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... OF ...

Interest to Women**MEDICAL DIRECTOR URGES CARE**
IN SELECTING HOT WEATHER DIET

"Because more time is spent in the open air during the summer months, larger appetites are developed with the result that many people eat more than is good for them," declared Dr. Robert A. Fraser, Chief Medical Director of the New York Life Insurance Company. "This overloading of the stomach, in conjunction with the frequently debilitating effects of hot weather, has a detrimental action on the general system, which can prove to be serious."

Dr. Fraser, in the course of observing the more common causes for hot weather discomforts of the individual's health, feels that the matter of diet is an extremely important one, both from the point of view of 'how much' is eaten as well as 'what' is eaten.

"Do not overeat," Dr. Fraser advises, "though be sure and get three balanced meals every day." A balanced diet is most important. During the warm summer months, cereals, eggs, fruit, vegetables, salads and fish should form the bulk of the diet, with very little meat. Drink plenty of liquids to make up for the large amounts lost by the body through perspiration. Deal sparingly with ice cold drinks and avoid alcohol. These last two cause many gastro-intestinal upsets.

Diet 'Don'ts' for Vacationists
For those who are going away on a vacation, Dr. Fraser offers special advice. "It is human nature," he says, "to eat more than ordinarily when on a party or when the food is different. Remember this when you start on your vacation."

"Don't forget that the sudden change in diet and water is frequently a cause of constipation. Take care that your regularity is not disturbed while travelling. This is most important and well worth the effort."

If the vacation is being spent in a district where pure water is hard to secure, Dr. Fraser suggests using

boiled water or some well known bottled water. If you are sending your child to a camp, it would be well to find out from the director of the camp whether or not the water and milk supply for the campers has been thoroughly investigated.

"However," Dr. Fraser points out, "most camps use due care in these matters and pride themselves on the quality of these two products."

Check Water and Milk Supply
Dr. Fraser cautions everyone to be careful of the water they drink. Camps, country resorts and roadside springs should have the source of water carefully investigated to make sure no contaminating sewage or barnyard pollution is present. If there is the least cause for doubting the purity of the water supply, drink only boiled or certified bottled water.

Moreover, do the same as regards the milk supply. Pure milk comes from healthy cows, is produced in sanitary barns and is kept pure by quick cooling in immaculately clean containers. A slip up at any one of these points can result in milk with too high bacteria count and that is unhealthy.

"A special effort," Dr. Fraser feels "should be made to secure the best milk possible, even though it costs a little more."

Your Baby's Diet

Young babies are particularly susceptible to the effects of hot weather and to changes in milk and water. Whether you plan to stay at home all through the summer, or go away for a time, ask your doctor what he wants you to do about the baby's diet, and then be guided by his directions.

"Don't be misled," Dr. Fraser urges, "by those well meaning mothers who assure you that my baby acted just like that and offer free advice for correcting a condition about which they know little. Ask a doctor."

SALAD PLATTER FOR THE QUICK MEAL**Chicken, Lobster, Crab, Salmon or Tuna Fish**
Should Be the Central Note

(By Edith M. Barber)

On a warm summer evening, the business woman housekeeper will sometimes choose a salad platter as her main course for the quick meal. While there must, of course, be crisp greens, there should be something as well to satisfy hunger which although it may be in abeyance before meal time usually asserts itself later.

The central note may be chicken, lobster, crab, tuna fish, salmon or cooked macaroni. Diced celery or cucumber may be added with the well-seasoned mayonnaise. With this may be served a raw or cooked vegetable salad with a French dressing, garnished, of course, with lettuce, romaine or watercress. Sliced tomatoes or tomatoes stuffed with cream or cottage cheese may replace the vegetable salad or may be served in addition. The cheese should be well seasoned with minced onions or chives.

Another hearty salad platter has a mound of well-seasoned cottage cheese as the central note. A vegetable salad and stuffed eggs may accompany the cheese. Rings or molds of tomato or cheese jelly are always welcome both for their appearance and for their refreshing qualities. I also like a gelatin mold flavored with tarragon vinegar, colored a light green and combined with pieces of canned pineapple and sliced cucum-

bers. Lime jelly may be used as a basis if the coloring is omitted. And then, of course, there is potato salad made with a boiled dressing if you like. Diced cucumbers and bits of cooked bacon, as well as minced onions, will add to its flavor. Speaking of cucumbers, have you had them yet this season with sour cream and minced chives?

