

Of Interest to Women

FOR SEPTEMBER PICNICS

Substantial Sandwiches, Cucumbers, Fall Apples

Dainty sandwiches may be well and good in the good old summer time, but not when there's crisp tang in the air. Then picnics demand substantial goods. You'll find the following just the thing for a September picnic or porch party when your guests are real hungry.

Ham and Pimiento Sandwiches
1 cup cooked or canned ham
1 tablespoon minced pimiento
2 tablespoons minced celery.
Dash of paprika
1-4 teaspoon mustard
2 tablespoons cream
12 lettuce leaves

Mix in the order given, except lettuce leaves. Taste to determine seasoning. Butter rye or brown bread, cover with a crisp lettuce leaf, cover with the ham mixture, then cover with top slice of buttered bread.

Whole Meal Ham Sandwiches
Spread two slices of toast with butter and cover with lettuce. On one leaf place a thin slice of cheese mixed with mustard, on the other a thin slice of cooked ham. In the middle put a slice of tomato, a slice of hard-boiled egg and two tablespoons mayonnaise dressing. Garnish with pickle.

Cheese Filling for Sandwiches
1/2 pound grated Canadian cheese.
1/2 cup chili sauce
1/2 cup walnut meats, chopped fine
3 gherkins chopped fine
Mayonnaise
Blend the first two ingredients well then add the walnuts and the gherkins

Lemon Tapioca
1-3 cup quick cooking tapioca
3 cups boiling water
3/4 teaspoon salt
Rind of one lemon
Cook 20 to 30 minutes. Remove rind and add:
1 cup sugar
1/2 cup lemon juice
2 egg whites, stiffly beaten.
Chill thoroughly and serve in sherbet glasses.

EARLY FALL APPLES IN PIES AND CAKES

Almost any day baskets of summer apples will take their place among the profusion of fresh fruits now in our markets. Orchards are loaded and even if bushels of green apples are consumed by small boys or made into pies and sauce, we shall have plenty for other uses.

There are several varieties of early apples. They range in flavor from the very tart juicy ones to the sweet mealy kind. All of them, however, are distinctly different from the fall or year round varieties, so by all means take advantage of them as they ripen. They do not keep well and are not stored for later use.

Green apple pies are justly famous. Tart juicy apples also make delicious dumplings, cobbles or plain apple sauce. In fact, for most of the apple recipes in your cook book, the early varieties are suitable. The following suggestions are rather unusual and will help you make inroads on a bumper early apple crop.

Hot Apple Roast

Wash apples but do not pare. Core and cut into half-inch rings. Put a single layer of apple rings into a large frying pan or saucepan; sprinkle with brown sugar; add just enough hot water to barely cover apples; cover tightly and simmer gently until apples are tender and most of the water has evaporated. Spread whole wheat toast with butter and honey. Top with hot apple rings and serve at once. Cinnamon or nutmeg may be added. The centre of the apple ring may be filled with cream cheese or the apple toast may be served with cream, whipped cream or ice cream.

Apple Cream Pie

1 tablespoon gelatin (scant measure)
1-4 cup cold water
3 cups hot, unsweetened apple sauce
Honey to taste
Dash of salt
1-4 teaspoon nutmeg
1 cup whipping cream

JAPAN MAPS VAST PROGRAM OF EXPANSION

SHANGHAI, China, August 28.—Broad plans for Japanese industrial mining and agricultural development of some half dozen provinces in north China are progressing apace on the heels of Japan's success in establishing political control in the north.

Japanese dispatches today stated that an accord was reached yesterday at Hsinking capital of Manchukuo, on such plans between representatives of the Kwantung army, Japan's continental military force, and the South Manchuria Railway which in the days before the undeclared war on Manchuria was the world's most famous steel road and spearhead for Japanese imperialist advance.

Survey to Guide Plans
The conference between the army officers and railway executives according to the Rengo (Japanese) News Agency, agreed that a "comprehensive survey of north China's resources and requirements was necessary before a definite scheme could be formulated". Accordingly it was decided that the South Manchuria Railway should undertake this survey and assume supervision over independent Japanese investigating groups, including certain mining and power interests already understood to be at work in North China.

Spokesman Warns Japan
Two officials have been sent by the railway to Tientsin, according to Rengo, to arrange with the Chinese and Japanese authorities there for the survey. It is expected that a special organ will be established by the line at Tientsin to direct this big job of economic rulership (sometimes called Sino-Japanese co-operation) for which the way was prepared by Japanese military swashbuckling in June and the resultant Chinese compliance with demands for political and military subjection of the north.

As regards Sino-Japanese co-operation in the country as a whole the Japanese say they want only the friendliest relationship, but the Chinese are pondering the warning — this time by Tadao Maumoto, a representative of the Tokyo foreign ministry following his China survey — that if the Chinese fail to respond and "still suspect we have ulterior motives the only way left will be drastic action".

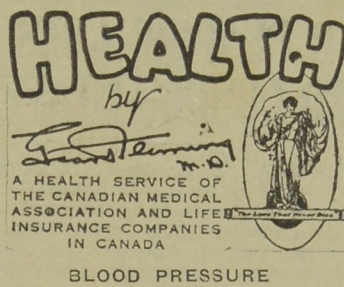
Coincidentally the floods in the Yellow river and Yangtze regions and the possibility of much more serious floods intensify the crisis in China.

