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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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**INSECTICIDES...**

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PARIS GREEN  
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POISON DUST  
COPPER HYDRO  
BLACK LEAF  
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Wholesale and Retail

**J. Clark & Son, Ltd****Interest to Women****AN OLD HOUSE IN THE COUNTRY****What Its Housekeeper Would Say If She Were  
To See Modern Labor-saving Devices**

(By Edith M. Barber)

The most popular and the most worth while sport of today is to take an old house in the country and do it over. If you are not a competitor, I am sure that you have served as an exclaimor and admirer.

I can vouch that it is fun to be among the spectator sports! How often I have heard the comments from the new householder, "My dear, would you believe it? We found a seven-foot fireplace and it had actually been prepared over. Can you imagine it?" No one appreciates more than I do such a find, but I also can well imagine the joy, with which a former housekeeper grasped the opportunity to give up the huge fireplace with its crane and Dutch oven for the new cook stove.

You may be sure that the fact that the oven could be heated by the coals in the firebox was as important to the cook of an olden time as the most modern stove with oven regulator is to the housewife of today. It was also a matter for cheers that lighter utensils could be used on the range. Of course, we would call them heavy, but in comparison, they were light.

**Using All Kinds of Fuel**

During my week-end visits this summer I have used almost every kind of fuel wood, coal, oil, gas from mains, from cans and from drums, and electricity. The old wood or coal stoves helped perhaps with an oil stove with a few burners have been put to use while the momentous decision in regard to what was the possible and practical kind of modern stove was being considered. If there are nearby gas mains or if electric current can be supplied by public service companies, the decision usually goes to one or the other. All of the other fuels are perfectly satisfactory when used with stoves, to which they are adapted. You may have oven regulator and all the latest gadgets. One of my friends has a new streamlined oil range. Another has chosen one of those interesting stoves of Swedish origin which uses an unbelievably small amount of fuel.

Those of us who live in cities take for granted the modern equipment of today. Perhaps it takes a period of struggling with an old-fashioned range which has seen its best days to make us appreciate the conveniences which we usually take as our right. We even complain when we must switch from one fuel to another. While there are few essential differences in the results from cooking with any kind of a modern stove, there are differences in operation, especially perhaps in electric stoves. Directions which comes with the individual range should be carefully followed in order that current may be conserved. It is particularly important to use utensils which fit flatly on the burners and which have straight sides. In general, utensils should be covered. Direction for the use of the oven should be studied, as some ovens should be preheated. Although the electric units on top of the stove are much quicker than they were formerly, I recommend a tea kettle which contains a heating element inside of it to use as an accessory. Water boils unbelievably fast in this type of kettle. They are also shallow kettles which fit the larger elements in which water boils quickly.

By the way, if you are considering the purchase of a new gas stove, you will find some interesting new developments in broilers, some of which will swing toward you and are thus convenient when meat is to be turned. Some stoves have an especially hot flame in the broiler which allows the process to be speeded up.

Our great-grandmothers would certainly be astonished if they could see their descendants using an electric stove and the top of a gas stove by merely pushing a button to turn on current or to ignite fuel.

**Fluffy Eggs**

6 slices toast.  
½ cup grated cheese.  
6 eggs.  
1-2 teaspoon salt.  
Paprika.  
1-2 teaspoon Worcestershire Sauce.  
Toast the bread on one side, place in a baking dish, sprinkle the untoasted side with cheese, reserving half the amount listed. Separate the whites of eggs from the yolks, putting the whites together in a bowl and dropping each yolk on a piece of toast. Beat the whites with the salt and Worcestershire Sauce and pile around the yolks. Sprinkle with cheese and paprika and bake in a moderate oven (350 degrees Fahrenheit) until the eggs are set.

**Peach Pudding**

1 tablespoon shortening.  
2 cups sugar.  
2 eggs.  
1 cup milk.  
1-2 teaspoon salt.  
2 cups flour.  
1-2 teaspoons baking powder.  
1-2 teaspoon mace or nutmeg.  
1 quart peaches.

Cream the shortening, add the sugar and eggs well beaten and the milk. Mix and sift the flour, salt, baking powder and mace together. Add half to the first mixture. Mix the remaining flour with the peaches and add. Place on a well-greased pan and bake half an hour in a moderate oven (375 degrees Fahrenheit). Serve with a sauce or cream.

**Baked Pot Roast**

Any inexpensive cut or solid meat may be used. Wipe meat, rub with flour, salt and pepper and sear on all sides in a little of the fat from the meat until well browned. Put in baking dish and add 1 cup boiling water and 1-2 cup minced onions. Cover and bake at a low temperature about 300 degrees Fahrenheit, two hours or more until meat is tender. During the last hour of cooking, sliced carrots, turnips and celery may be added with more water if needed.

**Spinach with Cottage Cheese**

2 cups cooked spinach.  
2 tablespoons butter.  
Salt.  
Pepper.  
1-2 pound cottage cheese.  
Paprika.  
Dress cooked spinach with butter, and salt and pepper. Put on a hot platter and spread with a layer of cottage cheese. Sprinkle with paprika and serve.

**Potato Croquettes**

2 cups hot rice potatoes.  
2 tablespoons butter.  
1 teaspoon salt.  
1-3 teaspoon celery salt.  
Paprika.  
1 teaspoon onion juice.  
Yolk 1 egg.  
Bread crumbs.  
1 egg (diluted with water) for dipping.  
1 tablespoon finely chopped parsley.  
Mix the ingredients in the order given and beat thoroughly. Shape, dip in crumbs, egg, and crumbs again, fry one minute in deep fat (350 degrees Fahrenheit) and drain on brown paper.

