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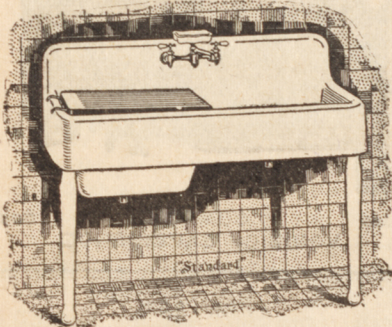
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Fredericton, N. B.

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

MOONLIGHT INN

DUMFRIES, R. R. 2



WIFE SAVING

ON TIME PAYMENTS

If every man in town washed the dishes for his wife for just a few meals every plumber's store would be sold out of modern sinks in a jiffy.

This fixture can be placed in your home for a small cash payment and the balance on easy terms.

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D. J. Shea

80 Carleton St. Phone 563-11

Diet Changes Are Relief For High Blood Pressure

Man must eat to live and yet if he didn't eat there are a number of ailments that he would escape.

Some years ago ten epileptic patients were kept without food for ten days during which time not a single one had an epileptic attack. Some of the patients had been having a number of seizures daily and others at least one attack every day. Thus food seems to be the match that lights the fire in epilepsy.

A few months ago Dr. J. Hartsilver in the British Medical Journal reported results in treating 448 cases of high blood pressure by a greatly reduced food intake; in fact it was called a semi-starvation diet.

8.30 a. m.—One cup of hot water or lemon water and sugar; juice or liquor from stewed or tinned fruit. 9.30—10 a. m.—Orange or grapefruit juice; 1 p. m.—1 pint hot vegetable soup; 3 p. m.—Hot water or lemonade and grapes; 5 p. m.—Orange juice, hot or cold; 7.30 p. m.—vegetable soup.

No meat extract and no bones should be used in preparing the vegetable soup. Use boiled potato water, and choose any of the following for flavoring, using a dessertspoonful of the dried vegetables when the fresh are not available: turnip and onion, celery, carrot, peas and shells, beans! Boil, thicken, and add soaked dry beans or peas. Strain off solids. Salt and pepper to taste.

The patient remains on this diet for six days, on the seventh he eats what he likes. This diet is repeated each week so long as the symptoms—headaches, sleeplessness, giddiness and breathlessness—improve, until the blood pressure gets near to normal, or there are signs of increasing weakness. Whenever the patient feels weak, tea or stimulant is permitted. If the pangs of hunger are too hard to bear, green vegetables and tomatoes may be eaten and the soup need not be strained.

The patient usually sees enough improvement at the end of the first week to be willing to continue the diet. Six to eight weeks is usually all that is necessary.

Though the blood pressure may go up again when the ordinary diet is resumed, many patients can, by resuming the diet from time to time, keep fairly free from symptoms, some being able to work part and even full time. This method gets results as does also the milk diet suggested by Dr. Bernard Fantus, Chicago.

"One week's milk diet, taking every two hours either milk, buttermilk or cream and seltzer water, equal parts, generally reduces the patient's weight by five pounds, lowers blood pressure and relieves symptoms due to high blood pressure."

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808

FREDERICTON, N. B.

... OF ...

Interest to Women

SHOULDERS WIDER; LENGTHS VARIED

Shirring, Pleats Used Widely — Tuxedo Revers Frequent — New 33-Inch Length for Casual Wraps—But Full-Length Belted or Fitted Coats Good, Too.

According to the dealers fur prices are expected to skyrocket in the fall. All you have to do then to buy profitably is to get yourself in the proper mental attitude to swathe yourself in pelts with the temperature in the 90s. And this will be easy when you see what's in store for you.

Capes, hem or seven-eighths length are tops for daytime. Tunic coats, cleverly shirred and pleated, full length white broadtail caracul for evening—these are new. Shoulders everywhere are exaggerated—either gathered or folded over a la Vionnet. Tuxedo revers, self trimmed or with contrasting fur, are popular. Shirred front panels, hem lines dipping toward the back, these are featured. But the full length princess silhouette, the short swagger still exist. And in case you like your furs with a dash you will be glad to hear that fox borders are coming back.

For Evening

Ermine has a new rival for evening—white broadtail caracul. Ermine is seen in brief capes, though, as in the youthful one here, or in floor length capes. It is shown in swaggar coats. But the excitingly new wraps are those beautifully manipulated broadtail and caracul coats and capes. Some of the coats have shirred front panels. The shoulders on the coat shown here, with its charming elbow sleeves, shows this new line to advantage. Full length white fox capes may feel bear-like, but nothing looks more effective at night.

