

**ARTHUR F. BETTS**  
Plumbing and Heating  
QUEEN STREET PHONE 512

**Dr. B. R. Ross**  
DENTIST

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



**FINEST  
FABRICS**

They're here now! The  
last word in flannels,  
cheviots, worsteds and  
tweeds. Pick out your  
favorite pattern.

**Alex. Ingram**  
876 KING ST.

**HARNESS  
OVERALLS  
WORK PANTS  
GLOVES**

**H. A. Burt**  
TEL. 1234

**Headquarters For  
BLANKETS**

Buy your Blankets at DeLong's,  
where you have a good assort-  
ment to choose from. Pure Wool  
Blankets in reversible and plain  
colors in beautiful color combi-  
nations—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.

**TAKING TIME BY  
THE FORELOCK**

—is a wise suggestion. So we  
say, have your heating plant  
repaired or inspected NOW!  
At this time of the year we can  
give you immediate attention  
and the service of our most com-  
petent workmen.

By waiting until the fall rush is  
on you may be at greater ex-  
pense, or experience unavoid-  
able delay.

SEE US FOR PARTICULARS

**D. J. Shea**  
80 Carleton St. Phone 563-11

**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 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.**

J. G. BADCOCK, Manager.

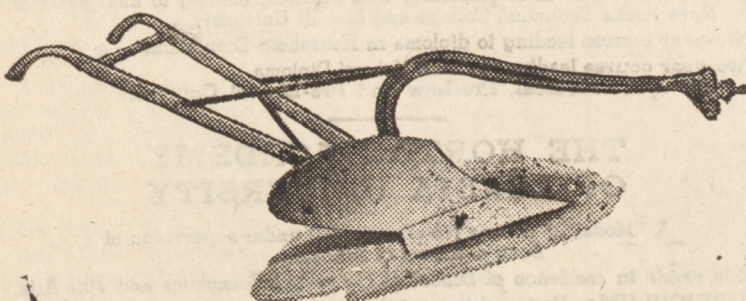
Fredericton Office Suite 1, Loyalist Building Phone 454  
Fredericton Charlottetown Halifax Saint John, N.B.

**HONESTLY... IT'S THE BEST POLICY**

Disability Benefits are paid for Life. Every sickness and every  
accident covered. Additional benefits to cover hospital expenses.  
Double Indemnity for Travel Accidents. Full, Honest Coverage on  
Infection and Blood Poisoning. Benefits paid in full every month.  
All Premiums Waived in Case of Permanent Disability. Policy  
not affected by change in occupation. Air Travel Coverage. Fi-  
nancial Aid—if Injured Away From Home.

**HOWARD H. BLAIR**

68 YORK ST. YOU CAN REST ASSURED PHONE 291



**MCCORMICK - DEERING and FLEURY  
PLOWS**

ARE HERE IN GREAT VARIETY. WE HAVE A STYLE TO  
SUIT YOUR REQUIREMENTS.

**J. Clark & Son, Ltd**  
— "A GOOD PLACE TO DEAL" —

... OF ...

**Interest to Women**

**PICKLE SCENT IS IN THE AIR**

**There'll Be a Lot of It in Next Few Days--Perfume  
Is Tantalizing--Prophesies Winter Supply  
of Relishes and Spicy Fruits**

(By Edith M. Barber)

The tantalizing odor of spiced vin-  
egar! What a homey smell that is. It  
prophesies home-made pickles and  
spiced fruits for winter use. During  
the next week there will be plenty of  
this perfume in the air, for nothing  
brings more satisfactory results than  
the home preparation of a variety of  
pickles.

There are no hard and fast classi-  
fications among pickled vegetables.  
The small whole cucumbers have no  
other name than pickles. The mixed  
sliced vegetables, however, are some-  
times known as pickles and some-  
times as relishes. Generally, when  
finely chopped vegetables are used  
they are known by the latter term.  
modified by the name of the veg-  
etable which is used in the largest  
amount. I have in my files almost  
identical recipes, which, however, are  
listed under a variety of titles. Mixed  
pickles, spanish pickles, piccalilli  
and relishes. It really does not mat-  
ter what you call a pickle just so that  
it is seasoned to your taste.

Sometimes the old fashioned mus-  
tard pickle is credited to the Spanish.  
For this a mustard sauce is used and  
it is always seasoned and colored  
with turmeric. Perhaps turmeric is  
the spice which determines the title  
because I have a recipe for chopped  
vegetable pickle without a sauce that  
also demands this pungent season-  
ing. I should warn you perhaps that  
this spice should be used with dis-  
cretion and that the pickles should  
be tested by taste. Too much tur-  
meric produces a bitter flavor.

