

Dr. B. R. Ross

DENTIST

HOURS:—
9-6 or by APPOINTMENT.
404 Queen Street

CURTAINS AND DRAPES

JUST RECEIVED...
OUR NEW SPRING RANGE OF
Curtains in plain and figured
Marquiesettes, flile and tuskan
nets, Curtains, widths from 27
to 54 inches. Lengths from 2 to
3 yards. Drapes in all the new
shades. Also a full range of Tap
estries and Homespuns.

"See our stock before
purchasing."

J. Stanley Delong

Phone 68-11 63 Carleton St.

WORD O' MOUTH ADVERTISING

Travelling men have no "heart"
when talking about a hotel. To
them, it's either "good" or "bad."

Give them a clean room, abun-
dant hot water supply, and mod-
ern bathing facilities and you'll
have them "telling the world"
to stop at our hotel.

Modern plumbing fixtures —
easily kept clean—mean more
business. Ask us about econom-
ical installations.

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Plumbing and Heating

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TAILORED OF EXCLUSIVE

FABRICS

buy only a limited amount
each pattern and fabric.
That's why you can choose your
fabric and know that you won't
be seeing it on every other man
in town! Our complete line of
fall fabrics are now in. Call and
select YOUR OWN distinctive
Pattern.

Alex. Ingram

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A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES —

Surplus funds invested in sound development
of natural resources and industry within the
Maritime Provinces will return maximum in-
come—Increase Purchasing Power—Create
Permanent employment and prove the great-
est benefit to general business. A list of
carefully selected offerings will be forward-
ed on request.

IRVING, BRENNAN & COMPANY, LTD.

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Fredericton Office, Suite 1, Loyalist Building Phone 454
Fredericton Charlottetown Halifax Saint John, N.B.

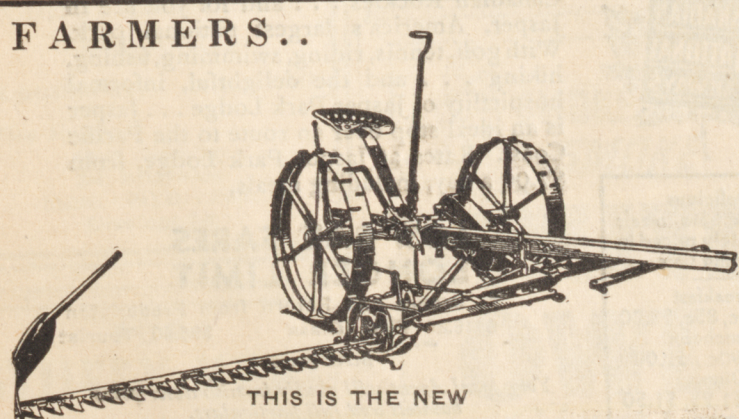
There is hardly anything* in the world that
some man can not make a little worse and
sell a little cheaper, and the people who con-
sider price only are this man's lawful prey.
(Ruskin)

* Insurance is no exception.

HOWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 291

FARMERS..



McCORMICK-DEERING MOWER
If you want the BEST—No need to go any further.

J. Clark & Son, Ltd

"A GOOD PLACE TO DEAL"

... OF ...

Interest to Women

IRONY OF COATING DATES WITH SUGAR

Natural Content of the Romantic Fruit of the
Palm Runs As High As 80 Per Cent.

Some of the dried fruits of the
date palm have a natural sugar con-
tent as high as 80 per cent, combin-
ed with other carbohydrates, pro-
teins and fats, and they figure as
one of the world's most important
staple foods; yet we know them best
as an occasional treat for the child-
ren, and the practical confectioner,
without conscious irony, dresses
them up in jackets of sugar—quite
literally 'sweets to the sweet.'

Probably there are persons in this
part of the world who have never
given the date a thought, never
bought a pound of dates, never tasted
a date, but always in the rural
general store or the urban corner
grocery the open box of dates re-
poses just below the inevitable
bunch of bananas and those familiar
companions must have appeared just
as they do today, in the first corner
grocery that was opened in the
Massachusetts Bay colony. In Jeri-
cho, the city of palm trees, the date
was commonplace, and it was staple
commodity in Babylon, Nineveh, Pal-
myra and Tyre, yet we of the west-
ern world have never taken the
trouble to make its acquaintance,
though it has been bread and butter
to millions, and it represents one of
nature's most impressive miracles.

