

SUMMER COMFORT

and an attractive appearance call for wearing White—which means that you need a good Dry Cleaner—such as

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Fredericton, N. B.

Dress Up

The new Spring and Summer sample are here, and we invite your inspection.

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TOM BOYD Mgr.

65 Carleton St.

Exclusive Agents for
"TIP TOP TAILORS" and
"CLOTHES OF QUALITY"

We clothe the best dressed men
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WILL IT WORK NEXT WINTER?

Will it heat upstairs and downstairs next winter?

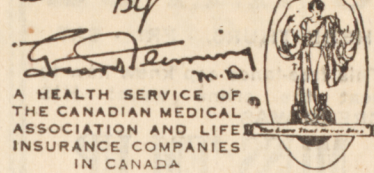
Will it consume more coal than last year? Or will it break down during the first "cold snap" and endanger the health of the family?

From every point of view, now is the time to assure yourself that, as soon as cold weather appears, your heating plant will be in shape to take care of you.

Call us up and we'll examine thoroughly, and recommend the repairs that will make your heating plant dependable for next winter.

D. J. Shea

80 Carleton St. Phone 563-11

HEALTH

EXERCISE IN MIDDLE LIFE

Are you as good a man as you were twenty years ago? Can you swim to the yellow boathouse and back? Can you still show the son and heir how to win a canoe race? Can you "make" that street car?

We won't argue with you. Perhaps you can; perhaps you cannot. But we shall carefully avoid encouraging you in any way to prove that you can do it, for, as a writer recently remarked, "One of the greatest besetting sins of the man of forty is vanity."

If you are leading an active physical life with lots of muscular activity and strain, you are probably able to stand ordinary athletics activities, but such a person seldom deliberately seeks exercise. The man who needs to supervise his athletic activities is the man of sedentary occupation who tries to crowd into one or two hectic hours all of the exercise which should be spread out over the entire week.

Active singles' competition, such as in tennis, badminton or squash, are really too strenuous for the office worker over forty unless he is taking exercise regularly every day or is willing to play very slowly indeed.

To rush through a day's work by two-thirds, bolt a late lunch and then drive at breakneck speed through traffic to keep a golfing engagement does one far more harm than is offset by playing over the fairway for three hours. One has almost reached the nineteenth hole before the nervous system will have relaxed.

We take a fishing trip to harden up those soft muscles, but that cannot be done in a day, nor can we expect to carry a ninety-pound canoe over a rough portage without subjecting ourselves to a strain that may leave its mark long after the trip has been forgotten.

Better by far is to take our exercise steadily rather than in intermittent overindulgence. Take some exercise every day if possible; if that cannot be done, at least every other day. Out-door exercise is best. Walking is one of the best forms—even on city streets. Golf, riding, fishing, bowling, swimming are to be recommended. Gardening, with its stooping and bending and mental concentration, makes excellent exercise.

While not as desirable as out-door exercise, indoor recreation may be necessary and it serves exceedingly well. A daily swim in a tank, a workout in a gymnasium, a period on the home rowing machine or a pleasant dance help keep one fit. Above all think twice before accepting a challenge!

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808

FREDERICTON, N. B.

... OF ...

Interest to Women**BUTTERMILK MAY BE USED FOR SOUR MILK****Variation in Taste is Scarcely Noticeable — Biscuits, Griddle Cakes and Doughnuts Comprising Buttermilk Long in Favor**

Evidently the healthful properties of buttermilk are becoming better known, for never before have we had so many requests for things to be made with buttermilk. Things to eat, we mean. Of course, buttermilk can always be used in recipes which call for sour milk, although the taste is a little different. Here are a few cakes and cookies and muffins which we hope you'll find helpful and delectable.

Buttermilk Biscuits

2 cups flour
½ teaspoon soda
½ tablespoons shortening
¾ cup buttermilk (about)
1 teaspoon salt.

Sift dry ingredients together into mixing bowl, turn out and sift in a second time. Cut the shortening in with two knives, mixing lightly but thoroughly. Add buttermilk to dry mixture, mixing with knife or spoon. Turn onto lightly floured board and pat or roll to ¾ inch thickness. Cut into biscuits and place in greased pan or baking sheet about ½ inch apart. Prick top with a fork. Bake in a hot oven (400 degrees F.) about 15 minutes. The addition of ½ teaspoon baking powder will insure the lightness of the biscuits.

