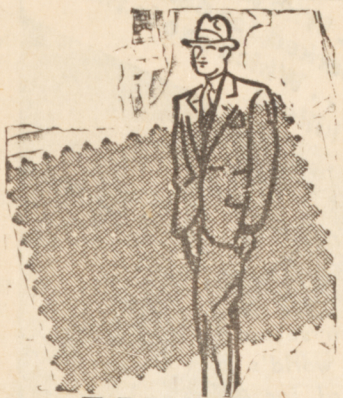


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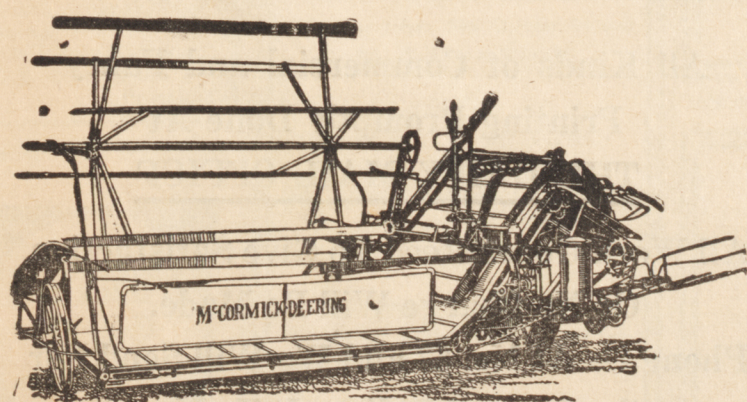
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Interest to Women
ANSWERING DEMAND FOR
SOUR CREAM RECIPES

(By Marjorie Mills)

"I'd rather go without my supper than my Traveller," states Mrs. Clara Green firmly. We hope none of you have to make that particular sacrifice in order to have your favorite evening paper, but it gives us a warm glow to know that the Traveller is so important in your lives.

And after that fine compliment we are most anxious to help Mrs. Green find directions for making altar lace which she asks about. Can any one help out? We've also scanned the files for a recipe for mustard beans and have to count on you for help with that request.

We're wondering if the unusual number of requests for sour cream recipes means you've discovered the good, scientifically soured cream you can buy from your milkman these days, or if there has been a unusual number of cream jar calamities in your icebox.

Foreign-born people have all sorts of good tricks with sour cream up their culinary sleeves, but we're rather lagged behind in using it. Three of today's recipes are so unusually good we hope you'll order soured cream and try the refrigerator rolls and the spice cake.

Sour Cream Refrigerator Rolls
1 cake compressed yeast
½ cup sugar
¾ cup butter
½ cup milk, scalded
2 eggs
1 cup dairy made sour cream
4½ cups all-purpose flour
1½ teaspoons salt

Crumble the yeast into a mixing bowl; add sugar and stir together until the yeast liquifies. Let stand for 20 minutes. Meanwhile melt the butter in scalded milk. Beat the eggs. Add sour cream; blend well with the yeast and sugar mixture. Add lukewarm milk and butter and flour all at once. Beat 8 or 10 minutes. Place the dough in covered dish and allow to stand over night in refrigerator before using. The dough may remain in refrigerator as long as five days without deterioration.

The next day let the dough rise in a warm place to double its original bulk, or more. Knead in 1½ cups of flour, roll out in two sheets about ¼ inch thick. Spread with thin layer of sour cream, sprinkle with brown sugar and add a few nut meats. Roll lengthwise, cut like a jelly roll in slices 1½ inch thick. Place in buttered muffin tins lined with brown sugar, nut meats and a dot of butter. Set in a warm place to rise double their bulk. Bake at 400 degrees for 25 minutes, then reduce the heat to 350 degrees and bake about 10 minutes longer. Makes two dozen rolls. When only part of the dough is taken from the ice box at a time divide the amount of flour for kneading accordingly.

You may wish to take parts of the dough and make into rolls during the five days it may be stored in the refrigerator. Hot rolls for breakfast, luncheon or supper are always a delight and a stock of this sour cream dough on hand will solve the problem of what to serve when unexpected guests arrive. Hot breads during the warm months of summer are a novelty, unless this type is known. It requires a minimum amount of time to prepare and no long hours of watching as in the old days of bread making.

This is one recipe where there is no guesswork involved in the amounts of flour needed. Make this as you would a cake—following each step and measuring all ingredients carefully. Use a good grade of flour and dairy made sour cream and the results will delight you and your family.

