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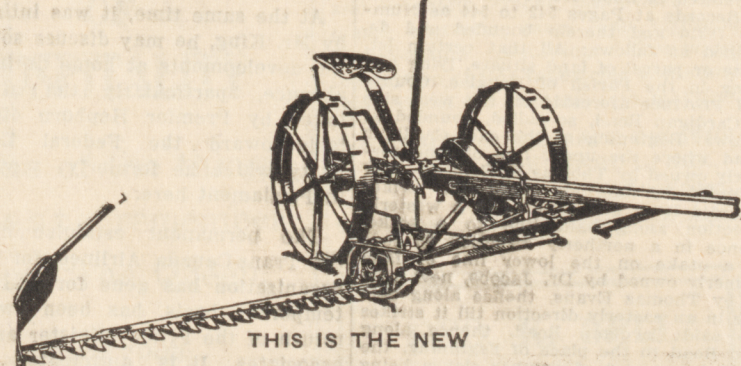
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**IT'S FOR BEAUTY AND THE BEES****Series of Exercises For Face and Neck Include**  
**'the Bee-Chaser'****EXERCISE —Womans page**

(By Victorine Howard)

If you have trouble with pesky bees congregating around the jam-pot while you're eating outdoors on porch or terrace these fine days, you might try doing the 'bee-chaser' exercise at them. A good strong flyswatter would probably be better if you really want to kill the bees. But the facial contortions you have to go through in doing 'the bee-chaser' might scare them off to bother somebody else's teatable. Any way, it's a grand exercise for the face muscles.

The reason that women's faces drop earlier in the game than men's, and they grow old around the chin faster than contemporary males, is that men exercise their faces daily during shaving operations, according to a leading beauty specialist. That is they do unless they're a member of the House of David baseball team or a Left Bank poet, or something, and wear a beard. In which case nobody sees their chins or expression lines anyway.

When a man shaves he forces open his mouth, and tightens the cheek muscles to a plane surface. He pulls his lips and juts out his chin. To fasten his collar, he stretches and exercises his neck muscles. The unwitting exercises help to keep the jawline youthful, says this authority so it's those motions that she bases her series of three face and neck exercises, including the 'bee-chaser'.

You can do the exercises at any odd moment of the day when you happen to think of them. But no matter how many extra times you do them, be sure and make either a morning or nightly habit of doing each one of them several times. Remember its regularity every day that keeps the boys young looking around the chin, even though they lose their hair and grow old above the ears sooner than we do.

**Downward Lines**

1. The Huff and Puff: For those downward lines from nose to mouth. Fill the mouth with air, and puff hard against the inside of your cheek

and upper lip. Keep your lips open slightly and release the air in little puffs exactly as if you were playing a horn.

2. The Bee-Chaser: Another exercise for the neck and chin and the contour line is a variation of the former exercise. Do the Huff and Puff but rotate our head as if you were chasing a circling bumble-bee while you do it.

3. The Prima Donna: To keep that clear-cut contour and to prevent sagging and the repetitious chin this is the perfect exercise. Tilt the head back, but not so far as to strain the cords of the throat, open the mouth wide and then slowly, with perfect control, like a slow motion picture, close your mouth by pulling up the lower jaw. The opera singer furnishes the best example.

Probably it's that constant lifting of the jaw in song practice that's responsible for the lovely throat contours of Lucrezia Bori. The gracious prima donna is 49 years old. And the last time we saw her on the stage of the Metropolitan, so far as we could see, there wasn't a sign of age about her unbroken neckline.

Almost as much of an exercise as the three, is the 'knuckle massage' which this same beauty authority recommends for the home treatment. At her Fifth Avenue salon, they give the same treatment with a machine which has mechanical fingers of red rubber to knead deeply and gently and without stretching the skin. Here's how to do the 'knuckle massage' with your own fingers, preferably after applying a throat cream.

Start a kneading movement along the jawbone to the lobe of the ear by closing your hands loosely in fist form. Move each bent finger separately 'walking' the color up to the throat and chin. Work deeply and proceed up the expression line that extends from the mouth to the corner of the nose. Continue over the eye, under the brows, making a complete circle.