Buttermilk Doughnuts

2 eggs
1½ cups sugar
2 tablespoons melted fat
½ teaspoon salt.
1 cup buttermilk.
1 teaspoon grated nutmeg.
1 teaspoon soda
2 teaspoons baking powder
About 1 quart flour

Beat eggs, add sugar and shortening; mix rest of the dry ingredients, combine the two mixtures with the milk. Knead slightly, pat and roll into one-quarter inch thickness, cut or shape into form, fry in deep, hot fat. Dust with powdered sugar.

Buttermilk Griddle Cakes

2 cups flour
1 teaspoon salt
¾ teaspoon soda
1 teaspoon sugar
1½ cups sour milk or buttermilk
1 egg, well beaten
2 tablespoons melted shortening.
Mix, sift dry ingredients. To milk add egg. Combine mixture. Beat and add shortening. Drop by spoonful on hot griddle. Cook on one side. When puffed, full of bubbles and cooked on the edges, turn and cook other side. One-half cup cornmeal soaked for 15 minutes in half the milk, one cup whole wheat or one cup bread crumbs may be substituted for one cup bread flour in above recipe.

Boston Fudge Cake

3 squares chocolate
3 tablespoons butter
½ cup boiling water
1 cup sugar
1 egg
¼ cup buttermilk
½ teaspoon soda
½ teaspoon vanilla
1 cup flour
¼ teaspoon salt

Melt chocolate and butter together over hot water. Add boiling water and mix thoroughly. Add sugar. Mix well. Add eggs well beaten. Stir until well mixed. Mix soda and salt with the flour. Add alternately with the buttermilk to other ingredients. Mix thoroughly. Pour into a greased and flour-dusted cake pan. Bake 30 minutes in a moderate oven (350 degrees F.). Ice with fudge frosting. Top with nuts.

Spice Cake

¼ cup butter
1 cup sugar
1 egg
1 cup buttermilk
½ teaspoon soda
1½ teaspoons cinnamon
½ teaspoon nutmeg
¾ cup raisins
2 cups flour

Mix raisins with 2 tablespoons flour which is to be used in the cake. Mix the remainder of the flour, soda and spices. Add egg and buttermilk. Cream butter and sugar. Add the milk and flour mixtures alternately and mix well. Fold in the flour-dusted raisins. Pour into a greased and flour-dusted cake pan 8x10 inches. Bake 35 minutes in a moderate oven (350 degrees F.).

Gingerbread Cakes

¼ cup sugar
¼ cup shortening
2 eggs
1 teaspoon soda
1 teaspoon ginger
2 teaspoons cinnamon
½ cup buttermilk
1½ cups flour
¼ teaspoon salt
½ cup molasses

Cream the shortening and add the sugar gradually. Add the well-beaten egg. Mix well. Mix flour, soda, salt, cinnamon and ginger. Add alternately with the liquid ingredients to the creamed mixture. Mix smooth. Pour into greased muffin pans. Bake about 20 minutes in a moderate oven (350 degrees F.). Top each cake with a marshmallow. Return to oven until marshmallow is toasted. Serve at once.

Oatmeal Cookies

¾ cup shortening
1 cup sugar
1 egg, well beaten
½ cup molasses
½ cup buttermilk
1 teaspoon soda
3 cups flour
2 cups uncooked rolled oats
1 teaspoon baking powder
1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon salt
1 cup raisins

Sift flour once, measure and add spices, baking powder and salt and sift three times. Cream shortening, add sugar gradually and cream until light and fluffy. Add egg, mix again. Add oats, molasses, buttermilk in which soda has been dissolved. Add sifted dry ingredient, raisins and salt well. Drop by teaspoons on greased cookie sheet. Bake in 375 degree F. oven about 15 minutes.

MARYSVILLE

'Probably Right
"Now, boys," the teacher queried, "after what I have explained of the lion's fierceness, strength, and daring, can any one of you name a single animal that the king of beasts stands in awe of?"

Up shot little David's hand. "Well," the teacher asked, "which is the animal?"

David (promptly)—Please, teacher, the lioness!

