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...OF...

Interest to Women

FEATHER-LIGHT BISCUIT DOUGH TOPPED WITH STRAWBERRIES

Add Cream, Plain or Whipped, and You Have a Shortcake That Will Melt in Your Mouth

Make a feather-light biscuit dough, cut it in big pieces, put on heaping spoonfuls of fresh berries or other fruit, serve it piping hot with a pitcher of real cream—that, dear reader, is a REAL shortcake! Especially if it's made with strawberries!

Don't you agree that the only REAL shortcake is that which is concocted out of rich biscuit dough, baked in two buttered layers and filled full as well as covered over, with sugared and juicy berries and served with plenty of cream. If you don't know this kind of strawberry shortcake, then you have missed one of the best tasting desserts ever invented. Try it without delay.

Of course, there are people who, after eating various pseudo-shortcakes made of sponge cake, angel food cake, meringues, and even butter cake, decided they liked the pseudo-shortcakes best. In June when strawberries are plentiful, eat all kinds of shortcake—surely, angel food cake, strawberries and whipped cream is a heavenly delicacy, but it's really more a confection than a shortcake.

While strawberry shortcake is easily the king of shortcakes, we must admit that there are other ones almost as good. But remember that scientists have proved that strawberries contain as much vitamin C as either tomato or orange juice.

Among the almost-as-good shortcakes, fresh peach shortcake is a delicious dessert. Peaches contain a goodly quantity of vitamins. Fresh apricots make good shortcake, too. After they are sliced and sugared, add the juice of one orange and the juice of ½ lemon to make them more tart and to bring out their flavor. Dried or canned peaches or apricots may be used, too, when the fresh are not available.

It is interesting that peaches and apricots are particularly effective in stimulating the building of red blood cells in the body. People who have anaemia are advised to eat an abundance of these fruits. The reason for the peculiar property of these fruits is not definitely known. But it is supposed that they contain iron and copper in the right proportions for blood building.

Raspberries crushed and sweetened may be used for shortcake. Blueberries should be stewed with sugar and a little lemon juice. To prepare banana shortcake, slice them into a mixture of powdered sugar and lemon juice (one cup sugar to one-fourth cup juice). The lemon juice will prevent the bananas from turning dark, as well as enhance their flavor.

Short Cake (Rich Biscuit Dough)

Two cups flour, 4 teaspoons baking powder, 4 tablespoons sugar, ½ teaspoon salt, 1-3 cup butter or other shortening, 1 egg, well beaten, ¾ cup milk.

Method: Sift together dry ingredients. Work in the shortening well with a pastry cutter. Make a hole in the centre and add the egg and milk which have been beaten together. Stir with a fork. Place half of the dough in a floured pie pan and pat into a disk one-half inch thick. Spread lightly with two tablespoons butter. Now roll out the remaining half of dough, and place it on top of the first. Bake at 450 degrees F. for twelve min-

utes. While the shortcake is still warm, split the two layers apart with a fork and spread each with butter. Put lightly crushed fruit (sweetened) between the layers and on top. Cover top with the choicest berries saved for that purpose. Or, if you choose, spread the top with crushed berries, then mound high with whipped cream and garnish with choice berries.

One Egg Cake

(May be used with apple sauce, bananas or blueberries too).

One-quarter cup shortening, ½ cup sugar, 1 egg, 1½ cups flour, 2½ teaspoons baking powder, ¼ teaspoon salt, ½ cup milk, ½ teaspoon vanilla.

Method: Cream shortening and sugar. Stir in egg and vanilla. Add sifted dry ingredients, alternately with the milk. Bake in two layers at 350 degrees F. 25 minutes.

Sponge Cake

3 eggs, 1 cup sugar, ¼ teaspoon salt, 2 tablespoons cold water, 1 tablespoon lemon juice, 1 cup flour, 1½ teaspoons baking powder.

Method: Separate eggs and beat yolks until thick and lemon colored. Dissolve the sugar and salt in the water and lemon juice. Add this mixture to the egg yolks and beat until thick and creamy. Sift in the flour and baking powder and mix thoroughly. Fold in the beaten egg whites. Bake in two layers, 350 degrees F. for 20 to 25 minutes.

Strawberry Shortcake (German Style)

It's different and "lickin' good"—so rich it's hard to get out of the pan in perfect shape, but its taste makes up for any lack of beauty. It's made in two parts:

For part No. 1—2-3 cup butter or other shortening, 1 egg yolk, 2 tablespoons water, 1½ cups flour.

Method: Cream the shortening, stir in the egg yolk, water and then the flour. Spread the dough over the bottom of the cake pan. The pan should be two inches deep. Bake to a golden brown. 30 to 35 minutes at 350 degrees F.

For part No. 2—2 egg yolks, 3 egg whites, 1 cup sugar.

