

**Dr. B. R. Ross**  
DENTISTHOURS:—  
9-6 or by APPOINTMENT.  
404 Queen Street**Headquarters For**  
**BLANKETS**

Buy your Blankets at DeLong's, where you have a good assortment to choose from. Pure Wool Blankets in reversible and plain colors in beautiful color combinations—also white with blue and pink borders, and Hudson Bay Blankets. We also carry a good stock of Camp Blankets

**J. Stanley Delong**  
Phone 68-11 63 Carleton St.**ARTHUR F. BETTS**

Plumbing and Heating

QUEEN STREET PHONE 512

A TAILORED-MADE SUIT IS  
TAILORED OF EXCLUSIVE**FABRICS**

We buy only a limited amount of 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**

376 KING ST.

**HARNESS****OVERALLS**  
**WORK PANTS**  
**GLOVES****H. A. Burt**

TEL. 1234

**Why is It?**

—people in swimming pools and at beaches seem happy; and why does a man sing while bathing?

It's because of the sheer joy and fun of the effect of water on the skin; because it's a powerful gloom chaser.

LET US OUTFIT YOUR HOME  
FOR A BATH-A-DAY**D. J. Shea**

80 Carleton St. Phone 553-11

**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 income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

**IRVING, BRENNAN & COMPANY, LTD.**

J. G. BADCOCK, Manager.

Fredericton Office, Suite 1, Loyalist Building  
Fredericton Charlottetown Halifax Saint John, N.S.

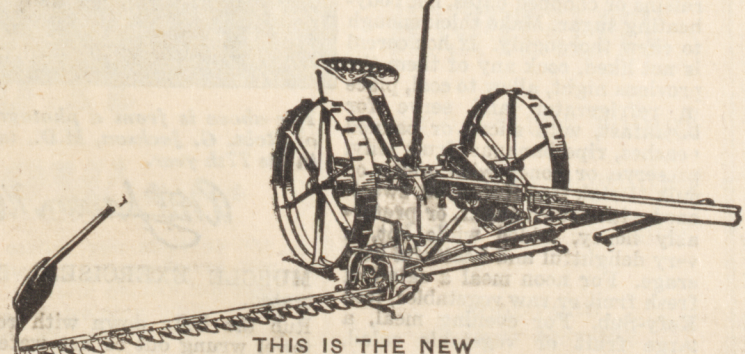
Phone 454

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.

**HOWARD H. BLAIR**

68 YORK ST. YOU CAN REST ASSURED PHONE 291

**FARMERS..**

THIS IS THE NEW

**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****WIVES WHO WORK MAY BE BETTER  
PALS THAN HELPLESS BRIDES****It's All Right for a Girl to Keep Her Job After  
Marriage If She Goes At It the Right Way**(By Kathleen Norris)  
Dear Mrs. Norris: For three years I have been engaged to a very fine man whom I love in every way. But he is a year younger than I, being just 27, and is not yet fairly established in his law practice. Consequently our income would be somewhat uncertain; last year he averaged about \$200 a month.

I have been employed by the same firm for five years and am being paid \$42.50 a week. Our problem is that Richard wants me to stop working, and I want to go on. With prices what they are these days that little twenty-two hundred a year looks exceedingly good to yours truly.

"It isn't that I haven't entire confidence in Richard; I know he's going to be a great man some day. But I hate the idea of crimping, and I like clothes. Smart clothes were one of the things that first made him notice me. I love my work. It seems to me unfair that everyone expects a woman to give up her work when she marries, and nobody expects a man to do so."

My idea would be to take a small modern apartment with a good restaurant and a delicatessen shop right downstairs, organize our lives so that there needn't be slipshod disorder all over the place, and go on as we are; he in his office all day, I in mine. If some day there should be a child, that would make a difference, of course. Or if Richard should become sensationally successful I would feel differently. But at the present time, to stop work, to sit around in four rooms all day mending, and dusting plates, and waiting for Dick to telephone Wifey, is not my idea of a good time. I'd become restless and wretched, and I know it. Have you an opinion on this point, and, if you have, which of us do you think is right.—Hazel.

The real answer to your question lies in your own feeling. It is obvious that you want to be the half-wife, half business woman that so many women are nowadays, and it is easy to see why you feel so.

A precarious \$2,400 a year is not much with which to start into marriage, for a woman who has spent almost that much upon her own personal needs. To ask a man for a dollar, or for five dollars, when you have been accustomed to writing checks for yourself, is really hard. Ten years in business change a woman, make her calculating, practical, extravagant in spite of herself. The man who takes a business woman for a wife has to take that into account.

And yet the contrast between the old-fashioned wife and a woman like Hazel, who faces the facts, foresees the trouble that may come before marriage, instead of blissfully slipping into it and finding the rough spots afterwards, is all in Hazel's favor. Helpless little baby brides who raise movie eyelashes as wonderful Bobby teaches them how to light the gas stove and explains the electric coffee pot are apt to go flat in the early thirties, and prove rather poor companions for rising young attorneys. Hazel is alert, successful, ambitious, ready to unite her life to Richard's rather than subside into a mere shadow of her husband.