THEY'RE ALL SAYING

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

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DUMFRIES, R. R. 2

Hawkins Fruit & Produce Co. Ltd

WHOLESALE DISTRIBUTORS
FRESH FRUITS
and
VEGETABLES

PHONE 313
NORTH DEVON

WATCHES IN WATER HELP JEWELLERS

A woman with a perfect sun tan hurried into the jewelry store. The jeweler, standing at the back of the store talking to a friend said: "I bet you a dollar she wants to have her watch fixed."

"Do you know her?" asked the friend.

"Never saw her before, but I can tell that it's a watch she'll want to have fixed."

He hurried forward to wait on the woman. She opened her purse and took out a wrist watch.

"How did you know she had a watch?" asked the jeweler's friend when the woman had left the watch and gone on her way.

The jeweler laughed. "Every sun-burned woman who comes here," he said, "brings in her wrist watch which she wore in swimming. My repair business has shot up in the last month, and it's most of it in fixing watches that have been worn in the water. It's a real boom for us—we've sold several new ones, too, when the old ones were beyond repair. I'm hoping it will be a long, hot summer, so that there will be lots of swimming, for if they go in the water enough, sooner or later they are sure to plunge in wearing their wrist watch, and that means more business. It isn't the women alone—the men do it, too, and now that every kid over 10 and plenty under that age feels undressed without a wrist watch, there's greater scope than ever in the watch repair business. I tell you it has become one of our greatest sources of revenue—particularly during the swimming season."

The friend paid the dollar. Both men went next door for a drink.

"Here's to a hotter summer and more swimmers than ever," said the friends. The jeweler grinned from ear to ear and paid for the drinks.

—(New York Sun)

Lower Prince William

AUG. 21 — We are enjoying very pleasant weather of late and harvesting is rapidly approaching.

An enjoyable evening was spent in the Manse last Wednesday when Mrs. Ackinson, organist of the United Church, was presented with three lovely pieces of furniture besides money and other small gifts, by members of the church and other friends. Mrs. Ackinson with her family is moving to Fredericton, and will be much missed in the neighborhood. Rev. Mr. Barker made the presentation, and at the close of the gathering delicious refreshments were served.

Miss McCullough of Keswick is the guest of Miss Evelyn Lawrence.

The Church of England picnic, held on the Rectory grounds yesterday, was a decided success in every way, and much enjoyed by the large crowd present.

Mr. George John attended the Holstein-Friesian Field Day yesterday at the Experimental Station.

An open air service was held at the Lake George shore on Sunday last. Rev. Mr. Telford of Fredericton was the speaker and was ably assisted by his organist Mr. Wade and members of his choir.

Mr. Charles Hamilton and family of Lower Saint Mary's, Mr. and Mrs. Ernest Hoyt and Mrs. Thomas Davidson of Fredericton attended the church picnic Thursday afternoon.

Mr. and Mrs. Harold Smith, accompanied by Mrs. Albert Smith, left Thursday morning to visit friends in St. Stephen and St. John.

Mr. and Mrs. Ludlow Hoyt motored to the city this afternoon.

Mrs. Douglas Saunders received a telegram last Monday stating that Mr. and Mrs. James Miller had arrived safely in Vancouver.

Radio friends listened with interest this morning to the address given by the returned missionary, Mrs. A. H. Barker, from the text "He touched her hand and the fever left her."

ZEALAND

Most of the farmers in this locality have finished haying for the season.

Mrs. Belle Morehouse has returned home after spending some time with her brother, Walter R. Christie, Presque Isle, Maine.

Miss Vera Morgan, Newport, Maine, is spending some time with her parents, Mr. and Mrs. Percy Morgan, Fredericton, and her grandparents, Mr. and Mrs. Thomas Graham, Zealand.

The W. A. of St. Paul's Church, Zealand, met at the Rectory on Wednesday, with a goodly number present. The Rev. Mr. Alexander of Blackville was the speaker at the Anglican Church Sunday evening.

Miss Hattie Burt is visiting with Mrs. A. B. Dunlap, Fredericton.

Mrs. Ida Morehouse was visiting her niece Mrs. Jacob Grant at Macnagua last week.

Malcolm Graham, Fredericton, is sending his vacation with his aunt, Hazel Graham.

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

FALL TERM

— at —

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— Begins —

Tuesday, Sept. 8th

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OR

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

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Biscuit Treats 19c
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Hamilton's
Graham Dainties, 1 lb..... 25c

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

PURINA CHICK STARTENA

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