

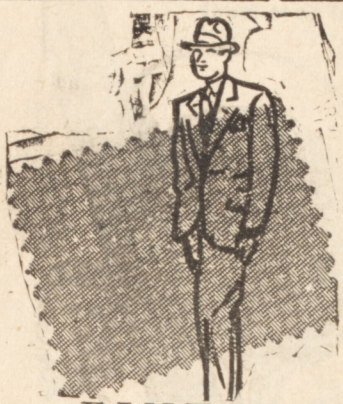
## ARTHUR F. BETTS

Plumbing and Heating

QUEEN STREET PHONE 512

## Dr. B. R. Ross

DENTIST

HOURS:—  
9-6 or by APPOINTMENT.  
404 Queen StreetFINEST  
FABRICSThey're here now! The  
last word in flannels,  
cheviots, worsteds and  
tweeds. Pick out your  
favorite pattern.Alex. Ingram  
378 KING ST.

## HARNESS

OVERALLS  
WORK PANTS  
GLOVES

H. A. Burt

TEL. 1234

Headquarters For  
BLANKETSBuy 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 &amp; COMPANY, LTD.

J. G. BADCOCK, Manager.

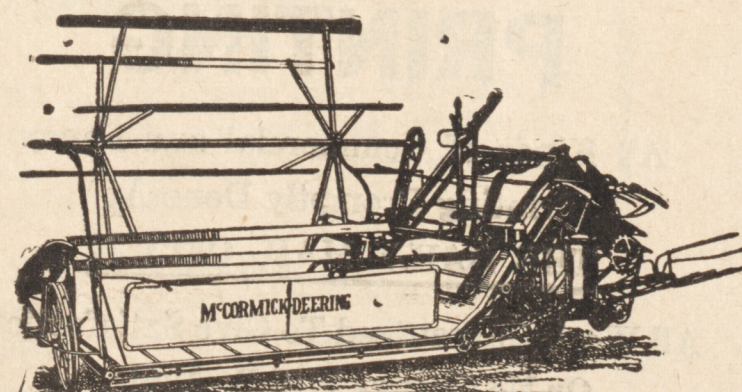
Fredericton Office, Suite 1, Loyalist Building Phone 454  
Fredericton Charlottetown Halifax Saint John, N.B.

## 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

The McCormick-Deering Binder with Alemite Hydraulic Oiling.  
Farmers—when you cut your grain, why not use the best Binder  
or Reaper? We sell that kind.

J. Clark &amp; Son, Ltd

FREDERICTON, N. B. —and— BRANCHES

... OF ...

## Interest to Women

LET'S GO CANOEING IN THE WILDS —  
A CALL TO DEPENDABLE SPORTSYou Must Be a Good Paddler and Not Afraid of  
a Little Dirt in Your Food(By Catherine Common)  
If you are afraid of snakes and  
mosquitoes and a little dirt in your  
food, don't read any further!This is for the women who enjoy  
going off for two or three days at a  
time, rain or shine, who have plenty  
of ambition and who are good sports.So let's go canoeing, you to whom  
this article is addressed. For not only  
will you enjoy yourself, but you will  
come home feeling fit (if you are  
still in one piece) and you will look  
so much better than when you start-  
ed.

## Knowing How

There are other advantages, too, to  
lure you out to try your skill. Not  
only will you come back tanned and  
healthy, but you will have the enjoy-  
ment which comes only to her who  
breaks the still blue waters of some  
distant lake or river and shatters the  
silence of the forest primeval with  
laughter.But don't try a canoe trip before  
you know how to use a canoe and a  
paddle. Be sure you have command  
of both before you venture off alone  
in some untamed waters. Canoes are  
dangerous when handled by the in-  
expert.

## Around the Bend

Part of the beauty of one of these  
leisurely canoe trips through some  
untoured part of the country is to  
turn a bend in the stream and come  
unaware upon a scene which makes  
you gasp admiringly. Or you may  
come around that same bend and find  
your canoe being carried rapidly to-  
ward a falls or a rocky stretch of  
water. You must know how to handle  
a canoe and how to judge the neces-  
sity of a portage.Take a map of the section first,  
study it carefully and plan your trip.  
Get a good group together—women  
who know the ins and outs of a canoe  
and who are, above all else, good  
sports. Plan how long you will stay  
out, where you will "put in" at the  
river, how many portages you will  
have to make, how long you will  
paddle each day; where you can find  
good camping sites with safe drink-  
ing water and where you will "take  
out" of the water.

