

**THERE'S LIFE**  
in your  
**OLD CLOTHES YET**  
Fall Suits and Overcoats will  
be needed for cold September  
nights.  
And OUR Cleaning Methods  
make them LOOK LIKE NEW.  
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## Dress Up

The new Fall and Winter  
Samples are here and we invite  
your inspection.

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65 Carleton St.

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

We clothe the best dressed men  
you meet

## WILL 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**  
80 Carleton St. Phone 553-11

## MOTHER CAN AID CHILD'S PROGRESS THROUGH SCHOOL

(By Dr. Arthur Dean)

I hope this letter will help not only  
the school, but also yourself, because  
anything which really helps your  
child in the school is bound to help  
you. May I make the following sug-  
gestions:

1. Get the children up early enough  
and feed them early enough to give  
them ample time to get to school. If  
a school bus calls, have the children  
with their wraps on and books in hand  
ready to hop in the bus.

2. Make every effort to have your  
children attend school regularly. Do  
not keep them at home on some little  
excuse. You may not think that one  
day's absence amounts to anything,  
but if a school day is so unimportant  
that one can miss it, there must be  
something wrong with the school.

3. Is there any way that you can  
keep from building up your children  
in such a way that they don't get un-  
battered when they get to school?

4. May I say just a little word on a  
delicate subject? Don't doll up your  
daughter with all the frills you can  
collect in stores or out of the bureau  
drawers. Dress her simply and neatly.

5. Please do your best not to criti-  
cize the school and teachers in front  
of your children.

6. I wish you would join a Parent-  
Teachers association. If you don't like  
what goes on in these meetings get  
up and say so, then do your part in  
proving your conclusions.

I find that the more we know about  
each other, the more we like each  
other.

This is the time of year I like to  
mention my leaflet, "How to Study."  
Unfortunately, I know only too well  
that many parents and young people  
put off sending for this leaflet until  
the boy or girl fails.

## SWAIN GETS TIP-OFF ON GIRL'S HOPE CHEST

The young man, waiting in the par-  
lor for his sweetie to appear, was taken  
in hand by her kid brother.

"Say," began the urchin, "are you  
going to marry my sister?"

"I don't know," stammered the  
flustered swain. "I haven't asked her  
and—"

"Well, you'd better," interrupted  
the lad calmly. "She's got what she  
calls a hope chest and you won't have  
to buy her any of those things girls  
wear for a long time."

And so brother soon was on his way  
to a certain oasis with enough money  
to buy two sodas.

## CATCHING COLD?



**VICKS VAPOROL**

At the first warn-  
ing sneeze—quick—  
a few drops up each nostril. Its  
timely use helps  
prevent many colds.

## ... OF ... Interest to Women

## PROPER POSTURE AND FIGURE PERFECTION

(By Elsie Pierce)

Before we get down on our mat on  
the floor and exercise, let's consider  
once more the all-important relation-  
ship of proper posture to figure per-  
fection. If you missed yesterday's ar-  
ticle, get a copy of the paper, or send  
for my bulletin on "Posture Rules."

And now a word about the why  
and wherefore that some authorities  
have pooh-pooh'd the value of setting-  
up exercises. You'll find that wher-  
ever and whenever exercise has been  
discounted, there's conditional clause.  
These men and women contend that  
unless we hold ourselves properly  
while exercising and throughout the  
day the full benefit of the exercises  
cannot be achieved.

They contend, further, that exercise  
done for 20 minutes a day, ten each  
night and ten each morning, cannot  
undo the harmful effects of poor pos-  
ture of slumping and so on. They tell  
us that if women carried themselves  
properly at all times, tall and hand-  
some, perfectly poised, setting-up ex-  
ercises would not be necessary, that  
the muscles would get enough exer-  
cise and keep firm automatically.

We say: mind your posture, by all  
means. And if it hasn't been perfect  
heretofore, it will take time for you to  
train yourself to walk and stand and  
sit correctly. While you're doing it,  
if you will exercise muscles that have  
become neglected, that have lost their  
elasticity and snap and strength you  
will hasten results.

