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Of Interest to Women

EXPERT TELLS HOW TO BONE FISH FOR BAKING

So Many Delicious Fish Dishes Hard to Choose
Favorites, Says Cookery Demonstrator

"My favourite fish dish? Why, there are so many delicious dishes," said Miss Estelle LeBlanc, as she chatted the other day of her work as fish cookery demonstrator for the Dominion Department of Fisheries, "that I don't believe I could single out any one of them as being my particular favourite above all others. You see, we have a great many different kinds of food fish and shell fish in Canada and they are marketed in various forms—fresh, frozen, filleted, canned, smoked, dried, pickled, and so on—so that one can have numerous 'favourite' dishes. That is one of the noteworthy things about our Canadian fishing industry, by the way, it can supply fish and shellfish to suit almost any palate and occasion, and, of course, as more people are coming to realize all the time fish foods contain so many health-building substances that it's the part of wisdom to have them often in the diet.

"As a matter of fact, though, one of the dishes that I think is very nice is a fish that has been boned, stuffed, with any suitable stuffing, and carefully baked. But, remember, I don't mean that this is my special favourite; it's just one example.

"When I come to cook a fish in this way I select one of medium size, say

about four pounds. Then I scale it, remove the eyes and gills, and take off about a third of the tail. (A little salt rubbed on the hands facilitates scaling since it makes it easier to retain one's grasp on the fish). After the fins have been clipped off with scissors the fish should be split for about two thirds of its length on the under side and the fish cleaned. Then by bending the body the backbone is broken near the head and tail or sometimes I cut the bone with scissors. Next comes the boning.

"In boning, you first slip a strong, sharp knife along the backbone, making the stroke on each side in turn. Then the bone may be pulled out quite easily. Some small bits of the flesh may come with it and they may be added to the stuffing, which is then put in, but not, by the way, before some lemon juice and some salt have been sprinkled over the inside of the fish. What stuffing a housewife may use is a matter of individual taste. Or perhaps it's a matter of family taste.

"As to cooking time, a four-pound fish should be baked for about forty minutes. For the first ten minutes the oven should be kept very hot and then the temperature may be allowed to drop to moderate level."

WINDOW SHADES NEED ATTENTION

The forgotten detail in the furnishing of too many rooms is the window shade. And yet it occupies a most important and prominent place in the ensemble—sometimes inappropriate shades made otherwise beautiful rooms look dowdy.

To be honest, we have been guilty 'ourselves, and would still be if we hadn't happened to see a lovely window that used the window shade as a decorative asset. The walls of the room were white, the window shades a brilliant bright blue . . . then over them was hung a drapery of white sheeting, believe it or not, made very full and criss cross with a six-inch ruffle all around. The idea could be copied more grandly with white taffeta for the drapery, but the white sheeting was awfully smart.

Another attractive room we encountered recently took advantage of the possibilities of the window shades in contributing color to the room. This room had walls in a warm foggy gray and window shades in bright green. Draperies in a bright rust herringbone weave fabric were quite tailored . . . the rug was a deeper green than the shades and the furniture covers were in apricot shades and off white.

But for the average room, the white or natural tones in window shades are most practical. In selecting this type of shade, the important thing to

consider is the quality of the shade—be sure to get something that won't get rumpled looking. Look for something of the game points you would in selecting a fabric—avoid shades of heavily weighted flimsy materials.

CALUMET CITY, Illinois, June 2—A man, three women, and two children were killed yesterday when the small truck in which they were riding was hit at a grade crossing here by a Chicago-bound Pennsylvania passenger train.

BOSTON, Mass., June 2—Nine 20 foot Indian pythons, each in its own separate box with a screened top, 500 rhesus monkeys, not quite so cooped, and two tiny six months old black sloth bears arrived yesterday aboard the freighter Clydebank, Captain John Sutherland.

BOSTON, June 1—Asking for a package of cigarettes as a guise, a youthful bandit tied up William O'Connell, 23, gas station attendant at Columbus avenue, near Centre street, Roxbury, and escaped with \$46 and 12 cartons of cigarettes.