By Day

For daytime grays and browns are threatening black. Persian in these two shades is a high style. In gray we find a good looking kidskin reefer, with extremely wide lapels. This is belted and will be adored by the

young. That lovely rich Safari seal is worked beautifully by one of the uptown shops into a coat copied from a Heim sports coat. It is full length, with small collar, and has wide, flap pockets which jut out under the belt, giving a surprising peplum effect. And beaver, in the browns, is good. There is much of the feather weight beaver, more soft and beautiful than the older fur, which does not curl when wet, due to some special processing of plucking out the wool. Beaver and nutria capes have many possibilities—for tweeds in the country—over town light weight woollens

Mink of Course

Mink is done in one of the shops into a charming thirty three inch length. This is decidedly youthful and is versatile enough for daytime, sports or evening. Mink worked chevron style, giving a wide herringbone effect, is important, too. And hem length mink capes are the last word for daytime.

Squirrel, because of the importance of gray, is beginning to appear. Gray caracul is effective, especially in a tunic length coat, which is pleated below the fitted bodice. And with the fly front, concealing the clothing, it has a nicely svelte look.

For a practical daytime coat nothing is more appropriate than muskrat. We found one with the skins worked like mink which is around \$600, swaggar cut, which you could keep for years and years.

We missed the usual leopard. And if you feel very bitterly about the absence of it, due to the exorbitant price of skins, you can blame the invasion of Ethiopia, which made labor so expensive in Somaliland where the lovely leopards come from.

One coat, though, we warn you, will never satisfy you this winter, furs being as extreme as they are.

RULES FOR VARIOUS SALADS BEGIN WITH COLD, CRISP LETTUCE, FRESH MATERIALS

Since salads are becoming increasingly popular, we are especially interested in finding those which are different. There are the heavy salads, used for the main course, the lighter ones used as accompaniments and the fruit varieties which are usually used for desserts.

How should we make a salad? It is an easy process which you all likely know but here are a few set rules which are wise to review.

Have all uncooked materials crisp and cold and the lettuce or foundation material dry. An excellent way to do this is to wash it when it comes into the house and put it in a bag or the vegetable pan, in the refrigerator. If the materials or ingredients are mixed, do the blending with as light a touch as possible and have enough dressing to make the mixture delicious but not so much that it will be unattractive.

Use dressing which is well seasoned and suited to the menu. Avoid a heavy dressing with a heavy meal.

Garnish attractively, considering both physical and aesthetic qualities.

Remember that ease of serving and eating is desired. The dish as a whole should be well balanced and attractive.

So many of us seem to think that lettuce must be used as a base for salads. But there are many greens which may serve to make attractive, interesting and edible salads. Among these are chicory, romaine, Belgian endive, watercress, celery, cabbage, escarole Swiss chard, mint leaves and even dandelion greens. You would surely find it an advantage to be familiar with these for they help to change the salad from the common run. As a rule these are not more expensive than lettuce with the exception of Belgian endive, and the common dandelion when purchased at the store. This often sells for forty cents a pound.

Salad Suggestions

Here are a few suggested salads which you may like to use for varying the service:

Dandelion greens with minced radishes and onion served on watercress with French dressing.

Thin cross-cut slices of orange served on watercress and served with cocoanut in the centre, again with French dressing.

Stuffed prunes with cream cheese, to which a little orange rind has been added.

Endive served with Roquefort cheese and French dressing.

Watercress with two slices of tomato between which is a thick slice of Neapolitan cheese. Cream cheese may be substituted. Serve with Russian or French dressing.

Shredded carrots and raisins marinated with French dressing and served on watercress.

Apple slices arranged as a cartwheel with a green cherry and a few chopped nuts in the centre. French dressing.

Tomatoes may be stuffed with left overs, with various cheeses or with minced olives, onions or pimientos.

Shredded cabbage is good with diced marshmallows and pineapple.

Those should give you some ideas to vary the menus!

Central Kingsclear

The weather still continuing not the best of hay weather is detaining the harvest of the hay crop.

Miss Fanny Fox and Miss Estella Fox are away on an extended motor trip through the State of Maine and other places. They will visit a number of friends before returning home.

Mr. and Mrs. Fred Camber and two children were guests of Mr. and Mrs. John Black on Saturday.

Miss Christine Killburn who spent a week recently at Grand Bay visiting her aunt, Mrs. Usher, has returned home.

Mrs. Nellie Murray and children and Miss Annie Cliff were visiting at the home of Frank Killburn on Sunday.