**COLD WATER CHECKS PLANT GROWTH**

Undoubtedly cold water has a tendency to check the growth of plants. That is one reason why a sprinkling device is helpful. Most sprinklers throw the water into the air where it probably is warmed somewhere before it reaches the ground. In any event, it does not flow on the plants in a heavy cold stream.

The fact that the temperature of the water has an appreciable effect on plants is shown by the methods of some peony growers who want very early flowers for the early spring trade. They have found that by applying hot water to the plants for a week or two they can obtain blossoms several days ahead of those from plants which receive only cold water.

**Stimulating Window Box Soil**

Window boxes made early in the season are likely to show signs of wear now. Plants which grow vigorously make a heavy drain on the small amount of plant food that the earth in a window box can contain. Fertilizers for house plants will be helpful. Sometimes, it is a simple matter to remove part of the top soil, replacing it with new rich loam from the garden. Sheep manure in small quantities dug into the soil around the plants is also beneficial.

It may be that the window boxes were planted with pansies at the beginning of the season and that these pansies have now run their course. In that event, they should be taken out and replaced with other plants which will last the season through.

**'Toy Balloon' Flowers**

Among the most interesting of mid summer blooming perennials is the balloon flower, *Platycodon grandiflorum*. The flower buds are inflated like tiny balloons. It is fun to 'pop' the fat buds between the palms of the hands, and if carefully done, there is no harm to the opened flower. There is a double form called the Japanese balloon flower. The only difference is that the flower has two sets of five petals instead of one. The second set alternates with the first making a ten-pointed star.

**THERE'S YOUTH IN GOOD POSTURE**

We talk and talk about the chic that is lent to clothes by the good shoulder line, the beautifully turned head, the flat abdomen and straight back. But women and girls keep on buying dresses, still indulging in the infantile belief that they can make the frock itself do all for them.

Never mind the health angle of the perfect posture, if it doesn't interest you, although this isn't a bright way of looking at life and beauty. But your pride and my pride often will set us to doing something that all the health talk in the world won't. That's why we want you to get purely the style and charm angle on posture.

A certain person was under discussion recently who, for her years, is just about the best preserved individual ever met insofar as skin and hair, and hand and figure control are concerned.

But the women's walk destroys every illusion about the youth she may erroneously believe she typifies.

When she walks you can hear her coming a block off. Her heels sound like thunder, or, better, the thud, thud, thud, of a palpitating engine. When heels go like that, you know, before you see their owner, that she can't be carrying herself with the gay charm of youth. Nor even carrying herself well.

Our argument is that if one-fourth the time spent on hair and skin preservation were given to the infinitely more important thing of posture, women would look anywhere from 10 to 15 years younger. There's nothing under heaven that can beat Time like the well-carried body and the lightfooted walk.

**MANY OIL  
PROSPECTORS  
IN ENGLAND**

(Special to The Daily Mail)

LONDON, July 27—It was announced today in the House of Commons that sixty-nine licenses had been issued during the past month in Great Britain for oil prospecting.

(Special to The Daily Mail)

LONDON, July 27—Engineers are to receive an increase of wages of fifteen shillings and six pence per week, holidays with pay and overtime, time and one third time instead of time and a quarter.

**EVERY VACATION  
CALLS FOR 'THANK-  
YOU' LETTERS**

Every vacationer faces one bugbear—the bread and butter letter. No matter where a vacationer goes there is someone who should be thanked for kindnesses or services. And a short thank-you note will leave a very pleasant after-taste, even if it isn't absolutely necessary.

The week-end hostess, the suburban resident who entertains at a supper party, the favorite aunt who invites her niece-to-be to spend a week with her—all should be thanked by letter.

Those letters should be written neatly in pen and ink. Typewritten letters are not taboo, however, for the habitual user of the typewriter. They should be as friendly and enthusiastic as circumstances permit. And the sooner they are written the shorter they may be.

Every letter—business or social—has six parts. The return address, date, salutation (Dear Mary), body, closing (Sincerely yours) and signature.

Many letter writers face a mental debate when they reach the conclusion of their messages.

Closings fall into three categories: Formal, semi-formal and informal. Examples of suitable conclusions are:

Formal business letter—"Yours truly."

Formal social letter—"Sincerely yours."

Friendly, yet not intimate letter—"Most sincerely yours" or "Yours as always."

Intimate—"Affectionately yours," "With love," or "Devotedly yours."

The expression "Gratefully yours" is used only when a great favor has been done.

"Respectfully yours" implies that the writer is socially inferior to the person to whom the letter is written.

**HOW TO KEEP  
YOUR HEALTH****Boils**

The unbroken healthy skin is an effective barrier to the entrance, into the body, of the numerous germs with which the skin is brought into contact.

There are germs, commonly called disease germs, which cause certain specific diseases, such as diphtheria and typhoid fever. There are other germs which are very common; some of these are probably always present on the skin, but as long as the skin is unbroken and healthy, they do no harm.

The skin may be broken in many ways, such as when it is cut, scratched or bruised. The skin is an important part of the body, and as has always been mentioned, if one part of the body is upset, other parts are apt to suffer. The healthy condition of the skin is lost and its power to resist the action of germs is more or less decreased in the presence of actual diseases, such as diabetes. The skin is also injured by upsets of the digestive tract, by faulty diet and by an unhygienic life which starves the body of fresh air, cleanliness, and overclothing which results in excessive perspiration and irritation of the skin, lower its resistance.

As a result of the occurrence of one or more of the above conditions, the normal resistance of the skin is lost or decreased; then, the germs present on the skin are enabled to gain a foothold. The result of their activity is inflammation, redness, pain, swelling and the production of pus.

Boils are infectious in the sense that they are caused by living germs. In the treatment of boils, this fact (Continued on Page Seven)



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