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... OF ...

Interest to Women

SUMMER HAZARDS CALL FOR SPECIAL CARE OF THE HAIR

The hair normally grows about twice as fast in summer as in winter and nature helps the scalp, as well as other parts of the body, store up health and vitality to carry through the less invigorating days of winter. Paradoxically, however, hot weather and outdoor activities are also mixed with extra hazards that call for special precautions and care.

This is true regardless of whether one spends the majority of time indoors, or outdoors at such things as motoring, fishing, bathing or golfing. Increased dust, industrial and traffic impurities, perspiration or sunburn can cause a great deal of trouble, and leave the hair in worse shape than in spring, unless properly warned off or counteracted.

Infra-Red Rays

Some of the most important summer hazards and ways of coping with them are enumerated in a timely bulletin just issued by a noted scalp specialist. One of the things that he especially stresses as harmful is the habit of going outdoors in the sun without a hat; likewise bathing in either fresh or salt water without protecting the hair with a cap.

"Any benefits from the sun's ultra-violet rays and that is the theory of going hatless—are more than offset," he declares, "by the bleach and burn caused by the infra-red rays. The combination of wet hair and hot sun while or after swimming, is doubly harmful. To use a simple comparison, the effect of sun and water on the hair is greatly similar to their effect on vegetation, too much of either, singly or at the same time is damaging."

Special Rules

Special rules for summer care of the hair are given as follows: "Allow the hair plenty of air and

weight, well-ventilated and fitted hat, either straw or felt, outdoors and, if you can, change and clean your hat frequently to avoid bad effects from perspiration.

"Wear a bathing cap at the beach. Especially if you swim in salt water, shampoo lightly afterwards to remove the salt. Avoid the combination of hot sun on wet hair.

"More open windows and outdoor exposure also means more exposure to dust and other impurities. Shampoo oftener and brush and comb the hair a little longer in summer than in winter.

"Select shampoos and lotions for cleansing rather than the 'cure-all' claims of their sponsors. Hygiene is the best external tonic. An oil shampoo is best for hair dried by outdoor exposure.

"Avoid 'pasty' wave-set lotions and inexpert permanent waves. 'Pasty' lotions clog the scalp. An expert permanent wave will not harm most hair and if a permanent is properly done it should last all summer, outdoor activities notwithstanding.

"Don't allow the hair-cutter to 'bob' your hair extremely short—for the sake of convenience. Hair worn too short outdoors makes it easier for the sun rays to sear the scalp and for impurities to clog and irritate the delicate hair growing structure.

"Healthy hair is as dependent, however, on the internal nourishment the scalp normally receives from the blood and nerve systems as on external hygiene. Frequent massage to promote the blood circulation and rest and recreation that is beneficial to the nerves will help along the natural benefits of summer."

Dandruff

Dandruff, providing what appears to be dandruff really is that; an itching scalp or hair that has become seared and dry are the most common "summer harbingers" of scalp trouble, the specialist points out. He adds that what often appears to be dandruff isn't, but is a natural scaling condition which can be hastened away by shampoo.

"Like your health," he concludes, "healthy and attractive hair is much easier to retain than to regain. Likewise, simple precautions in summer are easier and more effective than a majority of remedies."

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SKIN BEAUTY

A 3-Day Liquid Diet Will Help Your Summer Face

If you want the hair beneath your bonnet to be glisteningly shiny and the skin on your summer face to be smooth and clear, you ought to start a health campaign right now.

Laugh all you like about the sulphur-and-molasses your grand-mother gave the entire family every spring, but don't lose sight of the fact that winter conditions do make for sluggishness when warmer weather comes.

You ought to build up your strength, get rid of excess weight that accumulated during the winter, and do special beauty treatments to make your skin as fresh as spring violets by a brook.

To start, why not go on a three-day liquid diet? Simply drink milk, fruit and vegetable juices, clear soup and plenty of water at meal time and between meals. At the end of the third day, notice how much more light your step is and how much more energetic you feel.

