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

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**A MESSAGE TO  
INVESTORS IN THE  
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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.

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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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## ... OF ... Interest to Women

### SEALED IN FLAVOR CAPTURE GOODNESS OF RASPBERRIES IN JAM

(By Katharine Baker)

No doubt many of you have ripe, red raspberries in your gardens right now. Those of you who live in the city haven't the luxury of picking them off your own bushes but the markets in the cities at this time of the year carry a wonderful selection of fruits, brought in fresh from the farms every morning.

Don't miss capturing the delicate flavour and the inviting fragrance and color of these berries by sealing them up in glasses to brighten your dinner table all next winter. How your children will love it, when they come home from school just starving, and can have homemade raspberry jam to spread on their bread. And what delicious afternoon tea you can have, with dainty little Raspberry Tarts and Turnovers, or hot tea biscuits, or toasted English muffins, or crispy scones, spread with fresh-fruit Raspberry Jam. It will make an attractive garnish for puddings, too just as it is, or made into a hot raspberry sauce. And you can use it for cake frostings and for Raspberry Mousse.

The beauty of this jam of so many uses is that you can make it in less than fifteen minutes after you prepare the fruit. Also you can use the very ripest and juiciest berries, sun-ripened fruit at the peak of its excellence. You can pour this beauty and flavour right into your jam glasses. Not a bit of it boils away, because it is made with bottled fruit pectin and it is boiled for only one minute, instead of 45 or more, as called for by the old long-boil method of jam-making.

**Raspberry Jam**  
4 cups (2 lbs.) prepared fruit  
6½ cups (2¾ lbs.) sugar  
½ bottle fruit pectin.  
To prepare fruit, crush or grind about two quarts tully ripe red raspberries. Measure sugar and prepared fruit into large kettle, mix well and bring to a full rolling boil over hot-test fire. Stir constantly before and while boiling. Boil hard one minute. Remove from fire and stir in fruit pectin. Then stir and skim by turns for just five minutes to cool slightly, to prevent floating fruit. Pour quickly. Paraffin hot jam at once. Makes about ten eight-ounce glasses.

**NO BEAUTY IN 'SOUR' MOUTH,  
KEEP UP THE CORNERS**

(By Antoinette)

How much of your personality is mirrored in your mouth?

Do you ever sit in a car studying mouths across the aisle and read character and dispositions, for pastime? It's a habit to be commended, not because you are inclined to care what kind of character or disposition that stranger across there has, but suddenly when you strike a sour face, you begin to wonder what you yourself are offering those possible mouth students across from you.

True, you can't control the thickness or thinness of lips, nor the mouth size, nor the actual shape of the lips. But with modern makeup you can do a lot in correcting mouth shapes that may not seem good.

The droop or drooping corners are the commonest signs indicating disappointment, age, melancholy, generally 'down in the mouth' as the term originated. An upward tilt at the corners betrays a pleasing disposition and a compatible soul.

Some beauty whose name I've forgotten offered uplifting the mouth corners as the best known facial exercise, because just one lift chases ten years off the face. I remember she demonstrated the trick before me and proved her point.

It's an old old beauty formula to keep the mouth corners up, but like a lot of old formulas it has been neglected for things that seem more modern. Yet, it can't be beaten as the facial youth giver which you can prove for yourself anytime you feel like stepping to a mirror and pulling down those corners and lifting them right back up again with a smile. If you try it, watch how it smooths the brow out, too.

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**TRACING THE CITY'S MILK BACK****The Story of a Day in the Dairies, a Visit That  
Is Prompted by a Hotel Luncheon**

(By Edith M. Barber)

It was during the service of the main course at a luncheon at the Biltmore, while half-pint bottles of milk were being put at each place. "I bet you a dollar not more than two persons will drink that milk," remarked an official of the milk company whose guests we were. But he was wrong! Eighteen food editors finished up eighteen bottles of milk. Many of them confessed that drinking milk at the noon hour was a daily custom. They all exceeded their quota during the next twenty-four hours, while they traced part of New York's milk supply to its source.

