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REASON WHY CHARLEMAGNE NEEDED 4 WIVES

Although Charlemagne was the mightiest monarch of his time, he had to have four full-time wives and to keep them constantly on the job—shopping about, running hither and yon, searching here, there and every-where, in order to get any variety in his meals! And even at that, meal-time was often pretty dull for Charlemagne, and, consequently, down-right tough on the Mrs. Charlemagnes—all four of them.

Hendrik Willem Van Loon, the historian, tells us of eating at a tumble-down lunch counter where the bill of fare offered him a choice of forty-six varieties of food. "And if," says he, "we except the mustard, the salt, the milk and the bread, there were only seven dishes on that list of forty-six that old Charlemagne could have ordered too."

Just think of the dismal difficulties those poor wives of Charlemagne must have encountered trying to plan royal good meals every day in the year with so few foods available. In comparison, modern housewives have a cinch. Take fish and shellfish alone. In Canada, we have more than sixty different varieties of food fish, which can be prepared in enough different ways to enable the home-maker to serve more than a thousand different dishes. Better make a note of that fact, ladies! In the interests of monogamy in marriage, it might be wise to avoid monotony in meals.

OTTAWA COLLEGE HAS NEW COURSE

Political Science to Be Taught For Regular and Occasional Classes.

OTTAWA, Oct. 15—A school of political science to accommodate both regular and occasional students, had been opened by the University of Ottawa. Lectures will be given in the evenings.

In announcing the new school, the university said: "The purpose of the school of political science is essentially a practical one. It is to prepare candidates for important Canadian administrative positions, for example in the department of External Affairs, Trade and Commerce and Finance."

"Moreover, the object of the school is to offer, in the Capital itself, a course of study strictly Canadian in principle, which, taking into account foreign doctrines and methods, will bear consistently on the comprehension of our own problems."

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For instance, they look fine on a
leopard—but on that suit or
dress, it's just too bad.

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... OF ... Interest to Women

SHOW YOUR COLORS IN GRAPES

Delawares, Niagaras and Concords Will Make Red, White and Blue

(By Edith M. Barber)

Red Delawares and catawbas, white Niagaras and blue Concords or Wordens—these grapes are as American as the red, white and blue of our national emblem. Perhaps we enjoy them more because they really have a season. For the few months during which they are on the market, we make the most of them for breakfast, for dessert at lunch and dinner and for a last snack at bedtime.

The Concords, or grapes which are variations of this type, are generally the most plentiful and the least expensive. At the same time they lend themselves best as far as flavor is concerned for the preparation of jellies and jams. This is the grape from which the juice which is one of our year round staples is produced.

For jelly making grapes should not be overripe. It is all the better if some of them are actually green. For jam, on the other hand, the riper the grapes the better.

My favorite grape jam is one which makes use of the tender skins. In this case the pulp of each grape must be slipped out of its skin by hand. The pulp must be cooked until the seeds rise to the top, then put through a strainer before it is combined with the skins and sugar. Sliced nuts may be added if you like when the jam is thick. Spices may be added if you wish.

Grape Conserve

4 pounds grapes
2 pounds sugar
1 cup seedless raisins
1 orange, seeded and chopped
1 cup finely chopped nuts

Wash and drain the grapes. Stem, remove skins and reserve. Cook the pulp ten minutes, or until the seeds show. Press pulp through a sieve to remove the seeds. To the pulp add sugar, raisins and orange, seeded and chopped. Cook rapidly until the mixture begins to thicken and stir frequently to prevent sticking. Add the skins, cook for five minutes longer, or until thick. Stir in the chopped nuts and pour at once into hot jelly glasses and cover with hot paraffin.

