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## We're **YOUR Health**

The Daily Mail June Bride Contest Page con- butter inside and out. Brown in a

tains a list of merchants who carry a large assort- and when bubbling slowly add cream ment of all the needs of your bridal trousseau.

> 1¼ cups egg whites 1/2 teaspoon salt 1 teaspoon vanilla

RECIPES sugar together four times. Sift the 1 cup sugar four times. Beat the egg whites until foamy. Add salt, cream of tartar and vinegar and continue Wedding cakes for the bridal table beating until the whites are stiff are quite a problem, aren't they. Ofton this job is handled by the local the one cup sugar slowly, folding concommercial cook, but often the bride tinuously. Sprinkle vanilla over top prefers to use a favorite family recipe and fold in with two or three strokes. and have it made at home, even Sift flour and sugar mixture over egg though she does want a few of the mixture and fold in with as few onfectioner's frills that make a wedstrokes as possible. (Too many ding cake so festive. It is really quite

easy to do attractive decorations yourself once you've mastered the art of the pastry tube. Practice a little in advance and when the wedding day comes you'll be able to achieve a triumph for the bride. Here are some suggestions for the cakes and for de-

corating them. White Cake 1/2 cup butter 1 cup sugar 1 teaspoon vanilla 2 cups pastry flour, sifted once before measuring

FORTHE

**BRIDES PREFER** 

**OLD FAMILY** 

(By Barjorie Mills)

2 teaspoons baking powder 1/2 telaspoon salt 1/2 cup milk

3 egg whites, stiffly beaten Cream the butter, add the sugar and cream together thoroughly. Add vanilla. Sift the flour, baking pow-der and sift together twice, and add STRETCHING to butter mixture alternately with the milk. Fold in siffly beaten egg whites. Pour into two lightly greased layer cake pans, the bottoms of which

have been lined with waxed paper, and bake in a moderate oven (375 degrees F.) for 20 to 25 minutes. Cake will spring back when touched lightly with finger. Cover cake with a white frosting and with a pastry tube write the bride's initials in the cen-

Mince Meat Fruit Cake

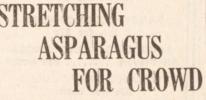
1 teaspoon cream of tartar 1 teaspoon white vinegar Sift the pastry flour and 1/2 cup

ones

strokes cut down volume of cake and toughen it). Pour batter into ungreased angel food pan and bake in a slow oven (275 degrees F.) for 30 degrees F., and continue baking 30 minutes longer. Remove from oven and invert pan for one hour or until

cold. Be sure pan has been thoroughly washed in hot soap suds, rinsed in hot water and dried each time before using. Frost cake with a white frosting. Using a pastry tube, make

festoons of frosting around the sides the centre hole. Fill this vase with a colored flowers that will extend over the top of the cake.



Nothing could be better than aspar-

Cream of Asparagus Soup

hot oven. Melt butter, stir in flour and water in which asparagus was cooked. Season with salt, pepper and 10.45-Enterprise Foundry Program nutmeg and bring to the boiling point Stir in yolk of egg beaten with lemon juice. Add asparagus and make very hot, but do not boil. Serve the toasted rolls filled with this mixture and serve at once.

### MUFFINS FOR SUMMER

Fresh muffin's on cool summer mornings are delicious. And even on hot mornings muffins that have stood enough to hold up in peaks. Sift in ten minutes after coming from the oven-as muffins always should stand -are not too hot to be tempting in appearance, temperature and taste. Here are recipes for various good

Whole Wheat Muffins

Four cups whole wheat flour, one teaspoon salt, one tablespoon sugar three cups milk, one tablespoon lard one yeast cake dissolved, in one cup minutes, then increase heat to 325 of lukewarm water. Heat the milk, cool and add the other ingredients Form into mulfins, let them rise for three hours and bake. If you mak and rise them the night before, place them in the ice box when they have risen and bake them in the morning.

