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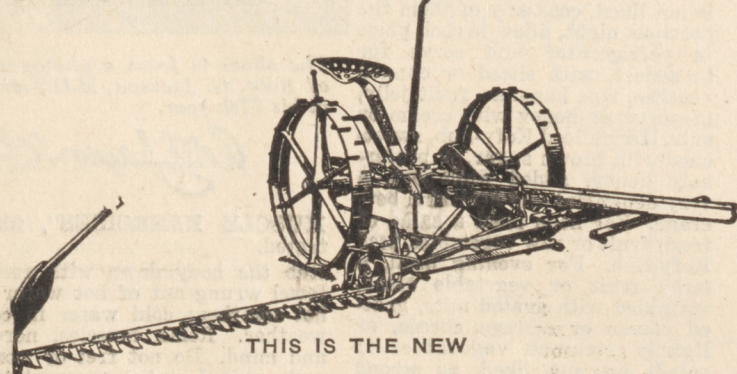
Fredericton Office, Suite 1, Loyalist Building Phone 454
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There is hardly anything* in the world that some man can not make a little worse and sell a little cheaper, and the people who consider price only are this man's lawful prey. (Ruskin)

* Insurance is no exception.

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Interest to Women**A FEW WORDS TO MUSTARD FANS****Suggestions On Mixing—With Vinegar Or Olive Oil, and Sometimes Cream.**

(By Edith M. Barber)

No spice or condiment has a longer history than the mustard seed. Probably in ancient days next to salt it was used more than any other seasoning. The reason for this lies in the fact that it is a cosmopolitan plant and grows in many places.

The tiny seeds which may be yellow or brown are used in their own form for spicing pickles and fruits and for a few other purposes. The ground mustard flour which we know as dry mustard is one of our staple condiments. Then we have a large variety of mixed mustards which vary in flavor, both on account of the kind of mustard which is their base and because of the liquids that are used to blend them. This is often vinegar and sometimes wine.

Mustard mixed at home may have vinegar, wine, olive oil or cream. Sometimes a little powdered sugar and salt are also added. The mixture will be less pungent if cream or oil is used alone. You will find that the mustard fans do not agree with each other in regard to the type of mustard which they prefer, nor in regard to the proper amount to use as a sauce or as a condiment. Not all agree with Sidney Smith, who says: Of mordant mustard take a single spoon. Distrust the condiment that bites too soon.

Deviled Crabs1/4 cup butter
2 tablespoons flour
1 teaspoon dry mustard
1 cup milk
1/2 teaspoon salt
1/2 teaspoon paprika
Nutmeg
2 tablespoons chopped parsley
1 tablespoon lemon juice
2 cups crab meat
3/4 cup buttered crumbs

Melt butter, stir in flour and mustard, and when well blended, stir in milk. Cook, stirring constantly until smooth and thick. Add seasonings and crabmeat, which has been carefully looked over. Pack in crab or scallop shells, sprinkle with buttered crumbs and bake in a moderate oven, 350 degrees F., until nuts are golden brown. This mixture may be baked in a casserole.

Mustard Butter Sandwiches1/2 cup softened butter
2 tablespoons mixed mustard
Bread.
Cream butter and stir in mustard. Remove all crust except bottom from loaf of bread. Spread lengthwise with filling and slice rather thin. Place slice on a damp cloth and roll tightly. Seal with butter, wrap in waxed paper and put in refrigerator for an hour or more. Slice thin into pin-wheels. Other fillings, minced parsley, pimento or cheese mixed with butter, may be used.**HAVE YOU YOUR FULL IRON QUOTA ?****Good Red Blood Means Good Health and These Are the Foods That Supply It.**

(By Edith M. Barber)

Good red blood is symbolic of good health and vitality. It is certainly true that the red corpuscles of the blood stream must be plentiful if the tissues of the body are to be supplied with the nourishment which they need. Iron is an absolutely essential constituent of the coloring matter of the red blood cells.

As very little can be stored in the body, care must be taken that a plentiful supply of iron is provided by the daily food supply. Without this sub or acute anaemia may result. The latter is easily recognized, but the former may often be diagnosed, unless the doctor is consulted, as fatigue for which other things besides diet are held responsible.

