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... OF ...

## Interest to Women

### KITCHEN COUNSEL

Brides Advised to Check Kitchen Equipment and to Buy Additions With Storing Space in Mind

It's time for the bride to check on her equipment for there is so little space having too much of one thing and none of another. And when people ask just what is needed it is well to answer with intelligence. But this is not alone for the bride who is collecting the kettles, pots and pans for her new home, but there is a good deal of profit in it for the housewife who in the period of her home making has collected so much equipment which she never uses.

So that's the first point—don't have too many articles to store in the small cupboards and when one thing seems to have worn out or has been ruined in some way, get rid of it. Don't hoard.

Choose the articles which are going to do as much service as possible. Some people will tell you that it is necessary to have two tube pans, one for cakes without butter, the other for cakes with. This is really not the case, one does very nicely for both and when the quantity is large can be used to mold a jellied mixture.

I want to tell you how many uses you'll find for the aluminum trays. A large and a small tray don't sound like very romantic gifts, but they are splendidly practical for, while they seldom are used for their original purpose, they may be used for jelly cakes, for cookie sheets, for breaded meats, and you'll find dozens of other uses, too.

A little nest of pans is another bit of equipment which will serve you well—and speaking about nests reminds me of the importance of the graduated wooden spoons. I never think of using a metal spoon with the metal pans because it scratches them and often takes off some of the stain. This too often happens when cream sauce is being made and leaves it with dark streaks. So be sure your supply of inexpensive wooden spoons is complete.

Then you'll want to be sure of one double boiler, a medium size kettle and a large pot for vegetables when you are having company. Too, there should be a heavy pot in which you may cook the tougher cuts of meat and there should be a small roaster or a deep pan which can be covered with a tray to make an air tight

roaster. Of course you won't forget the convenience of the measuring cups and spoons, the necessity of having good cutting knives, a slicing knife, a potato peeler, and several rubber plate scrapers, and a very flexible spatula, as well as cooking forks and spoons.

There are so many things to open with a can opener that you'll find need of an especially good one. The little hand ones that turn are good as are the ones that hook up on the wall.

Don't try to keep house without two beaters—a rotary and a wire whip, be sure you have the food chopper, a good set of mixing bowls, different size sieves, scissors and an inexpensive pastry bag. Set of individual casseroles are sure to come to you and you'll cherish them along with the large casserole for company service.

I'm very fond of just a tin frying pan for it heats quickly and wears well. Of course the heavy pans made with other metals are very attractive and serviceable too.

So these will give you an idea how simple the equipment may be. And you'll be ever so glad that you have only a little rather than too much, especially if it is the useless kind. Consider each piece that you buy and ask yourself if it will last well, clean easily and serve several purposes.

### Three Fruits Marmalade

2 oranges  
1 large lemon  
1 grapefruit  
12 cups water  
10 cups sugar

Wash fruit and cut in half, with the sections, not across. Place cut side down and slice very thin. Place in pot and cover with the water using it about lukewarm. Cover and let stand all night. In the morning bring to the boil and boil until rinds are tender. Add sugar and continue to cook rapidly until mixture jells when tested in a cold saucer. (Remove from fire while testing). Pour into hot jars and seal immediately.

When trimming or cutting house plants a pair of old manicure scissors will be found useful. These short scissor find their way among the tender leaves and stems without injury to their neighbors.

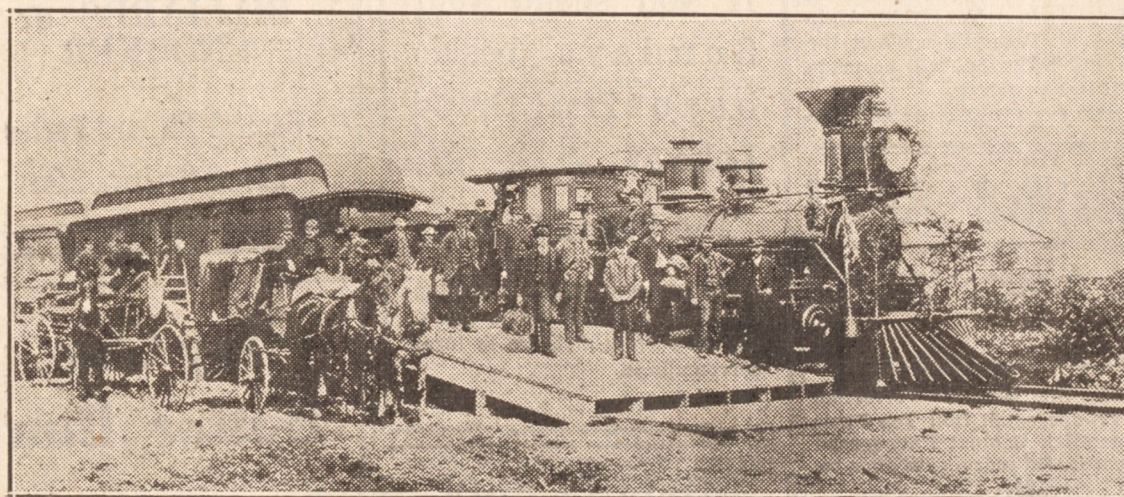
(Continued from Page Two)

on behalf of Port Moody.