A good plan is to follow the massage with the three exercises—doing each one for not less than a minute.

**MILK SHOULDN'T SOUR**  
**IN BOTTLE, SHE SAYS**

(By Marjorie Mills)

You've no idea how pleased we are when you send in a word of advice or caution about any of the foods we've been discussing. It seems to make this column about foods a neighborly round-table discussion, and just that much more interesting to us all.

Alice Parker of Malden writes: 'As an old fashioned cook, may I give a word of advice about sour milk? Milk should never be allowed to sour in the bottle. If it is likely that the milk will not keep sweet, turn it into an open dish, cover with a cloth and let it stand in your kitchen until it has thickened to the consistency of a baked custard. Then with the addition of one teaspoon of soda to each cupful of milk it is ready for use.'

Some folks would quarrel with Alice Parker's proportions of soda to sour milk. As a general rule, for average sour milk one half teaspoon of soda to one cup of sour milk is sufficient. But there is such a difference in the acidity of sour milk that correct proportions are hard to obtain. There is always the danger of using too much soda and having a 'yellow' taste in the foods.

If you like the delicious flavor and moist freshness of foods made with sour milk you will like them equally well made with buttermilk. The buttermilk is used exactly as sour milk, and in any recipe calling for sour milk buttermilk may be substituted cup for cup.

We think you'll like Alice Parker's recipes using sour milk which we're printing today.

**Sour Milk Doughnuts**

1 egg, 1 cup sugar, 1 tablespoon sour cream, 1 cup sour milk, 1 teaspoon soda, nutmeg, bread flour

Dissolve soda in sour milk. Add nutmeg to flour. Beat eggs, add sugar, cream and sour milk and soda. Add bread flour in quantity sufficient to handle dough easily. Roll out and cut and fry in deep fat. Drain on brown paper and sprinkle with confectioner's sugar.

**Sour Cream Cookies**

2 eggs, 2 cups sugar, 1 cup sour cream, 1/2 cup butter, 1 teaspoon soda flour to handle.

Cream butter and add sugar gradually. Add eggs, well beaten, then cream in which soda has been dissolved. Add flour to handle, roll and cut. And, Alice Parker adds, 'Skip the vanilla.'

**To Can Summer Squash**

Wash thoroughly, and cut into small pieces. If young and fresh, do not peel. Cook until tender, drain off water; pack into hot, clean jars and add 1 teaspoon of salt to each quart. Add no water. Partly seal and process for three hours in a hot water bath, or for 60 minutes in a steam pressure cooker at 10 pounds. Remove from canner and seal at once.

Non-acid vegetables processed in a pressure cooker are usually more satisfactory than any other method.

**To Can String Beans**

Wash and remove strings. Break into small pieces, blanch (boil) five minutes or heat to boiling with water to cover. Pack into clean, hot jars add 1 level teaspoon salt to each quart, fill with boiling water in which beans were cooked, partly seal and process for 2 1/2 hours in a hot water bath, or for 40 minutes in a steam pressure cooker at 10 pounds. Remove from canner and seal immediately.

**C. B. C. NOTES**

The twelfth concert in the CBC series of programs entitled "Concert Series" will be presented from the Toronto studios on Tuesday, July 13, at 7.30 p. m. EST, over the eastern and central network, when the concert orchestra will be conducted by Harvey Robb, well known Canadian organist and conductor.

Mr. Robb, who will be supported by Enid Gray, soprano, will play two movements from the "First Symphony in G Major", by Beethoven, a work written in 1800. Although somewhat more extensive in texture, the work is similar in style to the

**SOME SUGGESTIONS**  
**ON SALAD MAKING****Also Answers To Requests For Certain Recipes**

(By Edith M. Barber)

"Should lettuce be cut or pulled from the head? Do you think it makes any difference in the flavor? And will you give me a recipe for mixing salad in a bowl?" I am not sure whether I can give an unprejudiced answer to the first question or not. I have been following the tradition which demands that all salad leaves should be pulled rather than cut! Perhaps I imagine, therefore, that this does make a difference in flavor.