Upon what foods can we count to supply us with the necessary mineral? In general, they have one characteristic in common, egg yolk in contrast to molasses, molasses in contrast to white sugar, whole grain and bran rather than refined grains.

Most of the vegetables which are green, red or yellow are also high in iron. There is one white vegetable, however, which we used every day from which we received a worthwhile amount of iron, and that is the white potato. There are also exceptions to the color rule, as we find little in tomatoes, which, however, supply us with so many other essentials that we cannot quibble.

The foods most highly endowed with iron are beef, oysters, spinach, liver, molasses, egg yolks, strawberries, bran, potatoes, oatmeal, peas, fish, whole-wheat bread, prunes and dates.

Spinach Ring1/2 peck spinach
2 tablespoons butter
2 tablespoons flour
1/2 cup milk
3 eggs, separated
Pepper and salt
1 tablespoon grated onion
1/2 teaspoon nutmeg

Wash, pick over and cook spinach until tender, about ten minutes. Drain, chop or put through meat grinder. Heat butter, stir in flour, then the milk and cook over a low fire. When smooth and thick, stir gradually onto the beaten yolks. Add spinach and seasonings. Fold in the stiffly beaten egg whites, place in a well-greased ring mold set in a pan half filled with boiling water, bake twenty minutes in a moderate oven, 375 degrees F., or until set. When ready to serve loosen edges, turn carefully on hot platter. Place a creamed vegetable or meat in centre.

Liver Dumplings1/4 pound calves liver
1/2 cup soft bread crumbs
1 tablespoon minced onion
1 tablespoon melted fat
1 teaspoon parsley
1/2 teaspoon salt
Pepper
1 egg, slightly beaten
5 cups stock

Grind the liver fine and mix it with

the bread crumbs. Sauté the onions in the fat in a skillet until delicately browned. Add the liver mixture, parsley, salt and pepper. Add the egg and mix well. Drop the mixture by teaspoonfuls into the hot, but not boiling, meat stock. Cook slowly ten to fifteen minutes and then serve with soup. To make dumplings which may be shaped in balls, add one-half cup additional bread crumbs.

CALF LENGTH FOR
THE DUCHESS**Wife of Kent Startles**
Ascot by Short Skirt --
Wears Pale Blue, Black
and White, and Beige
Costumes.

PARIS.—The Duchess of Kent, an ardent racing fan, wore four different Molyneux creations for Ascot week. She established a new fashion in dresses for the races by wearing a calf-length dress on the first day. It was in pale blue crepe made with a softly draped neckline. The draping was repeated at the waistline, where there was a corsage of multi-colored artificial flowers. Her large, floppy-brimmed straw hat likewise was of pale blue straw, trimmed at the front of the brim with the same multi-colored flowers as those on the dress.

Her second day at the races, the Duchess of Kent wore a black and white costume. The dress, of white crepe, was printed in black flowers etched lightly upon the material. With this she wore a coat of black taffeta and a broad-brimmed black straw hat.

Another costume worn during Ascot week was a dress of white crepe made with a cross-over surplice bodice and trimmed with light and dark blue cornflowers. The matching hat of straw, at least a yard wide and the largest hat seen that day, was in deep cornflower blue. The crown of the hat was in velvet and the broad brim of straw.

The Duchess' fourth Ascot costume was an afternoon ensemble in sandy beige. The coat was of sandy beige lightweight wool made loose and full. The short sleeves of the coat were banded with silver fox fur.

DR. G. R. LISTER

: Dentist :

Burchill-Wilkinson Building

QUEEN STREET : Below Regent

TRAIN A CHILD
WITH PAUCITY
OF RULES**But Make Sure That the**
Rules Are Carried Out,
Says Dr. Dean.

(By Arthur Dean, Sc.D.)

A child psychologist says: If Junior doesn't eat his oatmeal, doesn't do his homework or come in at night when dad whistles, it's all mamma's fault.

The most common error in the management of the young child is the facility with which a mother makes commands and the ease with which she promptly ignores their outcome.

Is it any wonder that an alert youngster loses respect for authority when he receives a thousand and one commands a day and only 5 per cent of them are followed through?

The secret is paucity of commands but once uttered let there be no uncertainty of what is expected.

