

SUMMER
COMFORT

and an attractive appearance call for wearing White—which means that you need a good Dry Cleaner—such as

Fashion Plate
Cleaners

Cor. Regent and King Streets
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DR. A. A. ROWAN

General Practice

Ear, Nose and Throat Surgeon
Phone 321

117 YORK ST.
Fredericton, N. B.

Dress Up

The new Spring and Summer sample are here, and we invite your inspection.

FREDERICTON
CLOTHIERS

TOM BOYD Mgr.

65 Carleton St.

Exclusive Agents for
"TIP TOP TAILORS" and
"CLOTHES OF QUALITY"

We clothe the best dressed men
you meetWILL IT WORK
NEXT WINTER?

Will it heat upstairs and down-
stairs next winter?

Will it consume more coal
than last year? Or will it break
down during the first "cold
snap" and endanger the health
of the family?

From every point of view, now
is the time to assure yourself
that, as soon as cold weather
appears, your heating plant will
be in shape to take care of you.

Call us up and we'll examine
thoroughly; and recommend the
repairs that will make your
heating plant dependable for
next winter.

D. J. Shea
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FRESH AS A FLOWER

YOU are going to wear lots of white this
Summer. Naturally you will want to feel as
spick and span as is possible and at as low a
cost as possible. Let us solve that problem
for you with our perfect cleaning process.

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F. O. B. FREDERICTON

LICENSE EXTRA

CAPITAL GARAGE

PHONE 206 FOR DEMONSTRATION

CRUSHED, TUCKED
GOWNS TO COME

Autumn Leaves Used as
Trim—Velvet Combin-
ed With Straw for Mid-
summer.

PARIS, Aug. 21—The four months' battle between milliners over high and low crowns promises to be settled during the next fashion collections by the promotion of a new half-way crown.

The flower-pot hat and the extremely flat crown, both of which are extremely unbecoming to many women, probably will be abolished in favor of a crushed and tucked crown.

A new afternoon or garden party hat which is a probable forerunner of next winter's styles is shown in pale blue felt. The broad brim is straight and stiff and is finely rolled at the edge. The crown is rounded somewhat like a beret, but is crushed down into shape by elaborate rows of tucking which form octagonal designs. The hat is without trimming but for two curled autumn leaves which are placed to the left front of the tucked crown.

Straw and Velvet

The combination of straw and velvet has proved smart this season. One dressmaker makes a hat for the races with an enormous brim of pink straw which turns down slightly all the way around. The crushed crown is in a soft blue velvet which matches the large blue flowers splashed over a pink printed afternoon dress. The velvet crown is pulled in gathers to the front of the brim where it forms a large knotted bow.

For town wear there is a hat in cherry red felt with a four-inch brim that runs up in back and at the sides, then juts forward over the eyes. The half-way crown is triangular in shape with the seams stitched coarsely on the outside. A stiff quill in cherry, bright green and yellow shoots out over the stiff front brim.

SOME DAY

Some day, she said, where there was time for it.

She'd make her home
A gracious place, where beauty dwelt,
and friends

Would love to come . . .
A house of lovely things—inviting
nooks,

Soft shaded lights, with colored radi-
ance glowing.

And fragrant blossoms there, and
green things growing . . .

But years laughed by, and babies
toddled round.

And each new day some added duties
found.

She baked, and scrubbed, and washed
and feed her brood.

And patched up all the holes as best
she could.

So, at the last, the shack seemed
much the same.

That times for building beauty never
came . . .

Yet all the while beauty crept in, un-
sought.

And those who came there lingered,
and they thought,

"How sweet her home!"
—Barbara V. Cormack, in The
Chatelaine.

... OF ...

Interest to Women

MAKING YOUR OWN CLAM CHOWDER

The First Steps Are the Same Whether You Pre-
fer Manhattan or New England

(By Edith M. Barber)

Is there anything better than a bowl of steaming clam chowder? It is practically a full meal in itself, especially if you can have seconds. When you are making it, by the way, you might as well use a good sized recipe, because, if you happen to have any left over, it is as good and possibly better the next day.

There are two types of chowders. Manhattan and New England, each of which has its addicts. You can if you like even make both kinds from the same base as the first steps are the same. Most recipes for chowder seem to be rather intricate and to demand a number of utensils. While I was in Maine this summer, I took it upon myself to simplify the recipes and I am giving you the results today.

If you buy your clams shelled, be sure to have the juice put with them. Small clams are best as they are more tender. They should be free from sand, but if they need to be washed use only one cup of water to a quart of clams. After this has been drained, let the sand settle at the bottom so that you may pour off the juice and use for the sake of its flavor. The clams themselves should be chopped, after you have fried the onion with the diced salt pork and have added your diced potatoes and

water. By the time they have cooked the necessary ten minutes, you will have the clams ready to add with the milk or tomato. With the tomatoes, there should be a little thyme as well as a little salt and pepper which, of course, must go in to both types of chowder.

