

## NOTHING but the BEST

We do the finest work possible using only the most modern and sanitary methods and charge only one price.

### Fashion Plate Cleaners

Cor. Regent and King Streets  
Phone 945

## DR. A. A. ROWAN

General Practice

Ear, Nose and Throat Surgeon  
Phone 321

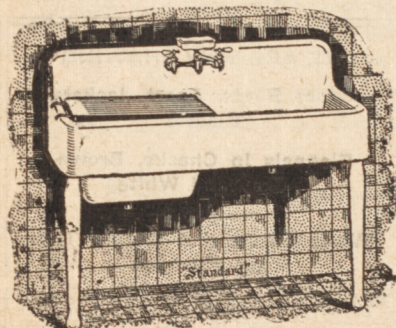
117 YORK ST.  
Fredericton, N. B.

## 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

## RECIPES

### Sparkling Jellies

"Pound for pound and boil an hour," was the recipe given in our grandmother's day for making sparkling jellies and delectable jams, and as sweets her "preserves" were a triumph. Modern knowledge of foods, however, demand methods by which equally pleasing jams which also retain the nutritional value of fresh products, can be produced.

"Add pectin and boil one minute," has taken the place of the old slogan, and gives attractive jams and jellies with very little effort, very little fuel consumption, and all the beautiful variety of color and flavor in various fruits just as nature made them.

Pectin is a chemical substance obtained from ripe fruits, particularly apples and, in the right combination with acid, is necessary to form a jelly consistency. Some fruits contain pectin in large quantities, others have very little. Some have not sufficient acid, especially if fully ripened. Apples, particularly the crab variety, red currants, and grapes usually make jelly of good consistency without the addition of other pectin, but seed fruits, such as peaches and strawberries will never "jell" without it. Commercial pectin is usually made from apples, made in clean factories under careful supervision, and therefore may be used with confidence. Follow the directions given with the pectin which may be either liquid or in powder form.

Apple juice may be prepared for use with non-jellying fruits, and for this purpose "Wealthy" apples, just a little under-ripe, seem to be best. They yield a juice with which little color and no distinctive flavor. Crab apples provide a juice which jellies excellently but their flavor is predominant when used with mild flavored fruits.

Some of these combinations make jelly of excellent quality:

Raspberry and red currant.  
Raspberry and gooseberry.  
Choke cherry and apple.  
Blueberry and apple.  
Equal quantities of juice from the two fruits may be used.

## DELINQUENT TAXES

BENJAMIN STEWART Property,  
"St. Mary's."

Notice is hereby given that unless the Rates and taxes assessed in the Parish of St. Mary's, in the County of York, N. B., together with expenses of advertising, etc., are paid within twenty (20) days from the first publication of this notice, the Real Estate of such property therein mentioned will be sold for the recovery of the said taxes and expenses.

Delinquent Parish and County Taxes  
Delinquent Road Taxes,  
Delinquent School Taxes.  
The amount is on file at the Secretary-Treasurer's Office, County Court House, Fredericton, N. B.

JOHN S. SCOTT,  
Secretary-Treasurer  
Municipality of York.  
Fredericton, N. B.,  
July 29th, 1936.

## 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

Nash Ambassador 6 from  
\$1335.00 to \$1395.00

Nash Ambassador Super Eight, \$1560.00

F. O. B. FREDERICTON

LICENSE EXTRA

## CAPITAL GARAGE

PHONE 206 FOR DEMONSTRATION

... OF ...

## Interest to Women

### TIMES IN LIFE WHEN WE CAN'T BE COMFORTABLE

#### Chance Remark of a Woman Constantly Moving Leads to Conclusion That Habit of Dissatisfaction Easily Gets Out of Control

A friend of mine has just moved for the third time in two years. She moved the first time to get rid of certain inconveniences about her apartment, which she had lived in for some years. She got rid of them, but found herself with unpleasant neighbors.

She moved the second time to get rid of objectionable neighbors. She got rid of them, but found herself very much cramped for room in the new apartment and very hot in summer. (She had made her move in the spring after a very cold winter and hadn't thought much about that aspect).

She has just moved, as I said, for the third time, and when I asked her how she liked her new place, she said: "Well, I think I'm going to like it a lot, but you can't tell. We seem awfully comfortable, but I suppose after a while I shall begin to find things I don't like so well." She paused, laughed a bit ruefully and said: "You know what it makes me think of—all this moving and thinking you're perfectly satisfied and then finding you are not. It makes me think of the way you do when you get wakened in the night."