## You'll Need Food

Be sure you have enough cooking  
utensils and plenty of food. That is  
very important. One time I was one  
of three counsellors in charge of a  
group of seven girls on a three-day  
canoe trip on the Saco River in  
Maine. We went on a lonely and very  
interesting bit of the stream and had  
a perfect trip but for that one thing  
—a shortage of food. The cooks at  
camp had apparently misjudged our  
appetites, for we were nearly out of  
provisions on the first day away from  
camp.We had money of course, but where  
in the world could we buy anything  
to eat? The Saco river is, in spots  
such as we were in, quite devoid of  
village or farm. We finally came to a  
little hamlet which consisted of a  
gas station on one bank of the river  
and a bridge leading over the stream  
to a house on the opposite side. We  
bought very stale crackers, mouldy  
cheese and other unappetizing-looking  
things. We purchased some canned  
goods, too, and one of the counsel-  
ors made one-dish menus which were  
delicious.

## Take Enough

Always take too much rather than  
too little food. Dried fruits and rais-  
ins are good to carry in cloth bags  
to eat as you paddle along. And al-  
ways take pancake flour—what could  
be more fun than to cook pancakes  
on an open fire, especially when that  
fire is built on a beach.After your plan is complete and  
your equipment is carefully chosen,  
be cautious about your canoe. Don't  
let some one lend, give or sell you a  
heavy, awkward one. Get the right  
kind and the right weight. Get one  
with open gunwales so that when  
you dump water out (if occasion  
arises) all the water will drain out  
and not leave any to slosh around in  
the bottom of the canoe. A light  
canoe is essential in the portages  
you may have to make.

## Back Rests

If you're travelling three or four  
in a canoe be sure that you have  
back rests enough for the passeng-  
ers. Nothing is much more tiresome  
than a trip for any length of time  
against the thwart of a canoe.Best of all, travel light. Only one  
passenger, if necessary, but none at  
all, if possible. The fewer extra peo-  
ple you have in your canoe, the bet-  
ter you can stow your luggage and  
equipment away and the better you  
can ride.

Two bed-rolls and food utensils

take up a lot of room and should be  
stowed carefully. If you are going to  
shoot rapids and are afraid of tip-  
ping, don't shoot them, but if you do  
see that all the stuff in the canoe is  
in good balance and will not roll ar-  
ound when the canoe tips. Some peo-  
ple tie everything to the thwarts of  
their canoes. That is a silly thing to  
do. If you're that much afraid and  
assured almost, of tipping over, you  
would better stick to your trailer.

## Bed-Rolls

Bed-rolls are important. They must  
be rolled singly in your poncho. The  
blankets should be pinned with big  
horse-blanket pins and the whole  
roll tied with clothes line. The bed-  
roll which is well and compactly  
made may be used as a back-rest for  
a passenger.Bed-rolls should contain your paja-  
mas and all personal equipment plac-  
ed in such a way that you don't have  
to unroll everything to find your  
toothbrush or comb and should be so  
arranged that you may slip into bed  
easily.

## The Camping Place

Speaking of bed, the place to camp  
in is very important. If the breeze is  
blowing up the beach, pick the sandy  
beach, for the mosquitoes will be nil  
and the sand can be hollowed out in  
the right places for a nice comfort-  
able bed. Do not, on any account,  
ever pick a grassy meadow, for they  
are the hotbeds of insects. If neces-  
sity forces you to make such a spot  
a camp ground make your camp asearly as possible. Carry the canoes  
up to the spot, turn them over and  
arrange two bed-rolls under each  
canoe and drape netting all over  
them. If you don't have the netting,  
just crawl into the bed-roll as far as  
you can without suffocating. And  
once you are in, do not move. Stay  
still or the mosquitoes will get in  
with you and then you might as well  
get up and sit by the fire until dawn.  
If you relax and forget the buzzing,  
sleep will come and the mosquitoes  
will cease to bother you.