We know little enough of the Ara-
bian desert, beyond the gallant ex-
ploits of the late Col. Lawrence and
some counterfeit presentations ar-
ranged for us on Hollywood lots, but
we are inclined to wonder how and
why any people whatsoever should
voluntarily pass their lives in such
an arid and dusty place—just as we
marvel at the Eskimo's evidently
placid family life in an igloo erected
on a cake of ice. But the Arabs and
their faithful camels are there, and
were there when America was dis-
covered by the first copper-colored
aborigines, and it is something to
think about—not casually, but with
earnest attention to first causes and
the solemn problems of the human
race—that in that far-flung howling
wilderness of shifting sand, eternally
scorched and baked by a fiery sun,

mysterious nature, graciously provid-
ed the date palm to furnish a fruit
that is one of the most complete and
perfectly balanced sustaining ra-
tions known to man. "Some call it
Evolution, and others call it God."

The prodigy of energy and endur-
ance, the Arab, can cheerfully sub-
sist for days, weeks and months up-
on handfuls of dried dates; and the
trees, which sometimes reach a
height of one hundred feet, provide
him not only with food, but with
his favorite building material. His
house, if he has one, is made of
palm timber, thatched with palm
leaves, and palm fibre is in his fur-
niture, baskets, ropes and household
appliances. Dates, some authorities
have asserted, constitute the notional
wealth of Arabia, the fruit and by-
products amounting to an average of
half of the annual exports, though
our dates now come from Arizona
and California and from European
countries along the Mediterranean,
in significant volume, the Arabic
people still ship over a hundred mil-
lion pounds of date products to Eu-
rope and America each year.

In the irrigated desert valleys of
Arizona, California and Nevada there
were nearly 3,000 acres of dates in
1930 and the crop of that year is said
to have amounted to 3,000,000 pounds.
Our Department of Agriculture has
devoted time, funds and enthusiasm
to research, instruction and develop-
ment in date culture, and it is con-
fidently predicted by competent
authority that we shall actually be-
come acquainted with dates as a
source of nutriment, and know them
in scores of highly developed vari-
eties, as we know our apples, pears,
peaches and oranges at present time.

The dates of commerce and date
honey, a rich and delicious syrup
made from the juice of fresh fruit,
are from the date palm. Date sugar,
an important product in Oriental
trade, is made from the sap of the
bastard date or toddy palm, and the
same sap yields a superior distilla-
tion of arrack.

SUITED TO EITHER A COCKTAIL OR MOUSSE

(By Marjorie Mills)

Is there anything more refreshing
on a summer's day than a chilled
cantaloupe—salmon pink meat and
that luscious lime green of the honey
dew—with the ripe sweet juice al-
most running over the out sides?

And the most satisfactory thing
about melons is that there are al-
most innumerable ways to use them.
From a cantaloupe cocktail to a mel-
on mousse, you'll find ever so many
attractive and tempting ways to use
them every day.

Have you discovered the 'Sweet
Eatin' cantaloupes yet? We've never
tasted such delicious melons—the
meat is sweet yet firm, and they are
uniformly juicy and ripe. You'll find
them at most of your grocers or
fruit stores and it's a wise home-
maker who asks for 'Sweet Eatin'
cantaloupes by name.

Cantaloupe Cocktail

Place small sections of grapefruit
in a sherbet glass, about half full.
Pour over two tablespoons grenadine
syrup. Fill glass with small balls of
cantaloupe and place cherry on top
and serve ice cold.

Melon Surprise

Take a small cantaloupe, cut off
the top, remove the seeds and meat
with a large teaspoon. Refill the
shell with diced meat of the cantaloupe,
diced segments of grapefruit
and sliced bananas. Place top of melon
back on and chill in refrigerator
before serving. Serve one melon to
each person. A slice may be cut from
the bottom of the melon to keep it
upright.

Melon Ambrosia

1 cup small melon balls
1 cup sliced bananas
1 cup sliced oranges
6 tablespoons sugar
1 cup shredded coconut
Mix, chill, serve in sherbet cups.

Melon Compote

To one quart melon pulp, allow a
pound of sugar and a pint of water.
Make a syrup of the sugar and water
simmering five minutes. Lay cubes
or strips of cantaloupe, cut from
ripe melon, and allow them to sim-
mer in syrup five minutes. Remove
and place in serving dish, and cook
syrup down till thick. Add any flav-
oring desired and pour over the
melon. Heap whipped cream over
this and serve.

Melon Mousse

Place the pulp of two medium sized
cantaloupes in preserving kettle
with one-half quantity of sugar.
Stew down until rather thick, rub
through sieve and replace on stove.

