

Spinach Canape
Cook washed spinach in an uncovered kettle for ten minutes. Drain. Chop and season with salt and horseradish. Spread on buttered rounds of bread. Garnish with ring of hard-cooked egg and dots of cheese spread.

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... OF ...

Interest to Women

TRICKS IN PREPARING PICNIC COFFEE

Egg Shells Play Important Part in the Procedure
—About Broiled Steaks

Picnic coffee has the reputation of oven (375 degrees F.) 30 to 40 min. always being good. Perhaps this is because the odor is so tantalizing to hungry picnickers. There are a few tricks, however, which must be played if it is to be graded not merely good—but perfect.

If you will save the egg shells from those eggs which you had for breakfast or which you are going to scramble for the picnic, crush them, mix well with a little water and then with the coffee. You may then add the rest of the cold water. When the coffee begins to bubble, or rather to be foamy, it should be stirred down once or twice. When it has actually boiled a moment it should then be taken from the fire and a little cold water poured down the spout. Then you will have a clear amber beverage flavorful as coffee is at its best. It goes without saying, of course, that the coffee itself must be fresh when put into the pot.

In the absence of egg shells, coffee should be tied in a cheesecloth bag, which then may be covered with cold or boiling water. In this case it may even be allowed to boil over without spoiling its clarity.

Now that we have the coffee question for the picnic settled, just a word about that steak which perhaps you are planning to broil. Be sure that the fire has been allowed to die down after you have a thick bed of glowing coals. A rack may be set across the stones. Whether you use a large steak or individual portions, the meat must be turned very often. If you choose the latter you may make each person responsible for cooking his own portion of steak, rare or well done, to suit himself. By the way, if you are planning to serve a steak, sandwich style, it should be cut thin and slices of Bermuda onion should be provided to put with the cooked meat between buttered slices of bread. Tomatoes may be halved, dipped in melted butter and broiled to a turn when the steaks are done.

Picnic Meat Loaf
One and one-half pounds ground beef, one-half pound ground pork, two cups cracker or dry bread crumbs, two eggs, one onion, finely grated; one cup tomato catsup or chili sauce, salt and pepper. Have beef and pork ground together. Combine with bread or cracker crumbs and season with grated onion, salt and pepper. Moistened with slightly beaten egg, and catsup or chili sauce, and bake in moderate oven until done.

Tasty Meat Loaf
3 cups cooked ground beef
1 cup cracker or dry bread crumbs
3 eggs
3 slices bacon
1 grated onion
Salt and pepper
Meat broth or milk, leftover gravy or one can cream mushroom soup
Combine ground beef, bread or cracker crumbs and seasonings.

Ginger Cake
4 tablespoons fat
½ cup sugar
1 egg
½ cup sweet or sour milk
½ cup molasses
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon salt
½ teaspoon soda
1½ cups flour.
Cream the fat, add the sugar gradually. Beat the egg well and add. Mix the molasses and the milk. Mix and sift the dry ingredients, add alternately with the liquid to creamed fat and sugar. Bake in a moderate

Glorified Gingerbread

2 cups flour
1 cup granulated sugar
1 teaspoon cinnamon
1 teaspoon ginger
½ teaspoon salt
4 tablespoons butter
4 tablespoons lard
1 egg
2 tablespoons light molasses
1 cup sour cream
½ teaspoon soda
½ cup finely chopped nuts
Mix flour, sugar, cinnamon, ginger and salt together and add shortening. Work as for piecrust and when finely crumbled remove one-half cup. Add egg, cream, molasses, nuts and soda to the larger amount and mix thoroughly, adding little water if mixture is too thick. Pour into well-buttered pan, sprinkle with reserved crumbs, and bake in a moderate oven for about thirty minutes.

WOOL SWIM SUITS

Swim suits that combine good looks and practical swimming comfort are winning new laurels this summer because of attractive styling and lovely colors that add fashion zest to tailored wool suits. The knack of good knit suits for keeping their original beauty under steady wear with minimum care is a big point in favor of this type of suit for lazy summer days, and styling that molds the body along proper lines whether the suit is wet or dry is a matter to consider whether you swim for fun, health or beauty.

Wool prevents chilling and never feels unpleasantly damp against the body—factors of special importance to those who take their swimming in brief dips with long periods of lounging on the sand between swims.