## Plenty of Breakfast

Cook your breakfasts and eat a lot.  
Eat a cold lunch. Stop if you find  
some nice spot or eat it as you drift  
along. Stop early enough at night to  
get your camp ground set in order,  
your bed-rolls ready and a big fire  
ready for dinner.Always cover the amount of space  
you planned on for each day. If you  
get ahead of yourself slow up and  
enjoy a few hours of relaxation, drift-  
ing with the current. Rest your pad-  
dles on the gunwales and see how  
quietly you can drift downstream,  
coming around a bend suddenly on a  
turtle taking a snooze on a sunny  
log or a snake curled up in the sand  
or a heron standing on one leg wait-  
ing for some little fish to come with-  
in easy striking distance.And when it rains or thunders, put  
ashore and get under cover of your  
canoe. It is really fun to stow your  
equipment on some rise of land un-  
der extra ponchos and scramble un-  
der the canoe, turned so that the  
rain beats harmlessly against the  
canvasback. The beauty after a sud-  
den storm is breath-taking. Drops of  
water cling to everything. The grass  
is greener. The water is a deep blue.  
The sand is damp and wood is hard  
to find.

## Dry Wood

That, too, is fun—finding dry wood  
after a rain. If you haven't had time  
to get a supply in before the storm,  
then look for your best wood in the  
trees. It dries out there fastest and  
you can easily cut away the wet  
bark to find dry wood for a cheery  
fire.So, you dirt-fearers and snake-sis-  
ies, keep out of canoes when they  
are ready for a trip. Keep away  
from the beauty of our backwoods.

## CHEESE IN STAPLE FOOD CLASS

It Belongs in the Main Course of a Meal to  
Replace Meat or Fish

(By Edith M. Barber)

Cheese has the honor of being the  
first manufactured food. Its discov-  
ery was probably accidental. When  
milk was carried in a skin bottle  
made from a goat's stomach, it came  
in contact with the rennin which re-  
mained, and separated into curds and  
whey. Since that time milk curd has  
been the basis of cheese manufac-  
ture.Cheese retains most of the food  
value of milk and is, of course, a  
concentrated food. All European na-  
tions have innumerable kinds of  
cheese in varying texture and flav-  
or. In many of these countries cheese  
furnishes the largest amount of pro-  
tein used daily.Cheese should be considered a  
staple food rather than an accessory.  
The custom of putting bread and  
cheese together is excellent from a  
nutritional standpoint, as one supple-  
ments the other. We also are accus-  
tomed to serve many cooked cheese  
dishes on toast and for a very good  
reason. One cheese made of whole  
milk is about equal to another made  
in the same way. Cheese made from  
skimmed milk, while it is lacking in  
fat, provides a larger percentage of  
protein. This essential requirement of  
the diet is provided in its best form  
by every type of cheese as well as  
by milk. While we may all enjoy a  
bit of cheese after dinner, because of  
the tang which its flavor provides, it  
actually belongs in the main course  
of a meal to replace meat or fish  
from time to time.

## Poached Eggs on Cheese Toast

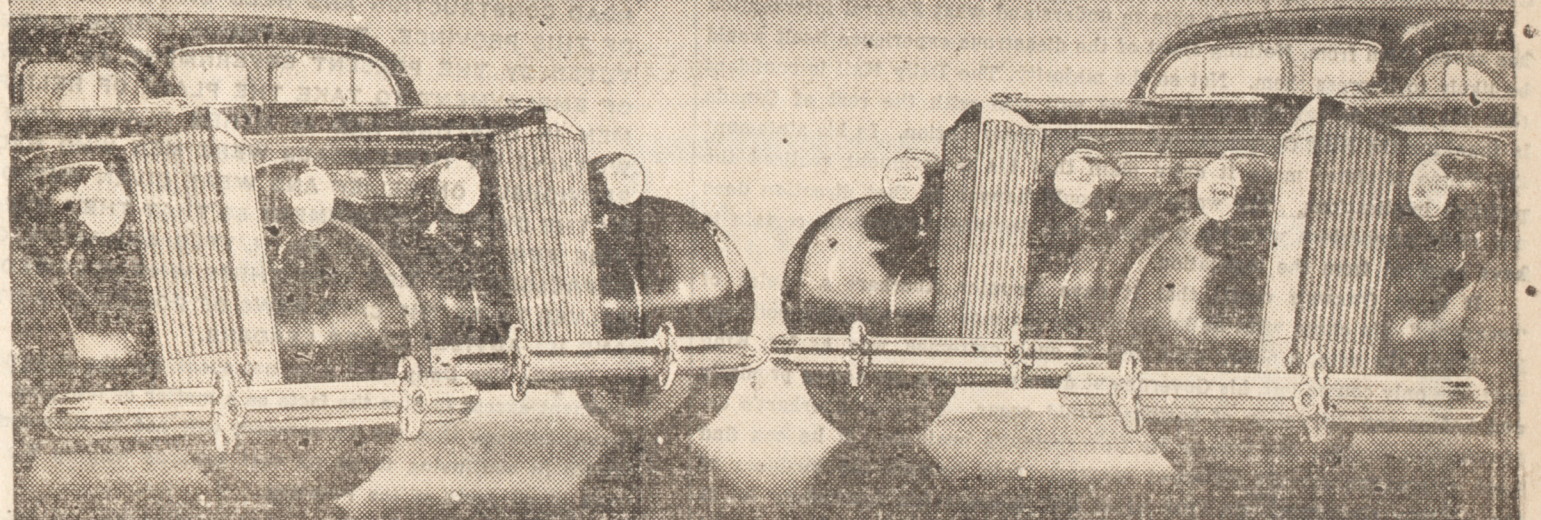
12 slices bread  
Butter  
1 cup cottage cheese  
2 tablespoons minced onion  
1 teaspoon paprika  
6 poached eggsSanta, sliced bread in butter until  
light brown on both sides. Spread  
with cottage cheese, mixed with the  
onion and paprika. Have ready six  
poached eggs and arrange on six  
slices of toast. Pass the extra toast.