Soften half a box of plain gelatin,
for each pint of pulp, in cold water.
Dissolve by adding one-half pint of
boiling water. Add this to the cooked
melon, stirring until it begins to
cool and thicken. Place in wet molds
and set on ice until firm. Serve
with whipped cream.

Honey Dew Salad

Select a ripe honey dew melon.
Chill thoroughly. Remove seeds and
with a French ball cutter, scoop out
balls of the melon and put them on
a thick slice of crisp lettuce, allow-
ing six balls to a service. Serve with
French dressing.

Turkish Cantaloupe

2 cantaloupes
½ teaspoon salt
Speck cinnamon
1 cup heavy cream
2 tablespoons powdered sugar
1-8 teaspoon vanilla
3 tablespoons preserved ginger
Speck grated nutmeg
Scoop out the edible pulp from the
melons, add salt and other season-
ings and set in refrigerator to ripen
for two hours. Chop melon fine or
run through potato ricer and mix
with one cup cream beaten stiff. Add
preserved ginger, chopped fine.

Pour into tray of mechanical re-
frigerator and freeze about four
hours. Beat with rotary egg beater
once during freezing.

To Cook Shoulder

Select a Chamberlain's Leadership
shoulder, and place in a deep kettle
cover with cold water; bring to boil-
ing point, simmer until a steel fork
will penetrate readily to the centre,
30 minutes to the pound. Cool the
shoulder in the water in which it
was cooked, remove from water and
cut off what little outside skin re-
mains.

To bake: Rub brown sugar, and a
little dry mustard if desired, into the
surface of boiled shoulder, insert
whole cloves about one-half inch
apart. Place on a rack in a roasting
pan, bake until brown, about thirty
minutes. Baste once or twice with
elder, grape juice or hot water and
serve hot with juices in pan or with
any desired sauce.

ADVANTAGES OF HOLDING HOBBO PARTY

It May Be Held Almost
Anywhere and Cos-
tumes Come Easy.

(By Cynthia Proctor)

One of the chief advantages of a
'Hobbo Party' is that you may stage it
in the garage, a farm, on the lawn—
or any place that is convenient, be-
cause you don't have to have many
decorations. One clever party was
held in a large garage and instead of
any decorations the host decorated
himself in an outlandish 'Sambo' cos-
tume. If you plan such a party Sam-
bo will be magnificent in a large
paper collar, purple sateen vest,
black and white shirt, pumpkin col-
ored pantaloons so wide he 'takes
three steps before the pants move.'

Galloping Bones

Sambo starts a 'Galloping Bones'
game, using a giant pair of dice.
This is an elimination game. Guests
form a circle. Sambo rolls the bones.
If the five turns up, the fifth person
on the hosts' right is out, and so on
to a wild chorus of 'Come on bones,
come seven, come eleven,' etc. Fi-
nally one person is left and is award-
ed a pot of glue for his 'sticking'
qualities.

Another good table game to be
played with dice is to let each per-
son in turn roll one of the dice and
before the other persons at the table
can count six, is required to give the
name of an animal beginning with
the letter indicated by the number
of spots rolled. One means A, two
means B, etc.

Hobbo Relay's

'Walking the Rails.'—Arrange the
teams as for a shuttle relay. The first
person on each team is given a ping
pong ball and paddle. Balancing a
ball on the paddle, each leader fol-
lows a straight line a given distance
and transfers the paddle and ball to
the second person on the team. This
continues until all have covered the
distance. The paddle must be car-
ried in one hand. If dropped, the ball
must be retrieved and the race con-
tinues from the spot where the ball
was dropped.

Necktie Tying

Men untie their ties, women part-
ners run across the room, tie the
ties and return with partner to the
judges.

One-Legged Beggar

Hop a given distance on one foot
without change. Any one changing
feet or putting both feet to floor is
'out.'

Folding Chair Relay

Divide the group into two or more
teams, each with the same number
of couples. Place a folded chair in
front of each team. Players in cou-
ples run to the chair, the men unfold
the chair and return to their own
line, touching off the next couple.

Refreshments

Let each man 'roll his own' when
it comes to eats. Have plenty of sand-
wich fillings, plenty of bread and
butter, pickles, olives, crackers and
cheese, fruit punch or hot coffee,
and huge mounds of strawberry
shortcake as a 'reward.'

Buttermilk Sherbet

2 cups buttermilk
1 egg white
1 cup crushed pineapple
2-3 cup nutmeg
1 teaspoon vanilla
Dash salt

Mix buttermilk, 2-3 of the sugar,
the salt, pineapple and vanilla and
freeze to a mush, in a mechanical re-
frigerator. Whip egg white until stiff
add sugar and fold into well beaten
pineapple mixture. Freeze without
further stirring.