Sometimes I mix my salad entirely at the table and sometimes I make up my French dressing ahead of time in my salad bowl, adding a piece of ice so that the dressing will thicken and therefore not wither the leaves as it does when vinegar is separate from the oil. Just before bringing the bowl to the table, I add the vegetables and toss them well in the dressing. Either method seems to be satisfactory.

There has also been a request for a recipe for tender codfish balls, irregular in shape. Remember that in cooking codfish balls, the fat must be very hot and should be reheated between batches. By the way, there is a ready-mixed codfish ball foundation which is convenient to have in the house and to take along for week ends in the country.

**Salad Bowl**2 heads romaine  
2 cucumbers  
1 bunch watercress  
1 bunch young onions or two medium-sized onions.  
1 bunch radishes  
1 green pepper  
1 clove garlic  
1 teaspoon salt  
1 teaspoon sugar  
1/2 teaspoon mustard  
1/2 teaspoon paprika  
Black pepper, freshly ground  
1-3 cup olive oil  
1 1/2 tablespoons tarragon vinegar  
Wash and separate romaine. Pare cucumbers, slice and soak in salted water half an hour and drain. Wash watercress, slice onions, wash radishes and pepper and slice. Chill vegetables before or after preparation. Rub bowl with garlic. At the table mix seasonings in salt spoon and pour oil over them. Stir into salad and toss the vegetables with salad spoon and fork. Add vinegar and mix again.**Codfish Cakes**1 cup salt codfish  
2 1/2 cups potatoes, mashed  
1 egg, well beaten  
1 tablespoon butter  
Pepper.  
Wash fish and cut in small pieces. Soak in lukewarm water. Heat to the boiling point and drain off water, repeat until the fish tastes fresh. Mix fish with remaining ingredients, beat well and drop by tablespoons into deep, hot fat, 355 degrees F., and cook until golden brown.**Brownies**1 egg  
1/4 cup melted butter  
1 cup granulated sugar or 1 1/2 cups brown sugar  
2 tablespoons water  
2 squares chocolate  
3/4 cup pastry flour  
1/4 teaspoon salt  
1/2 teaspoon baking powder  
1 cup nut meats.  
Beat eggs slightly and stir in melted butter. Stir in sugar and add water. Beat half a minute; add melted chocolate. Mix flour, salt and baking powder with nuts and add to first mixture. Bake in greased cake pan 25 to 30 minutes in a moderate oven, 325 degrees F. Remove from oven, cool slightly and cut into squares.

compositions of Haydn and Mozart. It is considered the representative symphonic work of Beethoven's first period. The slow movement which Mr. Robb will play first is really a theme with variations.

Miss Gray will sing a group of Schumann songs including: "Ah Sweet as Any Flower", "The Ring" and "Spring Night". Schumann's song composition has been compared favourably with Franz Schubert's.

Commentator on this program will be Dr. F. J. Horwood.

**"RECOLLECTIONS OF YESTERYEAR"**

"Recollections of Yesteryear", a program of musical reminiscences, will be presented from the CBC Toronto studios on Friday, July 16, at 7.00 p. m. EST over the eastern and central network. The program, which will be under the direction of Roland Todd, will feature a mixed vocal chorus and orchestra. Mr. Todd will arrange many familiar melodies and songs for this half hour, during which lasting favourites will be heard. Featured among the selections will be "Loch Lomond", "Little Brown Church in the Vale", "Robin Redbreast", "Deep River" and "Country Gardens."

**HOW TO KEEP YOUR HEALTH****The Care of the Timid Child**

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

Children are not timid; rather, they are intimidated. Too often parents frighten their children into doing things or not doing them, as the case may be.

Child psychologists tell us that a youngster who is naturally shy is usually afraid or, at least, is not sure of himself. Timid people do not assert themselves; they lack self-assurance and self-confidence. They keep to themselves and they feel secure only when they are with friends they have known a long time. Moreover, these so-called timid people make only a few friends.

Naturally a timid child is distrustful of himself. Yet, in order to have someone else believe in him, he first must believe in himself for the world accepts him at his own valuation. To have confidence in others, he must have confidence in himself. Timidity or shyness in a youngster, unless properly handled, can become so serious as to often destroy his chances for success when he grows up.

