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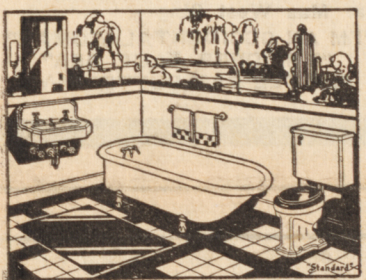
117 YORK ST.  
Fredericton, N. B.

# THEY'RE ALL SAYING

that our place is noted for service and good food as well as entertainment!

# MOONLIGHT INN

DUMFRIES, R. R. 2



# Cooling Relief Is YOURS

That worn-out, all-in feeling is cleared up by a bath a day.

Try a hot bath to soothe nerves and relax muscles—or a cool one to set you all a-tingle. Now moderately priced bath-a-day equipment is.

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# FRESH AS A FLOWER

YOU are going to wear lots of white this Summer. Naturally you will want to feel as spick and span as is possible and at as low a cost as possible. Let us solve that problem for you with our perfect cleaning process.

# Buzzell's Dye Works

PHONES 487 or 365-11

# WE WISH TO ANNOUNCE WE ARE NOW DEALERS FOR

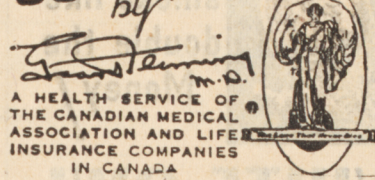
# NASH CARS

Lafayette from \$945.00 to \$1130.00  
Nash "400" from \$1055.00 to \$1220.00  
Nash Ambassador 6 from \$1335.00 to \$1395.00  
Nash Ambassador Super Eight, \$1560.00  
F. O. B. FREDERICTON LICENSE EXTRA

# CAPITAL GARAGE

PHONE 206 FOR DEMONSTRATION

# HEALTH



## SWIMMING AND MEALS

Why do we always say "Don't swim after meals?" Small boys—and girls, too—who take to water like a fly does to sugar are thoroughly convinced that whoever coined that warning should be regarded at Public Enemy No. 1 of all oncoming generations.

After all, however, a view that has persisted for hundreds and probably thousands of years must have some logic behind it. And it has, too—sound physiological reasons.

For some three hours after a meal our stomach and upper intestines are busy breaking down the food into other chemical compounds better suited for absorption into the blood stream and then for storage in the liver, muscles and elsewhere.

The blood flow is to a considerable extent diverted to the gastro-intestinal tract for this purpose. That is why we feel drowsy after a heavy meal.

Now swimming is a strenuous exercise. It sends blood surging to the muscles. The water is comparatively cool, too, so that blood rushes to the skin to warm the body surface.

That means the blood would be called upon to face two emergency calls—or really three. And none would be adequately dealt with.

The digestion would suffer and the swimmer would feel chilly. But the third complication—the lack of blood to the muscles—might have a much more serious consequence, for the danger of cramps would be increased. And cramps in deep water, particularly when the shore is comparatively deserted at or after mealtime, may be disastrous.

The wiser plan is to wait at least an hour after meals. By that time digestion will be well under way, although still far from completed. If the meal has been a heavy one, a two hour wait is much to be preferred.

By the same reasoning, one should not eat heartily immediately after coming in from a swim which has been either strenuous or in cold water. That may bring on cramps too—but in a different place.

If in a long race, or if exhausted on coming out, the food should be confined to readily absorbed sugary articles which give maximum energy yield with the least digestive effort. Syrupy fruit juices, grape juice, corn syrup and honey are to be recommended.

Oyster landings on the coast during the month were much larger than a year ago. Clam catch, too increased very sharply. Ling cod catch decreased a little and herring totals also decreased.

... OF ...

# Interest to Women

# GOOD DRESSERS ARE RESORTING TO JEWELRY - MANY VELVET GOWNS SHOWN

Smart women are wearing jewels. Wherever chic people gather, dining, dancing at the well-known roofs, at the cocktail hour, and in the country attending horse shows, polo, racing meets and other sporting events, handsome jewelry is seen. Not only in the evening or with formal afternoon clothes, but with spectacular sports clothes women are wearing fine jewels. The tailored suit in summer fabrics is continually seen, made more feminine and attractive by a beautiful fob watch, an important brooch at the throat, or a clip in the buttonhole.

