

## Of Interest to Women

### SCHOOL-DAY LUNCHES

In a Recent Contest, Mothers Themselves Sent Excellent Suggestions for their Hungry Children's Noon Meal — Fruit is Important

Another vacation season is over and thousands of romping youngsters everywhere are ready for school. They have been out in the air all summer. They are brown as young Indians; their eyes shine and their whole expression is one of health and happiness. It's up to mothers to keep them healthy—even while they must of necessity lose some of their freedom and playtime.

Only a few years ago, when schools were more widely scattered, children always carried their lunches. In many cases, this is true now, although in most schools a well-supervised cafeteria either furnishes an entire hot lunch for a small cost, or supplements the lunch-box sandwiches with milk, hot soup, or some hot dish, thus affording the mother assurance that her child will have a nourishing lunch even though he is unable to come home at noon.

For those mothers who must pack lunches, there are numerous suggestions. To make the lunches more attractive, tricky and colorful little lunch boxes are to be had, many of them equipped with thermos bottles for soups and beverages.

Use colored paper for wrapping the sandwiches, cookies, and cakes. Custards and similar puddings may be baked in attractive little cups. Apple sauce, baked apples, various sliced fruits and many puddings may be packed in the small, paper containers with tightly fitting covers, and paper spoons to accompany them.

Fresh fruit of some kind should be included in the box lunch and the sandwiches may vary in accordance with the type of lunch served at school. Use a variety of breads for sandwiches—there are so many avail-

able nowadays; and then too children are always fond of the home-made fruit, nut and cereal breads.

For the child who comes home to lunch, a simple, well balanced and attractive meal should be served. Good wholesome food—vegetables, simple meat or egg dishes, various casseroles, soups and stews are all scheduled. Milk there should be, of course, in one form or another, as a beverage or as part of the dessert or main dish. Many homemakers this month have sent us worth while suggestions which they have found satisfactory for their children's lunches at home and at school; and we are handing on to more mothers the most popular of these recipes.

A recipe for a casserole of spinach and uncooked potatoes which is unusual, delicious, and easy to prepare is practically a meal in itself and should make a very popular dish.

#### Spinach Casserole

1 pound spinach  
2 pounds potatoes  
3 eggs, well beaten  
½ cup butter, melted  
1 tablespoon salt  
Pepper

Wash spinach and chop finely. Peel and grate potatoes, then combine with eggs, melted butter and seasonings. Put half of potato mixture into a greased casserole. Pack in spinach and top with remaining potato mixture. Bake in a moderate oven 350 degrees F. for two or 2½ hours or until a rich brown crust forms. This recipe makes 6 portions.

From the day a child begins to talk, he learns to ask for cookies. These smooth, shiny drop cookies are quickly made up in quantities—but guaranteed not to last long.

## SOCIAL CREDIT PARTY AND WHAT IT IS SUPPOSED TO STAND FOR

Sackville Tribune Editor's Opinion On the Freak Legislators Out In Alberta

Writing in the Sackville Tribune regarding the recent victory of the Social Credit Party in Alberta, Editor C. C. Avaré gives the following opinion of Premier-elect Aberhart's campaign and that "statesman's" explanation of what it means:—

Today I propose to write upon a subject about which I know exactly nothing. (You may be nasty enough to interject here that this isn't the first time, but let that pass.) Since the provincial election in Alberta last week, everyone has been asking about the Social Credit Party, what its policies are and what it stands for. I am frank to say that my knowledge of this new party and its policies is vague and incomplete, amounting almost to nothing worth while. My only excuse for ignorance is that no one else knows what Social Credit is, not even its founder, Mr. William Aberhart, who will be the next premier of Alberta.

Mr. Aberhart is a native of Ontario, being born fifty-seven years ago. He aspired to the ministry, but for some reason or other contented himself with teaching school. For ten years he taught in Huron County, afterwards going to Calgary, where he was principal of the High School for 20 years. Turning to evangelism he built up the Calgary Prophetic Bible Institute, whose home is in a \$65,000 building, whence broadcasts and correspondence courses have emanated.

