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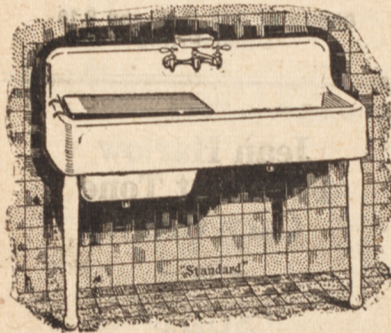
117 YORK ST.
Fredericton, N. B.

THEY'RE ALL SAYING

that our place is noted for service and good food as well as entertainment!

MOONLIGHT INN

DUMFRIES, R. R. 2



WIFE SAVING

ON TIME PAYMENTS

If every man in town washed the dishes for his wife for just a few meals every plumber's store would be sold out of modern sinks in a jiffy.

This fixture can be placed in your home for a small cash payment and the balance on easy terms.

INSTALL MODERN QUALITY PLUMBING
Pay while you use it.

D. J. Shea

80 Carleton St. Phone 563-11

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.

Buzzell's Dye Works

PHONES 487 or 365-11

WE WISH TO ANNOUNCE WE ARE NOW DEALERS FOR

NASH CARS

Lafayette from \$945.00 to \$1130.00

Nash "400" from \$1055.00 to \$1220.00

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Nash Ambassador Super Eight, \$1560.00

F. O. B. FREDERICTON

LICENSE EXTRA

CAPITAL GARAGE

PHONE 206 FOR DEMONSTRATION

... OF ...

Interest to Women

DRESSING MAKES FOR PERFECTION IN SALAD

Going "a-salading" is a most popular pastime at meal times in the summer. There's no end to the delights in store once you begin concocting your own salads. Go into your garden (if you have one) and gather a goodly basket of greens. Or, if the garden is one of those myths you cherish in your dreams, visit the market and select a variety of choice vegetables according to your fancy. This done, get out the big bowl and prepare yourself for the ritual of the salad. Wash and chill the greens, then toss them together lightly in a dressing that is a blend of your own imagination and the finest ingredients on your pantry shelf—rich, pure, golden olive oil—mellow cider vinegar, a little salt—a bit of sugar, a dash of paprika and just a hint, if you like, of garlic.

There you have a triumph worthy of your family and your choicest guests! The dressing is what counts in the perfection of a green salad. And you need quite a variety of them to keep your salads interesting at all times. Try these novel French dressing recipes and see if they don't add zest and intrigue to your salads.

FRENCH DRESSING

(Foundation Recipe)

1/2 teaspoon salt
1 teaspoon sugar
1-8 teaspoon paprika
Little pepper
1-8 teaspoon celery salt
1/2 cup vinegar
1/2 cup olive oil

Mix the dry ingredients, add the vinegar and oil and beat thoroughly. A little dry mustard and a dash of Worcestershire sauce may be added.

ANCHOVY DRESSING

To foundation recipe add 2 tablespoons finely chopped anchovies. Especially good with egg and anchovy salad.

CHIFFONADE DRESSING

To foundation recipe add 2 tablespoons chopped parsley, 2 teaspoons chopped onion, 1 hard-cooked egg, chopped, and 1/4 cup cooked beets, chopped. Especially good with Romaine or cabbage salad.

HONEY FRENCH DRESSING

In foundation recipe use 1 tablespoon less vinegar and add 1-8 teaspoon additional paprika and 1 tablespoon strained honey. Especially good with salad bowl fruit combination and pear salad.

KETCHUP DRESSING

To foundation dressing add 1/4 cup tomato ketchup and mix thoroughly. Good with asparagus salad and lettuce salad.

MUSTARD DRESSING

To foundation recipe add 2 tablespoons prepared yellow mustard and mix well until well blended. Especially good with mock chicken salad and potato and egg salad.

PIQUANTE DRESSING

To foundation recipe add 1/2 teaspoon prepared brown mustard, 1-8 teaspoon Worcestershire sauce, 1/2 teaspoon onion juice, and 2 drops tabasco sauce. Mix well. Good with onion salad and any fish salad.

ROQUEFORT DRESSING

To foundation recipe add four tablespoons crumbled Roquefort cheese and mix thoroughly. Especially good with hearts of lettuce salad and Romaine salad.

SUMMER DRESSING

To foundation recipe use tablespoons less vinegar and three tablespoons pineapple juice, three tablespoons orange juice and one teaspoon sugar. Good with lettuce and watercress salad and cantaloupe salad.

TARRAGON DRESSING

In foundation recipe use Tarragon vinegar for this dressing and add one hard cooked egg, chopped very fine. Especially good with Endive salad and cauliflower salad.

PARISIAN DRESSING

To foundation recipe add two tablespoons chopped green pepper, two tablespoons chopped red pepper, two tablespoons chopped celery, one-half teaspoon chopped onion and one-half teaspoon chopped parsley. Mix well. Especially good with lettuce and watercress salad.

DILL PICKLES

(From Miss A.C.S., Revere)

Use an earthenware jar, a small keg or wooden bucket for packing cucumbers. Two-quart glass jars may be used if you are pickling in small quantities.

Place a layer of dill plant and spices in bottom of jar. Wash the cucumbers and pack them in the jar. For a five-gallon jar use 1 1/2 ounces mixed pickle spice and one pound of dill plant. Place two or three layers of cucumbers on the spices and dill. Add another layer of dill and spices, then two or three layers of cucumbers, repeating the alternate layers until the container is almost full. Fill and cover with a brine made of one pound of salt, 10 quarts of water and 2-3 quart vinegar. Cover with a layer of grape leaves, then place a weighted plate or board on top. New brine must be added whenever necessary to maintain the level of the liquid over the materials. A cover over the top of the container will lessen evaporation and the growth of scum.