Cheese Ring Salad

1½ tablespoons gelatin
½ cup cold water
3 cups milk
3 egg yolks
½ teaspoon salt
½ teaspoon mustard
½ teaspoon paprika
2 cups strained or grated cheese
½ pimento
3 cups vegetable salad.
Soften gelatin in cold water. Heat milk. Beat eggs with salt mustard and paprika and stir in a little of the hot milk. Add the mixture to rest of milk and stir over hot water until it begins to thicken (when it stops foaming). Stir in cheese and when melted remove from fire and add softened gelatin. Stir until dissolved pour into ring mold or into small molds and chill until set. Unmold onto platter or chop plate and garnish with strips of pimento. Fill centre with any mixed vegetable salad.

BUSTLES BACK
IN NEW STYLESModified Types Feature
New Paris Fashions

PARIS—Modified bustles—brought out of the mists of the 1880's—were featured at today's showings of new Paris fashions.

With back draperies recalling the elegant modes of the seventeenth century, romantic styles came back to the fashion stage. Victorian-inspired black velvet frocks were shown trimmed in old-style lace. Striped satins and high waists sounded director notes.

Paton showed embroideries of old style bugle beads replacing modern paillettes. His tiny jotted muffs dated back to the Edwardian period. Rare patterned white laces trimmed dinner gowns of black and deep blue velvets while tulle evening dresses were shown with full skirts and tight satin bodices. Narrow evening skirts were spiral trimmed with waving silk fringes.

The new Florentine red created by Paton is a light wine shade; his armor green is the color of ancient metal. A great deal of black is being used and many black afternoon dresses had transparent yokes and sleeves under fitted jackets.

One and two-piece satin dresses featured slim, straight lines with no belts. High necks were stressed as well as diagonal closings.

Suits had short fitted jackets with straight, narrow and moderately short skirts, coats showed modified flares with fur trimmings in panels, borders, big collars and sleeves. Seal skin, beaver, breitschwanz, ermine and a great deal of silver fox are being used.

Day fabrics included checks, broadcloth, stripes, tweeds, cloques, velvet and crepes. Lame brocades were used for cocktail suits and blouses.

Robert Piguet showed bustleback frocks and romantic styles in pleated satin evening skirts with fitted bodices. Victorian neck lines were featured in black velvet dinner gowns with old-fashioned white lace berthes.

EXTRA BATH
FOR BABY

An extra sponge bath or two in torrid weather may be a welcome addition to baby's regular daily bath. The sticky combination of perspiration and soil is just as uncomfortable to babies as to grown-ups and a sponge bath before bed-time will often enable him to sleep soundly all through a sweltering night.

Go over his face and body, first with warm soapy water then with clean warm water. Pat him thoroughly dry with a soft fresh towel, and sprinkle him with talcum, then dress him in a clean diaper and slip, and he is ready for his playpen or crib.

Handling the baby as little as possible is always a good rule to follow. In warm weather that rule should be more strictly enforced than ever.

Quick Meal
Tomato juice cocktail
Salad platter with cottage cheese
Stuffed eggs
Iced tea. Strawberries and cream
Cookies

Cucumbers and Sour Cream
1 cup sour cream
Salt, paprika, vinegar
2 cups sliced cucumbers
Minced chives.

Whip cream, season to taste with salt, paprika and vinegar. Add the cucumbers and chives. Sweet cream may be used if extra vinegar is added.

Method of Preparation

Boil eggs.
Prepare materials for salad.
Prepare strawberries.
Chill eggs in ice water.
Make iced tea.
Shell and stuff eggs.
Arrange salad platter.

KNEE ACTION FOR STRAIGHTER LEGS**Exercise To Stretch and Straighten Bowed Legs**
and Reduce Knee Bulges

(By Victorine Howard)

Watch the swimming crowd on any summer beach these days. You can't help realizing that a startling number of people are either bow-legged, or knock-kneed. You also can't help noticing that around the knees is a particularly vulnerable spot for pads of fat to gather on the woman who's inclined to overweight anyway. And it's all most unflattering in a bathing suit. But instead of sitting in a discouraged huddle, and blaming life, why not start and do something about it?

Bowlegs and knock-knees are something to be watched and corrected in childhood when bones are soft. While you can't do much about actually changing the shape of adult bones, the appearance of greater straightness is achieved if you reduce fatty deposits on the inner or outer side of knees that are bowed. And the same exercises which are helpful in straightening the legs of the sixteen year old, or under, are also grand to aid in reducing any over-plump knees.

The United States Army knows its exercises. You don't have to carry a rifle or knapsack to practice the motions that have helped to straighten more than one pair of marching legs. Here are two as done by potential colonel or doughboy.