One of the most popular pickles is  
for some reason called for that staple  
combination of bread and butter.  
Perhaps the name was given it be-  
cause it is a pickle which can be  
used often or perhaps it was be-  
cause it actually makes a good fill-  
ing for sandwiches. If you make up  
this recipe, remember that even sized  
cucumbers give the most attractive  
results. Another pickle which de-  
mands salad oil as well as vinegar  
actually provides a winter salad as  
well as a sandwich filling.

If you find a supply of baby cucum-  
bers or gherkins in market at a rea-  
sonable price, it will pay you to in-  
vest in them and to pickle them  
whole. The amount of sugar you add  
depends whether your taste is for  
sweet or sour pickles. The cucumbers  
are usually soaked in salt water for  
at least 24 hours and then drained  
before they are packed with hot or  
cold vinegar and spices and herbs.  
Today, we generally use glass jars  
for packing pickles instead of the  
corks of olden time.

Melon rind, ripe cucumbers, crab-  
apples, peaches, pears, may all be  
spiced in a vinegar flavored syrup.  
Melon rind is always brined, drained  
and rinsed before it is cooked in the  
syrup. It is sometimes soaked in lime  
water in order to insure crispness.

Fruits may be studded with cloves  
before they are cooked in the syrup  
or the cloves may be added with the

stick cinnamon to the syrup. Do not  
try to cook too many at a time in the  
syrup which may be thinned with a  
little water as it cooks. There should  
be enough to cover the fruits in the  
jars and to reach within half an inch  
of the top. As soon as the jars are  
filled, the rubbers should be put on  
and the covers tightly sealed.

**Uncooked Tomato Catsup**

1/2 to 3/4 peck ripe tomatoes  
2 red peppers, finely chopped  
2 green peppers, finely chopped  
2 celery stalks, finely chopped  
1 medium sized onion, chopped  
1 pint vinegar  
1 cup sugar  
1/2 cup salt  
1 cup small green nasturtium seeds  
3 ounces grated horseradish  
1-3 cup black mustard seed  
1-3 cup white mustard seed  
2 teaspoons black pepper  
2 teaspoons ground cinnamon  
1 teaspoon ground mace

Cut tomatoes in large pieces. Com-  
bine with other vegetables. Mix the  
vinegar with sugar, salt and other  
seasonings in a stone crock and stir  
in prepared vegetables. Cover and let  
stand for at least three weeks.

**Mixed Pickles**

1 quart small onions  
1 quart small green tomatoes  
1 head cauliflower  
1 quart cucumbers  
5 red peppers  
1 quart string beans  
2 quarts white vinegar  
1 1/2 cups brown sugar  
2 tablespoons whole mixed spices  
1 cup salt.

Cut all the vegetables, except the  
beans, into good sized pieces. Sprin-  
kle with the salt and allow to stand  
over night with water. Drain, cook  
the beans in water with a little salt  
until tender. Drain. Mix the vinegar,  
sugar and spices together and bring  
to the boiling point. Add the veget-  
ables and let cook ten minutes. Pack  
in jars, fill to overflowing with the  
hot vinegar syrup and seal.

**Piccalilli**

2 quarts green tomatoes  
2 quarts cabbage or celery  
1 quart onions  
2 green peppers  
3 red sweet peppers  
1 cup salt  
2 quarts vinegar  
2 pounds brown sugar  
1 teaspoon pepper  
3 tablespoons mustard seeds  
2 tablespoons mustard  
1 1/2 teaspoons paprika

Chop the vegetables. Sprinkle them  
with salt and let stand over night.  
Drain and press out as much liquid  
as possible. Pour on the vinegar,  
add the sugar and spices. Cook one  
hour and pack into hot jars.

**Bread and Butter Pickles**

5 medium cucumbers  
3 onions  
1/4 cup salt  
1 cup vinegar  
1 cup water  
1/2 teaspoon celery seed  
1/2 teaspoon mustard seed  
3/4 cup sugar  
1/2 teaspoon ginger  
1/2 teaspoon turmeric.

Wash and slice thin cucumbers.  
Peel and slice onions. Combine on-  
ions, cucumbers and salt and let  
stand two hours. Heat vinegar with  
seasonings, sugar and spices to the  
boiling point. Add cucumbers and  
onions and cook slowly until tender.  
Pack while hot in hot, clean jars.