Spiced Grape Jelly

6 pounds stemmed grapes
1 cup vinegar
1 tablespoon cloves
5 1-inch pieces stick cinnamon
Sugar

Cook grapes, vinegar and spices together rapidly, stirring constantly, until grape seeds rise to the top. Strain through cheesecloth. Measure juice and for each cup, add ¾ cup of sugar and boil rapidly until jelly test is obtained (two drops of sirup hanging on the spoon, side by side). Pour into hot, clean jars and seal at once with paraffin.

THE MENACE OF CANCER

Forty thousand persons in Canada died from cancer in the last four years. Last year alone the cancer death toll reached 11,150.

Many of these deaths need not have happened. Many of them are a monument to neglect. Failure of patients to seek early treatment—not because of imperfect remedies for the disease—is the major reason for this large loss of life.

Physicians and surgeons agree that at present fifty per cent of cancerous growths can be successfully treated by the reliable and well-tested means of radium treatment and surgery.

But this success is only possible, they insist, when the patient comes for treatment when the cancer is in its early stages.

Despite that fact, people in Canada are still delaying treatment until nothing can be done. Doctors are today finding well advanced cancers in patients coming to them for treatment for the first time.

Education, then, is an immediate need in the fight against cancer. Research for the cause and effective cure of cancer is all very excellent,

but what is essential immediately is the knowledge by all citizens as to what are the early stages of cancer.

Further, there must be a willingness on the part of all those afflicted with cancer to seek early treatment. Widespread education of the public is necessary to have such knowledge recognized and to have a commonsense attitude toward cancer adopted.

Such knowledge can be obtained from departments of health, medical officers of health and every qualified physician in Canada. Government and medical associations and voluntary health organizations are spreading this needed information by means of pamphlets, lectures and films. The press is assisting. But the final responsibility rests with the individual himself.

One good way of checking up on one's self is by means of a regular annual complete physical examination by a competent physician. If such periodic health examinations were the universal practice in Canada today, much of our cancer would be detected in its early stages and could be successfully cured.

PERIODIC HEALTH EXAMINATION

Convinced that thousands of people in Canada are dying of disease which now, for the first time in history, can be prevented, officials of the Health League of Canada, today announced that during the coming year their health education program would place special stress on the promotion of periodic health examination.

Claiming that many people are dying through lack of knowledge—dying unnecessarily—the educational director of the Health League of Canada said that by means of widespread dissemination of facts on the value of annual health examinations, it was hoped that many lives would be saved during the coming year.

There is nothing freaky or faddish about an annual health examination. It will not even cost much money. In fact, in the course of a lifetime, it will save patients a great deal of money in doctor's bills and by preventing loss of earning power and averting the expenses incidental to illness.

Health League officials said that the average person's attitude toward sickness and health is all wrong. The greatest physicians and surgeons in the world, they said, are agreed that many diseases have been made preventable through the advance of medical science. Not only can many diseases be prevented, they claim, but a great many unhealthy conditions can now be detected in early stages and corrected.

Cancer, heart disease and Bright's disease, are just a few of the diseases which, if treated in their early stages offer excellent hope of effecting a permanent cure. In 1935, 11,500

people in Canada died of cancer. A great many of these lives might have been saved by means of periodic health examinations.

Several leading Canadian life insurance companies are actually providing physical examinations free of charge for holders of large policies. Obviously, if this is financially profitable to the insurance companies, it is infinitely more profitable, in terms of life itself, to the policyholders, and is a practice which should be adopted by every intelligent person.

Periodic health examinations, the Health League officials explained, will in many cases enable a doctor to detect unhealthy conditions before they have a chance to do much damage. As a result of a physical examination, you may have to see a dentist, or modify your diet, or take more exercise, or go out into the fresh air more often—but it will be worth it.

On the other hand, a periodic health examination may find you in perfect health, in which case your doctor's assurance to that effect will amply repay you for the trouble you have put yourself to in getting examined.

The young man wrenched open the door of the railway carriage, tumbled inside, and collapsed on the seat gasping for breath as the train slid toward the end of the platform.