Method: Beat the egg yolks until lemon colored, add sugar gradually, and stir 15 minutes. Fold in the egg whites beaten stiff.

Place one quart of stemmed and washed berries on top of the baked cake, part 1. Pour over this mixture part 2. Return to the oven and bake at 375 degrees F. for 15 minutes, to a delicate brown.

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

EARLY ATTENTION WOULD PREVENT DENTAL TROUBLE

By DR. JAMES W. BARTON
"We find pain, fear, worry, loss of use, digestive disorders, undernourishment, lowered vitality both physical and mental, lowered resistance to infectious diseases, focal infection (where disease in one organ in setting up trouble in another organ or tissues,) malformation of the jaws, irregularity of the teeth and disfigurement of the face."

"This is only a partial list but can any other part of the body show such a dangerous history if neglected?"
All the above symptoms, and they form but a "partial list," are the result of neglecting the care and treatment of children's teeth. I am quoting Dr. G. Pollock, Thorold, Ontario, in Oral Health.

In our cities the nurse and dentist go carefully over the teeth of the school children. Parents are notified of defects and if unable to pay for treatment get the necessary treatment free through the city or school authorities.

"In the early stages of decay the cavity can be cleaned and filled with little or no feeling and the children who have never had a toothache or heard a lot of stories about the dentist's office make exceptionally good patients."

"If the cavity is neglected and a 'jumping' toothache occurs when food gets into it, the child stops chewing on that side, may bolt his food and have digestive disturbances. If he has heard stories of the terrible pain from filling or removing teeth, he becomes frightened and worried. The nerve or pulp dies, organisms manufacture poisons, and trouble—rheumatism or other pains—occur in joints and tissues."

"Finally the tooth gets pushed out if it is first or milk set, or is extracted if it is a permanent tooth. Loss of teeth means loss of use and a change in the shape of the face."

Not only would the above suffering, illness and disfigurement be avoided if all children in the rural schools as well as the city schools were examined and treated, but the general health of the child, his regularity of attendance and his mental progress would all be helped.

Dr. Pollock was able to show that in one eight-roomed school, three miles from town after six years dental service, the attendance percentage had increased from 93 to 98 per cent. At the same time the number of pupils with dental defects had decreased from 95 to 50 per cent.

Church Service Goes On

KANSAS CITY, June 24—Fire broke out in the Greendale Baptist

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THURSDAY'S PROGRAMMES

CFNB, FREDERICTON, 550 K.
8.00—Musical Clock
8.30—M. M. A. Talk
8.35—Listening Post
9.00—Birthday Program
9.30—Madame Zari
9.45—Morning Concert
10.15—Thor Program
10.45—Enterprise Foundry Program
11.00—Happy Warner Hour
12.00—Purina Program
12.15—Building Products Program
12.30—Canada Star Melodies
12.45—Sherwin Williams Program
1.00—Frigidaire Program
1.30—Royal York Concert Period
2.00—Marconi Band Concert
2.30—Tango Serenade
4.30—Tea Dance
4.45—Burgess Battery Program
5.00—Monitor News
5.15—Concert Songs
5.30—With the Old Masters
5.45—Madame Zari
6.00—Roadways of Romance
6.15—Canada Cement Program
6.30—C. C. M. Program
6.45—McDonald Program
7.00—Valley Motors Program
7.10—News Bulletins
7.15—Pop Donovan
7.20—Sousvins in Rhythm
7.30—Canadian Press News
7.45—Au Rhythme du Rumba
8.00—"Flute and The Nightingale"
8.30—Don Orlando's Orchestra
9.00—Vancouver Elgar Junior Choir
9.30—Twilight Echoes
10.00—Louis-Schmeling Bout
10.45—Press News
11.00—Across the Border
11.30—Lullaby Lagoon

WEAF, NEW YORK, 660 K.

4.00—Radio Review
4.30—The Rangers
4.45—Martha and Hal
5.00—While the City Sleeps
5.15—Madge Marley and Carl Landt
5.30—Twin City Foursome
6.00—Flying Time
6.15—Esso News Reporter
6.20—Emerson Gills' Orchestra
6.30—Press Radio News
6.35—Baseball Resume
6.45—Billy and Betty
7.00—Amos 'n' Andy
7.15—Edwin C. Hill
7.30—Frank Crumit
7.45—Life Studies
8.00—Rudy Vallee
9.00—Show Boat
10.00—Bing Crosby
11.00—Clem McCarthy
11.15—Nano Rodrigo's Orch.
11.30—Esso News Reporter
12.30—To be Announced

CKAC, MONTREAL, 730 K.