Early the next morning—at 6:30 to be exact—we set out for a receiving station not far from Newburgh, where we spent the night. There farmers from the fine Orange county dairy region were bringing in the products of the night and early morning milking. The night's milk had been cooled rapidly and kept at a low temperature. At the station the cans were unloaded onto a conveyor which takes them into the plant where the temperature is taken and where a sniffer sniffs the milk to make sure that the cows have not been indulging in a diet of garlic! The milk is emptied into a tank where it is weighed. Three times a month samples are taken, and milk is tested for its bacteria count and for butter fat. The farmer is paid for his milk with reference to its content of solids and butter fat and receives an extra dividend when his milk has a particularly low bacteria count. The milk is then sent to the cooler, where the temperature is reduced to about 35 degrees F. on its way to the storage tanks, where the temperature is kept absolutely constant until it flows into huge stainless steel trucks or tank cars, in which it goes to the city. Both train and truck tanks are insulated so that the temperature re-

maining low during the journey. In the meantime, the cans undergo the most thorough washing and sterilizing possible after which the lids are tapped on by machinery and come out of the plant on a conveyor from which the farmer takes them. They will remain sterile until the lids are removed when the cans are refilled.

When the milk arrives in New York at the pasteurizing and bottling plants it flows through tubes surrounded by hot water which raise the temperature to 143 degrees F. after which it goes into large tanks where it is kept exactly half an hour at the same temperature after being tested again for temperature, butter fat, flavor and odor. Cooling is the next step as the milk must be about 35 to 38 degrees F. when it flows into the bottling machine which also caps the bottles. The bottles which have been checked for flaws, scrubbed inside and out and sterilized by machinery.

Some of the milk, after it is pasteurized and before it is bottled, is irradiated by passing it under the rays of carbon arc lamps which supply ultra violet rays and these contribute vitamin D to the milk.

It is hardly necessary to say that every piece of equipment used in the plants where milk is handled is rigidly cleaned and sterilized.

New York uses daily almost four million quarts of milk and over one hundred and fifty thousand quarts of cream, each of which comes from what is known as the milk shed, stretching from Pennsylvania to Vermont. It takes over a million cows to provide this supply and the utmost care must be used in their feeding and care as well as in the handling of the milk on its way from the cow and the farm to the bottle and your door step.

**SALT PREVENTS  
EXCESS FLOW OF  
PERSPIRATION**

PRESTON, Ont., July 23.—Eat more salt and keep your shirt dry is the summer suggestion of Dr. Edwin Hagmeier, medical director of the Hagmeier clinic here, to people who suffer during the hot, sweltering days of July and August. Many people avoid salt on hot days he points out, because they are afraid it will make them thirsty. Salt, in moderate amounts, has the opposite effect, Dr. Hagmeier says. His hot weather hints were brief.

"Don't eat too much. Take frequent, small drinks of water. Eat more salt," he stated.

The reporter looked startled at the last suggestion.

"Salt prevents evaporation of moisture from the body," he explained. "When body fluids become too concentrated, physical imbalance is upset. Moisture does more good inside your body than soaking your shirt."

**18 YEAR OLD  
SHOULD SELECT HER  
OWN CLOTHES**

"When a girl has passed her eighteenth birthday, she should have full and complete say about the clothes she wears," says Nova Pilbeam, the youthful Gaumont star.

"One's preferences in color and style are an expression of personality. It would be wrong to have another's opinion imposed on one, for then there would be a conflict of personality," is the very adult opinion of eighteen year old Nova.

Upon her own insistence the young star was given carte blanche in the selection of a complete new wardrobe prior to launching into production on her new picture. Paris, of course, is the dream of every young girl reaching maturity, and it was there she was allowed to 'express herself,' turning the well-known gamut from shoes to hats.