"You lie on one side until you get cramped and then you turn on the other side. When you first turn you feel so much more comfortable, all the crampedness goes away and you stretch and heave a sigh of relief and you tell yourself now you're really going to sleep. And then what? In a few minutes you begin to get cramped and uncomfortable and restless

again and want to turn again. And you turn and the same thing happens. And if you don't look out, pretty soon you're just tossing around from side to side. I suppose life is kind of like that sometimes."

I sort of suppose she is right, don't you? There seems to come times in life when we can't seem to get comfortable. And while some of it may be uncomfortable position or creases in the bedclothes or a sagging mattress (metaphorically speaking), some of it is also mental.

A restlessness, an uncontrolled disposition to "kick against the pricks," a spirit of dissatisfaction, a habit of letting oneself be easily annoyed, an impatience with any of the inevitable obligations and restrictions that life puts on all of us—let these get fixed upon one and there is little chance of one's finding any really comfortable position.

#### Did She Think Seven Times?

We were talking the other day of a woman who was married seven times and I wondered if she was just doing it to see what she could do, or if each time she married she (and all the others who keep marrying, unmarried and remarrying) actually thinks, "Now at last I have really found the right man."

The consensus of opinion of those with whom I was talking was that she really did think that each time she had found a man with whom she could be happy. If that is true, I suspect that's just another case when we can't find a comfortable position because the trouble is inside us and not outside. Or at least part of it!

### YOU NEEDN'T REDUCE ON STARVATION DIET

"A sensible diet, proper exercise and plenty of activity are the only secrets for losing and keeping fit," declares a man who trains an important group of rising young stars for the strenuous studio and social life of Hollywood. "You seldom see active people who are overweight. However, even these need to do some kind of exercise to keep their bodies supple and their posture perfect."

He goes on to say that it is not only possible but quite simple for one to eat moderate portions of all the food she likes and still lose weight, providing, of course, she is active and does light, quick exercises every day. In other words, he advises all beauty-minded women to live regularly, eat what they like, but not too much of it—and keep moving!

#### Don't Rest After Meals

"Never lie down after eating," the trainer continues. "Get up and keep moving. Fat people sit too much and ride in taxis when they should be walking. Don't drink water during a

meal. Don't eat just before going to bed. Exercise twice a day, morning and evening, if only for five minutes each time."

To illustrate what he means about eating everything, yet keeping slender because of activity, this trainer mentioned two popular stars who are noted for graceful figures.

#### Eat But Keep Active

"Contrary to general reports, both these women eat all kinds of food, including starches. They do not, however, spend most of their time sitting, riding in a car and resting. They are extremely active young women and, in addition to tennis, swimming and walking, they do setting up exercises in the morning and again at night."

Incidentally, this man's rule for calculating correct weight according to height is done this way: Allow 100 pounds for five feet, then multiply the number of inches over five feet by five, and add to the hundred. For instance, if you are five feet two, you should weigh 110 pounds.

### JELLIED CHICKEN SALAD

1 tablespoon gelatine; ¼ cup cold water; ½ cup chopped celery; ¼ cup boiled dressing; 1 cup of the breast of chicken; ¼ cup chopped stuffed olives; salt and paprika to taste. Soak gelatine in cold water, dissolve over hot water and add to the dressing; fold in the chicken, celery and olives and add seasoning to taste. Mold as desired and chill. Then unmould on crisp lettuce leaves and garnish with stuffed olives or radish roses.

writing a special article about her. Edna Jacques' newest poem is titled "Shirley," and Shirley, feature story number one who raises circulation for metropolitan papers, fills the movie houses and does something to most people's hearts whenever she appears in person insouciance personified eats her spinach and goes a-fishing.



Audrey Alexandra Brown

## 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

### "GRABS" ARE VERY POPULAR AT BAZAARS

#### Found An Easy Way to Make Money For Charity

A bazaar or a fair or a church lawn party just isn't complete without a 'grab'—the most popular feature at most church or club money-making affairs. One of our readers is in charge of the 'grab' department of her organization's field day, and naturally she's looking for something different. They've had the 'fish pond' idea, the dart-throwing and the bean-bag throwing methods of 'grabbing,' so we've collected a few other tricks that might be helpful to harassed committee members on the lookout for ways and means of raising money.

#### Who'll Take a Chance?

Why not a typical 'junk' man and his pushcart filled with lumpy parcels and gay with colorful rags? The children will trail it all afternoon begging for dimes and nickels to purchase the right to explore one of the 'junk man's' mystery packages, and the adults will be no less curious. Ringing a bell as he wanders about, he calls out: 'Rags, bottles, grabs. Five cents or a dime's all you pay. Who'll take the next grab?'