**Mustard Pickles**

1 pint whole small cucumbers  
1 pint sliced cucumbers  
1 pint small whole onions  
1 cup string beans  
3 sweet green peppers  
3 sweet red peppers  
1 pint green fig tomatoes or  
1 pint cauliflower  
1 quart vinegar  
3/4 cup flour  
1 cup brown sugar  
3 tablespoons powdered mustard  
1/2 tablespoon turmeric  
1 teaspoon celery seed, crushed.

Cut all vegetables before measur-  
ing—tomatoes into halves, cucumbers  
into slices, string beans into one and  
one-half inch lengths and chop pep-  
pers. All vegetables should be ten-  
der and the whole cucumbers not  
longer than 2 1/2 inches.

Put all the vegetables into brine  
over night, then freshen in clear  
water for two hours. Let these veg-  
etables stand in liquor of 1/2 vinegar  
and 1/2 water for 15 minutes and then  
seal in the same liquor.

To make mustard dressing rub all  
the dry ingredients together until  
smooth, then add the hot vinegar  
slowly, stirring to make smooth.  
Cook over a pan of water, stirring  
carefully, until the sauce thickens.  
Drain the vegetables thoroughly and  
pour the mustard dressing over them,  
pack in hot jars and seal.

**VARIOUS CAUSES OF HEADACHES**

(By Dr. Herman M. Nielsen, For-  
mer President American Public  
Health Association)

The central power house of the  
body is the brain. It acts amazingly  
like an automatic switchboard in  
directing the nervous system every-  
where in the body. Around the brain  
and protecting it is the skull.

The average person calls the pain  
within the skull a headache. There  
are many causes of headache. Among  
the most frequent kinds of headache  
are those caused by disturbances of  
the eyes, ears, nose and throat.

I remember that one of my pro-  
fessors who specialized in eye dis-  
eases, repeatedly stated that about  
one-half of all headaches were due to  
the eyes. Then, he added that most  
of them could be relieved by finding  
the cause and giving the proper treat-  
ment. I have learned that he did not  
exaggerate the importance of the  
eyes as causing headache.

**Eye-Strain**

Eye-strain may cause headache in  
the front of the head or in the back,  
or the pain may seem to be just be-  
hind the eyes. Not all persons are  
sensitive to pain in the same degree.  
One individual may complain of se-  
vere pain in the head, and another  
of just a dull ache. Many persons  
who have only a little trouble with  
their eyesight may have a great deal  
of headache, while others who have  
much trouble with their eyesight  
complain but little of headache.

Consequently, when a person has  
headache, which he thinks is due to  
eye trouble, there is just one way to  
find out what is causing it, and that  
is by having the eyes examined by  
the doctor. He will first determine if  
there is any trouble with the vision—  
if the person is far-sighted, near-  
sighted, or has astigmatism. Bad  
eyesight will often cause headache,  
which proper corrective glasses may  
relieve.

Cross-eye, also, may account for  
headache, because the constant ef-  
fort of trying to keep the eyes in  
focus puts a strain on the nervous  
system. Here again, corrective glasses  
may be a great help.

Recently, I told you of a serious  
disease of the eye, known as glau-  
coma, in which the pressure of the  
fluid in the eyeball is increased. Ac-  
cording to Dr. R. O. Rychener, of  
Memphis, Tennessee, glaucoma at  
first may show no other symptoms  
than pain around the eyes and in the  
temples.

**Infected Sinuses**

It is generally believed that in-  
fected sinuses may cause headaches  
and that head pain comes in almost  
all cases of acute sinus infection.  
However, Dr. W. L. Deaton, of Cleve-  
land, Ohio, says that sinus infection  
causes headache in only a small per-  
centage of cases. He studied 279 per-  
sons with sinus infection and found  
that headache was a symptom in  
only 27 of them. And, of these 27, 25  
had acute sinus infection. In other  
words, less than ten per cent. of the  
persons with chronic sinus infec-  
tions complained of headache.

There is just one way to find out  
whether the headache is due to sinus  
trouble, and that is to have a careful  
examination of the sinuses. An X-ray  
will usually show whether or not  
any infection is present. An exami-  
nation of the nose, to see if any in-  
fected material is coming from the  
sinuses, is also helpful in making a  
diagnosis. Blocking of the nose by  
little tumors, called polyps, by ab-  
normal bending of the septum, which  
divides the two sides of the nose,  
may also produce severe headaches.  
Specialists generally agree that in-  
fected tonsils and infected teeth may  
cause headache.

Surely we can all agree that the  
wrong way to treat headache is to  
take some pain-relieving medicine  
each time an attack occurs, without  
making any effort to find the source  
of the trouble. A permanent cure is  
possible only when the cause is  
found and eliminated.