The recent campaign in Alberta was unique in the history of Canada. It was a religious crusade, rather than a political struggle. Every meeting was opened with prayer and the battle hymn of the Social Crediters was "O God, our help in ages past!" According to the new party poverty is to be abolished in Alberta. Every adult is to receive a month credit dividends (not cash) for nothing and every minor a proportional amount. All this is to be without taxation. In other words the new party propose to know the unknowable and do the undoable.

It is said that the theories of Mr. Aberhart have been borrowed from Major C. H. Douglas—whoever he is. Since the originator of a scheme should know more about it than anyone else I propose to quote Major Douglas, leaving the conclusions to be drawn by Tribune readers, who very likely will be able to understand what I utterly fail to do.

"Let us imagine," said Major Douglas, "a man buying an automobile valued at \$2,000. He goes to an ordinary recognized dealer and pays \$2,000 for the automobile. The agent agrees (with the government) to accept an agreed percentage on turnover only, in addition to the cost price of the automobile. Because of that he is empowered to issue (to the purchaser) a certificate that an automobile valued at \$2,000 has been sold to a private individual. This certificate shows a discount on this sale of 25 per cent, or \$500. The purchaser of the automobile takes that discount paper to the bank and he turns it in just like a check and the bank credits his account with \$500. It has not affected the currency in any way at all. It is simply a book transaction. At the end of an agreed period the bank submits to the Government the certificates that it has credited to this and other accounts. The Government sends the credit in any form which may be agreed, again it being only a book entry, to a bank. That is, in effect, a transfer of national credit, public collective credit, to a private account. The transaction is

#### JELLY MAKING

One of the happiest prize winners at the opening of the Canadian National Exhibition won first prize at the world's greatest fair with the first black currant jam a woman ever made in her life! Of course she used a tested recipe but she did not have the least bit of trouble in making this championship food—she simply used the short-boil jam-making method that had won her daughter several prizes in the past four years. Nearly all the prize winners had used these modern recipes in which the fruit is cooked only long enough to sterilize it and bottled pectin is added in correct proportions to give a perfect jelly.

While the red and black currant season is over, there are still many fruits on the market from which fine jams and jellies can be made. The same method with grape and apple jelly as is used with prize-winning raspberry strawberry, and currant jams jellies.

Apple jelly or crabapple jelly can be made from this recipe using the same method as these prize-winners.

5 cups (2½ lbs.) juice  
7½ cups (3 1-4 lbs.) sugar  
½ cup bottled fruit pectin  
To prepare juice, remove blossom and stem ends from about 3 pounds fully ripe fruit and cut apples in small pieces. Do not peel or core. Add four cups of water, cover, and simmer ten minutes. Crush with masher and simmer, covered, five minutes longer. (With soft, very sweet apples, add juice of one lemon to prepared juice before measuring.) Place fruit in jelly cloth or bag and squeeze out juice. Measure sugar and juice into a large saucepan and mix. Bring to a boil over hottest fire and at once add pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin and cover at once. Makes 12 six ounce jars.

then finished. The consumer has got his automobile; the manufacturer has sold an automobile that he would not have sold before. No effect is made on the currency and everybody is happy."

I submit that the above explanation is fully if not even clearer than Tam-tram mud.

