

WAR CLOUDS

There is talk of war, but those whoness of warfare it will be a different are preparing for it may be amiss in matter.

It may be too that when the first conscription is of wealth and property of every description, and when it is made clear that all profiteering means death to the offenders, there will be hesitation in issuing or accepting a challenge. We are living in an age when reason and not force should control the actions of men. Whether it is oil companies or manufacturers of munitions, or profiteers in any field, they must know that our young men, our women folk, and civilians generally are not going to sacrifice home, fortune, friendships and even life itself in order that the doubtfully-made gains of others may be protected.

And if this seems to be an uncalled for statement it is easy to make an appeal for the use of reason and the promotion of peace on other grounds. In the last war the loss of life was estimated at ten millions. This is an understatement. It does not include civilians who died as a result of the conflict. In this as in all other wars, there was an aftermath of epidemics and disease. The loss here was greater than that on the battle-fronts—how much greater nobody knows. Nor were death and suffering confined to belligerent nations. Modern warfare is not the concern of two or more countries who are actually engaged in conflict. It is the concern of all humanity.

Taking into account everything it has been reckoned that directly or indirectly the loss in life occasioned by the Great War was forty-one millions, of whom sixteen million were com-

batants, while twenty-eight million were civilians.

With these figures in mind is it out of place to ask the rulers of the world to use every means possible to prevent a repetition of the disasters of 1914—1918? It destroys soldiers and civilians; youths and maidens; children and old people. Nor is that the end. It supplants love by hate; friendliness by suspicion, goodwill by selfishness. It is un-Christian and unwise. May we be forever spared the necessity of taking up arms even in self-defence. There is a better arbiter than the sword.

We have already in these columns referred to the inexcusable cupidty of those who are sending material to nations now lining up against the Empire. We may find it necessary to refer to the matter again. The explanations made in defence of the practice do not satisfy public suspicion. If it is wise to urge our own nation to settle difficulties without recourse to war, it is not out of place to ask that our resources should not be available for those who are likely to attack us.

In any case it should be recognized that it is no longer possible to call upon young men to risk their lives in a war that might easily have been avoided. Young Canadians are surely as intelligent as the adolescents in Paraguay and Bolivia. Even there they have passed beyond questioning to open resistance.

LONDON, England, July 25—Royal disapproval of nudity was disclosed yesterday as a factor in the banning by the British Labor Ministry of two troupes of American show-girls who have been giving flimsy-costumed performances at staid West End hotels.

Slug Passing Racket Reaches New High

It is estimated that that more than 10,000 counterfeit coins are deposited daily in turnstiles, telephone boxes and other automatic coin receptacles in the city of New York. The pin game machines pick up a good load of them, while about 1,200 are found daily in the I.R.T. with about half that many in the B.M.T. The Independent system seems to be the best field for operations, for there as high as 1,575 have been collected daily.

Recently the Police Department dropped into deep water more than 1,560,000 of these slugs that had been picked up all over town and turned over to the police for destruction. Any coin collecting machine may get these pieces of lead that are made to weigh the same as a nickel. They seem to be sold openly at congested centres and this in spite of a new law now in effect that makes it a crime even to distribute them.

Most of these slugs are made in Chicago, although manufacturers have been found in New York. Many get into circulation from legitimate sources to be used as tenders on automatic games, many of which are operated only in homes or stores. Others who risk the consequences sell them by the hundred getting from 40 to 60 cents, the price varying according to the neighborhood in which the deal is made.

The Daily Mail is the only "daily" in New Brunswick with a full radio page and programme.

Of Interest to Women

COOKING FOR TWO

Bride Must Put Common Sense into the Planning of Her Meals

Into the new kitchen with its shining equipment dances the new bride, eager for the glorious adventure of cooking the first breakfast for two! Dinner for two! Maybe luncheon for two, but more than likely for one since so few of our men find time to get home for lunch.

To make dreams come true, the cook must put common sense into her work.

There's nothing mysterious about the art of cooking today, methods and recipes are definite and accurate and good cooks can be made in no time.

The bride who is a born cook often has a tendency to plunge into everything at once. Displays on market stands are hard to resist and the temptation to buy more than two people can possibly eat is too strong.