Round Trip BARGAIN FARES TO SAINT JOHN

Going
Friday, JULY 9, '37

Return Limit:
Monday, July 12, 1937.

\$1.40

From FREDERICTON
Proportionately Low Fares from
other stations.

Children of Five and under
Twelve Years of age HALF FARE

Tickets Good in
DAY COACHES ONLY
For Further Information Consult
any Ticket Agent

CANADIAN NATIONAL
Use Canadian National Telegraph

Fresh from the Gardens

"SALADA" TEA

ICED COFFEE FOR SUMMER

The secret of good iced coffee lies
in its freshness and proper strength,
just as it does in the hot breakfast
beverage. Yet many housewives who
make excellent hot coffee do not do
so well with the iced variety. Some-
times this is because they do not
brew it fresh each time, but make it
from what is left over from break-
fast. Sometimes it is because the
coffee is allowed to stand for a long
time before it is served so that it
loses its flavor and aroma. And some-
times not enough allowance is made
for dilution by ice so that the coffee
is weaker than it should be.

When the coffee is to be poured
hot over ice in glasses it should be
brewed double strength, with two
heaping tablespoons to each cup of
water used. As soon as it is made it
should be served or else placed in an
air-tight container so that none of
the flavor and bouquet will be lost.

Another excellent way to make
iced coffee is to brew it slightly over
normal strength—two level table-
spoons to each cup of water—and
place it in an air-tight jar in the re-
frigerator to chill. When ready to
serve it may be poured into tall
glasses each with one small piece of
ice to keep it cold.

An unusual flavor may be imparted
to iced coffee merely by mixing it
thoroughly in a shaker with ice, pow-
dered sugar and cream, instead of
merely putting the different ingredi-
ents in the glasses and stirring all
together. Just enough ice to chill the
drink should be put in the shaker
and it should be churned briskly so
that it foams when poured out.

Fredericton Junction

Sunbury Lodge No. 42, F. & A. M.,
received an official visit last eve-
ning from the Most Worshipful
Grand Master Guy H. Humphrey of
Saint John, a member of Corinthian
Lodge No. 13, Hampton, accompa-
nied by Right Worshipful Deputy
Grand Master John Thornton, of
New Brunswick Lodge No. 22, Saint
John; Very Worshipful Grand Sec-
retary Robt. D. Magee, of Albion No.
1, Saint John; Worshipful Grand Di-
rector of Ceremonies, Fred W. Fow-
ler, of Union of Portland No. 10,
Saint John; and Worshipful District
Deputy Grand Master Warren J.
Maxwell and Worshipful Master Fred
B. Lawrence of Alexandria Lodge,
Devon. T. E. Nason, Junior Grand
Warden, of the local lodge, also as-
sisted.

In the absence of Worshipful Mas-
ter Harold C. Carson, Immediate
Past Master Ernest E. Nason, pre-
sided. The first degree was exem-
plified by the local brethren, and
the working thereof was criticised
appreciatively by the Grand Master
and other visitors, after which ad-
dresses were given by the visiting
officers, Past Master H. R. Peterson
and Past Master J. C. G. Cook, now
of Dorchester, N. B., who was visit-
ing his home lodge for the evening.

At the close a splendid supper was
served. The Toast Master was Past
Master George W. Smith.

The Toast of the King was re-
sponded to by the National Anthem.
To that to the Grand Officers, the
Grand Master, Grand Secretary,
Messrs. Maxwell and Fowler re-
sponded. Other speakers were J. C.
G. Cook, Past Master H. W. Atkin-
son and the Chairman.

INSTANTLY YOU CATCH COLD DO THESE 2 THINGS



1. Take two "Aspirin" Tab-
lets. Make sure you get
"Aspirin."



2. Drink a full glass of water.

Instead of using fancy priced "cold
remedies" try the new-day cold
treatment pictured here. Your own
doctor will approve it. It will start
easing the average cold or sore
throat almost as fast as you caught it.

The "Aspirin" you take will
start combating your cold internally
at once; if throat is sore, crush and
stir 3 "Aspirin" Tablets in a third

of a glass of water; gargle twice. Do
not rinse mouth.

"Aspirin" Tablets are made in
Canada. "Aspirin" is the registered
trade-mark of the Bayer Company,
Limited. Look for the name Bayer
in the form of a cross on every tablet.

DEMAND AND GET "ASPIRIN"