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... OF ...

## Interest to Women

### WHAT TO DO FOR INDIGESTION

First Correct Bad Eating Habits, Avoiding the Foods That Should Be Avoided

The word "indigestion" is used to cover every condition of disturbed digestion. It may be merely a temporary disturbance caused by eating too fast, by overeating or by eating when tired. It may also be caused by an excessive amount of fat, sweets, acids or spices. We all of us sin occasionally on one of these counts and in their case the condition is easily corrected. Bad habits of eating, however, may be the cause of what is known in popular terms as stomach trouble, which may be mild or acute.

When the delicate lining of the stomach becomes irritated, it must not be subjected to acid foods or condiments. Whole cereals and fibrous vegetables should be avoided for a time. Soft cooked eggs, refined cereals, well cooked potatoes, cream and cottage cheese, meat, ice cream and custards can usually be well taken.

In acute cases of gastritis it is sometimes necessary to withhold food for a day or two and then to begin with a liquid diet at short intervals. Solid food should be added gradually first in a bland form, with a gradual return to a normal diet.

It goes without saying that a physician should be consulted immediately, if there are symptoms of irritation in the stomach. Often the resulting diagnosis shows merely a mild case of gastritis. Occasionally, however, these same symptoms have been found to be caused by a cancerous condition which must, of course, be diagnosed early if a cure or even prolonged life is to result.

"Indigestion" should not be ignored and self-treated.

#### Eggs Poached in Milk

Fill a frying pan half full of milk—add a little salt. Break eggs into a sauce and slip them into the milk, which should be hot but not boiling. Baste the eggs with the milk. Allow them to cook until they are set. Serve with the milk poured over them. Season with salt, pepper and a little butter.

#### Vanilla Junket with Bananas

1 package powder of vanilla junket  
1 pint milk  
½ cup sugar  
2 bananas, sliced  
½ cup whipping cream  
Prepare vanilla junket according to the directions on package. Chill in refrigerator. Whip the cream, adding ¼ cup sugar just before the cream is stiff. When ready to serve cover the junket with the sliced bananas and garnish with the whipped cream.

#### [Salmon Loaf]

1 tall can red salmon.  
2 eggs.  
1 tablespoon vinegar.  
1 cup bran flakes.  
1-2 cup milk.  
1 teaspoon salt.  
Remove bones and skin from salmon and flake salmon finely. Add bran flakes, beaten eggs, seasonings and milk. Put into buttered loaf pan and bake about 30 minutes in a 375 degree oven. Turn to hot platter, garnish with parsley and serve with a sauce.

The sauce with this particular meal must be a thick one for there are to be scalloped potatoes to add succulence and we won't want another runny sauce.

#### Sour Cream Sauce

1-2 cup thick sour cream.  
1 small bottle chopped stuffed olives.

1 teaspoon finely chopped chives or onion.

1 teaspoon vinegar.

A little salt and pepper.

Mix all together and let stand at room temperature for about 15 minutes then serve.

You know so many of these plans for tomorrow it is perhaps unnecessary to give you a menu but it's coming, just the same.

#### Beet-Cabbage Salad

2 cups finely shredded green pepper.

2 medium size beets, shredded.

1-2 green pepper, shredded.

French dressing.

Salt and pepper as needed.

Toss ingredients together with salt and pepper adding enough dressing to blend well. Serve on crisp lettuce.

And I promised to give this recipe soon, that's why it is grouped in this menu. You'll like it, so much for it turns out well.

#### Strawberry Parfait

1 pint strawberries.

1 cup cream.

1 egg white.

3 tablespoons water.

1 cup granulated sugar.

1 teaspoon baking powder.

Put white of egg, water and sugar in top part of double boiler and beat over boiling water until mixture is light and stiff, as for frosting. Add baking powder and stir until cool. Put berries through a ricer and add. When perfectly cold add the whipped cream and a sprinkle of salt. Pour into freezing tray and freeze without stirring.

This is rich and smooth and quite resembles mousse. You'll find it is delicious served with additional crushed berries.

Mary: "Jack was the goal of my ambition, but oh dear!"  
Jane: "What happened, dear?"  
Mary: "Father kicked goal."

## RUFFLED HEMS ON MIDNIGHT SUITS

Less Tailored Types Seen After Dark—Red Floral Design on White Satin Ground is New.

PARIS—The tailored evening suit has become one of the most practical and important garments of every Paris collection.

The original midnight suit was less tailored and severe than the costume shown this season. The evening gown and tailored jacket has undergone a change and has now become quite a mannish garment patterned much after a man's tuxedo.

In purple crepe, the midnight suit is composed of a long, tight skirt which flares out at bottom where the hem is edged in a ruffled ruching. The tailored jacket is classic in line, fitted at the waist and worn without a belt.

Long sleeves fasten at the cuff with an ornate button and exaggerated revers taper into a thin line at the waist where the jacket fastens with two of the ornate buttons. The white waistcoat is masculine with a crossed-over V neck trimmed with a double row of the same buttons.

Not quite so tailored and much more feminine is a two-piece evening suit in printed satin. Garlands of red flowers, set off by green leaves, are scattered over a white satin background. The skirt is straight and slim to the knees, then flares out in fullness to the floor.

The jacket, with short, puffed sleeves fitted to a tight band above the elbow, is short-waisted, buttoning down the front on round white satin-covered buttons. The jacket is finished with a peplum of two rows of fluted red velvet ribbon and two fluted rows of the same ribbon form wide epaulets over the normal shoulder line.

### Fredericton Jct.

Abner Mersereau brought up the question of assessment and taxation. He said that the poor man was now taxed altogether out of proportion to those with higher incomes and he would not be able to pay the extra amount that could be needed to finance the complete public health service the motion called for.