2 tablespoons strained honey
Soften the gelatin in the cold water and add to the hot, unsweetened apple sauce. Stir until gelatin is dissolved. Sweeten with honey to taste, and add salt and nutmeg. Cool. Line a 9-inch pie pan with crumb pastry. Pour in apple mixture and allow it to set in the refrigerator. Just before serving, cover with whipped cream which has been sweetened with the 2 tablespoons of honey.

CUCUMBERS

Cucumbers may be served in many ways that are delicious and unusual, and there is no better time for experimenting with cucumber recipes than the present — when they are cheap and plentiful.

When buying cucumbers, select those that are fairly long in proportion to the diameter and which do not taper too abruptly towards the end. The greatest cucumber trouble is bitterness, which is impossible to determine by any kind of examination. This bitter substance is said to be spread by the knife while peeling and can be avoided by peeling the stem end last of all. While this theory has not been definitely proved, it may be kept in mind.



BLOOD PRESSURE

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 recent physical activity. The average pressure of groups of apparently normal persons is not to be 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 rate 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 failing 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 blood pressure. In this way, changes are noted, attention is given to possible causes, and trouble is dealt with before harm is done.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

NEW AUTO MARK

SPRINGFIELD, Ill., Aug 27—Kelly Petillo, 1935 Indianapolis 500-mile auto race winner set a new track record of 39.56 seconds in the qualifying tests at the Illinois State Fair. The previous record, 39.71 seconds for the mile, was established last year by Wild Bill Cummings.

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FEATHERED FRIENDS

You would not guess it, but "feathered friends" are misguided young gentlemen who "get tight" and consider it manly. An important question for the young girl is what shall she do with her "feathered friends," when she finds them conspicuously "feathered."

The question is asked and well answered by an intelligent young woman, Henrietta Ripperger, who in the dim past, may have had "feathered friends" of her own.

Girls should remember this advice from Miss Ripperger:

"Encourage the boy who doesn't drink. Never suggest that he have something, and never, never kid him about not drinking. Show some appreciation of the fact that you don't have to worry about him on that score. Boys, like everybody else, are susceptible to kindness."

Thoughtful young ladies should read Miss Ripperger's extremely sound advice to girls concerning "Our Feathered Friends," the little boys that get drunk and are proud of it. Her article is in the Pictorial Review for September, and parents should see to it that their daughters read it.

NOTICE OF SALE

To Robert C. Jewett, of the Parish of Chipman in the County of Queens and Province of New Brunswick, Locomotive Engineer, and Nellie Jewett, his wife, and to all others whom it may in any wise concern:

PUBLIC NOTICE is hereby given that under and by virtue of the Power of Sale contained in "The Property Act," Chapter 168, Revised Statutes of New Brunswick, 1927, and of the provisions contained in a certain Indenture of Mortgage, dated the sixteenth day of November, 1925, made between the said Robert C. Jewett and Nellie Jewett, his wife, of the first part, and the undersigned Leon W. Cliff, formerly of the City of Fredericton in the County of York and now of the Town of Presque Isle in the State of Maine, one of the United States of America, of the second part, and duly recorded in York County Records in Book 197, pages 351-354, as number 78034, the

the Post Office in the City of Fredericton, in the County of York, on Saturday, the thirty-first day of August, next, at the hour of twelve o'clock noon, the lands and premises mentioned and described in the said Indenture of Mortgage as follows:

All that certain lot, piece or parcel of land situate in the said Town of Devon (formerly the Village of Gibson), and described as follows: Lot number five, so called, in the survey of the Winnifred Joutet property by A. G. Beckwith at Monckton point and lying between Lots No. 4 and No. 6, and described as follows: Beginning at low water mark on the northeasterly shore of the River Saint John in the southwesterly angle of lot number four, thence running along the side line of No. 4 south 85 degrees East by the Magnet of 1868 forty rods or to the rear line of the Block, thence south seventy degrees west four rods to lot number six (allotted to Alonzo Joutet) thence along the side line of Lot No. 6 north 85 degrees west forty rods or to the River Saint John at low water mark, and thence along the same in a northerly direction up stream to the place of beginning, containing one acre, more or less, excepting the land from the Highway Road to the River Saint John, formerly part of the said above described lot. Being the same lot of land conveyed by Harry H. Pickard and wife to Beverly R. Joutet, by deed bearing date the eighth day of May, A. D. 1897, and registered in York County Records in Book D-5, page 200, the 8th day of July, A. D. 1897, and devised by the last Will and Testament of the said Beverly R. Joutet to the said Julia Taylor, formerly Julia Joutet, widow of the said Beverly R. Joutet, and Murray Joutet, by Will bearing date the eighth day of July, A. D. 1899, and registered in York County Records in Book K-5, at page 12, the ninth day of August, A. D. 1899. And being the same lot of land conveyed by Julia Taylor and James Taylor, her husband, to the said Robert C. Jewett, by deed bearing even date herewith.

Together with all and singular the buildings and improvements thereon, and the privileges and appurtenances to the same belonging.
Dated this 27th day of July, A. D. 1935.
LEON CLIFF, Mortgagee

Mary C. King, Witness.
Hanson, Dougherty & West, Solicitors.

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