New versions of the beret are being promoted all over the country right now and these are excellent foils for jewelled clips or pins. Velvet hats are becoming more prominent every day, big ones, small brimmed, turbans, toques, and berets, often combining two or three colors. There is no more elegant alliance than velvet and jewels.

The fall and winter mode with its increasing femininity and formality will emphasize velvet in daytime dresses, coats, suits and evening gowns and wraps. Renee Montague, a prominent designer of evening clothes, is showing her fall collection to buyers now. There are many velvet gowns and ensembles, laces, velvet trimmed, lames, heavy satins, a new satin chiffon and rich imported novelties. Hardly a dress is flower trimmed. In fact, trimming is kept to a minimum. Precious furs are sparingly but effectively used and there is an occasional hand-made metal buckle or clasp. These sophisticated and truly chic clothes that will be sold by the best shops throughout the country cry out for handsome jewels. Low necklines would be enhanced by beautiful necklaces. Heart shaped decolletages devoid of trimming could be made even more alluring by an important pin or clip at the point.

Daytime dresses this fall will all have high necks but with a difference. Lingerie touches, flowers and all fussiness have gone and in their place are intricate cutting, draping and subtle fulness. With these new neckline developments, jewels are more necessary than they have been for years. Multiple strands of pearls, semi-precious stone chokers to add color contrast to a somber costume, big pins, combining several colors and kinds of gems often set in gold, will all be worn and so will bracelets, for sleeves at the waist are slim and plain. For early fall, before coats are necessary, smart women will wear longer gloves with their bracelets or watches over them.

In the evening we will see a revival of splendor. Fabrics are rich, luxurious and elegant. The mode depends for its effect on fabric, color and line. Extraneous trimming is no longer good taste. With lavishly expensive fabrics, cheap costume jewelry no longer looks right. Jewels must be in keeping with the style and color of the costumes.

With this pre-war feeling for aristocratic elegance has come a renaissance in coiffures. Neither arty or hard, yet more elaborate and more individual are styles in hair dressing and most of these arrangements are designed for jeweled ornaments or fresh flowers. Ear-rings have regained prestige and since ears are sometimes covered by the coiffure this means the pendant type will be worn as well as the clip. Simple necklines add to the possibilities of ear-rings. "Vogue" says in the July 15th issue: "Ear-rings gleam in every lovely ear in Paris."

# Meets Family of Moose in Street

NORWAY, Maine, July 25—While night Patrolman Frank LaFrance was making his rounds on Pleasant St. recently, he met a bull moose, a cow and a calf in the middle of the road, between the homes of Lewis Fogg and Walter Stearns.

Hastening to the Fogg house, LaFrance rang the bell, thinking Fogg would like to come out and see the three animals, but was met with the information that the head of the household was in the bath tub. Fogg's daughter came out, however, and got a glimpse of the calf, the daddy and mother having gone into Ordway's grove nearby.

# THE CHANT OF THE FARMER'S WIFE

I count not my wealth friend, in dollars and silver;  
For money is something I always will lack.  
But I've enthroned old contentment upon my hearth, friend,  
And though sometimes he wanders, he always comes back.

Around my low cottage, the ivy is clinging;  
A baby is cradled upon my bare floor.  
And love is the monarch; who rules my small kingdom,  
And work is the sentinel who guardeth my door.

From my window I view the beauties of nature,  
From my garden could prepare a feast for a king.  
Go bring on your treasures of every creation,  
This picture to my memory forever will cling.

Go bring lovely laces and pictures so costly,  
Go bring rare old jewels from every clime;  
Go bring from the ends of the earth every treasure,  
They pale in comparison to treasures like mine.

—C. A. McDONALD.

# LINDBERGH ACCLAIMED BY BERLIN POPULACE

BERLIN, July 24—Germany pointed out to Col. Charles A. Lindbergh today its accomplishments in military and civil aviation.

The famous aviator, who arrived from England yesterday, with Mrs. Lindbergh, was acclaimed with unrestrained enthusiasm by high Nazi officials, the Press and the Berlin populace.