The new kava-knit wool suits, in attractive broken diagonals, cross-ribs, and other novelty effects, have the fabric appeal of the dressmaker suits, plus the practical styling and swimming comfort of the classic swimsuits.

Smart accents such as adjustable neckline of the high or low type, nautical lacing in contrast color, removable separate skirts over sleekly fitted maillots, elastic bindings to keep the suits up when shoulder straps are dropped for even sunbathing, and adjustable shoulder straps and belts add to the appeal of the smart wool swim suits of 1936.

Peanut Butter Snacks

Cream peanut butter and butter together until it will spread easily. Spread on crackers and put a small piece of bacon on top of each. Place under preheated broiler unit and cook until bacon is crisp. Make as many as needed.

Hot Cream Cheese Savories

For appetizers, dip rounds of white bread in melted butter and sprinkle with salt, pepper and lemon juice. Soften a package of cream cheese with a little milk, mix with chopped nuts and spread on the bread. Toast in a moderate oven just long enough to melt cheese. Serve with pickles and olives.

Lobster Paste

Chop lobster meat finely and add an equal quantity of yolks of hard-cooked eggs forced through a sieve. Moisten with melted butter and heavy cream, using equal parts and season highly with salt, cayenne, prepared mustard and Worcestershire sauce. Spread on crackers or rounds of bread.



HEALTH
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SALVE COMPOSED OF COD LIVER OIL HEALS OLD WOUND

By DR. JAMES W. BARTON

Since it was learned that cod liver oil was helpful in clearing up old forest ulcers and wounds, reports are coming to hand from physicians who are using this treatment in the above ailments.

Two European surgeons, Drs. V. I. Iost and I. G. Kochergin, report 263 cases in which cod liver oil was used. Of these, 28 were old (chronic) ulcers, 25 burns or frost bites, 19 severe wounds of the hands or feet, 150 fresh superficial wounds and 40 suppurating wounds.

Cod liver oil was applied as a paste made with about 3 ounces of cod liver oil, 3 ounces of petrolatum (vaseline), about one-twentieth of an ounce of a preparation containing vitamin and one-third of an ounce of Japanese wax. This preparation applied directly was definitely helpful in old ulcers, burns, frost bites and recent wounds.

These surgeons believe the beneficial effect to be due to the abundant vitamin A and vitamin D in the cod liver oil. Vitamin D possesses the power to stimulate the growth of new tissues. When the tissue has been injured by the ulcer or by injury there is some lack in the tissue of power to absorb vitamins from the blood. Vitamin D gives back this power to the tissue. Further, it was found that the little organisms that manufacture pus can't work as well as when in contact with cod liver oil. The cod liver oil seems to take away the strength or vitality of these pus-making organisms.

The application of cod liver oil to wounds in the form of a paste is more efficient because the oil is kept in contact with all parts of the

wound. Keeping the part at rest is an important element in the treatment and is accomplished by fewer dressings, or being put in a plaster cast.

The combination of cod liver oil with the above mentioned substances may be an improvement on the plain cod liver oil, but the results obtained with cod liver oil alone as mentioned by Dr. J. P. Steel in the Lancet some months ago were very satisfactory. Lint heavily soaked in cod liver oil was applied to the part and covered with a dressing. The dressing is left in place and re-soaked with cod liver oil every 24 hours, the lint not being taken from the skin surface until the end of 48 hours.

FEAR OF UNKNOWN WORRIES PATIENT; SLOWS RECOVERY

By DR. JAMES W. BARTON

In a large city many years ago the outstanding physicians in hospital and bedside work were two clever but very gruff gentlemen. What they said to the patient and to the family of the patient was likely truthful, but the patient was made to feel that medicine was a mystery, that his questions were childish and that if there were a chance to pull him through they could do it.

Part of this gruffness may have been assumed and compared with questions asked today the questions likely were childish.

However, in these days patients know something about their bodies and how they work and as Dr. Charles Mayo says, "The doctor who does not take his patient into his confidence is not up to date."

The physician now knows that the influence of the mind on the general health, the general running order of the body is so strong that rather than have the patient worried, wondering, apprehensive, it is wiser to explain just what has gone wrong in the system, how much or how little damage has been done, and what will be necessary on the part of the patient and physician to get things back to normal or as near normal as possible.

