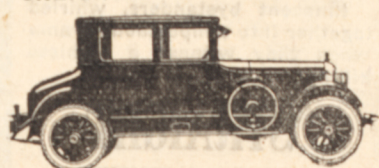


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By Harry E. Porter

Former Technical Lecturer with Gen.
Motors and Chrysler— Now With —
CREIGHTON & SMITH, LTD.**ELECTRICITY**
(Continued)

Electricity in itself, is absolutely valueless unless it is harnessed, and the almost unbelievable part of all this is the wonderful mentality of the men who have been able to harness it, when one considers that there is definitely nothing tangible about it.

The different instruments and machines designed for the harnessing of electric power are really marvelous, for instance, an electric train of many hundreds of tons is driven at terrific speed by magnetism alone, these magnets contained in a dynamo.

The ability to see through one's body by the means of X-ray is made possible simply by current passing between an anode and a cathode causing such a volume of light as to penetrate the human form. The tiny flashlight is made possible by one cell of one and a half volts which heats a small wire in the bulb till it is white hot, thus affording light. In ultra-modern practice we have the Robot and Photo-electric cell which accomplishes the almost impossible.

Now let us see exactly how electricity is generated and by what different methods. The first is by magnetism, the second by chemical action, and the third by friction, (the latter of no commercial value.)

The generator is commonly known as a manufacturing plant for electricity. A direct current generator will probably be the easiest to understand. It comprises the following parts: two iron pole-pieces around which are wound the fields, which constitute a number of turns of insulated wire, a case for holding the pole-pieces and fields, an armature, two bearings, brush rigging and brushes. The iron cores are neutral until the generator is first run, connected to an outside source or wire through which to drive its energy. This action alone causes the iron cores to retain what is known as residual magnetism, which magnetism is retained in the cores throughout the life of the generator, to be immediately built up to a high E. M. F., as soon as the armature rotates, and to diminish to residual magnetism again as soon as the armature stops.

QUESTIONS AND ANSWERS

Q. How does an over-drive work, and what does it do. — J. H. Devon.
A. In a future article the over-drive unit will be analyzed completely, as it would take too long to answer your question.

Q. My starter will not start the car, but gets very hot. Would this be worn brushes? — F. S. Poklock.
A. You will find that the armature bearing in the starter is worn out, causing the armature to ground on the pole-piece.

Hypoid drive is used almost universally in 1937 cars.

Inset interior furniture is outstanding in most new models, this is to prevent injury in case of accident.

Most manufacturers are using all-steel tops. This, of course, unfortunately, will have some potential reaction on the upholsterer and top man.

Small disc wheels are coming to the front, upon which are mounted jumbo tires.

(To Be Continued)

... OF ...

Interest to Women**GIVE HEED TO THE OUTDOOR SETTING
FOR THE FALL PICNIC YOU'VE PLANNED****The Men's Prerogative May Have to Be Respected
as to Building the Fire, But For the Rest It is
Possible They May Need Help**

(By Edith M. Barber)

A crisp, sunny fall day is just right for a cooked picnic on the beach or on the edge of the woods. But here is the warning which should be heeded by the women of the party. Let the men, who in these effete modern days acclaim themselves experts at fire building and over-the-coal cooking, do their stuff. You may be allowed to pick up firewood, but no suggestions from the side lines should be attempted.

This business of making fires for cooking is taken seriously by males who had better not be named. Every piece of driftwood is carefully inspected to see if it is worthy for the sacrificial fire. Just the right stones must be selected so that the coals will be at a measured distance from the broiler. Three o'clock swins are all right for the women, but the priest must guard his fire so as to be ready for the six o'clock meal. How sad, however, when it comes time to broil the chickens to find that the coals have been swallowed by the sand. It must have been quicksand! The fire must be rebuilt not without advice by ill-advised laymen. Suggestions being scorned, points must be proved. Before long there are three fires going. The air is filled with arguments, plus the tantalizing aroma of chicken and chops, each being cooked in an entirely different way by the "only method." The appetizing odors and the delay in the meal hour stimulate appetites to such an extent that cocktails are not needed. The fact, therefore, that the bottle of mixed cocktails which had occupied the picnic basket is mysteriously empty is only a minor tragedy.

I am sure that it was not merely the sauce of appetite that made those chops and that chicken taste so good. With the creamed potatoes made at home and reheated, with the salad, the coffee, the spice cake and the fruit, there was still time for conversation. There was no repetition, by the way, of the statements regarding the greater efficiency, aptitude and celerity of men in comparison to women as cooks. I did enjoy that meal!