Afterward, eat a reasonable amount of solid food, but don't go in for second helpings, very rich desserts and too many starches. Modern diet experts now contend that a person can eat enough to keep him from being hungry at any time, yet still keep his weight at a certain figure. If you find that you are continually gaining, the chances are that you stuff yourself instead of eating normally. One who leaves the table with the feeling that he simply can't swallow another morsel undoubtedly has eaten too much.

TRAFFIC LIGHTS KEEP SPEAKERS WITHIN TIME

VANCOUVER, June 29—A system of automatic lights similar to ordinary street traffic signals is being used to keep speakers in order at the convention of the State and Provincial health authorities of North America.

Five minutes before the scheduled time-limit of each speaker a green light flashes on the box-light apparatus set on his table. With one minute to go a yellow light appears. When a red light comes on times up, and whether or not he is finished the speaker must sit down.

VICTORIA, June 27—A method of relieving one of the most violent types of headaches by "air conditioning" at the source of the trouble was described to the Canadian Medical Association by Dr. Gordon C. Draeske of Vancouver. A treatment of the sinus which restores ventilation of the little bone-walled chamber below the eye and brings successful relief was described by the doctor as "mechanical" correction of sinus infection.

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THEATRE of the AIR

MONDAY'S PROGRAMMES

CFNB, FREDERICTON, 550 K.

8.00—Musical Clock
8.30—M. M. A. Talk
8.35—Listening Post
9.00—Birthday Program
9.30—Novelty Program
9.45—Morning Concert
10.15—Thor Program
10.45—Enterprise Program
11.00—Happy Warrior Hour
12.00—Purina Program
12.15—Building Products Program
12.30—Canada Starch Melodies
12.45—Sherwin Williams Musicales
1.00—Frigidaire Program
1.30—Royal York Concert Orch.
2.00—Marconi Band Concert
2.30—Rosario Bourdon
4.30—Tea Dance
4.45—Strings
5.00—Monitor News
5.15—Popular Songs
5.30—Music Box Review
6.00—Garden Party
6.15—Canada Cement Program
6.30—C. C. M. Program
6.45—McDonald Program
7.00—Valley Motors Program
7.05—News Bulletins
7.10—Real Life Drama
7.15—Souvenirs in Rhythm
7.30—News
7.45—Jimmy Namaro
8.00—CFRS
8.30—Music for Today
9.00—Fanfare
9.30—Rhythm River
10.00—With Banners Flying
10.30—Wilderness Adventures
10.45—News
11.00—Horace Lapp's Orchestra
11.15—Across the Border
11.30—Lullaby Lagoon

CKAC, MONTREAL, 730 K.

5.30—Fireside Program
6.20—Tangoes
6.25—Recreative Hour
7.00—News
7.05—Templeton's Ltd.
7.15—Jeanne et Arthur
7.30—Living Room Furniture
8.30—Narvo Melody Painters
9.00—Lux Theatre
10.00—Wayne King's Orchestra
10.30—Le Merle Rouge
11.00—Molson Sports Reporter
11.05—Jack Denny's Orchestra
11.30—Vincent Lopez Orchestra
12.00—Henry Halstead's Orch.

WJZ, NEW YORK, 760 K.

4.00—Betty and Bob
4.15—Backstage Wife
4.30—How to be Charming
5.00—Let's Talk It Over
5.30—The Singing Lady
5.45—Little Orphan Annie
6.00—News Reporter
6.05—U. S. Army Band
6.24—Stage Relief Program
6.30—News
6.35—Three X Sisters
6.45—Lowell Thomas
7.00—Niela Goodelle, Songs
7.15—Tony Russell
7.30—Lum and Abner
7.45—Dream Singer
8.00—Fibber McGee and Molly
8.30—Philadelphia Chamber of Commerce
9.00—Sinclair Greater Minstrels
9.30—Tale of Today
10.00—Carefree Carnival
11.00—Esso News Reporter
11.15—Ink Spots
11.30—Casa Loma Orchestra
12.30—Phil Ohman's Orchestra

WEAF, NEW YORK, 660 K.