WATERVILLE, Me., June 1—Riflemen today organized a hunt for a wildcat following the discovery of two claw-torn sheep on the farm of Louis Levine, near here. The lynx is believed to be the mate of a female killed a week ago by a hunter.

A skid can be stopped before it starts if you drive slowly on oily or wet streets.

DOMINION PRESIDENT OF W. A. POINTS TO NEED MORE MISSIONARY WORKERS

Mrs. R. W. Wodehouse, of Montreal, in Interesting Address Last Evening—Missionary Medical Workers Needed—First Day's Session Was Most Interesting.

Mrs. R. W. Wodehouse, of Montreal, president of the Dominion Board, was the special speaker at last evening's session of the thirty-third annual meeting of the Fredericton Diocesan Board of the Women's Auxiliary to the M.S.C.C. Mrs. Wodehouse delivered an interesting and informative address on missionary work in India and Japan and stressed the need of girls in missionary work, making a plea for girl missionary workers. She stressed the need of missionary medical workers. The presentation of a play, "The Open Window" was a feature of the evening session, the play being put on very excellently by the St. Mary's Girls Branch of the Woman's Auxiliary.

Prior to the address of the dominion president there was a conference of Girls' branches in the Cathedral Memorial hall.

At the afternoon session Mrs. G. C. P. McIntyre of Sussex, president, delivered a special address to the large attendance of delegates.

Rev. Mr. Stuart of Rothesay spoke on the Summer School and urged a larger attendance. He paid tribute to the morning services and to the Woman's Auxiliary's wonderful work and complimented the president Mrs. McIntyre on her address.

Miss Skinner, secretary, reviewed the year's work and said that the total membership was now 336.

Miss Muriel Fairweather, corresponding secretary, referred to the death of Miss Baker, Dominion secretary, and said there were 2,613 senior and 543 girls in the W.A. There were five live memberships in the Diocesan district.

The treasurer's report was given by Mrs. Courtland Robinson of Saint John, in the absence of Miss Dorothy Robson. She spoke of the progress in Jubilee year both in membership and finance. The thank offering was \$10,542, more than last year.

Mrs. A. C. Rollings of Saint John next spoke and referred to the devoted services of the predecessors. She said that sixty nine outfits were sent to overseas missions and to leper colonies in Japan and India.

Mrs. C. Leroy Mooers spoke on girls' work. There are thirty six branches more than in 1934 she said. Her girls' work showed that there are 359 teen-age girls and 184 older girls. This was considerable of an increase. There was also an increase to the pledge fund, she said. Miss Peters gave a report as chairman of the Boys' league. There were now twelve leagues in the Diocese. Two had stopped during the year but it is expected they will start again, she pointed out.

In her afternoon address Mrs. McIntyre reviewed the work of the year dwelling on junior departments, the restoration fund, the jubilee fund, the United Thank Offering, United pledge fund, the Dorcas department, overseas work, and the diocese. She also referred with regret to Dean Holmes' leaving, but welcomed the new dean to the city. She also referred with appreciation to Archbishop Richardson.

Respecting the membership campaign and the year's work, she spoke as follows:

"During the past few years the reports of the dominion officers showed a gradual decrease in membership, which caused much apprehension. As 1935 was the 50th year since the inception of the Auxiliary, it was decided at the annual meeting held in Winnipeg in 1934 as a Jubilee feature to inaugurate a Dominion-wide campaign for membership, each diocese adopting methods more suitable. Our thanks are due all parochial presidents for their timely co-operation. The Treasurer reports an increase in membership of 426 members.

It was felt that people cannot be expected to take an intelligent interest in an organization of which they know little, therefore in order to stimulate and create interest the year 1936 will be known as Educational year. Thus it will be our object to diffuse missionary intelligence not confining the knowledge of the W.A. to the parochial branch but looking out over the field at large. No member can afford to be without "the Living Message" as from it you receive first hand information regarding those sent forth to do our work. In fact, it is filled with information and is a remarkably interesting magazine for all church people."