Plan Days Ahead

Every bride will learn early in her housekeeping experience that it is a big help to plan menus at least two or three days in advance. Planned meals will be more interesting and you can buy more economically if you look ahead. Frequently, too, you can cook more of a certain food than you need for one meal and serve it in another way at a later meal.

Most recipes make too much for a family of two. The average recipe found in standard cook books is calculated to serve six. So, if you want just enough for two, you must use either half or one-third of the recipe. Only, when you reduce a recipe be sure to decrease each ingredient in proportion.

CHIFFON AND LIGHT SILK ENSEMBLES ARE PRACTICAL

Sheers and chiffons—printed and plain—do a good deal to make the girl who stays in town less envious of those who left for the country the first week the thermometer hovered near eighty. They are dark and cool-looking—these costumes that are perfect on the street, for luncheon, tea, or dinner—and, with white touches and accessories, they give you a chance to look crisp and neat in spite of the heat.

Pleats, tucks, smocking and sections of shirring are more widely used this year than last. There are short-sleeved chiffon street dresses with intricate tucked details on shoulders and necklines, charming sheer and chiffon jacket outfits with dozens of tiny, expensive-looking pleats in their skirts and a fine array of dresses with sweet flaring shoulder capes.

Capes Flatter Elbows

You'll find summery capes just as flattering as the tweedy models you wear in the fall and spring. Most of the current ones tie about the neck and flutter softly downward to cover your elbows and give your shoulders a graceful air. Mature figures will look a long time to find anything more becoming than a black or navy blue chiffon with pleated cape.

For the very young there are sweet little jacket frocks with lingerie touches of pique, organdy and stiff linen. Some have strips of organdy facing down the front. Others have schoolgirl collars, cuffs and belts of crisp pique. If you get a dark sheer with white trimmings, make sure the white may be removed easily for washing and ironing. Nothing is more annoying than to discover the white collar on a dress has been securely stitched on by machine.

Navy blue and black are the most popular colors in sheers and chiffons to wear on the street. Beet root (call it dubonnet, if you like) is good, so are dark shades of green and lilac. The prints, florals and geometries are just as smart as the solid tones.

Three Frocks for Summer

An ideal wardrobe for hot days in town might well include one dark chiffon with drossy cape to wear to lunches and informal parties, one rather casual printed sheer for shopping or the office and one sheer with more elaborate details. The three ensembles, sketched here today, are adequate.

HEALTH FROM THE GARDEN

The average garden supplies vegetables in abundance, perfectly fresh through the summer months, and also many which are easily stored either raw or canned for winter use.

Comparatively few persons eat sufficient vegetables. Minerals such as iron, calcium, phosphorus, iodine, sulphur which neutralizes the acid condition of the blood, are found in proper combination as nature provides them in vegetables. Spinach, chard, lettuce, celery, tomatoes, carrots, cabbage, string beans, beets, parsnips, potatoes, radishes, onions, cucumbers, asparagus, turnips, peas and cauliflower all have varying amounts of available mineral matter. Leaf and stem vegetables are richer in calcium. Green vegetables are best sources of iron.

Vitamins, essential to health, are necessary for growth and protection from disease. Different vitamins are found in various foods. Vegetables usually served raw, such as lettuce, cabbage and tomatoes are valuable sources while smaller amount are present in all others.

Starch and sugar are found in parsnips, potatoes, beets, carrots, corn, peas and beans, and supply fuel for body heat and energy. Legumes (ripe peas, beans and lentils) contain nitrogen and are used for tissue building. Another important function of vegetables is to supply fibrous material which is not digested, thus providing bulk or roughage and aiding elimination.

Points to be considered in cooking vegetables are preservation of colour, flavor and nutrients. Most vegetables are best cooked in the smallest amount of water which can be used without burning the vegetables or they may be steamed. Have the water boiling when vegetable is put in the pot. Keep it boiling, not simmering and keep closely covered. Salt added during cooking preserves colour. Baking without the addition of water is a good method in some cases but is not practical for many vegetables. To prevent strong flavours as in those of the cabbage family or onions, use a large amount of water in an uncovered vessel and boil for the shortest possible time for tenderness.

Variety in serving vegetables from day to day aids in appealing to the appetite.

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