He declares that a child's 'temper tantrums' is his most effective weapon and the way to control such outbursts is to show him that tantrums react to his disadvantage.

I shouldn't exactly put the blame on mother. It is a common trait for all of us who are parents or teachers to say "if you do it again I'll—" And then promptly forget it as we again make the threat. For years I have used the following set of rules for obedience.

Issues well thought out commands and see that they are obeyed. A command worth giving is worth carrying out. Avoid over-correction and an autocratic manner for children, like adults, are as quick to resent domination.

Gain the child's attention, then make the directions clear and simple and if possible, explain the reason for the request.

Gain the child's interest. Show him the value of the desired action. Be interested in his accomplishment and in the outcome.

Make requests positive instead of negative. Use 'Do' rather than 'Do Not.' Give a suggestion which will draw the child's interest away from the forbidden act and focus it on something else.

Consider promises carefully before making them. Once made, keep them or relate to the child the reason for failure to do so. Keep faith with the child.

Be consistent. Have one set of rules. Do not allow at one time what is forbidden at another.

Above all things, expect obedience. Do not let the child feel that you are

Canada's Favourite Tea
"SALADA"
TEA**RASPBERRIES AND FRUIT COURSES****Or Perhaps Cherries, Black, White or Red, All**
Are Delicious At This Time of Year.

(By Edith M. Barber)

We all have our favorite fruits. I am a faithless soul, however. I love them all in their season. Just now my affections are divided between raspberries and cherries. Perhaps cherries are ahead, because of the several members of the family. The large black cherries, and the blushing white ones, which are so delicious eaten from the stems without the addition of sugar. Then there are the sour cherries which seem to be meant for pie and for jam. There is some cooking on the stove while I write. This bright-colored cherry may be put to good use for any of those baked or steamed desserts for which biscuit dough is the basis.

The black cherries are sometimes used as filling for small and large tarts and also in sauces for duck, as well as for ice cream. A dessert that is a specialty in a famous restaurant is prepared by serving a ball of

uncertain as to his response, or that you are sure he will disobey.

