OIL OR MUSTARD
3 tins **14c**

(SPECIAL)
Nature's Best Choice Peas No. 4
2 tins **21c**

"The Stores are all Handy--The Food is Just Dandy"
When you attend the Fredericton Exhibition be sure to visit the M. M. A. Booth.

M. M. A. Members of Woodstock Zone

Tamblyn & Neilsen, Aroostook Jct.
Niles & Bedell, Andover, N. B.
McCrae & Ingraham, Perth, N. B.
T. C. Bohan & Co., Bath, N. B.
C. A. Derrah, Glassville, N. B.
A. O. Phillips, Bristol, N. B.
The Davis Company, E. Florenceville,
H. Ward Ginson, Hartland, N. B.

Earl Stairs, Meductic, N. B.
G. B. True, Woodstock, N. B.
Woodstock Ltd. Farmers, Woodstock,
H. M. Belyea, Woodstock, N. B.
S. Simkevitz, Grand Falls, N. B.
Flemming & Gibson, Ltd., Juniper,
S. I. Keith, Centreville, N. B.



PER BOT 19c

Magic Baking Powder
1's per tin **36c**

Gillett's Lye 2 tins **25c**

Nature's Best
Tomato Juice 1's 4 tins **25c**

Aeae Gloss Starch
1's per pkg. **12c**

Clark's Tomato
Catsup 12 oz per bot **19c** 3 pkgs **25c**

Schwartz whole Mixed
Pickling Spice per lb **23c**

Peerless Pure Mustard
1-4's per tin **19c**

Red Clover Salmon 1-2's per tin **19c**
Cow Brand Soda per pkg **10c**

Para Sani Wax Paper
100 ft in handy roll per pkg **25c**

Swan Matches 3 boxes **25c**
Canadian Cheese per lb **17c**
Cocoa bulk 2 lbs **25c**



BABY SCALDED!

Quick! Get the MECCA OINTMENT

Stop the pain and agony by applying Mecca Ointment at once. Prevents inflammation, saves tissue destruction and quickly starts safe healing. Keep a supply of Mecca Ointment in the house to meet all emergencies. Mecca soothes like magic when applied to burns and scalds.



Mecca Ointment is sold by all Druggists—25c, 50c (tube), 50c and \$1.00.