To help correct knock-knees, stand erect with feet parallel and together in a straight line—toes pointing forward. Tense the knee muscles, and force both knees apart, outward to the sides, as far as you can. Hold the outward position a second, relax, and repeat. Do it about twenty times. Don't let the heels slide apart nor roll out on the sides of the foot any more than you can help. The pull should be felt strongly in the outside of the legs.

The corrective exercise for bow-legs naturally works in the opposite direction. Standing with feet in the same position, tense knee muscles and try to force the knees inward together as closely as possible. Hold a second, relax, and repeat twenty times. Be sure not to move the feet. Both routines may be repeated several times through the day. And if at first you don't succeed in budging the knees an apparent fraction of an inch, just be persistent.

A little self appointed leg-pulling is another aid in straightening bowed legs. Lying flat on your back, extend both legs down straight with toes pointing upward, heels on the floor. Concentrate on stretching first one leg and then the other lengthwise down from the hips. You will find that after a bit of practice you can stretch and slide each heel down as far as two inches beyond the stationary one.

A great many people don't realize that simple stretching and relaxing of any of the body muscles with the consequent muscular tension can be as much exercise, if properly done, as if you contorted violently all over the place. Fat gathers around lazy unused muscles. These same passive type stretching and relaxing exercises are what keep cats in their perfect physical condition. And you do

SUN AND SALT
WATER HARD
ON THE HAIR

(By Antoinette)

Just a little reminder to the outdoor girl of the importance of being kind to her hair.

She can't persist in the outdoor life and expect her hair to retain its usual beauty under constant exposure to the sun unless she does things to offset the disturbing effects of such exposure.

There's salt water to be considered as well as the sun. Even with a bathing cap to keep out salt water, if much time is spent bathing and swimming the hair is bound to get wet. And salt water never should be allowed to remain in the hair.

If you persist in sitting for hours in the sun, letting salt water dry on the hair while you're lolling on the sand, some of the gritty sand is going to cling to the scalp and hair. The scalp perspires freely in summer and the combination of perspiration, salt water, and sand caking in the scalp is bound to react unfavorably upon both scalp and hair.

So, keep the little old hair brush handy. Before you go out into the sun, massage a tonic into the scalp and then brush the hair, in order that the blood may circulate freely through the scalp. If your bathing cap has not done its job properly, and salt water has damaged your tresses, be sure to wash it out before drying the hair.

Stand under a shower and wash all the salt water away. Dry hair in the sun. Brush it, as it dries. As you brush, carry the brush through the entire length of the hair.

Brushing is essential to keep the scalp free from sand and dust, perspiration and any germs floating around. Have you been neglectful? If so, and you find your hair dry and somewhat faded, give the hair a few oil treatments. Don't neglect it or postpone treatments until the fall. It may be too late. And certainly dry, lustreless hair has no allure.

CLEVER FLOWER STICKS

The sticks which necessitate tying the branch or blossom to it, with strings that insist on tangling, are now entirely outmoded. Much easier to use, and neater in every way are those with a ring at the top which opens to receive the stalk, and then closes to encircle it securely. They are stout fellows of green steel wire which stands firm in the earth, and they may be used year after year. They are 24 inches high, and cost \$1.80 for a dozen.

not see many overweight cats, with bulges around their knees, or anywhere else.

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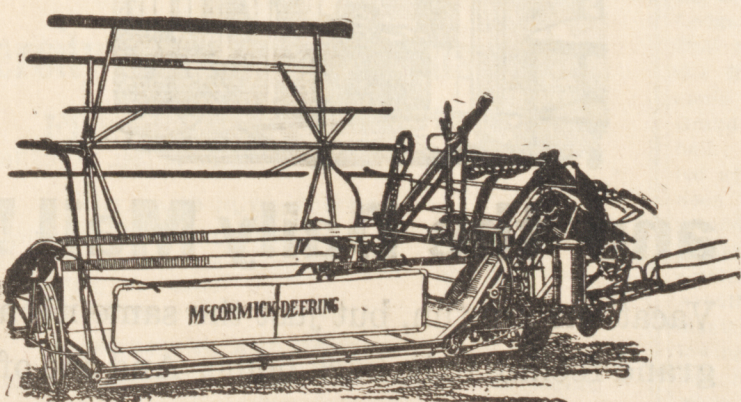
"ASPIRIN" tablets are ready to start working almost the instant you take them. (Note illustration.) So, next early morning headache you have, try this way.

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