Oswald Grey spent Sunday after-

Dr. Dean Urges

Mother to Invite

Girl's Confidence

A troubled girl writes: "My mother opens mail addressed to me, so I am asking you to write your reply in care of a friend of mine. I asked my mother if I might write to you about a problem but she forbade me. The point is, both my girl friend, who is 18, and I are absolutely ignorant of the facts of life. I asked mother and she said she did not feel it necessary for me to be enlightened. Last year she took me out of school because she thought my school-girl friends knew too much for their age. My mother thinks when one doesn't know anything about things they ought to know about they are innocent.

"Please send the letter to my chum's house instead of mine.

"Ignorance is not Innocence."

I don't like to carry on any correspondence with a young person when it is forbidden by a parent. But I am very glad to publish your letter and to state a few wholesome truths which may be useful to other mothers, if not to your mother. Here they are:

The question of opening mail: If I had to snoop around my daughter's mail I'd feel that I had completely failed in bringing up a child to give and to receive confidence.

The facts of life: Ignorance is anything but innocence. In these days when this subject is treated widely in both the printed and spoken word, it is high time that mothers prepare their daughters to meet adequately problems which cannot be ignored.

The question of friends who know too much: There's only one way for a mother to combat misleading knowledge on the part of her daughter's friends, and that is to give her own daughter common and wise knowledge together with one dose of common sense and two doses of good taste, as a medicine to swallow when her daughter gets distorted or over-emphasized facts regarding certain phases of life.

The relationship of mother and daughters interests me. Are children nothing but a constant pain? Is a mother to get no joy out of her daughter? Is mother and daughter relationship to be a constant headache and heartache on the part of both? Is suspicion to take the place of understanding, and snooping the place of confidence? Is a daughter to have no friends, no exchange of confidences and no understanding heart of a loved one?

noon and evening with Randolph Killburn.

Friends of Alex. Martin are sorry to learn he is confined to his home with illness and all hope for a speedy recovery.

Raymond Trombly of Milford, Mass., is spending a few weeks with relatives in this place.

Mrs. George Goodine has returned to St. Stephen.

Mrs. Harvey Mills last week entertained a party of relatives from Boston, Mass.

Miss Retsey Mills has gone to Woster, Mass., to visit her sister, Miss Loretta Mills.

Many of the farmers of this vicinity have finished their haying on the highland and will soon be moving to the Island.

Miss Christine Killburn has returned home after spending a week of her vacation visiting her aunt, Mrs. W. G. Usher at Grand Bay and also in St. John.

Mrs. Normand Hilderbrand and son were visiting Mrs. H. W. Killburn one day last week.

Mrs. Nellie Murray and her three sons from Fredericton have been spending their holidays at Mrs. Murray's old home visiting her sister, Miss Anna Cliff of this place.

Mrs. Hedley Killburn has returned home after a very pleasant trip visiting in St. John at the home of her brother, Mr. and Mrs. E. P. Cliff, she also was the guest of Mr. and Mrs. L. King while there.

She spent a few days visiting her daughter, Mrs. W. G. Usher at Grand Bay.

Mrs. Everett Waymouth, from Lynn, Mass., and her children are visiting her parents, Mr. and Mrs. James Dunphy at Island View.

Mrs. H. W. Killburn was the guest of Miss Anna Cliff and Mrs. J. Murray one day this week.

Miss Fannie Fox and her sister Estella, have re-opened up their house and are spending some of their holidays here.

Mr. and Mrs. Gibson from St. Stephen was calling on friends of this place one day this week.

Mrs. Wellington Usher motored from Grand Bay one day last week and spent the day with her mother, Mrs. Hedley Killburn of this place.

Mr. and Mrs. Bradshaw Tompkins of this place is rejoicing over a baby boy born to them a week ago Monday.

E. P. Cliff of East St. John spent a few days in Fredericton last week.

SUMMER COMPLAINT

CAUSES MANY DEATHS AMONG INFANTS

Thousands of mothers throughout Canada have used



during the past 88 years it has been on the market, and their child's life probably saved by its timely use. Price 50c. a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

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Corticelli Boucle De Laine, Beehive Scotch Fingering and Miss Canada Yarns, Knitting Books, Needles, Stamped Goods, Embroidery Hoops, etc.

You are invited to call in and look around.
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ALL FOR 98c

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Westmorland Street

SPECIALS FOR Friday — Saturday

SHORTENING—2 lbs. for 25c
Libby's Beans, Large, 2 cans 25c
Corned Beef, 2 cans for 25c

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

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