Of course, the sophisticated gowns of the Paris salons proved the most intriguing. Simple, streamline effects—not starchy sleekness—were her preference in evening dresses, and fortunately for her demure loveliness, she instinctively shied away from black. White and dusty pink were her favorites in dresses for after dark.

A real girl of the outdoors, she

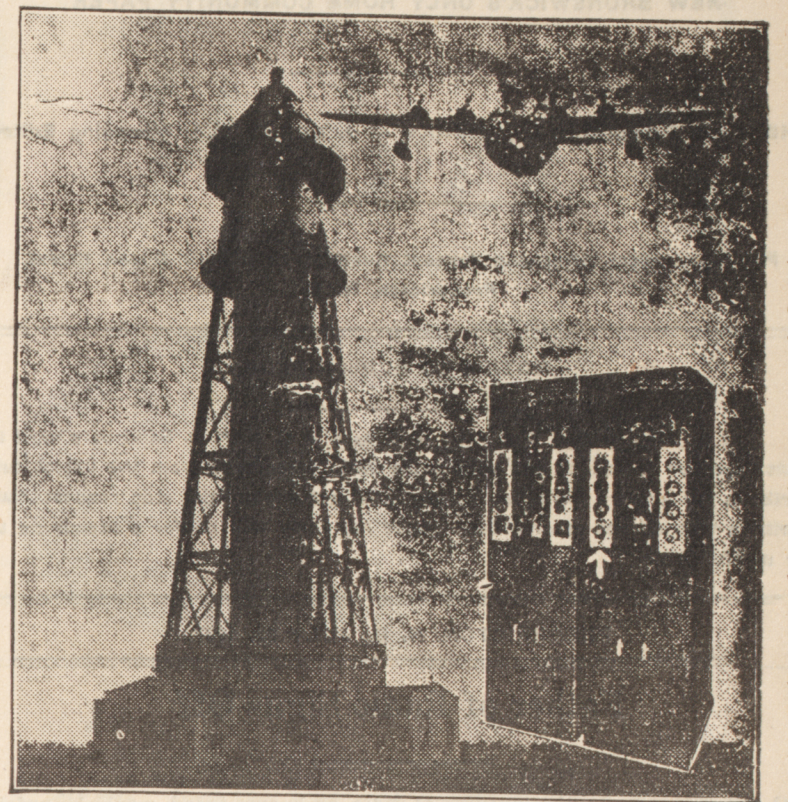
**A SIGNAL LINK OF EMPIRE**

Photo courtesy Trans-Canada Air Lines

Winging its epic flight from Ireland to Newfoundland, the great flying boat, the "Caledonia", was in touch with ground stations continually by radio.

Before rising from Botwood on the last leg of his journey, and all the way up the St. Lawrence to Montreal, Captain Wilcockson was in touch with St. Hubert Airport, where the very latest type Northern Electric radio transmitter is in use.

Photo shows Mooring Mast housing the transmitter. The Empire Flying Boat "Caledonia", encircling the mast as she commenced her return flight across the Atlantic. The Transmitter — note the telephone dial, indicated by arrow, for automatically "dialing" any one of ten frequencies — a recently developed feature designed especially for Airport use.

loves sport clothes, and in those, the more vivid the color the better she likes it. She insists, however, that her sports togs be utilitarian as well as decorative. A swim suit is just that, and not a fussy affair that will be the worse for a wetting. Her golf dresses are always cotton and invariably have action backs for complete freedom.

For daytime, she selected several tailored suits of lightweight material. A grey alpaca, which she wears with dusty pink accessories, is especially smart and flattering.

In hats, nothing is so 'divine' as berets, according to Nova. Her Parisian milliner, who is a genius at that sort of thing, designed nine hats for her, each of which was distinctive, with only one thing in common—each was a variation of the beret.

**CANAD AND THEIR INDUSTRIES...AND THEIR BAN****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, minlog timbers;
- maple sugar, balsam gum, resin, cascars, 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—\$158,560,000—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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