4.00—Woman's Radio Review
4.30—Happy Jack, Songs
4.45—Grandpa Burton
5.00—Top Hatters
5.30—Walter Logan's Musicales
6.00—Flying Time
6.15—Esso News Reporter
6.30—News
6.35—Baseball Resume
6.45—Billy and Betty
7.00—Amos 'n' Andy
7.15—Uncle Ezra
7.30—Gabriel Heatter, news service
7.45—Education in the News
8.00—Hammerstein's Musical Hall

8.30—Voice of Firestone

9.00—A. & P. Gypsies
9.30—Swift Program
10.00—The Lullaby Lady
10.30—National Radio Forum
11.00—Dick Mansfield's Orch.
11.30—Esso News Reporter
11.35—Magnolia Blossoms
12.00—Rudy Vallee's Orch.
12.30—Maurice Spitalny's Orch.
4.00—Women's Radio Review

WTIC, HARTFORD, 1040 K.

4.30—Happy Jack
4.45—Grandpa Burton
5.00—Kent School Glee Club
5.30—Dick Tracy
5.45—Musical Program
6.00—Wrightville Clarion
6.30—News
6.45—Strange as it Seems
7.00—Amos 'n' Andy
7.15—Uncle Ezra
7.30—Studio Program
7.45—Night Editor
8.00—Hammerstein's Music Hall
8.30—William Daly's Orchestra
9.00—The Gypsies
9.30—Sigmund Romberg
10.00—Contented Program
10.30—The Traveler's Hour
11.01—Baseball Scores
11.15—Dick Mansfield's Orch.
11.30—Magnolia Blossoms

WGY, SCHENECTADY, N. Y., 790 K.

4.15—Lang Sisters
4.30—Stock Reports
5.00—Walter Logan's Musicales
5.45—Grace and Sooty
6.00—News
6.15—Harry Richman's Orch.
6.30—News
6.45—Jimmie Mattern
7.00—Amos 'n' Andy
7.15—Uncle Ezra
7.30—Col. Jim Healy
7.45—Rhythm Review
8.00—Hammerstein's Music Hall
8.30—Voice of Firestone
9.00—A. & P. Gypsies
9.30—Swift Studio Party
10.00—Contented Hour
10.30—National Radio Forum
11.00—Esso News Reporter
11.30—Jerry Johnson's Orchestra
12.00—Rudy Vallee's Orch.

WABC, NEW YORK, 860 K.

4.00—Commercial Concert
4.30—Chicago Variety Hour
4.45—Tea at the Ritz
5.00—Manhattan Matinee
5.30—Nothing but the Truth
5.45—Og, Son of Fire
6.00—Buck Rogers
6.15—Bobby Benson and Sunny Jim
6.30—News
6.35—Vanished Voices
7.00—Myrt and Marge
7.15—Vocals by Verrill
7.30—Singin' Sam
7.45—Boake Carter
8.00—Esso Marketers
8.30—One Night Stands
9.00—Radio Theatre
10.00—Wayne King's Orchestra
10.30—March of Time
10.45—Manhattan Choir
11.15—Jack Denny and Orchestra
11.30—Jerry Freeman's Orchestra
12.30—Hawaii Calls

TUESDAY'S PROGRAMMES

CFNB, FREDERICTON, 550 K.

8.00—Musical Clock
8.30—M. M. A. Talk
8.35—Listening Post
9.00—Birthday Program
9.30—Concert Songs
9.45—Morning Concert
10.15—Thor Program
10.45—Enterprise Jundry Program
11.00—Happy Warrior Hour
12.00—Purina Program
12.15—Building Products Program
12.30—Canada Starch Melodies
12.45—Sherwin Williams Musicales
1.00—Frigidaire Program
1.30—Royal York Orchestra
2.00—Marconi Band Concert
2.30—Musical Comedy Memories
4.30—Tea Dance
4.45—Burgess Battery Program
5.00—Monitor News
5.15—Dance Music
5.30—Scrap Book
6.00—Band Parade

6.15—Canada Cement Program

6.30—C. C. M. Program
6.45—MacDonald Program
7.00—Valley Motors Program
7.10—News Bulletins
7.15—Sports Review
7.20—Souvenirs in Rhythm
7.30—News
7.45—Edgar Herring's Novelties
8.00—Reve de Valse
8.30—Sinfonietta
9.00—Mystery House
9.30—Serenade to Summer
10.00—Sunshine and Deep Shade
10.30—Alex. Lajole's Orchestra
10.45—Canadian Press News
11.00—Luigi Romanelli
11.30—Lullaby Lagoon

WEAF, NEW YORK, 660 K.