#### (Rolling) Ball Grab

Skill alone is not sufficient to guide the rolling of a football and those who are lucky enough to stand ten feet away and still send the ball careening through the wicket, receive wrapped-up packages containing gifts. Those who fail to do so must pay the price—ten cents. It adds a lot to the fun of the stunt if the wickets are tacked to a stick which can be moved at will.

#### The White Elephant

Every woman knows that every other woman, from her bosom friend to her most casual acquaintance, is burdened with a collection of things that are perfectly good, perhaps, but they simply will not fit in with the general scheme of decorations.

The white elephant enters here and works magic in straightening out just such tangles. Ask all of your friends and all of their friends to donate everything that cannot be used at home. Not worn things, of course, but those that are as good as new—that may appeal to some one else.

Be sure to have the various tables on which the articles are to be on sale attractively arranged, for as any merchant will tell you, artistic display is about half of his selling problem solved. Long booths or tables might be covered with blue crepe paper with a delicate border of roses or other flowers in natural colors. The next step is to choose an auctioneer, with a sense of humor who can interject some laughs.

## DELINQUENT TAXES

DAVID M. STAIRS Property  
"Southampton."

Notice is hereby given that unless the Rates and taxes assessed in the Parish of Southampton, in the County of York, N. B., together with expenses of advertising, etc., are paid to me within twenty (20) days from the first publication of this notice, the Real Estate of such property therein mentioned will be sold for the recovery of the said taxes and expenses.

Delinquent Parish and County Taxes  
Delinquent Road Taxes,  
Delinquent School Taxes.  
The amount is on file at the Secretary-Treasurer's Office, County Court House, Fredericton, N. B.

JOHN S. SCOTT,  
Secretary-Treasurer  
Municipality of York.  
Fredericton, N. B.,  
July 29th, 1936.

## TRY OUR BUTTER BUNS

LIGHT AS A FEATHER

15c dozen

SOMETHING NEW

## Royal Bakery

310 Queen St. Phone 958-21

FOR  
Diarrhoea  
THERE'S A REMEDY IN



This valuable preparation has been on the market for the past 88 years, and holds a reputation second to none for the relief of bowel complaints.

Price, 50c. a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

## ARTHUR F. BETTS

Plumbing and Heating

315 QUEEN ST. PHONE 512

### "NOVELTY SHOP"

Announcing to customers and friends that they can secure their silk hosiery in the popular "Duro-Tex" Pure Thread Silk full-fashioned line at \$1.00 per pair (in all the popular shades)

Also just received a shipment of dainty voile and linen Madras. Embroidered Dresses, Slips in sizes 1, 2 and 3 years. Also Silk Slips and Panties for the wee tot.

EDNA GILMORE Phone 91-21

## LOOK!

### Combination Sale

4-5 lb. Roast Veal  
1 can Tomatoes  
1 can String Beans  
2 lbs. Carrots  
1 lb. Onions

ALL FOR 98c

and

1 Loaf Bread FREE

### Modern Food Shop

369 KING ST.  
(Next Door to City Dairy)  
Free Delivery Phone 603

## Fire Side OR Moonlight?

The ballroom or the beach—

there is a distinctive coiffure for your trip.

If you are "going native" for your holiday, or plunging into a gay social whirl, you should see us.

### Mrs. Walkers' Beauty Salon

Tel. 1144

## CHICKS Means CHEQUES

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 —

### A. H. VANWART & SON

FREDERICTON, N. B.

## OUR BEAUTY SALON

— presents for 1936 —

### Truly Lovely Coiffures

Fashioned in less time and with absolute comfort.

### Make Your Summer Permanent an Improved Wireless

It's very mild and gentle in its effect on the hair. Better yet, there are no chemicals used to obtain heat and you are not anchored nervously in a chair for several hours.

Excellent for white hair because there is no danger of discoloration. We specialize in children's permanents.

Let Mrs. Vermeeren advise you and help you to select the right permanent

FOR APPOINTMENTS CALL 908-11.

### The Parisian Beauty Salon

339 KING STREET ABOVE UNCLE SAM'S EXCHANGE

MADE to SERVE YOU

not

TO SELL YOU

### McClary's Magnet Furnaces

for wood burning are better because

THE FIREBOX IS DEEP AND ROOMY.

THE FEEDING DOOR is exceptionally large to handle large blocks of wood.

THE FOUR STEEL TUBES entering a steel horse shoe box, with a cast iron smokebox at rear, ensure that with a closed damper heat must pass three times the length of the furnace before passing out.

See us now and be convinced of McClary Furnace leadership in Real Economy Service.

## A. J. GUNTER

Phoenix Square — Tel. 290