Sour Cream Salad Dressing

1 cup milk
½ cup vinegar
2 eggs, well beaten
5 tablespoons sugar
3 tablespoons flour
1 tablespoon dry mustard
1 teaspoon salt
½ pint sour cream

Heat the vinegar in the top of a double boiler. Combine the dry ingredients and add to the well beaten eggs and milk. Blend and add to the heated vinegar, stirring constantly until the mixture thickens. Cool and combine with equal parts of sour cream as it is used.

Sour Cream Spice Cake

1 cup brown sugar
1 cup sour cream
1 egg, slightly beaten
1½ cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon cream of tartar
½ teaspoon salt
1 teaspoon ground nutmeg
½ cup chopped nuts
½ cup raisins
1 teaspoon cinnamon.

Combine all dry ingredients and sift together once. Combine sugar and sour cream, blend and add beaten egg. To this mixture add the dry ingredients, nuts, and raisins. Stir only when well blended. Bake at 350 degrees for about 45 minutes. This recipe will fill one 8x8x2 inch pan. Mocha frosting is especially good on this cake as it blends perfectly with spices used.

Mocha Frosting

2 tablespoons strong hot coffee
1 teaspoon butter
½ teaspoon vanilla
Confectioners sugar
Melt the butter in hot coffee and add vanilla. Then add the confectioners sugar until of the right consistency to spread.

SOME PARENTS MAY EXPECT TOO MUCH

(By Arthur Dean, Sc.D.)

Dear Mr. Dean: I often wonder about the ways of parents. They complain that their children are not willing to do anything to help around the house; but I wonder if there aren't parents who expect almost too much of their children. For instance, in a family I know of the mother is unusually strong and energetic. The son, 11, is not very robust. When the boy comes home from school laden with heavy packages of groceries, his mother sends him on an errand half a mile away, insists that he go "right now," and gives him a list of tasks long enough to keep him busy until bedtime.

Another woman has a daughter, an only child, still in her teens. The girl comes home after a hard, tiresome day's work behind a busy store counter and falls exhausted into a chair. Her mother says: "Now, Betty, you mustn't sit there. You know there's work to be done. There are your dresses to be ironed, the vegetables to be prepared for supper, the garden to be weeded and raked up."

Both of these mothers have a tremendous amount of energy, and there is apparently no limit to what they can do. They love their children, but they don't seem to realize that the children, lacking the strength of maturity, cannot work as hard as the parents.

I don't mean that children should not be required to do work around the house, but I think some parents overdo it. I may be all wrong, but I am just wondering if there aren't quite a number of mothers who without thinking make life a little difficult for their children.

More children today are being permanently injured vocationally and morally by not having enough work to do than by too much.

In some homes children are very much overburdened. I have seen children of 10 and 12 doing the garden and woodchopping work while some drunken father swore at them because they didn't work fast enough. I know a few city children who are exploited by both parents and employers.

But for every child who is overworked there are hundreds—yes thousands—who are underworked. The children are ten times more anxious to work than their parents are to bother about directing them.

I know all about the "evils of child labor." I've heard the arguments for years. I've been shown half-starved, underfed and fishy-eyed children standing at a machine with a look on their faces as though childhood had flown out of the door and death was about to enter.

Outside of three states I have never seen anything that even resembled these terrifying photographs. I have seen in several states children being worked at harvesting time.

Nazi Leader Will
Speak in London
Coming Fall(Special to The Daily Mail)
BERLIN, Aug. 31—It is reported that the leader of the Nazi organization is to visit London in October and to address the Nazi organization of England.CRINOLINE HIPPS
ARE FALL MODE

Silhouette of 1850's Suggested in Paris Showings.

PARIS—Women's clothes of half a century ago have been brought up to date by Paris fashion designers for the early winter months of 1937.

The new collections shown today feature that basque bodices of white satin. Fascinated at the neck with modern versions of old-style brooches they topped full black velvet skirts ballooning out from crinoline-distended hips.

Maggie Roiff showed 1380 short jackets with birdtail flared backs and fur-trimmed sides.

They, period muffs were featured in two color velvet ribbons with flowers on the top. Some high collars were seen with boned points at the side.

More practical fashions included fur lounging robes designed for visitors to ancient, unheated chateau. Three handbags of graduated sizes in purple, green and red suede were attached to one chain.

Jackets were seen made entirely of black baile ribbons. There were long coats of black satin ribbons and silver fox.

Astrakhan and ocelot furs trimmed evening dresses. Some ocelot trimmings were embroidered with multi-colored paillettes.

Tinsel colored paillettes were used to embroider jackets of black wool suits and trim satin over-blouses.

A group of afternoon dresses featured zipper-closed backs and draped waistlines without belts. There was a group of evening dresses of semi-sheer crepe that had long straight capes.