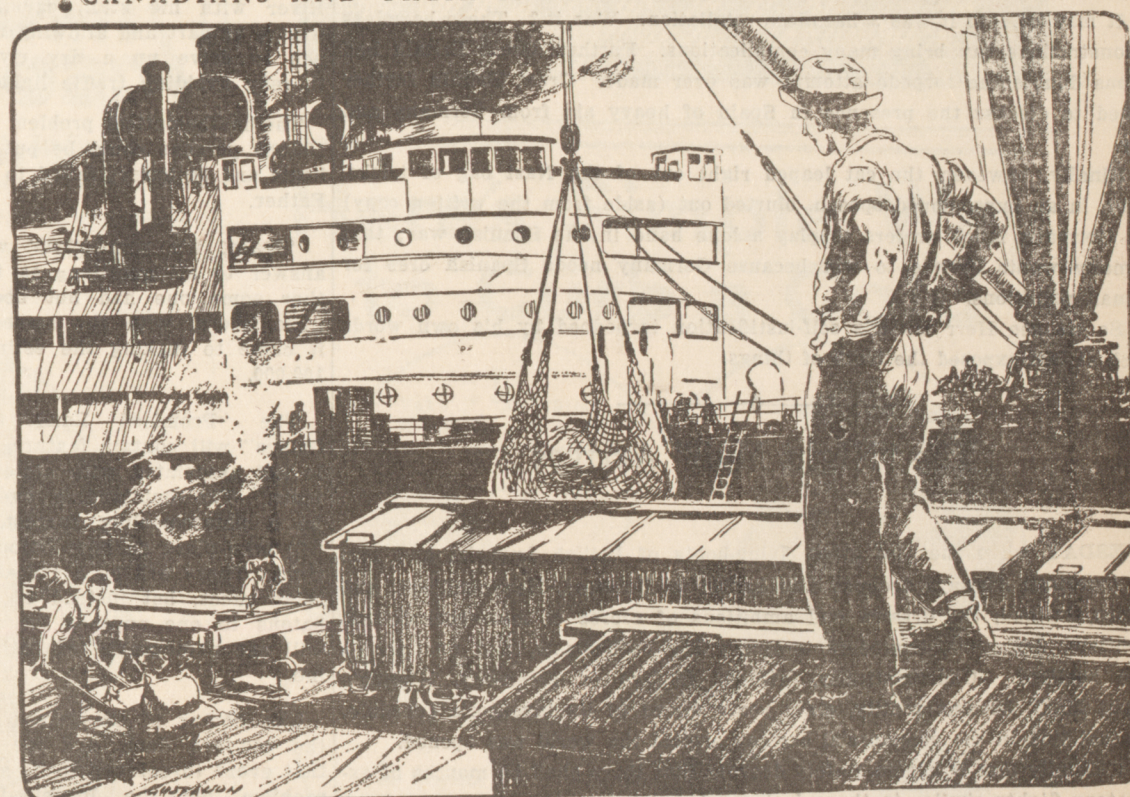
The In-Between Age

"After I am through college will the edge of life crack off just as it seems to be doing now? I don't know how to express myself; I am as vague as I sound. But life seems long and perplexing.—Girl of Fourteen."

Answer: Remember, my girl, you are between the 'child that was' and the 'woman that is to be.' You are stepping across a chasm. On one side was innocence, happiness and joy, but on the other side will be experience and trials of life.

Girls of your age, yes even up to the age of 18, sometimes write, as you do, but most of them do not write about it. Boys also have visions and dreams.

ice cream on toasted brioche and surrounding it with a sauce of black cherries which have been cooked in a rum syrup. Sponge cake may replace the brioche. It need hardly be said that cherries and rum make a good sauce for ice cream when used by itself. By the way, unseasoned black or white cherries, when chilled thoroughly and served on a bed of shaved ice, provide a refreshing first course, at lunch or dinner and are just as good when they are served at the end of the meal. Sliced lemon may be served with them. And of course, you know how good they are with cream cheese served with or without a salad.

Steamed Cherry Pudding2 cups cherries
1/4 cup butter
1 cup sugar
2 eggs
1 1/2 cups flour
3 teaspoons baking powder
1 cup milk
Look over cherries, cut in half and pit. Cream butter, add sugar slowly and cream together, until light. Add beaten eggs. Add flour which has been sifted with the baking powder alternately with the milk. Add the cherries mixed with a little of the flour. Put into greased mold, cover and steam three hours. Serve hot with hard sauce.**Preserved Cherries**4 pounds cherries
4 pounds sugar.
Wash cherries, remove the stems and stones. Cover with sugar and let stand two hours. Set on stove and bring slowly to a boil, stirring constantly. Cook until the cherries are tender. Fill hot jars and seal. A few pits cooked with the fruit improves the flavor. Currants and huckleberries may be preserved in the same way.**CANADIANS AND THEIR INDUSTRIES... AND THEIR BANK****CANADA'S TRADE WITH THE WORLD**

In the last calendar year Canada had a foreign trade amounting to \$1,663,093,000, an increase of 19.7%, as compared with an average of 8.1% for 24 leading countries. In this exchange the Dominion had a favourable balance (including exportation of gold as a commodity) of \$393,000,000. Another feature of international trade was the tourist business, incoming and outgoing, totalling \$355,568,000, the balance in Canada's favour being \$155,958,000.

With the figures for tourist trade added to those for ordinary commerce, our international trade rose to \$2,018,661,000, with a total balance in Canada's favour of more than half a billion dollars.

Banking plays a vital part in the upbuilding of the foreign trade of Canada, and foreign trade is the backbone of the native industries which are the foundation of Canada's economic structure.

In providing financial service for this enormous trade a leading part is played by the Bank of Montreal, which, with its 500 branches throughout Canada, its own offices in financial centres abroad, and its own banking correspondents throughout the world, carries through promptly and smoothly the task of financing the movements of an infinite variety of commodities.

The Bank's services include: Loans to importers and exporters; purchases of bills of exchange representing exports; providing commercial credits for purchases abroad; purchase and sale of exchange "futures" for protection against price fluctuation in foreign currencies; special wire facilities with the important exchange markets to speed transactions; reports of character and standing of foreign firms; commercial accounts; foreign currency accounts; safekeeping of securities.

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