You may add crackers a few minutes before you are ready to serve the chowder, or you may pour it over the crackers arranged in the bowls or soup dishes.

New England Clam Chowder

2 inch cube salt pork, diced.
1 sliced onion.
4 cups diced potatoes.
Flour, salt, pepper.
2 cups boiling water.
1 quart clams, chopped.
1 quart milk.
1-4 cup butter.
Soda crackers.

Cook diced salt pork until crisp. Add sliced onion and cook three minutes. Then add the potatoes, sprinkle generously with flour, salt and pepper, add boiling water and cook ten minutes. Add chopped clams, milk and butter and cook ten minutes. Arrange crackers in hot soup dishes and pour chowder over them.

Manhattan Clam Chowder

Substitute three cups of tomato juice for the milk in the above recipe. Add one teaspoon of thyme.

DIET RICH IN IRON PROVES
TREATMENT FOR THIN BLOOD

Every Household Should Follow Menu List Pro-
viding Raw Fruits, Whole Wheat Products

(By Dr. James W. Barton)

While the treatment of the severe form of anaemia (pernicious) is by means of liver, or liver extract, the treatment in the common or less severe form is still mostly by the use of iron.

The outstanding symptom in the ordinary type of anaemia is extreme paleness; in fact any one with a pale skin is thought to be anaemic, but this is not always true. In addition to the pale skin, there is often shortness of breath, rapid beating of the heart, sometimes swelling of the ankles, lack of appetite, gas in abdomen, sometimes nausea, nervousness, headache, dizziness, mental and physical tiredness. You can thus see the great effect upon the whole body of this thinning of the blood. The haemoglobin (iron) may be reduced to almost one-half, and the number of red cells by one-quarter.

For years iron has been the treatment—Blaud's pills containing iron, arsenic and strychnine. Lately liver, beefsteak and eggs have been added to the treatment.

It is unfortunate that so many suffer with the symptoms of anaemia as outlined above—tiredness, nervousness, sleeplessness, lack of appetite and others—and never suspect that it is thin blood that is responsible. Even if they ate foods rich in iron they could build up their blood and

feel like doing mental and physical work.

Because anaemia is so common as to be almost the rule, with loss of physical and mental power, Dr. O. W. Bethea, in New Orleans Medical and Surgical Journal, considers that a diet high in iron should be part of the treatment in every case of anaemia under treatment and also the regular habit in every home.

The following list should be given to patients instead of leaving this diet factor to chance:

Bread and cereals—whole wheat bread, rye bread, whole wheat cereal, oatmeal.

Fruits, raw—apples, peaches, apricots, bananas, raisins.

Fruit, cooked—prunes, peaches, apricots, apples.

Nuts—almonds, filberts, English walnuts.

Vegetables—lettuce, cabbages, spinach, carrots, beans, peas, lentils.

Meats—liver, steak, roast beef.

Oysters, eggs, milk, buttermilk, cane molasses.

Even though milk is low in iron percentage, it can be taken in such amounts as to make it a practical source of supply. It should be remembered then that thin blood can be the cause of many symptoms of lowered vitality. The eating of the above foods in most households as recommended by Dr. Bethea would seem then to be good sense.

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 308

FREDERICTON, N. B.

THEY'RE ALL
SAYING

that our place is noted for ser-
vice and good food as well as
entertainment!

MOONLIGHT INN
DUMFRIES, R. R. 2

THINGS WORTH
KNOWING

There is no excuse for a lumpy
gray when there is a strainer in
the house.

A cheap varnish for oilcloth can
be made at home by dissolving 2
ounces of glue in one quart of water.

A cloth dipped in kerosene will
remove all grease and dirt stains
from the sink as well as add to the
polish.

Two tablespoons of olive oil at the
root of your palm or fern once a
month will make a decided improve-
ment in the plant.

The round centerpiece should be
ironed from the center to the edges
to avoid puckering.

Sometimes the cloudy windows
only need a wiping with a clean dry
cloth to make them sparkle once
more.

The sharpening stone should be
washed after each using to give good
work.

FALL FROCKS ARE
FRINGE TRIMMED

Lelong Combines Red,
Green With Plum at
Night—Evening Coats
Have Wide Hems.

PARIS, Aug. 21—Bolero jackets in
wools, furs, velvets and brocades
made a dramatic comeback in new
style showings today.

They divided honors with the
windblown models rippled or box
pleated across the waist and back.

Some winter coats made an ap-
pearance in curly fabric imitating
astrakhan. Fringe trims were adopted
by leading houses for afternoon
and evening.

Three or more colors were com-
bined in Lelong's evening models.
One plum colored was trimmed in
currant red and green. A lace dress
alternated wide crosswise bands of
amethyst and garnet laces.

Vertical trims down both sides of
evening dresses were shown extend-
ing from fastenings of spangled
bowknots.

Wide Hems

The Alix collection launched un-
believable width in skirt hems, es-
pecially in a long evening coat of
flowering upholstery velvet. Draped
burnous wraps were shown. Hats
were copies from firemen's helmets
and fezzes.