But—and there's a very important "but" in this case of Hazel and Richard—unless she feels a real devotion for him, the sort of love that makes woman laugh at difficulties, smooth away troubles, turn their joint adventure into one that he will really enjoy sharing, then an element of coldness and calculation will enter into this marriage, or seem to Richard to enter into it, and he will feel that Hazel is putting financial consideration first, and his love for her second.

I don't really believe she is. I think she feels that the extra money will oil the matrimonial wheels, preserve her own dignity, occupy her time, and satisfy her far more than the other arrangement. And if she will study every detail of it with intelligence and honesty, arranging the meals in advance, making week-ends times of real domestic felicity for Richard, employing a good cleaner to come in twice a week and make everything shipshape, I know she can work it satisfactorily, at least until the all-important claim of a child comes along. In these times, when many offices are closed all day Saturday, and hours are not bad, an office woman need not be away from home on account of business much more than her richer sister who wastes hours in marketing, movies,

**PREPARING FOR  
WINTER NEEDS****Jams and Jellies Made  
Now Will Save Money  
Later**

(By Katharine Baker)

Before the summer gets any farther under way and before holidays and all the round of summer activities are started, do stop and consider your winter food needs. Nothing, of course, is farther from our minds during these lovely summer days, than cold winter weather, but it's a good idea to prepare for it. Jams and jellies are something which no household can do without at breakfast time on chilly mornings, and there are many other uses for them as well. Every housewife uses a dash of jelly here and there to brighten up and add sparkle to her dishes.

The first Canadian fruit to be bottled for the winter, is strawberries and as the season is not long, the sooner you get your jams and jellies made, the better. But that does not mean long hours of hard labor and hot tiring work over a cook stove. There is a new way of doing this job which really makes it a pleasure, not only because of the time saved but also because the net result is really something to be proud of. By making your jams and jellies with bottled fruit pectin, you can be sure of the result—a perfect, tender product which has a flavour beyond compare.

Not all fruits, as you may have found out to your sorrow, have the same amount of pectin and that is the cause of the trouble when your jam or jelly won't jell. This is where bottled fruit pectin comes in. It takes the guesswork out of jam and jelly-making and insures the results by supplying just the right amount of pectin for whichever fruit you may be using. Strawberries, for instance, have not enough pectin to make successful jelly or perfect jam and so it must be added. The following recipe gives you the correct amount of each ingredient to control the relationship between the sugar, pectin and fruit to get successful jams and jellies every time.

Here are the recipes for both strawberry jam and jelly which you can make at the same time or within a few days of each other.

**Strawberry Jelly**4 cups (2 lbs.) juice  
8 cups (3½ lbs.) sugar  
2 tablespoons lemon juice  
1 bottle fruit pectin

Measure sugar and juice into large saucepan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minutes. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 12 8-ounce glasses.

To prepare juice for jelly making, crush thoroughly or grind about 3 quarts fully ripe berries. Place fruit in jelly cloth or bag and squeeze out juice.

**Strawberry Jam**4 cups (2 lbs.) strawberries  
7 cups (3 lbs.) sugar  
¾ bottle fruit pectin

Measure sugar and fruit into large kettle, mix well, and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard three minutes. Remove from fire and stir in bottled fruit pectin. Pour quickly. Paraffin hot jam at once. Makes about 10 eight-ounce glasses.

bridge playing, window shopping and having her hair treated.

But make it a happy adventure for Richard as well as yourself, Hazel. Work out attractive home dinners, find nice little restaurants, show him that you're enjoying it, and not tired and rasped and overburdened and hurried all the time.

Get up at six if you have to. It won't kill you at your age, and will be good training for that future baby but work out a system at home just as regular as the one at the office, and you'll find it is not hard, and gives you plenty of leisure in evenings and off hours in which to be a real companion to your husband.

**MEDICAL DIRECTOR OFFERS  
HOT WEATHER HEALTH HINTS**

The present widespread heat wave has led Dr. Robert A. Fraser, Chief Medical Director of the New York Insurance Company, to issue a health warning, cautioning every one to take simple safeguards that their health may not be impaired by the extreme temperatures.

Dr. Fraser offers ten Health Hints for Hot Weather that are easily followed by young and old. They are:

1. Take it easy—don't rush around.
2. Wear a hat out in the sun.
3. Wear cool, loose fitting clothes.
4. Get plenty of rest and sleep.
5. Eat moderately of easily digested foods.
6. Drink plenty of cool (not ice cold) liquids.
7. Exercise moderately.
8. Take frequent tepid (not cold) baths.
9. Do not stay in direct sunshine for long periods.
10. Avoid large meetings in poorly ventilated auditoriums.

"If all of us would observe these rules," Dr. Fraser said, "our general physical condition would be vastly improved and we would be able to withstand hot weather with much less difficulty."

In commenting on his ten Health Hints for Hot Weather, Dr. Fraser feels that children are more apt to forget rules five and six, which are extremely important for them, while adults are very likely to ignore rules one, two and frequently six.