But listen to Mr. Aberhart himself and see what you can make of it:—

"It has been called to the attention of the public that there is an enormous spread price between the producer's cost and the consumer's price. It is the intention under the Social Credit system to reduce this spread, increasing the producer's cost so that he may have a fair turnover if it is not at present adequate, or reducing it if it is too high. The same procedure will be followed all the way through in the marketing or processing of the goods. On account of the increased turnover that will be produced by the augmented purchasing power through dividends, salaries, commissions and so forth, it is felt that the producer and distributor will be able to carry on their business with a closer margin of profit or commission on turnover. Thus the province will be able to collect a levy that will provide the basic dividends to distribute to the various citizens. To illustrate this, let us take a bushel of wheat say at a just price of 60 cents. Fifty-five cents of this is to go to the farmer, and will provide a fair commission on his turnover. Five cents will be set aside for the government levy. The wheat is sold to the miller who grinds it into flour. The cost of grinding will be covered by the shorts and bran and other by-products of the process. This will produce about 40 pounds of flour. We will suppose that the flour sells for \$1.10, ten cents of which is again given to the government as its levy. The flour is next turned to the baker who makes it into bread which he sells at seven cents a loaf. The forty pounds of flour with the water and other ingredients would make fifty loaves of bread. Suppose the government levy on this bread was a cent a loaf. That would give an additional fifty cents levy. Thus from a bushel of wheat, processing it to flour, the government would be able to collect possibly 65 cents. This will also apply to other goods that will be processed or marketed in the province. Now the amount of dividend required will depend upon the rapidity of the flow of goods and credit within the province."

It will take one hundred and twenty million dollars annually to pay the basic dividend at the rate of \$25 a month to each citizen of Alberta. . . negotiable securities, under the Aberhart plan, are to be used for the purchase of goods or services. If a citizen refuses to work when employment is obtainable, he will be suspended from the dividend privileges. The money to pay the tremendous sum will be raised by a sort of provincial sales tax, and yet Mr. Aberhart says there will be no new taxation. It is very questionable whether the federal authorities will allow a provincial government to issue "non-negotiable securities," so the whole crazy scheme may blow up as did the Townsend Old Age Pension plan in the United States.

If there is to be no new taxation then the money will have to come out of thin air. Perhaps the Lord will provide; He will no doubt be obliged to for Mr. Aberhart has tackled a job too big for any mere man.

Off hand it looks to me that the Aberhart plan is to pay the primary producer what belongs to him,—"a just price," whatever that means—the spread between the production cost plus profit and the selling price, going to the government. In other words the middle man seems destined to be squeezed severely if not eliminated altogether. If he is given "the axe," then presumably he will become a wheat grower, a potato farmer, a beef producer, thus adding to the over supply of these commodities in the world.

If the middle man continues at his job of giving service to his customers, then he has the satisfaction of having the "guarantee"—no one knows who will give it—of \$25 in credit dividends, which will be useless outside of Alberta, even if, by any chance, they were any good in that province.

In his booklet Mr. Aberhart says: "This is not a detailed plan containing exact specifications of every feature. Such a plan can only be prepared when the operation of its establishment is about ready to begin and the facts and figures are well known." "Operation of its establishment is about ready to begin" may mean something to you, but it doesn't "click" with me except as a jumble of words. And the Province of Alberta has decided to give Mr. Aberhart his opportunity to upset all economic laws, to put into force an impracticable scheme to create something out of nothing, to accomplish the impossible. Mr. Aberhart, the juggler and near-fanatic, proposes to pull rabbits out of the hat, but who will be the Santa Claus that will supply the rabbits?

(Special to The Daily Mail)

MONCTON, Sept. 4—Yesterday being the last day for the return to Boston of excursionists who made a visit to the Maritimes over the holiday Canadian National trains arriving in Moncton from the East carried large numbers who proceeded on through to Boston via St. John. Over four hundred took advantage of the coach excursion to visit relatives and friends, the majority being ex-Maritimers.

#### C.N.R. CHANGES

MONTRÉAL, Que., Sept. 3 — Appointment announced by W. W. Swindon, General Superintendent of sleeping and dining car services, of the Canadian National Railways, following the retirement of J. M. Grieves from the position of assistant super-

intendent at Toronto include that of P. Stg. Butler as sleeping and dining car agent at Saskatoon. Mr. Butler was formerly stationed at Halifax, N.S., and from there was transferred to the position of agent at Moncton from where he was transferred to Montreal.

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