Evening headdress included a gold
Juliette cap bordered in black and
also copper leaves mixed with
monkey fur.

Many greens and purples were fea-
tures and also much white and black
in silk jerseys, duvetine and broad-
cloth.

VIVID HUES
WILL FEATURE
AUTUMN MODE

Spanish Influence Im-
portant in Color
Scheme

LONDON, Aug. 21—Vivid Spanish
hues from the land of the dons will
set the style pace in new autumn
clothing.

English designers are using their
gayest colors, candidly copied at the
picturesque Moorish holiday resorts
following the drab mourning shades
donned after the death of King
George.

Brilliant touches of color are in-
troduced in accessories embroidering
and painting on dresses, as well as
on fancy woollen fabrics and other
gay materials.

One of the newer materials is made
up of coarse longitudinal strands of
knobby wools in green, brown, stone
and clay red, woven together with
fine red and green threads.

For evening wear, one innovation
is black net embroidered with rough
wools in Spanish red, Mediterranean
blue, and plaster white—the color of
walls in some Moorish mansions.

Day suits, in colored fabrics, are
short and jaunty. Four and five-piece
ensembles are popular, some with
swagger coats to go over small suit
coats. Vests are important. They are
made of suede-colored flannel in
fancy materials or of faille edged
with mosaic embroidery.

A brown evening gown tinted the
color of Moorish skin has sleeves as
part of the bodice, and is made of
lame painted in gold, red, green and
white, to imitate Moorish leather art
work.

One little black woollen suit is in-
spired by Spanish bootblacks. Evening
coats cut in swagger style are made
of satin and quilted with gold and
silver threads.

Winnie—How old are you, grand-
dad?

Grandad—One hundred and one,
my dear.

Winnie—Don't be funny, grandad.
That's not an age; it's a temperature.

FALL TERM

— at —

FREDERICTON
BUSINESS
COLLEGE

— Begins —

Tuesday, Sept. 8th

A GOOD TIME TO ENROLL

This is the Time to equip
yourself with a Business Train-
ing so you can take advantage
of the opportunities which come
your way.

Write, phone or call for full
information regarding our
courses.

F. B. Osborne, Principal,
Fredericton, N. B.

Captain Johnston
Returns Mayor's
Algonquin Visit

(Special To The Daily Mail)

ST. ANDREW'S N. B., Aug. 21—
On the arrival of H. M. S. Dragon,
at St. Andrews-by-the-sea, on Tues-
day His Worship the Mayor of St.
Andrews went on board to pay his
formal call on the Captain, F. R. M.
Johnston, R.N., the call was returned
today at the Algonquin Hotel, when
Mr. J. A. Cashman, manager of the
Algonquin received with His Worship.

MONTREAL, Aug. 21—Mr. and
Mrs. G. D. Telfer, Toronto are at
the Algonquin Hotel, St. Andrews-
by-the-sea. Mrs. H. H. Porteous,
Montreal, and Miss Rachel Flynn,
Ottawa, arrived on Tuesday for a vis-
it at the Algonquin Hotel, St. An-
drews-by-the-sea.

Mr. and Mrs. R. J. Morrison,
Trinidad, B. W. I., are at St. An-
drews-by-the-sea, where Mr. Morris-
on is attending the Eastern Canada
Confederation Life Association con-
vention at the Algonquin Hotel.

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Scotch Fingering and Miss Can-
ada Yarns, all Popular Yarns
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6 Fix Tasty New
Biscuit Treats 19c
Hamilton's Fig Rolls, 2lbs 29c
Hamilton's
Graham Dainties, 1 lb. 25c

CHICKS'
Means
CHEQUES

A lot of smart people have
found out that there's money in
chickens. Some of them are turn-
ing "chicks" into "cheques" on
poultry farms.

—And the most successful by
far are those who are starting
their chicks on

PURINA CHICK
STARTENA

— Sold by —

A. H. VANWART
& SON

FREDERICTON, N. B.

OUR BEAUTY SALON

— presents for 1936 —

Truly Lovely Coiffures

Fashioned in less time and with absolute comfort.

Make Your Summer Permanent an
Improved Wireless

It's very mild and gentle in its effect on the hair. Better yet,
there are no chemicals used to obtain heat and you are not anchored
nervously in a chair for several hours.

Excellent for white hair because there is no danger of discolora-
tion. We specialize in children's permanents.

Let Mrs. Vermeeren advise you and help you to select the right
permanent.

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MADE to SERVE YOU

not

TO SELL YOU

McClary's Magnet Furnaces

for wood burning are better because

THE FIREBOX IS DEEP AND ROOMY.

THE FEEDING DOOR is exceptionally large to handle
large blocks of wood.

THE FOUR STEEL TUBES entering a steel horse shoe
box, with a cast iron smokebox at rear, ensure that
with a closed damper heat must pass three times the
length of the furnace before passing out.

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leadership in Real Economy Service.

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