Perhaps some of you will be interested as I, a mere amateur, in the arts of outdoor cookery, am in a simple charcoal stove which takes up so little room in the car. There are two large round pans, one of which sets over the other. The fire is made in the upper part and serves for broiling a steak, chicken or chops over the grill. There are also gadgets upon which frankfurters and sausages may be impaled. The lower pan serves as an oven in which potatoes or corn may be roasted. I hope that I shall not be accused of satire by any of my friends when I state that this aid to fire builders is actually fool-proof. Even the coffee pot will broil quickly.

Broiled Chicken Halbert

Make a good fire and allow to die down to coals. Arrange broiler two feet above the fire of coals. Put unseasoned chicken on broiler and cook

for one hour, turning often. Remove from broiler and dress with plenty of butter, but do not season.

Chocolate Cake

2-3 cup butter
1½ cups sugar
3 eggs
1 cup milk
2½ cups flour
¼ teaspoon salt
3 teaspoons baking powder
1 teaspoon vanilla extract
3 ounces chocolate.

Cream butter thoroughly; add sugar, a little at a time; separate eggs; beat yolks until thick. Add to creamed butter and sugar; mix thoroughly. Add milk and the flour which has been sifted with baking powder and salt, alternately, a little at a time. Add vanilla and melted chocolate. Fold in stiffly beaten egg whites. Put into three greased and floured cake tins and bake 25 to 30 minutes in moderate oven (350 degrees F.).

Picnic Scrambled Eggs

6 or 8 slices bacon
6 or 8 eggs
¾ cup milk
1 can whole kernel corn
Salt and pepper
Fry the bacon to a delicate brown. Remove strips from fat and cut in small pieces. Beat eggs slightly, add milk, corn, bacon and seasoning. Cook in bacon fat, stirring constantly until set. Water may replace the milk.

Corned Beef Hash

2 cups chopped cooked corn beef
2 cups potatoes
2 chopped onions
Salt and pepper
½ cup milk
2 tablespoons butter.

Mix ingredients and place in buttered baking dish. Bake in hot oven 20 minutes, or cook in heavy frying pan well buttered until milk is absorbed, stirring constantly. Let brown on bottom, and fold like omelet.

Meat Loaf

2 pounds lean beef, chopped
½ pound salt pork, chopped
2 eggs, slightly beaten
1 cup milk
3 tablespoons melted butter
3 tablespoons catsup
¼ teaspoon pepper
1 tablespoon salt
1 medium onion, minced
1 cup soft bread crumbs
6 strips bacon.

Mix all ingredients except bacon and shape into a loaf. Cover with bacon and bake in a moderate oven (355 degrees F.) an hour and a half. Garnish with sliced lemon.

Gumbo

½ green pepper, finely chopped
1 chopped onion
¼ cup butter
1 quart chicken stock
1 cup canned or cooked okra
2 teaspoons salt
¼ teaspoon pepper
1 to 2 cups canned tomatoes
Cook green pepper and onion in butter five minutes. Add to stock with remaining ingredients and bring to the boiling point. Simmer 40 minutes.

AUTUMN DAYS ARE SAUSAGE DAYS**Always a Breakfast Dish, But Now a Luncheon
and Dinner Delicacy of the First Order**

(By Edith M. Barber)

Sausage has risen in the world. While its association with breakfast still remains, it is now allowed on the luncheon and supper menus. Of course, there was one exception to the old rule, as sausage has always been allowed to serve as a sort of a garnish for turkey or as a stuffing for other fowl.

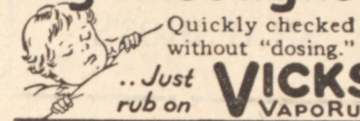
The business woman housekeeper gives sausage, however, a star role, and when crisp fall days arrive she will occasionally choose it, as it demands only a short time for its cooking.

Sausage in cakes and sausage in links, whichever is preferred, may be used. There is no trick about cooking the first. Link sausage, however, needs special treatment to prevent the bursting of the casing. Of course, each link may be pricked with a fork, but I find it easier to allow sausage to cook in its own fat either in a covered pan on top of the stove or in an uncovered pan in the oven. In the first case, a low flame should be used for the first five minutes, after which the heat may be increased so that

each link may be a golden brown. Fried apples seem to belong with sausage when served as a main course. Some of the fat which liquefies as the sausage cooks may be used for cooking the apples in another frying pan. Instead you may like to make your main dish a combination of sausage and scrambled eggs, each of which seems to bring out the flavor of the other. And once in a while you will probably have to humor the family by giving them griddle cakes even at supper time with their sausage.

Sausage With Cream Gravy

1 pound sausage.
4 tablespoons flour.
2 cups milk.
Cook the sausages (if you use sausage meat, form into small cakes before cooking) in a heavy frying pan, tightly covered over a low heat for ten minutes. Then increase the heat until each link is brown. Remove sausages and all, but four tablespoons of the fat. Add the flour and when well blended, add the milk slowly, cook one minute, add sausages and reheat. Season with salt and pepper if necessary.

