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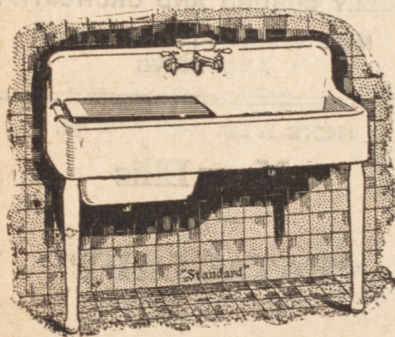
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What do you do on Sunday? We hope you go to church for it is good for your body as well as your soul. But what about the rest of the day?

Apparently we have but one idea; we jump into our car, or somebody else's, drive as fast and as far as we can, pick up an indigestible gulp-and-run lunch at some roadside stand en route, lose our tempers over the bad manners of all the other motorists, fret ourselves over endless delays at main intersections, inhale exhaust fumes instead of exhilarating country air and get back after midnight, tired, irritable, all keyed up and depressed because we didn't beat the previous Sunday's record. What a start for the week!

We try to crowd into one hectic day what our English cousins take a long three day weekend to accomplish.

Much could be learned from the Viennese or the Germans. They put on their hiking costumes and sally forth from the cities by train or tram Saturday noon or Sunday morning. They go that distance out which will permit them by easy walking to get back Sunday night. By crossing country they dodge the fume-laden highways, are in the open all the time rest at guest-houses en route and arrive home physically tired but mentally relaxed and refreshed.

What a contrast to our aimless dashing about—our Day of Rest! True, our suburban countryside is dotted with "no trespassers" signs, and our country roads sadly lack cinder paths, but these difficulties could be overcome if our people really tried. In Montreal and Ottawa skiers do entrain out and ski back in the winter, an excellent arrangement, but the custom should be more widely practised for summer as well as winter recreation.

Most centres having woodland or open suburbs where one can walk far from the maddening crowd and in unison with the spirit of Nature. It is good to feel grass and moss underfoot, to smell new mown hay and to drink in the cool fragrance of the woods.

Try locking your car up some Sunday. Or, if you must use it to get to the open spaces, park it as soon as you can and strike out on foot.

BANFF, Alta., Aug. 7.—The several hundred interesting guests now visiting the Banff Springs Hotel include such prominent people as Major Sir Neville Wilkinson, K.C., Ulster King of Arms, and Lady Beatrix Wilkinson daughter of the 14th Earl of Pembroke and Montgomery of England. Hon. James F. Fielder, ex-Governor of the State of New Jersey, and Mrs. Fielder; William McKinley and Mrs. McKinley of New York.

... OF ...

Interest to Women

JOHN VAN RYN FAVORS BRIDGE

Tennis Fine, But Not With Wife as Partner

SEABRIGHT, N. J., Aug. 10.—The bridge table, says Johnny Van Ryn, is a better battle ground for husbands and wives than the tennis court.

Avoid Audiences

He was speaking of tournament play, he added, for without spectators, anything might happen.

"In tennis there are too many people watching for an old-fashioned spat," he said. "Wouldn't it be nice for 5,000 people to see a husband crown his wife with a racket?"

Does a tennis partnership make the marriage partnership smoother?

Johnny, member of six Davis cup teams and holder with Wilmer Allison of the United States and the Wimbledon doubles championships, eyed his blonde tennis-playing wife thoughtfully.

"I wouldn't say so," he said. "But then I wouldn't say it hurts any. We set along as well as any one—bridge players, for example."

Mrs. Van Ryn, the former Marjorie Gladman of California—"Midge" to tennis players and the gallery—smiled.

Do the Van Ryns ever fight on the court?

"Ask Johnny," Mrs. Van Ryn par-

ried. Her husband grinned and said she sometimes bawls him out when he misses an overhead.

"And that's nearly every other shot," he added.

The Van Ryns, married since 1930, never have won a national championship, but last year they reached the semi-finals at Brooklyn and have won the Seabright, Southampton and Rye championships.

There are several tennis-playing married couples.

Wilmer Allison and his wife, the former Anna Caswell of Austin, Tex., won a few tournaments together, but Mrs. Allison has not played competitive tennis for two years, and is now taking up golf.

Dr. Gerald Bartosh of California and his wife, Dr. Esther Bartosh, have done well as a mixed doubles team, but when she won the recent Coronado championship it was with Billy Doeg of Santa Monica as a partner.

Put Mr. and Mrs. Henry C. Brunle of Rye, N. Y., and Mr. and Mrs. A. C. Ingraham of Boston on the list, and you will have exhausted the number of top-notch married couples who play together.

ZIPPERS REPLACE HUMBLE BUTTONS ON FALL CLOTHES

NEW YORK, Aug. 10.—The world is coming out done up in zippers this fall.

The humble buttons, snaps and hooks and eyes with which we once were content to fasten up our clothes have bowed to the age of science.

And now we witness an epidemic of zippered evening gowns, sports dresses, gloves, handbags and girdles. Zippered gloves were the sensation of a recent fashion showing of new devices for hookless fastenings.

They are shown in new fall colors and leathers, with slide fasteners in matching colors, zipping up the back or the side. All are shown with matching handbags, also zippered, and the effect is modern in the extreme.

Among the most unusual shown were a pair of dark blue snakeskin gloves, with calf palms, and a zippered slit down the center back. A matching snakeskin bag, pouch style, with top-handle completed the picture.