The Air Ministry honored him at a luncheon which brought together the finest of the nation's flyers.

Col. Lindbergh shared the spotlight with the Olympics as the newspapers joined in a chorus of praise for the visiting flyer and described his character as symbolizing the heroic qualities which Hitler is seeking to impress upon German youth.

# LOOK!

## Combination Sale

4-5 lb. Roast Veal  
1 can Tomatoes  
1 can String Beans  
2 lbs. Carrots  
1 lb. Onions

ALL FOR 98c

and

# 1 Loaf Bread FREE Modern Food Shop

369 KING ST.  
(Next Door to City Dairy) Phone 603  
Free Delivery

# Fire Side OR Moonlight?

## The ballroom or the beach—

there is a distinctive coiffure for your trip.

If you are "going native" for your holiday, or plunging into a gay social whirl, you should see us.

Mrs. Walkers' Beauty Salon  
Tel. 1144

# Dr. DeVan's Pills

A reliable feminine hygiene regulator, on sale in Canada for over thirty years. Price five dollars. For sale at

Ross Drug Stores

# MORE CARE REQUIRED WITH BUTTER BOXES

Some of the butter boxes containing butter submitted for grading do not comply with the regulations under the Dairy Industry Act, in respect to the attention of the Dominion Dairy and Cold Storage Commissioner. The regulation regarding this reads:

"Covers shall be applied with the grain of the wood in the cover running in the same direction as in the bottom. No hook fasteners shall be secured by not less than three nails in each end of the covers; only blued nails 1 1/2 inches long and of 14 gauge shall be used for this purpose."

It has been reported that about 20 to 25 per cent of the covers are not properly placed or nailed, and, while it is important that the covers of all boxes should be placed and nailed according to the foregoing regulation, it is particularly so at the present time, states the Dairy and Cold Storage Commissioner, because there is likely to be considerable Canadian butter exported this season.

It is also compulsory under the regulations for exporters to reinforce butter boxes by placing at least one metal band of galvanized wire around the centre of each box at right angles to the grain of the wood of the cover and bottom. This cannot be done if the covers are not properly placed. In nailing the covers on the boxes, emphasis is laid on the fact that at least three nails of the specified type and length must be used on each end of the cover.

# "Follow Sun" to Live Long

LONDON, July 25—Follow the sun if you want to keep young. John Drayton Bellow, vigorous despite his 87 years and without a gray hair, give this advice to seekers of perpetual youth:

"I've only seen 22 winters," he chuckled, "and the last one I saw was over 65 years ago. I am 87 years young and I feel grand. You see, it's not the years that make men grow old, it's the winters."

"My father did not see a winter for the last 50 years of his life. He died when he was 93, and then he was killed in a train smash. But I'm going to reach a hundred and still be young when I get there."

"Since I have been travelling around, I have not had an ache or an ill—that is in 65 years. The winters bring colds and that's what weakens stamina and makes you old."

# Sardine Plant Far From Sea

EASTPORT, Maine, July 25—The most unique sardine factory in Maine is located, not on the water front, but on a high hill well back from the sea and actually bordered by a cemetery. The plant is operated by C. A. Cheverie, a sardine man.

He buys his fish direct from the weirs, has them boated to the wharves and taken to his place in trucks, not over two hogsheds at a time, for his output is limited. The miniature plant has but one trying tank and its capacity is only two bushels of fish.

# Fruit and Vegetables

Prospects for fruit and vegetable crops have declined appreciably during the past month. Excessive heat and absence of needed rainfall have caused serious damage in Ontario and Manitoba. Quebec has suffered to a lesser extent although some damage has been done. British Columbia has continued to enjoy good weather conditions but the set of all tree fruits is less than last year and cherries have been damaged considerably by splitting induced by heavy rainfall.

In the Maritime Provinces weather conditions have been favorable with ample rainfall and warm weather following a cool period in late June and early July. Nova Scotia promises a fairly good set of apples although the effects of the May frosts and the spread of scab infection have lowered the earlier estimates. New Brunswick will have few apples as the bloom was light in the commercial orchards and few fruits have set. Vegetable crops have felt the effects of adverse weather condition in Central Canada and unless the drought is relieved immediately, all late vegetables are likely to be short crops.