**A  
Wise  
Man's  
Smoke!**

**WHITE OWL  
Cigars**

IN TURTLE SHAPES  
INVINCIBLE  
and STREAMLINE

5¢

**ACTOR WRITES OWN  
C. B. C. PROGRAM**

Andy Purman, who once aspired to  
baseball fame, who made his theat-  
rical debut under the watchful eye of  
Caro Miller, father of the famous and  
lovely Marilyn Miller, and whose first  
radio impersonations were inspired by  
Amos 'n Andy, his personal friends,  
is being featured as script writer and  
comic on the new CBC program pre-  
sentation which started September 4.  
The show, 'Dixieland Minstrels', ori-  
ginates in the studios at Toronto and  
is designed along traditional minstrel  
show lines, with interlocutor, end  
men and all.

Andy Purman played his first black-  
face role when he was still a juvenile.  
His love of the stage commenced al-  
most in babyhood. His father, his  
uncles and his cousins were all ardent  
stage folk, some professionals and  
some just enthusiastic supporters of  
the footlight stars who journeyed to  
Weynesburg, Pa., where Andy lived  
during his childhood in high school  
days. He left Weynesburg to go over-  
seas with the American army, but  
when he came home the lure of the  
footlights hadn't dimmed in the slight-  
est and the young war veteran be-  
came a stage troupier once more.

His first contact with radio was  
when he wanted to publicize his own  
stage show on tour. He would walk  
into the local station and offer to do  
a broadcast and none ever refused.  
He turned in a good spontaneous  
fifteen minutes and managed to  
squeeze in a "boost" for the show.  
Since then he has appeared before  
hundreds of microphones in hundreds  
of towns and cities throughout the  
United States and Canada, observing  
the growth of radio from its primitive  
state in the early twenties to the  
present moment, when television isn't  
even all the way around the corner.

Andy's last appearance for the CBC  
was with the 'Black and White Varie-  
ties,' heard from Toronto last Spring,  
when he was cast as Kalsomine  
White. He was also author of the  
program.

**Japan's Idea of Empire  
In the Far East**

Japanese papers comment today  
state that Japan wishes to establish  
an Empire in the Far East to include  
as much as China as possible the  
Philippines, Australia and Hawaii.

**M. M. A. Economy Prices**  
**September 10, 11, 13**

**Economy in Buying is Obtained by M.M.A. Efficiency in Distribution**

**CLUB HOUSE  
Stuffed Olives 29c**  
8-ounce bottle .....

**PICKLING  
ONIONS 21c**  
No. 2, 10 pounds ....

**FLIT**  
FLIT 33c  
8-ounce Tin .....

**WELCH'S  
GRAPE JUICE 29c**  
16-ounce bottle .....  
Welch's Grape Juice and Gurd's  
Ginger Ale! Mixed half and half!

**Acme  
Gloss  
STARCH 12c**  
1's per pkg.

**CERTO 29c**  
Bottle .....

**Gillette's LYE 25c**  
TWO TINS .....

**INTERLAKE  
Toilet Tissue 25c**  
Three Rolls .....

**CHRISTIES GRAHAM  
WAFERS 25c**  
Package .....

**Marshmallows 79c**  
3-lb. Tin. Per Tin...

**SCHWARTZ  
TURMERIC 10c**  
2-ounce package .....

**WATCH-FOR THE**

**M.M.A.  
STORES**  
HOME OWNED

**Blue & Red Emblem Sign**

— SPECIAL —

**CLARK'S Tomato  
or Vegetable  
SOUP**  
— 1's —  
3 Tins  
25c

— SPECIAL —

**Kellogg's All Bran**  
Large  
Pkg.  
21c

— SPECIAL —

**SIMMS LITTLE BEAUTY  
BROOMS 69c**  
Each .....

**SNOWDRIFT  
COCONUT 21c**  
Pound .....

Makes Children strong & sturdy

**SPECIAL -**

**Small 38c**  
**Medium 58c**  
**Large 98c**

**NONSUCH  
Stove POLISH 19c**  
Bottle .....

**PATTERSONS  
Pattercrisp 29c**  
Pound .....

**COLMAN'S  
Mustard**  
— 1/4's —  
tin 30c

**3 cakes CALAY 5c**  
when you buy  
1 large package

**OXYDOL 30c**  
ALL FOR.

**"AJAX"  
Pickling Spice 19c**  
Pound .....

**SANI-FLUSH 29c**  
Per Tin .....

**SCHWARTZ  
Whole Cloves 10c**  
2-ounce pkg. ....

**STANDARD  
TOMATOES 10c**  
2 1/2's Per Tin .....

**Drink and enjoy Gurd's beverages—a good mixer in any company**