The Anglican summer school of 1935 was quite successful. Regarding prize essays, Mrs. McIntyre said:

"You are aware that at the Dominion annual meeting of 1934 it was decided to offer two prizes, value \$50 for the first and \$25 for the second, for the best essays on the work of the W. A. written by students of the graduating classes in each Divinity School in Canada. In 1935 only three essays were submitted and the first prize only was awarded, it being won by a student at St. John's College, Winnipeg. Increased interest has been shown this year as seven students sent in essays, first prize being awarded to a student at Trinity College, Toronto, and one at St. John's, Winnipeg, winning second."

Respecting revision of the hymn book the president said that at the present time it is not opportune to alter the hymn book. "We have not heard anyone express a desire for revision," she said, "or express any dissatisfaction with the one in use. The expense at the present time does not seem justifiable."

Concluding her address Mrs. McIntyre declared that the completion of 1936 "brought to a close an epoch in the life of this auxiliary, namely 50 years of service." Briefly the accomplishments were as follows:

1885 witnessed its inception; in 1912 the W. A. became responsible for work among women and children overseas; in 1919 all work amongst women and children in Canada was undertaken; in 1923 a block grant became one of our pledges for work amongst white settlers in Canada; in 1931 one of the vice presidents was appointed to act as Social Service Secretary of the Dominion Board.

Lord Beaverbrook Admits Failure of Empire Crusade

LONDON, June 3—Lord Beaverbrook, Canadian-born millionaire newspaper proprietor, has just confessed that while he owns one of the largest-circulation newspapers in the United Kingdom, he not only has made no money out of it but that his influence towards what he calls 'unifying the Empire' and isolating it from European affairs, is declining.

He started out, he says, with a fiscal programme which he called "Empire Free Trade." This, as he explained it, meant a customs union between Britain and the dominions as nearly as it could be achieved, and a custom union, "complete and immediate," between Britain, and the Crown colonies. In addition, he wanted the United Kingdom to withdraw from the League of Nations because participation might mean a war in Europe in which the dominions might not stand side by side with the Mother Country. Thus the Empire would inevitably split.

Now, he confesses that, in spite of the help of his newspapers and their monster circulations, the Conservative party has been too much for him.

"By satisfying various interests here and there," he says, "by pretending in speeches and in programmes to be carrying out our Empire policy, they detached many followers, and destroyed much support on which I hoped to carry Empire free trade to a successful conclusion.

"The tide is now set against us. The government instead of furthering the union of the Empire, is actually contemplating the transfer to foreigners of portions of it. But that tide is sure to turn again. I must acknowledge that I am determined to oppose this strong tide, now hostile to us. I am glad to spend the remnant of my life in trying to rouse the government and the people to a realization of their mighty destiny and their magnificent heritage."

Another "Empire Crusade," with, no doubt, a resumption of the familiar attacks on Premier Baldwin, is thus forecast for the enlightenment of Fleet street.

BURDEN NOTES

Miss Espey Moore spent Sunday with Miss Glenda MacQuarrie.

Mr. and Mrs. Alphonso Kelly and Mrs. Arthur Kitchen, of Fredericton spent Sunday with Mrs. H. J. Smith.

Mrs. David L. Burden is spending a few days with Mrs. Roy Tapley.

Miss Nellie Long spent the weekend with her parents, Mr. and Mrs. Murray Long.

Miss Myra Long went on the excursion last Friday to Cedars, Quebec, to visit her sister, Mrs. Robert Currie.

Miss Ruth Alexander is spending a few days with Mrs. Ida Nevers.

Mr. Harold Preston is busily engaged repairing the parsonage.

Mrs. Pearl Kilburn spent Sunday with her brother, Mr. Murray Long, and Mrs. Long.

Mrs. Eldon Smith and son Elmer were calling on Mrs. Roy Tapley Saturday evening.

Mrs. Rena Burnett and Mrs. Ensley Crewdson of Island View, who have been visiting Mrs. Huntley Crewdson, returned to their homes last week.

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