The rather obvious 'retired athlete' in the opposite corner grunted: "When I was your age, my lad," he disapproved, "I could sprint down a platform and catch a train without turning a hair."

"But I—missed this—at the last station," panted the young man.

ORANGE PEKOE BLEND "SALADA" TEA

COLD SHOWER

A doctor told the American Congress of Physical Therapy the other day that he would not recommend cold showers for anybody. He said that those in robust health and with good circulation can overcome the strain engendered by the cold shower, but "less fortunate, particularly weak, anaemic and older" persons may suffer serious consequences as a result of it. So the situation remains unchanged; the robust cold-showerers will continue their patronizing, even insolent pose, pitying those who prefer the lukewarm or the hot stream, and arrogating to themselves a high degree of superiority because they can endure that from which others shrink.

Perhaps this doctor thought he was doing a favor to the non-cold showerers. If he did, he was mistaken. He was merely emphasizing their inferiority. Who likes to admit that he is weak, or anaemic, or "older"? The humiliation lies in the acknowledgment only stimulates the cold-showerers to greater boastfulness.

What is needed is a physician who will prove that endurance of a cold shower is evidence of grave physical impairment, subnormal mental faculties, low tastes and depravity. The authority who can establish this will deserve the thanks of all who have writhed under the presumptuous rebukes of the cold-showerers.

—New York Sun.

MARYSVILLE

Rev. Bennett and Mrs. Cochrane, who have been spending their honeymoon at the home of Mr. Cochrane's relatives have returned to their home in Seal, Grand Manan, where Mr. Cochrane is in charge of the Reformed Baptist Church there.

Mrs. Fred Gilman of Springhill is visiting her mother, Mrs. Nellie Marshall.

Friends of Mrs. Elbridge Staples, formerly of this place, but now of Fredericton, will regret to learn she is ill at her home on St. John St.

Sanford Pond who is a patient at the Victoria Public Hospital following an operation for appendicitis is reported to be progressing favorably. Mr. and Mrs. Harrison W. Eno and two sons, Lloyd and George of Moncton spent the week-end with friends here.

Mrs. Hugh Morrell and daughter Dilys of Newcastle were week-end guests of Mr. and Mrs. John Stephenson.

Friends of Miss Fern MacDowell will regret to learn she has been admitted to Victoria Public Hospital, where she will undergo an operation.

Miss Doris Akerley, who teaches at Poklok spent the holiday at her home here.

Miss Harriett Manzer returned to her duties as teacher at Southampton.

Miss Vella Tapley of Woodstock teaching staff, accompanied by Miss Rita Underhill of Fredericton spent the week-end with Miss Tapley's parents, Mr. and Mrs. G. A. Tapley.

The church services at the United Baptist church in charge of Rev. W. Steadman Smith on Sunday were in keeping with the occasion with special Thanksgiving music rendered by the choir. The church was suitably decorated with potted plants, fruit and vegetables for the occasion.

Miss Shirley Jamieson spent the week-end with relatives in Fredericton.

Mr. and Mrs. F. W. Walker and daughter of Saint John were week-end guests of Mayor and Mrs. J. W. Walker.

Mr. and Mrs. Geo. Walker of Calais, Maine, spent the week-end with Mr. Walker's parents, Mr. and Mrs. Elbridge Walker.

Miss Eleanor Inch has gone to Minot where she has accepted a position. Mrs. Arthur Reese and Mrs. Stephen Rollins who have been guests of Mr. and Mrs. Wm. McKay for the past four weeks have returned to their home in Dover, N. H.

Those who left this morning for Sackville to attend the Women's Christian Temperance Union were, Mrs. Steadman Smith, Mrs. Malcolm L. Dennison and Mrs. F. A. Dunlap, in company with Mrs. C. E. McLean and Mrs. W. W. Clark of Fredericton.

The C.H.C. Class of the Olivet United Baptist church held a class banquet at the parsonage on Saturday evening when there was a good attendance and a good time enjoyed by all.

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