# DURING BABY'S TEETHING TIME

## The Bowels Become Loose

Diarrhea, dysentery, colic, cramps, manifest themselves; the gums become swollen, and cankers form in the mouth. This is the time when the mother should use



and perhaps save the baby's life. On the market for 88 years. Price, 50c. a bottle at all druggists or dealers.

# CANADA'S DOMESTIC EXPORTS INCREASE

The sharp increase in Canada's domestic exports in June, which rose from \$588,504,829 the year before to \$79,181,200, was due largely to the advance in wheat shipments abroad, especially to the United Kingdom, but there were other important factors and there were increases almost along the whole line of Canadian commercial products.

The wheat export in June amounted to \$19,683,000 compared with \$5,149,000 in the same month last year. The amount to Great Britain was \$13,176,000 and to the United States \$1,228,000.

Paper, chiefly newsprint, at \$10,303,000 was a gain of \$2,211,000. Planks and boards at \$3,389,000 increased by \$945,000, the chief buyers being the United Kingdom at \$1,575,000 and the United States at \$1,243,000. The cattle export at \$1,840,000 was a gain of \$1,093,000, the amount to the United Kingdom being \$437,000 and to the United States \$1,375,000. Cheese showed a large increase from \$196,000 to \$682,000, the bulk of it going to the United Kingdom. Meats at \$2,585,000 increased \$438,000, the chief purchaser as usual being the United Kingdom.

The nickel export amounted to \$3,518,000, more than half of it going to the United States at \$1,850,000, and \$1,370,000 to the United Kingdom. Raw gold amounted to \$595,000, all of it going to the United States. The lead export amounted to \$1,044,000, the bulk going to the United Kingdom. Aluminum at \$1,301,000 was an increase of \$999,000. The total export of pulpwood at \$895,000 went entirely to United States. Red cedar shingles at \$396,000 went almost exclusively to United States.

# OUR BEAUTY SALON

presents for 1936

# Truly Lovely Coiffures

Fashioned in less time and with absolute comfort.

# Make Your Summer Permanent an Improved Wireless

It's very mild and gentle in its effect on the hair. Better yet, there are no chemicals used to obtain heat and you are not anchored nervously in a chair for several hours.

Excellent for white hair because there is no danger of discoloration. We specialize in children's permanents.

Let Mrs. Vermeeren advise you and help you to select the right permanent.

FOR APPOINTMENTS CALL 908-11.

# The Parisian Beauty Salon

339 KING STREET ABOVE UNCLE SAM'S EXCHANGE

# COMFORT! FIRE PROTECTION! ECONOMY PROFITS!

Are all embodied for YOU in the CRANE AUTOMATIC RUNNING WATER SYSTEMS.

A family of four uses 36,500 gallons of water per year. Think of the drudgery of pumping that much water by hand! Turn the job over to a CRANE AUTOMATIC WATER SYSTEM.

DECIDE TO DO IT NOW!

LET US EXPLAIN THE CRANE LIBERAL BUDGET PLAN TO YOU

# A. J. GUNTER

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# ARTHUR F. BETTS

## Plumbing and Heating

315 QUEEN ST. PHONE 512

# "NOVELTY SHOP"

Just received a shipment of Brentleigh Ware including Jugs, Vases, "Pot-Pourri" Bowls and other gift suggestions at moderate prices.

Also received the New Coates PEBBLE TWIST which comes in popular colors suitable for dresses, blouses, collars, etc.

New Knitting Books of Interest. Call and see them.

EDNA GILMORE Phone 91-21

# People's Benefit Store

Westmorland Street

# Specials for Friday and Saturday

Bacon ..... 25c per lb.  
Clark's Soup ..... 3 for 25c  
Tomato or Vegetable  
Large pkg. of Lux and 1 cake  
Lifebuoy Soap ..... 24c

# CHICKS Means CHEQUES

A lot of smart people have found out that there's money in chickens. Some of them are turning "chicks" into "cheques" on poultry farms.

—And the most successful by far are those who are starting their chicks on

# PURINA CHICK STARTENA

— Sold by —

# A. H. VANWART & SON

FREDERICTON, N. B.