4.30—Greetings from Old Kentucky
5.00—Social Announcements
5.15—Clyde Barrie
5.45—Little Orphan Annie
6.15—Fireside Program
6.15—Classical Interlude
6.25—L'Heure Recreative
7.00—Nouvelles
7.15—Moment Musical
7.30—Concert Music
7.45—Romance and Melody
8.00—Little Theatre
8.30—Par Dresse les Toits
8.45—Frontenac White Cap
9.15—Pierre and Pierrette
9.30—Piano Ramblers
9.45—Le Merle Rouge
10.00—Programme Grads
10.15—Commentator
10.30—Alex. Lajoie's Orch.
11.00—Molson Sports Reporter
11.05—Don Betsor's Orch.
12.00—Abe Lyman's Orch.
12.30—Henry King's Orch.

church Sunday night and interrupted a fellowship service. The piano was carried out and firemen found the congregation massed on a corner opposite the flaming building, singing "Count Your Many Blessings"

428,228 SILVER DOLLARS ISSUED

OTTAWA, June 24—Those big sil-

1.00—Sign Off

WJZ, NEW YORK, 790 K.
4.00—Betty and Bob
4.15—Backstage Wife
5.30—The Singing Lady
5.45—Little Orphan Annie
6.00—Esso News Reporter
6.05—Jas. Wilkinson, Baritone
6.15—Captain Tim
6.30—News
6.35—Frank and Flo
6.45—Lowell Thomas
7.00—Easy Aces
7.15—Family Welfare
7.30—Lum and Abner
7.45—Music is My Hobby
8.00—Pittsburgh Symphony
8.30—Good Times Society
9.00—Death Valley Days
10.30—Roy Shields' Orch.
11.00—Esso News Reporter
11.05—Russ Morgan's Orchestra
11.30—Meredith Willson's Orchestra
12.00—Shandor, violinist
12.05—Bobby Meeker's Orch.
12.30—George Olsen's Orchestra

WTIC, HARTFORD, 1040 K.

4.00—Women's Radio Review
4.30—The Rangers
4.45—The Motion Picture
5.00—Blue Room Echoes
5.30—Dick Tracy
6.00—Wrightville Clarion
6.30—News
6.45—Rubinoff
7.00—Amos 'n' Andy
7.15—Edwin C. Hill
7.30—Amateur Program
8.00—Rudy Vallee's Variety Show
9.00—Captain Henry's Showboat
10.00—Bing Crosby and Orchestra
11.01—Baseball Scores
11.15—Henry Busse's Orchestra

WABC, NEW YORK, 860 K.

3.30—Do You Remember?
4.00—Salvation Army Staff Band
4.15—Chansonette
4.30—Greetings from Old Kentucky
5.00—Dramatic Sketch
5.30—Keyboard and Console
5.45—The Golobergs
6.00—Patti Chapin
6.15—News of Youth
6.30—News
6.35—Concert Pianist
7.00—Myrt and Marge
7.30—Kate Smith's Coffee Time
7.45—Beake Carter
8.00—Harv and Esther
8.15—Three Brown Bears
8.30—Atwater Kent Hour
9.00—Camel Caravan
9.30—To Arms for Peace
10.00—Alemitte Halt Hour
10.30—Phil Cook
11.00—Isham Jones' Orchestra
11.15—Irving Aaronson
11.30—Vincent Lope Orchestra
12.00—George Olsen
12.30—Phil Scott's Orchestra
WGTV, SCHENECTADY, N. Y., 790 K
4.00—Betty and Bob
4.15—The Bridge Forum
4.30—Stock Reports
4.45—Grace and Scotty
5.00—While the City Sleeps
5.30—Personality Singer
5.45—Musical Program
6.00—News Reports
6.05—Musical Program
6.15—Bart Dunn and Orchestra
6.30—News
6.35—Evening Brevities
6.45—Jimmie Mattern
7.00—Amos 'n' Andy
7.15—Human Side of the News
7.30—Italian Intermezzo
8.00—Rudy Vallee and Orchestra
9.00—Show Boat
10.00—Bing Crosby
11.00—Esso News Reporter
11.05—Dance Music

A Radio Recipe

A wife asked her husband to copy the radio recipe one morning. The husband got two stations at once, one was broadcasting morning exercises, the other the daily menu. This is what he got:

Hands on hips, place one cup of flour on the shoulders, raise knees, depress toes and wash thoroughly in half cup of milk. In four counts raise the arms, and mash two hard-boiled eggs in sieve. Repeat six times. Inhale one half teaspoonful of baking powder and one cup of flour. Breathe naturally, inhale and sift.

Attention, jump to a squatting position, stretch lemon extract backward forward, over the head, and in four counts make a stiff dough that will bend at the waist. Lie flat on the floor and roll into marble the size of a walnut. Hop to a stand in boiling water, but do not boil to a gallop. In ten minutes remove and dry with a dry towel. Breathe naturally and dress in dry flannels, and serve with fish soup.

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