Down on the mat, then, the better  
to pull up. Remember that fashion  
calls for long lines; a long line from  
chin to waist, a long and slender line  
from bust to hips, a long, long line  
from waist to ankles. That doesn't  
mean that if you're short you must  
go into hiding. Strive for the longest  
line possible for your particular build.

First: Lie on back, palms down.

Raise one knee, then the other to  
chest, then both. Return to original  
position. Repeat ten times.

Second: Knees to chest. Kick legs  
straight up and as you do so lift the  
hips from mat. Feel the pull on the  
abdomen and thighs. Now, come to  
sitting position with arms stretched  
forward.

Third: The good old bicycle exer-  
cise.

## THE BABY'S REGULAR ROUTINE

Proper care of the baby means a  
regular routine of bathing, dressing,  
feeding, sleeping, sun baths, play and  
exercise, and elimination. The mother  
should plan a regular programme for  
the baby, but the programme need  
not be so rigid that it can never be  
altered. Proper care of the baby also  
means planning suitable clothing for  
him and if possible a well-arranged  
nursery, says the Children's Bureau  
of the United States Department of  
Labor.

For the nursery a bright, sunny room  
is best. If the baby cannot have a  
room to himself, he should at least  
have a separate bed. A good bed lets  
the baby lie perfectly flat. At first a  
large, flat clothes basket will do for a  
bed, but a crib will be needed as soon  
as the baby tries to sit up.

Babies need sunlight. When the  
baby is three or four weeks old he  
should begin to take sun baths—out-  
door sun baths for the spring and  
summer baby, indoor sun baths,  
through an open window, for the late  
fall and the winter baby. Sunlight and  
cod liver oil help to protect the baby  
against rickets. When the weather

permits, the baby should take his nap  
out of doors.

The normal baby exercises con-  
stantly when awake, crying, kicking,  
tossing his arms about, stretching,  
and later learning to creep. During  
the baby's waking hours his position  
should be changed from time to time.

The baby needs regular exercise.  
Twice a day, before his morning bath  
and after undressing him for the  
night, let him kick and play freely on  
the bed for a few minutes while he  
is undressed.

The baby's activities should not be  
restricted by tight clothing. The baby's  
clothing should be planned for his  
comfort. According to the weather  
and also the temperature of the room,  
porch, or yard, his clothing may range  
from a diaper alone to a complete  
outfit of band with shoulder straps,  
shirt, stockings, flannel petticoat,  
dress, coat and cap.

The baby should have his own tow-  
els and wash cloths for his daily  
bath. The bath may be given at any  
hour that suits the mother, such as  
before the midmorning nursing.

## "WE'RE HAPPY IN ACHIEVEMENT," STATES HEPBURN

TORONTO, Oct. 6.—"We're happy."  
This was Premier Hepburn's brief  
comment last night when he heard  
that the Hydro Commission had an-  
nounced the cut in Hydro rates—the  
promised fruit of the first and bold-  
est law in the Hepburn legislation  
record.

The Premier believed that the peo-  
ple of Ontario would very much ap-  
preciate the cut in the cost of light  
and power. In Toronto alone, he  
pointed out, there would be a report-  
ed reduction in power costs of \$600,-  
000—and that ought to make even  
Tory Toronto happy.

But the premier last night had not  
forgotten the day in April, 1935, on  
which he put his political future at  
stake and brought down the contract-  
revising law into the Legislature.

"I want them to remember," he  
said, "that this has come about as  
the result of the courageous action  
of the Government in declaring these  
nefarious, improvident contracts as  
void and without effect."

"We have suffered the vilification  
of a hostile press and of the members  
of the Opposition, and now—so to say  
—we are able to deliver the goods."  
"We're happy, and I hope they are."

## A CAMPAIGN TO INCREASE FISH CONSUMPTION

Attention is directed today to the  
striking advertisement of the Depart-  
ment of Fisheries, Ottawa, which is  
seeking to increase the consumption  
of fish in Canada by a big publicity  
effort. It is noteworthy that the de-  
signs used in Maritime advertise-  
ments have been drawn by a Maritime  
artist, while the copy has been writ-  
ten by Maritime advertisement writ-  
ers.