In the debate on Hospitalization Dr. J. A. McIntyre complained of past unwillingness on the part of county of-

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# Theatre of The Air

### SATURDAY'S PROGRAMMES

CFNB, FREDERICTON, 550 K.

8.00—Musical Clock

8.30—M. M. A. Talk

8.35—The Listening Post

9.00—Birthday Program

9.30—Concert Songs

9.45—Morning Concert

10.15—Thor Program

10.45—Enterprise Hourly Program

11.00—Happy Warrior Hour

12.00—Purina Program

12.15—Bldg. Products Program

12.30—Sherwin Williams Musicale

1.00—Frigidaire Program

1.30—Royal York Concert Orchestra

2.00—Marconi Band Concert

2.30—Strings and Vocalist

4.30—Tea Dance

4.45—Burgess Battery Program

5.00—Monitor News

5.15—Dance Music

5.30—All Request Program

6.00—Band Parade

6.15—Canada Cement

6.30—C. C. M. Program

7.45—MacDonald Program

7.00—Valley Motors Program

7.10—News Bulletins

7.15—Sousvairs in Rhythm

7.30—News Bulletin

7.45—Cooke and Lord

8.00—Bert Anstice & Mountain Boys

8.30—Boston Pop Concert

9.30—Let's go to the Musical Hall

9.00—Le Cercle Molier

10.00—Musical Merry-go-Round

10.30—Lloyd Huntley's Orch.

10.45—Canadian Press

11.00—Across the Border

11.30—Horace Lapp's Orch.

### WEAF, NEW YORK, 660 K.

5.30—Children's Program

6.00—Summary of NBC Programs

6.20—Alpine Village Orchestra

6.30—Press News

6.45—Baseball Resume

6.45—Religion in the News

7.00—Connie Gates, Contralto

7.15—Edwin C. Hill

7.30—Negro Male Chorus

8.00—Carl Ravazza's Orch.

9.00—Frank Fay Calling

9.30—Shell Chateau

10.30—Celebrity Night

11.30—Esso News Reporter

11.35—Chas. Dornberger's Orchestra

12.00—Eddie Duchin's Orchestra

12.30—Rudy Vallee's Orch.

### WJZ, NEW YORK, 780 K.

5.15—Musical Adventures

5.30—Treasure Trails

5.45—Ruth and Ross

6.00—Esso News Reporter

6.05—Jesse Crawford, organist

6.30—News

6.35—Jamboree

7.00—King's Jesters

7.15—Home Town

7.30—Message of Israel

8.00—Henri Deering, pianist

8.15—To be Announced

9.15—Arm Chair

9.30—Barn Dance

10.30—To be Announced

12.00—Springtime

12.30—Henry King's Orch.

### CKAC, MONTRÉAL, 730 K.

5.00—Social Announcements

5.15—Quebec Safety League

5.30—Fireside Program

6.15—Le Bon Parler Français

6.30—Press Radio News

7.15—Song Stylists

8.00—Ziegfeld Follies

9.00—Bruna Castagne, Contralto

10.30—Alex. Lajole's Orchestra

11.05—Bob Crosby's Orch.

11.45—Henry King's Orch.

11.30—Henry Halstead's Orch.

### WTIC, HARTFORD, 1040 K.

4.30—Ruby Newman's Orchestra

5.00—Blue Room Echoes

5.30—Children's Program

6.00—Wrightville Clarion

6.30—News

6.45—Rubinoff and his Violin

7.00—Medical Talk

7.15—Edwin C. Hill

7.30—Townsend Plan Program

7.45—Hold the Press

8.00—Carl Ravazza's Orch.

9.00—Frank Fay

10.30—George Olsen's Orchestra

11.00—News

11.15—Mitchell Schuster's Orch.

11.30—Charles Dornberger's Orch.

12.02—Silent

### WGY, SCHENECTADY, 790 K.

5.00—Blue Room Echoes

5.30—Children's Hour

6.00—News Reports

6.30—News

6.35—Evening Brevities

6.45—Religion in the News

7.15—Human Side of the News

7.30—Gen. Electric Program

8.00—Hit Parade

9.00—Rubinoff and his Violin

9.30—Shell Chateau; Wallace Beery

10.30—George Olsen's Orchestra

11.00—News Reports

11.30—Dance Music

12.00—Dance Music

12.30—Dance Music

1.00—Sign Off

### WABC, NEW YORK, 860 K.

5.00—Frank Dailey and His Orch.

5.30—Vincent Lopez and His Orch.

6.00—Frederic William Wile

6.15—Parade of Youth

6.30—News

6.35—Three Little Words

6.45—Gogo De Lys

7.00—The Atlantic Family on Tour

7.30—The Carverdum Band

8.00—Harry Reser and Eskimos

7.15—Eleana Monek and Ensemble

8.30—Kreuger's Musical Toast

8.45—Seymour Simon's Orchestra

9.00—Chesterfield Presents

9.30—Along Rialto Row

10.00—California Melodies

10.30—U. S. Debate

11.00—Abe Lyman Orchestra

11.45—Ozzie Nelson and Orchestra

12.15—Claude Hopkins and Orchestra

12.45—Herbie Kay and Orchestra

ficials to pay for medical care for the poor, in which case the physician often not only had to give his services free but also to provide the medicine. Men making only from \$1.00 to \$1.50 a day often could not provide their families proper food, and in cases of emergency the County should be willing to help re their medical care.

H. H. Stuart advocated the placing of the medical and nursing professions under the civil service, the citizen to be taxed for health services whether they were sick or well, instead of leaving the whole burden to be borne by people when sick and out of work. The present way of handling sickness was wrong. The doctor and the nurse should be paid fixed salaries not merely for tending and curing the sick but also for keeping people well. He moved