Grownups often try to win the confidence of their child by giving him presents or by talking in a kindly way to him. But, the timid child, as a rule, does not respond quickly to such advances. The adult, not realizing this, becomes angry and scolds the child. When this happens, it only increases the child's distrust of others, and makes him more timid than ever.

The wise thing to do with the timid youngster is to put him in contact with people who understand his problems, and who will be patient and kind even though the child is timid and fails to respond to their advances. The timid child should also be encouraged to do things for himself.

First, he should be given some little thing to do. Then gradually more difficult work can be given to him,

and when he has done it, he should be praised. This will help make him feel that he is a worthwhile person, and it will develop that self-assurance he needs.

The timid child is sometimes a failure in school because he cannot co-operate with others. His timidity may keep him from concentrating on his school work, although this is not always so. He falls behind in school and this tends still further to shake his self-confidence.

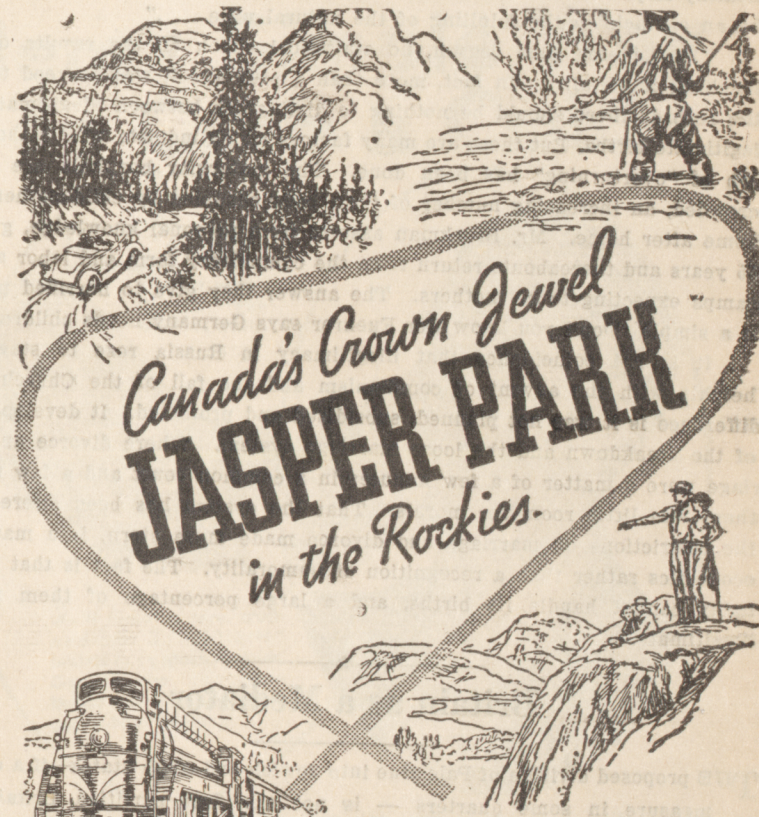
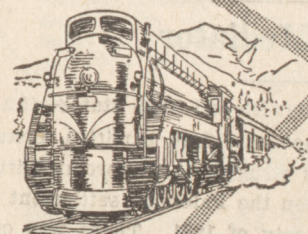
It is important in every case to try to find the original cause of the child's discouragement. Youngsters who are timid often are those who have some physical defect that can be cured. Then there are youngsters who believe themselves to be ugly and who, therefore, get a feeling of being inferior to others.

A physical defect is especially bad for a child, if he has younger brothers or sisters who are normal and who have surpassed him in strength. This is likely to make him feel timid and inferior.

A plain girl, who is overshadowed by a more beautiful sister, often becomes timid and shy. Children whose parents cannot afford to give them fine clothing, or supply them with other things their playmates have, may also become shy when thrown in contact with these other youngsters.

Perhaps the worst cases of shyness occur in children who come from homes where the discipline is too severe and strict. These children do not feel safe at home and hence find it hard to trust those outside the home. Parents should demand discipline and obedience of their children not by threats, but by means of reason and respect. They must not be too strict and domineering with their children, so that they destroy courage and produce shyness.

Properly handled, the timid child can be greatly helped. But, it takes understanding on the part of the parent.

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