## Tomato Rarebit

1 pound soft cheese  
Paprika, pepper  
½ teaspoon salt  
½ teaspoon mustard  
1½ to 2 cups tomato soup  
Cut the cheese in small pieces, add  
mixed seasoning and cook over low  
fire until melted. Add enough tomato  
soup to thin the mixture so that it  
may be poured on slices of toast.the ONLY  
cough dropmedicated with throat-  
soothing ingredients  
of Vicks VapoRub.

VICKS COUGH DROP

## Athletic Girls—

After a hard game it is not  
only the delicate fragrance  
of Baby's Own Soap which  
pleases, but also the wonder-  
ful restfulness imparted by  
its refreshing lather.BABY'S OWN  
SOAPBest for you  
Baby too  
ALBERT SOAPS LIMITED MONTREALFour great new Packards...  
FOUR NEW LOW PRICES!For 1937, Packard presents the top-quality  
car in each of four price classesFOR 1937 Packard offers you the  
four greatest Packards ever  
built. Each is the leader of its  
price class. And each sells for a  
new low price!The 1937 Packard Twelve is the  
finest car money can buy. It steps  
so far ahead mechanically for 1937  
that there simply is no other make  
of car with which to compare it.The 1937 Packard Super-Eight  
succeeds both last year's Eight and  
Super-Eight, and brings to motor-  
ists a combination of mechanical  
advancements which promise to  
revolutionize fine-car motoring.The 1937 Packard 120 is proof  
that a car can be a sensation three  
times in a row. This car, whose  
outstanding performance has been  
the talk of the motoring world,

is an even better car this year.

And—out of Packard's 36 years  
of experience in building fine cars,  
now comes a brand-new Packard  
—The Packard Six.The greatest low-priced car  
America has ever seenPriced at \$1113 f.o.b. Windsor, the  
new Packard Six is a car that is  
destined to completely re-shape the  
low-priced car picture! It brings to  
its field a combination of qualities  
that no car of this price has ever  
possessed before—long mechanical  
life combined with long style life.The Packard Six, and its brother  
Packards, are now ready for you to  
see and drive. Come in at your  
earliest convenience and let us  
demonstrate the tremendous values  
these Packards offer this year.

THE BRAND-NEW PACKARD SIX

\$1013. and up including

taxes f.o.b. Windsor

And up, list at factory,

standard accessory group extra

THE GREATER PACKARD 120

\$1332. and up including

taxes f.o.b. Windsor

And up, list at factory,

standard accessory group extra

THE NEW PACKARD SUPER-EIGHT

\$3219. and up including

taxes f.o.b. Windsor

And up, list at factory

THE ADVANCED PACKARD TWELVE

\$4713. including taxes

f.o.b. Windsor

And up, list at factory

Every Tuesday night—THE PACKARD  
HOUR, starring Fred Astaire—NBC Red  
Net work, Coast to Coast, 9:30 E. D. S. T.