"Children, because they really don't know any better, are very prone to overeat, and to gulp large quantities of ice cold 'pop' and water," Dr. Fraser remarked. "They should be carefully controlled along these lines. Children either observe the balance of the Health Hints without knowing that they are doing so or, because of their youth and vitality, they can afford to ignore them. For instance, a child may rush around all day long without a hat, frequently out in the sun, and show no ill effect. On the other hand, they instinctively prefer a minimum of clothing and will sleep readily, if they are tired."

"Adults, however, should avoid going out without a hat. They should also drink sparingly of 'ice cold' liquids and, very important, see to it that they get plenty of sleep and rest. In addition, grown people should refrain from expending great quantities of energy in needless haste. On hot days take it easy."

**Too Common Hot Weather Ailments—**  
Sunstroke and Heatstroke, Dr. Fraser points out, are two hot weather ailments that are quite common, though very different in their symptoms and in the way they affect the stricken individual. Both Sunstroke and Heatstroke can be avoided by following the Health Hints for Hot Weather.**Sunstroke**

Sunstroke can be avoided by keeping out of the hot sun and by not overdoing in physical exercise. An attack frequently begins with nausea, giddiness and mental excitement, following a long exposure to the sun. The face is flushed, the pulse full and rapid.

The first thing to do is remove the patient to a cool spot and then send for a doctor immediately. Reduce the body temperature by placing the patient in a cold bath, sponging the surface of the body with cold water or rubbing the body with ice.

Keep up the treatment for ten or fifteen minutes and then place the patient between blankets without drying the body. If there is no improvement within fifteen minutes, repeat the cold applications as before and keep repeating them every fifteen minutes until consciousness is well established.

Sometimes after apparent recovery, the patient becomes drowsy again and the head becomes hot. The treatments must then be repeated as before.

"Those who are forced to work in

the open sunlight," Dr. Fraser explained "should see to it that they wear a hat that protects the back of the neck as well as the top of the head and their clothing should not be close fitting or bind the body. Furthermore, they should take great care to drink large amounts of cool water or cool, weak tea to make up for the excessive amounts of moisture lost by the body through perspiration."

**Heatstroke**

Heatstroke differs from Sunstroke in that it does not depend on exposure to the sun, but may attack a person during extremely hot, humid weather. It is characterized by sudden fainting attacks, the body is cold and clammy, the face pale, the pulse weak and flighty and a gasping or sighing respiration.

First send for the doctor. Then apply heat to the patient's feet and around the body. If the patient is conscious and can swallow, give quantities of hot, weak tea.

**Clean Refrigerator Important to Health**

When the thermometer goes up, keep a watchful eye on the refrigerator and what goes into it. Food-spoiling bacteria thrive on heat and dirt.

Don't clutter up the shelves with canned goods or staples that will keep just as well in the pantry. The most perishable foods, such as milk, cream, raw meats, and fish should always go nearest the ice or cooling chamber.

Be sure to wipe off the milk and cream bottles before putting them inside. Wash all raw foods, such as vegetables and fruits, under running water before they go into the food chamber. Cooked foods should first be cooled and then placed in spotless, tightly-covered containers to keep flavors from mixing. When anything spills, mop up the soiled spot immediately with a cloth wrung out

**Soap For Ivy Poison**

Ordinary kitchen or laundry soap is good treatment for ivy poisoning, and hot water should be used, says a bulletin issued by the United States Department of Agriculture.

The soap should be applied freely to produce an abundant, heavy lather on the exposed surface, then rinsed off completely and the operation repeated not less than three or four times.

Running water is preferable. If a basin is used the water should be changed frequently. The hands, especially the finger nails, should receive particular attention in order to remove traces of the poison which they may harbor and transfer to other parts of the body. Special attention should be given to the tender skin between the fingers.

of tepid suds, and wipe dry. The inside of the refrigerators should be given a thorough going-over frequently. For most good housekeepers, this is a routine part of the weekly cleaning schedule. Remove the food, take out the shelves, and scrub them with warm water and plenty of soap. Use thick, tepid suds for the walls and door of the food chamber, working the soap well into the corners where decayed bits of food may be concealed. Rinse with tepid water and dry thoroughly before replacing shelves and food. Scrubbing the ice chest and sealing the drain pipe is an important part of the cleaning job in an ice refrigerator.

The outside of the refrigerator, like all kitchen furnishings, should always be kept clean and shining.

**THE SAME LOW PRICE 25¢ PER POUND TIN**

It's a real treat to get this wonderful new tin, along with the double-acting efficiency of ACADIA, at the same low price. ACADIA'S double action makes it worth double what you pay for it. The first action takes place in your mixing bowl when liquid is added... the second when heat is applied. It is this well-timed, continuous action that ensures your baking success.

**ACADIA DOUBLE ACTING BAKING POWDER**

In our own home towns and villages, hosts of satisfied friends buy RED ROSE TEA today, as they did 28 years ago—because it is still the same good Tea.



Buy a can of RED ROSE COFFEE—its flavour will surely please you.