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FREDERICTON, N. B.

ENGLISH WOMEN KEEN ON EXERCISE**From the Old Victorian Lady Who Walks Daily to
the Huge, Flourishing Women's League for
Health and Beauty**

LONDON. —She was a tiny old lady in gray. Her cheeks were pink. And her bright blue eyes matched an old-fashioned turquoise brooch at the neck of her gown. She said she was 84 years old. But there was no bow to her shoulders, nor sign of a dowager's hump on the back of her neck. And her step was far more springy than our own as we both drew up from opposite directions and stopped to stare at that finest flower of Victorian bad taste—the Albert Memorial in Kensington gardens—on which Queen Victoria spent the sum of 50,000 pounds to commemorate her "dear Albert."

The little old lady said she remembered both Queen Victoria and the Prince Consort very well. She often walked up a mile or so from her home to look at the memorial. Walking, she said, was one of the reasons for her perfect health—walking every day come sun, rain or London fog.

A Light Diet

She looked up at us with her flower-like old face and gave us all her beauty secrets. And they're good hints for ladies of 84, or any other age. Most people, she thought, eat too much. Besides the daily walk, her routine consists of only two meals a day—dinner with vegetables and a little meat or fish at one o'clock, and a light supper of bread and butter, tea and a milk pudding about 7 o'clock—and a hot bath every night. She admitted that she also had the cup of tea at 8 o'clock in the morning, without which scarcely an Englishman can rise from bed.

We asked her if she liked Americans. She said she'd never met one before, but she didn't "dislike" Americans. "After all," she said, "they are English—they keep coming back." And then she ticked off both the American war of independence and the Hanoverian King George in one crisp comment. "Americans? We'd have had them yet if they hadn't been so cheeky and the man over here hadn't been such a fool."

For Health and Beauty

Englishwomen of the little eighty-four-year-old lady's generation didn't ordinarily go in for more exercise than a little brood-jumping of the tapestry needle. The present generation is quite different. There's a tremendous new interest in exercise. Women's League of Health and Beauty, for instance, which started in 1930 with sixteen members, now has hundreds of branches throughout the country and a membership of 100,000 women.

We'd heard about it, so we went in to inspect headquarters in Great Portland street. The league was founded six years ago by a wealthy woman, the late Mrs. Mary M. Bagot Stack, with the idea of providing a practice hall and a system of exercise for the business girl who worked all day in an office without fresh air or sunshine or any place to exercise, except for a possible Sunday walk in Hyde Park or Hampstead Heath. Since Mrs. Stack's death the work is carried on by her daughter Prunella.

The big rooms in Great Portland street are run as a sort of club. There's a "snack bar" on the premises, and girls can rest before dinner as they like. Classes are held in the evening, starting at 5:30 p.m. They have about ten classes a night, lasting three-quarters of an hour, taught by graduate students. And they're big classes—sometimes as large as 100 students. A big shower room and coat rooms are in the basement. Fees are low about 60 cents subscription a year and approximately 6 cents each time you come to class.

The class exercise uniforms are adorable, and very cheap—a sleeveless white sports blouse that can be of cotton or silk, depending on your pocket-book, and the briefest of black satin knickers that the girls make themselves from a league pattern. The only other expense is a membership badge that costs about 75 cents and will admit the wearer to classes anywhere in London or as far afield as Toronto, Canada, or Melbourne, Australia, where the league also has branches.

To Music

Exercises are planned in routines for beginners, medium and advanced students. They're all done in rhythm to music. The thing that most English girls are interested in reducing is hips, according to Miss Ashburner, secretary of the league. She showed us how one of their best and most popular hip reducing exercises is done:

Sit on the floor with feet and legs outstretched so that the feet are about two feet apart. Raise both arms straight out shoulder high. Keeping the knees rigid, swing the arms windmill fashion, bending forward as you swing to touch first the left foot with the right hand, then the right foot with the left hand, and coming back to upright sitting position between each windmill swing and forward bend.

The exercise should be done eight or ten times. And Miss Ashburner says it's good for any age. Not only the sixteen-year-olds practice that one in class but grandmothers (they have several grandmothers in the league) not much younger than our little old lady in gray.

**OVERSIZED CHILD
MUST BE TAUGHT
HEIGHT IS ASSET**

(By Angelo Patri)

The child who is taller, bigger than his companions feels at a disadvantage. Children hate to be different in any way, and to find themselves made conspicuous by their height or weight or bigness is something to grieve about. We find them trying to make themselves small by scrouching down in their seats, bending their heads, taking all sorts of bad postures.

(Continued on Page Two)

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