5.00—Men's Glee Club N. Y. Univ.
5.30—Manhattan Guardsmen
6.00—Flying Time
6.15—Hymn Sing
6.30—News
6.35—Baseball Resume
6.45—Billy and Betty
7.00—Amos 'n' Andy
7.15—Human Side of the News
7.30—Citizen's Family Welfare
7.45—You and Your Government
8.00—Leo Reisman's Orchestra
8.30—Wayne King's Orchestra
10.00—Elgin Swing Time Revue
11.00—Sports Shots
11.15—Argentine Orchestra
11.30—Esso News Reporter
11.45—Jesse Crawford, organist
12.00—Henry Busse's Orch.
12.30—Sophie Tucker's Orch.

WGY, SCHENECTADY, N. Y., 790 K.

4.00—Betty and Bob
4.15—Bridge Analyst
4.30—Stock Reports
5.00—Lang Sisters
5.15—Air Adventures of Jimmy Allen
5.30—Musical Program
6.30—News Reports
7.00—Amos 'n' Andy
7.15—Human Side of the News
7.30—ould and Sheffer
8.30—Wayne King's Orch.
9.00—Vo Pop
9.00—Vox Pop
12.30—Ted Lewis' Orch.
9.30—Ed Wynn
10.30—Roy Campbell's Royalists
9.30—Ed Wynn
10.45—Musical Program
11.00—News
11.05—Radio Night Club
11.45—Jesse Crawford

CKAC, MONTREAL, 730 K.

6.15—Waltz Time
7.00—News
7.15—Moment Musical
7.30—CKAC Commentator
7.45—Coeur de Maman
8.00—Provincial Hour
9.00—Ramblers
9.15—Moments of Melody
9.30—Waring's Pennsylvanians
10.00—Le Merle Rouge
11.30—Leroy Smith's Orch.
12.00—Frank Dailey's Orchestra

WJZ, NEW YORK, 760 K.

5.30—Singing Lady
5.45—Little Orphan Annie
6.00—Esso News Reporter
6.05—Minute Men
6.15—Captain Tim
6.35—Frank and Flo
6.45—Lowell Thomas
7.00—Easy Aces
7.15—Tony Russell
8.00—Crime Clues
8.30—Edgar A. Guest
9.00—Ben Bernie's Orch.
10.30—Schallert Review
11.05—Phil Levant's Orch.
12.00—Shandor

WTIC, HARTFORD, 1040 K.

4.00—Radio Review
4.30—Happy Jack
4.45—Blue Room Echoes
5.00—Men's Glee Club
5.30—Dick Tracy
5.45—Rhythm of the Day
6.00—Wrightville Clarion
6.30—News
6.45—Jan Pearce
7.00—Amos 'n' Andy
7.15—Edwin C. Hill
7.30—Fred Hufsmith
7.45—Hold the Press
8.00—Leo Reisman's Orchestra
8.30—Wayne King's Orchestra
9.00—Vox Pop
9.30—Ed Wynn
10.30—Roy Campbell Royalists
11.00—Sport News
11.45—Jesse Crawford, organist
12.00—Silent

WABC, NEW YORK, 860 K.

5.00—Chansonette
5.30—Jack Armstrong
5.45—Tito Guizar, Tenor
6.00—Buck Rogers
6.15—Benay Venuta, songs
6.30—News
6.35—Understanding Music
7.00—Myrt and Marge
7.15—Jimmy Farrell, Songs
7.30—Kate Smith's Coffee Time
8.00—Lavender and Old Lace
8.15—Edith Karon and Organ
8.30—Lawrence Tibbett
9.00—Cameo Caravan
9.30—Fred Waring's Orchestra
10.30—March of Time
10.45—Poet's Gold
11.00—Abe Lyman and Orchestra
11.30—Dick Gardiner and Orchestra
12.00—Herbie Kay and Orchestra

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