There seem to be abundant reasons  
why Maritime people should eat more  
fish. The arguments are all with the  
Department of Fisheries. From the  
standpoint of food value, vitamin and  
mineral content fish easily leads the  
food parade, while as regards taste-  
ness and ease of digestion finny foods  
swim in a class by themselves.

When you eat fish you help to stim-  
ulate a great Canadian basic industry.  
You help the fisherman; you increase  
his buying power. As a patriotic duty  
therefore, as well as to safeguard  
your health and properly nourish  
your body, you can profitably eat  
more fish, for any day is fish day.

You are urged to read the fish ad-  
vertisements as they appear in this  
paper with the hope that the sugges-  
tions made in them may result in a  
larger consumption of fish foods in  
your home.

## COMBINE GRAPES AND SPICES IN TASTY RELISHES

September, month of autumn wed-  
dings, annually sees the marriage of  
two of the world's sweethearts—  
grapes and spices. From the days of  
legend the fruit of the vine has been  
featured as a table delicacy giving its  
rich coloring and bouquet as a fruit  
and as a beverage to shimmering sil-  
ver and sparkling crystal. Our mod-  
ern world has added to the grape's  
sphere of delight by many uses un-  
known to the earlier days.

Jams, jellies, conserves, relishes and  
chutney, developed through a union of  
the purple grape and the brown spices  
are the pride of our preserve shelves.  
They garnish a meal, they decorate  
puddings and cakes, and they are de-  
licious with plain bread and butter as  
an afterschool snack for the children.

### Sweet Grape Pickle

Ten pounds stemmed, large, ripe  
grapes, six pounds sugar, one table-  
spoon ground cloves, one quart of vine-  
gar, one tablespoon ground cinnam-  
on.

Wash, stem and drain the grapes.  
Place in jars. Boil sugar, vinegar and  
spices and pour over grapes while  
boiling hot. Seal at once.

### Spiced Grape Butter

Ten cups grapes, eight cups brown  
sugar, one cup cider vinegar, two  
tablespoons ground cloves, two table-  
spoons ground cinnamon.

Wash grapes, remove stems, sepa-  
rate the pulp from the skins and let  
stand over night. Heat pulp to boiling  
point and strain through a colander.  
Add skins to pulp. Then add sugar  
and spices. Boil one hour and then  
add vinegar. Cook until thick, stir-  
ring constantly. Seal in hot jars.

### Grape Chutney

Add to each two quarts of grapes  
two quarts chopped apples, one pound  
seeded and chopped raisins, seven  
cups brown sugar, one cup lemon  
juice and mix in preserving kettle.  
Add a bag containing the following  
spices: One tablespoon allspice, one-  
half teaspoon ginger, one tablespoon  
cloves, one stick cinnamon.

Simmer slowly until about the con-  
sistency of thick sauce, then season  
with a tablespoon of salt and a little  
paprika. Seal in hot jars.

### Spiced Grape Relish

Four and one-half cups prepared  
fruit, seven and one-half cups sugar,  
one-half cup vinegar, one-half bottle  
fruit pectin, one teaspoon cloves, two  
teaspoons cinnamon.

To prepare fruit, slip skins from  
about three and one-fourth pounds  
fully ripe grapes. Simmer pulp, cov-  
ered, five minutes. Remove seeds by  
sieving. Chop or grind the skins and  
add to pulp. Add spices.

You don't need expensive training  
to develop will power. Just let a  
mosquito bite and don't scratch.

## ARTHUR F. BETTS

Plumbing and Heating  
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We have a special advertising  
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awake breeders who  
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going to have top  
price pelts. This isn't  
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sults already prove  
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the Lucky Ones  
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& SON**  
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— at —

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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  
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courses.

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meals on a limited budget? Then  
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nutritive, health-guarding, ready to the  
housewife's hand in turning variety. Glance  
now and then at our gift Cook Book for old ways  
to serve fish favorites and new ideas for  
preparing the more than sixty varieties of  
tender, easily digested, fine-flavored  
**Canadian Fish.**

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OF  
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OTTAWA

Please send me  
your free booklet  
of 52 pages, containing  
more than 100 delicious  
and economical fish recipes  
and entitled "Any Day a  
Fish Day".

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Published  
by  
Authority of  
The Department of Fisheries,  
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