The keynote in the discussion is, of course, to reassure the patient

DESERTS GROW

OTTAWA, July 6.—Fear of Henry Wallace, United States secretary of agriculture, that a "weather change" was occurring, making the United States arid, recalled remarks in the House of Commons last year by Hon. W. R. Motherwell, that "deserts grow unless steps are taken to stop them."

He spoke of the work of archaeologists in Palestine which showed cities once surrounded by fertile land had been buried in sand. "I thought I lived on the edge of the drought area in Saskatchewan," he said, "but the last six years have revealed to us that a desert really grows. It extends over the adjoining area until the whole country may be involved in it unless some action of an effective nature is taken. What we have to do is to restore the grass covering. That is an immense job, but it must be done."

Tracy School Closed Last Week

Tracy School closed on Tuesday, June 30. The teachers for the year were Chester Dickinson, principal and Miss Eva Burr, primary. Mr. Dickinson who is leaving this year was presented book ends by his pupils. The W.I. donated prizes to each grade which were awarded as follows:

Grade I—Norma Phillips, 1st; Hil-ton Webb, 2nd.

Grade II—Beatrice Tracy, 1st; Ed-rie Phillips, 2nd.

Grade III—Wallace Riley, 1st, highest average; Wallace Riley, 2nd, Spelling.

Grade IV—Mildred Nason, 1st, highest average; Mildred Nason, 2nd, History.

Grade V—Nellie Nason, 1st, highest average; Byron Phillips, 2nd, Nature.

Grade VI—Murray Nason, 1st, highest average; Idella Reid, 2nd, Arithmetic.

Grade VII—Glenna Webb, 1st, highest average; Glenna Webb, 2nd, Geography.

Grade VIII—Rilma Trays, highest average.

DEMOCRATS HUNT "HOOVER GRASS"

PHILADELPHIA, July 3.—The Democrats today poked some pretty pointed fun at Herbert Hoover and his 1932 prediction that if Franklin Roosevelt were elected President of the United States the grass would grow in the streets of a hundred cities.

An old-fashioned hay-mower, followed by a hay-rake and a hay-wagon, all drawn by mules, cruised about Philadelphia's streets. They carried posters proclaiming that their grand was to find the grass predicted by Hoover, and that they had discovered none.

because hope is the most effective medicine known.

About 12 years ago my daily articles, during a certain period compared the body to a motor car; the gasoline was the food, the carburetor was the small intestines, the chassis was the body framework, the shock absorbers were the tires and discs between the bones of the spine, the steering gear and electric equipment were the brain and nervous system, and so forth. In another series I compared the body to a house.

Thus some physicians explain the patient's ailment to him in terms of a motor car—wrong gasoline or too much or too little; the gas flow is partly blocked, the battery run down, the exhaust partly choked, too much gas (food) in the carburetor for the amount of air mixing with it, some parts getting worn, and various other comparisons. The physician thus is describing something in terms the patient can understand.

Thus the patient gets away from the fear of the unknown and bends his energies toward helping the physician to get his body back into its best possible condition.

1936 Wheat Brings

\$1.04 at Chicago

CHICAGO, July 3.—The first cargo from the 1936 wheat harvest brought \$1.04 here today as another sun-baked day cut into crop hopes of wide areas of the Midwestern farm belt.

Word that no moisture of consequence had come into the sore-pressed Northwestern spring wheat territory stimulated a new wave of buying which jumped domestic wheat prices two to four cents before profit-taking set in.

None of the Weather Bureau stations in Kansas, Nebraska, Montana, North or South Dakota reported any rain during the past twenty-four hours. Federal and State crop observers in Illinois announced "a rather serious" drought situation in southern and central counties.

A conference called by President Roosevelt and attended by Governors Welford of North Dakota and Tom Berry of South Dakota, estimated that from \$50,000,000 to \$100,000,000 Federal assistance would be required to take care of the producers of the Dakotas, Montana and other areas of the spring wheat territory.

Because of the lack of feed, railroads serving South Dakota and Wyoming announced they had received requests for emergency rates to ease the live stock situation.

From Montana, Governor Elmer Holt wired a request to President Roosevelt for Federal funds to supply stockmen concentrated feed and hay. A rush of stock to market from burned prairies of Southeastern Montana indicated, the Governor said, an apparent panic among the producers.

CHICKS Mean 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.

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