Silhouettes were narrow and straight for day and evening. Colors stressed were peony pink, royal blue and prune.

Author of "The Man
I Killed" Died Today(Special to The Daily Mail)
LONDON, Aug. 31—Brig. General Frank Percy Crozier died today. The famous author whose pen was at times almost slanderous had lately published a book which created a sensation and which was entitled "The Men I Killed". The book dealt with the troops that he had ordered to shoot against Portuguese soldiers.1937
FREDERICTON
EXHIBITION
SEPT 11-18EATING IS AN ART GASPE PLANS WAR
ON SNEEZE WEED

We are very often told how to eat and how important it is that our meals consist of a variety of foods. The proper selection of foods is the first item to be considered, and the next is to eat food in the right way after it has been selected. The following suggestions are made to cover the important subject How to Eat.

Moderation should be practised at all times. It is harmful to over-eat, even of the proper foods. Excess does harm; it throws an unreasonable strain on the body and so tends to wear it out early. Premature old age is the common result of neglect of the watchword "moderation."

Meals should be eaten in a quiet, restful manner. Food is not readily digested when the body is tired, or when the individual is worried or angry. A rest before meals is recommended to overcome body fatigue. Arguments or scoldings should never be carried on at meal-time. Active exercise should not be taken immediately after eating. Exercise is needed by the body, but so is rest, and one of the times when comparative rest is required by the body is after eating.

This same idea of rest is the reason why meals should be eaten regularly. The number of meals and the hour for meals is a matter of individual preference and custom. When meals are eaten irregularly, or when food is taken between meals, the digestive system is not given the periods of rest which it requires if it is to do its work properly. Eating between meals should be avoided. The person who requires extra nourishment should take it regularly.

Nature has provided means for the mastication of food. Food should be eaten slowly and it should be thoroughly chewed before it is swallowed. It should not be washed down with a drink before it is masticated. There is no objection to the use of beverages with meals, in moderation, but they should be taken when the mouth is empty.

Moderation at all times!—that is How to Eat!

Quebec Undertakes the
Task of Driving Out
Hay Fever Scourge

A 100 per cent, "sneeze-free" refuge is in the offing in Quebec's picturesque Gaspe peninsula for sufferers of hay fever and its equally irritable mate, asthma.

The department of agriculture has undertaken, with twin objectives, the task of driving out the main offender—a simple plant called ragweed, anathema to "sneezers", and scientifically recognized under the names of ambrosia, artemisifolia and ambrosia trifida.

Trifida is the smaller of the two varieties of the weed, held responsible for 80 per cent. of hay fever cases. It is the dust-like pollen from the plant that causes the stinging wheezes of hay fever sufferers.

Second aim of the drive, seemingly remote from hay fever and its cause, is the creation of wider markets for Gaspesian farm produce. Hence the reason agriculturists and not the provincial health bureau are shouldering the burden of smothering the few remaining colonies of the noxious weed on the peninsula.

If the department succeeds in eradicating completely the sneeze-producing weed, the hope is that at least 2,000 hay fever sufferers annually will visit the area seeking relief from their sneezing spells, thus creating better markets for the Gaspe farmer.

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THE FOREST INDUSTRIES

The forest area of Canada on which there is timber of merchantable size is larger than the total area of France and Germany combined; the standing timber on this is estimated at 274 billion cubic feet. An area of even greater extent is covered with young growth.

This vast reservoir of wood is the source from which Canada drew wealth in excess of \$110,000,000 in 1934 (the latest figures available) in the form of primary products such as:

- raw material for saw-mills, pulp mills, wood distillation, charcoal plants;
- logs, pulpwood, bolts, etc., for export;
- firewood, railroad ties, posts, poles, fence rails, mining timbers;
- maple sugar, balsam gum, resin, cascaro, tanbark, moss, etc.

The total value of manufactured products made principally from raw materials of forest origin was \$404,435,948. Forest products in 1936 afforded an excess of exports over imports—\$158,360,000—very important to Canada's international trade.

The Bank of Montreal has co-operated with every activity of the forest industries—assisting in every phase of production and marketing. The Bank has had the privilege of financing a large share of the export business of these industries. Thousands of workers are depositors, sharing in the safety and facilities of the Bank with their employing companies.

Some of the Bank's services most frequently used by employers and employees in the forest trades: Commercial accounts, foreign currency accounts; financing of shipments; commercial loans and discounts; collections; trade and credit information, safekeeping of securities; savings accounts; personal loans; money orders; travellers cheques; banking by mail.

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