Bran Muffins Mix together without sifting on cup flour, a cup and a quarter bran, of the cake and conceal a low vase in three teaspoons baking powder, ene teaspoon salt, two tablespoons sugar lovely grouping of white or delicately Beat an egg and mix with it one cup of milk and one tablespoon of butter, melted, and add to the dry ingredients. Beat well and bake in muffir

tins for twenty-five minutes. Graham Gems

Three cups sour milk, one teaspoon soda, one teaspoon salt, one table spoon brown sugar, one tablespoon melted lard, one beaten egg. Use enough graham flour to make a good batter. Bake in a hot oven; have gem pans very hot before' filling.

## CARROT AND OLIVE SALAD

Serves five or six, Preparation 20 cup cooked peas, 1/2 cup diced celery or shredded cabbage, 1/2 cup green

# 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-Madame Zari 9.45-Morning Concert 10.15-Thor 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-Concert Songs 5.30-All Request Program 6.00-Band Parade 6.15-Canada Cement 6.30-C. C. M. Program j.45-MacDonald Program 7.00-Valley Motors Program 7.10-News Bulletins 7.15-Souvenirs in Rhythm 7.30-News Builetin 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 10.00-Musical Merry-go-Round 10.30-Lloyd Huntley's Orch. 10.45-Canadian Press 11.00-Across the Border 11.30-Gene Fogarty's Orchestra 11.45-Louis Guenette's Orchestra

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 6.35-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, 760 K. 5.15-Musical Adventures

NORTH BAY, Ont., June 19-For his quick-thinking rescue of fouryear-old Edward McGonegal, son of Mr. and Mrs. M. McGonegal, Nov. 7, 1935, William Wright, 10-year-old son of Mr. and Mrs. R. Wright, has

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, MONIREAL, 730 K. 5.00-Social Announcements 5.15-Quebec Safety League 5.30-Fireside Program 6.15-Le Bon Parler Francais 6.30-Press Radio News 7.15-Song Stylists 8.00-Ziegfield Follies 9.00-Bruna Castagne, Contralto 10.30-Alex. Lajoie'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 Newmans 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-Cnarles 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

WABC, NEW YORK, 860 K.

6.30--News 6.35-Three Little Words 6.45-Goge De Lys 7.30-The Carborundum Band 8.00-Harry Reser and Eskimos

dersigned and endorsed "Tender for ad-dition to Entomological Laboratory, Fred-

dition to Entomological Laboratory, Fred-ericton, N. B." will be received until 12 o'clock noon (daylight saving), Wednes-day, June 24, 1936, for the erection and completion of addition to present Ento-mological Laboratories, Fredericton, N.B. Thans and specification can be seen and forms of tender obtained at the offices of Chief Architect, Department of Pub-lie Works, the Resident Architect, Old Post Office Building, Saint John, N. B., and the Caretaker Public Building, Fred-erictor, N. B. Tenders will not be considered unless made on the forms supplied by the De-partment and in accordance with the conditions set forth therein. Tenders must be accompanied by a cartified cheque on a chartered bank in Ganada, payable to the order of the Hon-ourable the Minister of Public Works, equal to 10 per cent. of the amount of the tender, or Bearer Bonds of the Do-minion of Canada or of the Canadian National Railway Company and its con-stituent companies, unconditionally guar-anteed as to principal and interest by the Dominion of Canada, or the aforemen-tioned bonds and a certified cheque if re-duired to make up an odd amount. By order, J. M. SOMERVILLE, Scoreatere

J. M. SOMERVILLE, Secretary

Department of Public Works, Ottawa, June 8, 1936.

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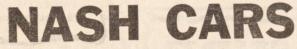
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agus with butter but if you have only a little asparagus, and a mob to serve try cream soup and open a can of tomatoes, say, for the extra vegetable.



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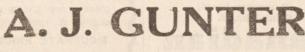
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