A navy blue flannel house coat, cut on princess lines and trimmed with tailored collars, cuffs and pockets of scarlet grosgrain ribbon, is fastened from neck to hem with a matching blue zipper.

A black crepe satin evening gown cut on the very new high-waisted empire lines, with decollete trimmings of scarlet feathers, has a concealed zipper fastening at the side.

MINT SAUCE

Quarter cup finely chopped mint leaves. 1 tablespoon sugar, half cup vinegar. Mix ingredients and let stand in a warm place for a half hour to infuse. The vinegar may be slightly diluted if desired.

CURRENT MINT SAUCE

Break about two-thirds of a glass of currant jelly into pieces but do not beat it. Stir in gently about 1 1/2 tablespoons of finely chopped mint leaves and a little grated orange rind. Serve with lamb.

USUAL SERVICES IN CHURCHES ON SUNDAY

The usual services were held in the various churches in the city and vicinity on Sunday, with fairly large congregations attending. The United services of St. Paul's and Wilmot churches were conducted by Rev. George Telford.

Rev. Dr. G. E. Ross conducted both services of the St. Andrew's Presbyterian church on Sunday. At the Advent Christian church in North Devon, Rev. Milton C. Burt officiated at all services, and the congregations were large.

Rev. W. Swan, a missionary at Bengal, India, was the speaker at the morning service of the Brunswick Street Baptist church on Sunday. Rev. Mr. Swan spoke on phases of missionary work being carried on in India. Rev. Mr. Swan, along with Mrs. Swan, has been visiting in the capital for the past few days. The regular minister, Rev. G. W. Guile, spoke at the evening service.

Very Rev. Dean W. A. Moorhead spoke at the Christchurch Cathedral on Sunday, at both services. Rev. W. A. Burge conducted the united services of the Baptist churches in Devon yesterday, and many gathered to hear his message.

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

STARLINGS

For some years starlings have come in thousands to the trees a block or two down our street. They are offensively noisy and offensively dirty. After trying milder methods the civil authorities have used shot-guns. This has killed some and scattered the rest. We can tell you it has scattered them. Scattered them from two blocks down the street to our block. The night before last it was almost impossible to sleep with their chirping. The movement of them in the trees sounded as if a hose were turned on. Last night two shots were fired in our trees. Ten birds were killed and the rest left. For how long I cannot say. It is a sight to see them coming to roost at sundown. They will come in masses of thousands, circle round until they find their favorite tree, then descend to make life miserable for their human neighbors.

THOUGHTLESS CRUELTY

The other morning while at breakfast we saw a commotion in the apple tree by the garage. It looked like a bird flying wildly. We used the field glasses and found that a bird had a string tied around its foot and the other end of the string was caught in the tree. The bird was flying in a panic stricken way. It could have perched, but apparently was too frightened. The lad got a ladder and from the roof of the garage managed to rescue the bird. It was a martin and someone with thoughtless cruelty had tied a string around its leg. Boys and girls because of their interest in birds and animals too often cause cruelty through not thinking.

DRIED MIGNONETTE

In an old fashioned story (for the life of me I can't remember which one) I read of drying mignonette to use as a sachet in drawers and linen cupboards. It sounds interesting and all I wish is that I had a mignonette bed to try it out. Maybe some of my readers will.

Nova Scotia's

(Continued from Page Two)

The foundation of the movement has been education. Its leaders are firmly convinced that the working classes are quite capable of working out their own salvation, if they are but given a chance to study their problems in a clear and intelligent manner. Their faith has been well justified, for, once these people have learned the real cause of their misery, they have taken things in their own hands and, step by step, have gone steadily forward in a manner that reflects credit both on themselves and their leaders—the men of Antigonish.

Until recently few have realized the potentialities of these so-called "poor and simple folk". It was considered ridiculous to think that these poor, uneducated miners could do their own thinking and run their own businesses. The big business men of Sydney Mines scoffed at the idea of miners running their own grocery store when the British Canadian Co-operative began business in 1907 with a capital of \$343.00. But in 1929 those miners had built up a business which in that year had a turnover of \$1,730,000.00 and which now owns a store with four branches, a bakery, a milk plant, and a tailoring establishment. The bankers of New Waterford ridiculed the idea of miners doing their own banking when the New Waterford Credit Union began in 1934 with 23 members and a capital of \$42.00. In 1935 the New Waterford Credit Union had a membership of 910, assets totalling \$20,000.00, and had made loans to its member-owners amounting to \$36,000.00. No wonder that those connected with the movement have such faith in the common people when they see such examples as these.

These are typical examples of how the movement is progressing. The fact that Catholic and Protestant clergymen and laymen are working shoulder to shoulder in all these efforts is significant of the spirit of the movement. Gradually but surely the heavy cloud of poverty and unemployment is lifting and with it, too, illiteracy and lack of interest in things of the mind. The economic foundation for the change has been laid; the superstructure is still in the early stages of building. The movement may, as one of its leaders told me, issue in a new civilization in which the rural and industrial elements of Nova Scotia will be wisely interrelated and in which an entire economic transformation shall have been achieved through education instead of dogmatic propaganda and bloodshed.

(This is the first of a series of articles on Co-Operative Unions and how they work, written by a Fredericton college student. Further articles will explain the system and how it works. This is a live question in New Brunswick today.)

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