Thus the first through train reached the end of the trail and, as the

New Westminster British Columbian remarked: "Everywhere along the line it was received with enthusiasm and the journey was a continuous ovation."

The road is now open and we hope traffic will continue without interruption. And it has!



First Through Train at Port Arthur

On June 30th, 1886, citizens at the head of the lakes gathered at the railway station and heartily welcomed the first transcontinental passenger train. Old timers will be able to identify W. F. Langworthy, K.C., prominent barrister and pioneer resident of Port Arthur, Alex. Gerard, Proprietor of the old Pacific Hotel, and John Sinclair, Contractor who helped to build the line in the Thunder Bay District. The inevitable small boy beside the tender is Norman Harrington, now a well-known rancher at Bashaw, Alta.

## HELPFUL HINTS

Common salt rubbed over non-washable shades will renew their freshness. Rub well into the shade with a soft cloth.

Digdegwash is the name of a small river in New Brunswick, Canada.

The fish has just the right shape for moving through water without noise and without unnecessary effort. A railroad now follows the old Palestinian caravan route—into Egypt.

"Beelzebub was once a popular name for the Devil.

Swedes belong to the same Teutonic race as the Anglo-Saxons.

Beer is "la cerveza" in Spanish.

## MANY ILLS HAVE BEEN TRACED TO MILK

TORONTO, June 18—Two-thirds of the people of Ontario are exposed to the dangers of raw milk, states Dr. Gordon Bates, general director of the Health League of Canada, urging compulsory pasteurization of all milk throughout Canada.

"Milk is perhaps the most valuable of all foods and yet, of the 3,500,000 men, women and children in Ontario only 1,000,000 are now protected by proper pasteurization against the ravages of typhoid and para-typhoid fever, scarlet fever, septic sore throat, undulant fever and diptheria," Dr. Bates declares.

"Despite the known benefits of pasteurization, there are still eleven cities and 128 towns in Ontario where the milk is only partially pasteurized or not pasteurized at all," he continues.

"Toronto has pasteurized its milk since 1914. Since that time there has not been a single case of bone tuberculosis of bovine origin, originating in Toronto, nor has there been a case of glandular tuberculosis or abdominal tuberculosis of this type. Moreover, Toronto has had no typhoid fever. Such cases as have turned up have all originated outside Toronto, where milk is not pasteurized.

"The prevention of these conditions alone have saved many lives, many crippling conditions, and much money to the taxpayers," adds Dr. Bates.

"Many epidemics have been traced to milk," he continued. "The most notorious epidemic in the history of this country, that of Montreal, only a few years ago, with 5,000 cases and over 500 deaths, resulted from failure to institute proper pasteurization in that city.

"There were also the Chatham typhoid epidemic of 1927 with 109 cases, the Kirkland Lake septic sore throat epidemic of 1930 with 457 cases, the typhoid epidemic of 1932 in the St. Maurice Valley, Quebec, with 527 cases, and various others.

"In the face of this ghastly trail of disease and death resulting from impure milk, it is positively criminal that so many communities, throughout Canada, should not insist on proper pasteurization of their milk supply," Dr. Bates concludes.

## Lower Hainesville

LOWER HAINESVILLE, June 27—An out-door wedding of considerable interest to friends and relatives took place here on June 17th, at 8 a.m., when Mrs. Annie Lindsay (nee Annie Hagerman) became the bride of Elwood Sleep of Upper Hainesville. On the green with them was Miss Anne Billings, a niece of the bride's, and the bridegroom's son, Don Sleep.

The bride was becomingly gowned in a dress of embroidered sand crepe-de-chine and had a bouquet of American beauty roses and snowballs.

The ceremony was performed by Rev. A. W. Brooks of Crouseville, Me., and witnessed by a host of friends and relatives from the surrounding districts, who testified to the popularity of the couple by showering them with numerous and beautiful gifts and good wishes. Mrs. Sleep will be much missed in this community, as she was one of our best workers and her home was always open to welcome the friend or neighbor alike.

Mr. and Mrs. Sterling Whitehead and Mrs. F. Fowle spent Sunday with Mr. E. Wallace at Center Hainesville.

Mrs. Allen Whitehead spent a few days last week in this place with relatives.

Mr. and Mrs. R. K. Jones and family and Mrs. W. C. Jones spent Sunday at Mr. Hedley Jones'.

## 8,689 WORKERS IN RELIEF CAMPS GET RAIL JOBS

OTTAWA, June 26—Labor Minister Rogers told the House of Commons last night 8,689 relief-camp men have been placed on deferred maintenance work on the Canadian National and Canadian Pacific Railways.

At the same time, he said, "some hundreds" of the campmen had refused work on the railways.

The camps will be closed July 1, and at the present time there were fewer than 1,500 in them, including supervisory personnel. Several hundred had been placed on farms.

Up to June 5 the number of men put to work on the railways was 8,689, the Minister said. The following were drafted from camps in the various Provinces: Nova Scotia, 252; New Brunswick, 624; Quebec, 1,679; Ontario, 2,938; Manitoba, 636; Saskatchewan, 912; Alberta, 954, and British Columbia, 676.