Fermentation is completed in two to three weeks. If a solid storage place is available pickles may be left in the keg. First remove all scum, then pour on a layer of warm paraffin. This excludes the air and, kept in a cool place, will preserve the pickles in good condition. It is better, however, to store the pickles in glass jars. Pack the cucumbers in clean jars. Heat the brine to the boiling point, allow to cool slightly, then pour into packed jars, filling them to the top. Seal the jars and store in a cool place.

PECAN PIE—BRAN PASTRY

1 all-bran pastry shell
Egg white
3 eggs
1 tablespoon sugar
2 tablespoons sugar
2 cups light corn syrup
1 teaspoon vanilla extract
1/4 teaspoon salt

1 cup whole pecan nut meats

Prepare all-bran pastry shell. Brush lightly with beaten egg white. Beat eggs until light. Combine sugar and flour and add to eggs; mix well. Add syrup, flavoring, and salt. Sprinkle pecans in prepared pastry shell and add filling. Bake in moderate oven (375 degrees F.) for about 45 minutes.

ALL-BRAN PASTRY

1/4 cup all-bran
1 1/2 cups flour
1/2 teaspoon salt
1/2 cup shortening
5 tablespoons cold water (more or less)

Roll all-bran until fine and combine with flour and salt. Cut in shortening. Add water, a little at a time, until the dough is moist enough to hold together. Roll out on lightly floured board to about 1-8 inch in thickness. For pastry shell, place loosely in pan. Trim edge of pastry, leaving about 1-2 inch beyond rim of pan. Fold extended edge under and crute. Prick pastry shell with a fork and bake in hot oven (450 degrees F.) from 10 to 15 minutes. Makes one two-crust pie or two 8-inch pastry shells.

RICH CHOCOLATE SAUCE

1 cup sugar
1/2 cup cocoa
1/2 cup light corn syrup
1/2 cup medium cream
1 cup milk
1/2 teaspoon vanilla
Mix sugar and cocoa in a sauce-

SHOWERS IN ALBERTA

(Special to The Daily Mail)
CALGARY, Aug. 7—Southern Central Alberta was relieved today by several drenching showers.

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

OVERWEIGHT TYPES DIFFER; BUT EACH ONE CAN BE AIDED

Dr. Barton Explains Why Charts Fail to Give Accurate Picture of Individual

No one has been able to get out a height, weight and age table that will apply to every single individual. Insurance organizations come close to a good table that will apply in a general way to the "average" individual but there really isn't any average individual.

In trying to arrive at the proper weight for one of a certain height and age there are so many points to consider. Thus, in children it is their nearness to, or farness (distance) from, the age when they attain manhood and womanhood. In young men and women it is the age at which they seem to "fill out," when they get an extra padding of muscle and fat.

After 30, for some reason, it has been believed that it is quite the proper thing for them to fill out even more and attain "the middle-age spread." There is no "real" reason for putting on this extra weight at this time.

Several Types

Then there are the three types of build, (a) long legs, short body; (b) short legs, long body; (c) medium length of legs and medium length of body. In addition to this there is a difference in bony structure; short and tall individuals with thin bones; short and tall individuals with heavy bones; and short and tall individuals with bones of medium weight.

After thinking over all this the overweight individual may come to the conclusion that he or she is just meant to be overweight, that they feel "pretty good" all the time, and that they'll make no effort to reduce weight because when they cut down on food they feel weak and faint.

Thyroid Deficiency

Now there are the few individuals who have a thyroid gland in the neck or the pituitary gland lying on the floor of the skull, which is not manufacturing enough juice for the needs of the body.

In the case of the thyroid gland it means that there is a little less of the burning up or the use of all kinds of foods and in the case of the pituitary gland the starch foods are not completely used, thus allowing storage of fat. However, the number of these individuals would be less than 5 per cent of the total number of overweights.

There is also a number of individuals who are said to come from a "fat family;" they consider it only natural to be fat because their parents, uncles and aunts, or even their grandparents, or other relatives, were fat because they had the same diet habits—ate too much of the starch and fat foods for the amount of work

TENDENCY SEEN

To be quite fair in the matter

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808

FREDERICTON, N. B.

TRY OUR BUTTER BUNS

LIGHT AS A FEATHER

15c dozen

SOMETHING NEW

Royal Bakery

310 Queen St. Phone 958-21

pan; stir in corn syrup, then milk and cream; stir over low heat until the sugar is dissolved. Increase heat and boil until a candy thermometer registers 230 degrees F., or until the mixture will form a very soft ball in cold water. Remove from the stove; add vanilla; serve warm. Makes 6 to 8 servings.

DURING BABY'S TEETHING TIME

The Bowels Become Loose

Diarrhoea, dysentery, colic, cramps, manifest themselves; the gums become swollen, and cankers form in the mouth. This is the time when the mother should use



and perhaps save the baby's life. On the market for 88 years. Price, 50c. a bottle at all druggists or dealers.

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Corticelli Boucle De Laine, Beehive Scotch Fingering and Miss Canada Yarns, Knitting Books, Needles, Stamped Goods, Embroidery Hoops, etc.

You are invited to call in and look around.
EDNA GILMORE Phone 91-21

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4-5 lb. Roast Veal
1 can Tomatoes
1 can String Beans
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ALL FOR 98c

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A lot of smart people have found out that there's money in chickens. Some of them are turning "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 —

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