Besides the men given work on the railways, many others left the

Sunday last at Marysville.

Ernest Elliot of Millinocket, Me., who was spending some time in this place returned to his home.

Mr. and Mrs. S. White and family spent Sunday at Burt's Corner, where they attended Church service.

Mr. and Mrs. Edward Whitehead and granddaughter Rowena spent Sunday at Mr. Hedley Jones'.

## THEATRE of the AIR

### SUNDAY'S PROGRAMMES

CFNB, FREDERICTON, 550 K.

6.00—Grenadier Guards Band  
6.30—Dr. H. L. Stewart Relays News  
6.45—Paul de Marky, Pianist  
7.00—Crimolines  
7.30—La Vieille Maison  
8.00—American Dances  
8.30—Jasper Park Lodge Musicale  
9.00—La Petite Symphonie de Radl.  
9.30—Rocky Mountain Melody Time  
10.00—Mirror of Melody 'Reflects'  
10.30—Chasing Shadows  
10.45—News, Weather Forecast  
11.00—Atlantic Nocturne  
11.30—Blue Pacific Moonlight

WABC, NEW YORK, 860 K.

3.00—N. Y. Philharmonic Orchestra  
5.00—Elsie Thompson, organ  
5.30—Frank Crumit, Julia Sanderson  
6.00—Amateur Night  
6.30—"Smiling Ed" McConnell  
6.45—Voice of Experience  
7.00—Eddie Cantor  
7.30—Phil Baker, the Great American Tourist  
8.00—Free For All  
8.30—Leslie Howard  
9.00—Ford Sunday Hour  
10.00—Wayne King's Orchestra  
10.30—Jack Hylan's Orchestra  
11.00—Jack Denny's Orchestra  
11.30—Isam Jones' Orchestra  
12.00—Frank Dailey's Orchestra

CKAC, MONTREAL, 730 K.

5.00—Catholic Hour  
6.00—Talk  
6.30—St. Jean Lee.  
6.45—Les Galeries Brillangen  
7.00—Talk  
7.15—Le Programme Alouette  
7.30—Church Service  
9.00—Ford Sunday Evening Hour  
10.30—Freddie Rich's Penthouse Party  
11.05—Molson Sports Reporter  
11.30—Tommy Dorsey's Orchestra  
12.00—Frank Dailey's Orchestra  
12.30—Xavier Cugat Orchestra  
1.00—Sign Off.

WEAF, NEW YORK, 660 K.

4.00—The Widow's Sons  
4.30—Noble Cain and Chicago A Capella Choir  
5.00—To be Announced  
5.30—Words and Music  
6.00—Catholic Hour  
6.30—Echoes of New York Town  
7.30—Fireside Recitals  
7.45—Sunset Dreams  
8.00—Major Bowes' Amateur Hour  
9.00—Manhattan Merry-go-Round

WJZ, NEW YORK, 760 K.

4.00—National Vespers  
4.30—Senator Fishface and Professor Figs bottle  
5.00—Tom Terriss, Oriental Romance  
5.45—Moody Institute Singers  
6.00—Grenadier Guards Band  
6.30—City Desk  
7.00—Jack Benny  
7.30—The Bakers Broadcast  
8.00—Echoes from the Orchestra Pit  
9.00—Jack Hyton's Continental Review

9.30—Walter Winchell  
9.45—Paul Whiteman's Varieties  
10.30—Dreams of Long Ago  
11.00—Twin City Foursome  
11.15—Shandor, violinist  
11.30—El Chico  
12.00—Benny Goodman's Orch.  
12.30—Carl Ravozza's Orchestra

WTIC, HARTFORD, 1040 K.

4.00—The Widow's Son  
4.30—Noble Cain and A Capella Choir  
5.00—Sunday Drivers  
5.30—Words and Music  
6.00—Catholic Hour  
6.30—A. B. McGinley on Sports  
6.45—Jack the Inquisitor  
7.00—Travelers Choral Club  
7.30—Sigurd Nissen  
8.00—Amateur Hour  
9.00—Manhattan Merry-go-round  
9.30—Album of Familiar Music  
10.00—Symphony Concert  
11.01—Ted Lewis' Orchestra  
11.30—News  
11.45—Earl Hines' Orchestra  
12.02—Silent

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

4.00—The Widow's Son  
4.30—Temple of Song  
4.45—Piano Recital  
5.00—Pop Concert  
5.30—Words and Music  
6.00—Catholic Hour  
6.30—Annette McCullough  
6.45—Musical Program  
7.00—Drama K-7  
7.30—Fireside Recitals  
7.45—Morin Sisters and Ranch Boys  
8.00—Amateur Hour  
9.00—Manhattan Merry-go-round  
9.30—Musical Review  
10.00—General Motors Program  
11.00—The Melody Master

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J. H. KIRK, Manager

camp to work on their own homes, Mr. Rogers said. When the pay of camp-men was increased from \$5 to \$15 a month last March, a general order was issued they must accept work or get out.

Tea drinking is fast becoming popular among the better class East African natives.

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