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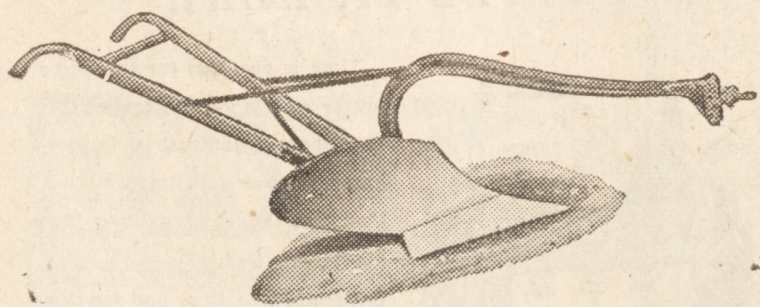
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Fredericton Office Suite 1, Loyalist Building
Fredericton Charlottetown Halifax Saint John, N.S. Phone 454**FIRE PREVENTION WEEK**

In 15 years to end of 1936, Canada's fire waste amounted to 650 million dollars. Believe it or not!

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...OF...

Interest to Women**PERPLEXITIES ARISE IN
FOLLOWING PROPORTIONS**

(By Marjorie Mills)

"I know how to double my partner at bridge," writes a perplexed lady, "but I don't know how to halve a recipe. For that matter, I don't know how to double a recipe and have it come out right. Can you help?"

The lady is not the only one who is perplexed about doubling, and halving recipes, so let's see what we can do about it.

It's a good stunt, when halving a recipe, to write in the new proportions. What a sad dilemma we'd be in if we used all the sugar and only half the butter, or only half the liquid and all the flour! There is a slight difference in cooking as a result of changed proportions. For example, if half the recipe of cornstarch pudding is being made in a full-size double boiler, a greater proportion of water will evaporate from the surface.

The solution then is to use a smaller double boiler or to add a little milk to compensate for the evaporation. There is no change in the baking if the size of the pan is the same.

Increasing a recipe brings other troubles. A larger amount of batter in a cake pan takes longer to bake. A larger pudding or anything cooked on top of the stove takes longer than the smaller amount. But, by observing these rules, it is possible to halve a recipe or double it without difficulty.

Sweet Pickled Grapefruit1 cup sugar
1/4 cup vinegar
1/2 cup juice from canned fruit
4 sticks cinnamon
12 cloves
2 to 2 1/2 cups canned grapefruit

Mix sugar, vinegar, spices and fruit juices together and simmer 10 minutes. Add as many pieces of the fruit as can be put into the syrup without overcrowding. Simmer 10 minutes. Remove to a bowl or jar. Repeat until the fruit is all cooked. Put the spices in the bowl or jar with the last fruit and pour in the syrup. Let stand 24 hours before using. This will keep for several days without sealing.

South Sea Island Macaroon Cakes8 egg whites
1/4 cup granulated sugar
1/2 teaspoon vanilla
1 cup granulated sugar
3 cups coconut
1/4 cup flour

Beat the egg whites until they are stiff but not dry. Add the first part of the sugar gradually, then the vanilla and continue beating until the whites are well blended. Then fold in the rest of the ingredients and mix well. Fill paper cups with the mixture and bake in a moderate oven 350 to 375 degrees F. for about 20 minutes. Makes about two dozen.

Apple Butter12 pounds apples
1 1/2 pounds or 3 1-3 cups sugar
1 gallon sweet cider
1 tablespoon cinnamon
1/2 teaspoon cloves

Wash apples thoroughly. Cut in thin slices. Place in kettle with cider. Boil moderately until fruit is reduced to a thin, lumpy sauce. Run through a sieve. Return to kettle and cook until thick enough to round up on spoon. Add sugar and spices and cook until material will again heap up on spoon or flow from the spoon in sheets. Pour at once in clean, hot jars, partially seal and process three to five minutes.

Pumpkin Preserves4 pounds pumpkin
2 lemons
Sugar
Pinch of salt.
Peel pumpkin and remove all seeds. Cut the pumpkins in very thin chunks (about 1/2 inch cubes). Slice the lemons, leaving on the rind and remove the seeds. Put pumpkin and lemon together in preserving kettle and for every cup of pumpkin, add 1/4 cup of white sugar. Let it stand over night; in the morning boil very slowly until the pumpkin is tender. Place in sterilized jars and seal.**Apple Cups with Sweet Potatoes**4 large baking apples
1-3 to 1/2 cup of sugar
1 cup water
1 1/4 cup mashed sweet potatoes
1 to 2 tablespoons brown sugar
Nut meats and marshmallows

Pare and core the apples. Boil the white sugar and water in a saucepan and add the apples one at a time. Cook them gently until they are nearly tender. Remove them from syrup. As soon as they are cool enough to handle, hollow out the apples. Reserve the pulp taken out. Mash the pulp and add it to the sweet potatoes with the brown sugar. Fill the apples and decorate the tops with nut meats. Cover the tops with marshmallow and place the apples in a baking dish with a little of the apple syrup. Reheat them in a moderate oven, 375 degrees for ten minutes, basting with syrup.

Candy Apple Pie2 large apples
1/2 cup brown sugar
1 cup flour
1 cup brown sugar
1/2 cup butter
1/2 cup whipped cream

Pare the apples and slice thin. Arrange a layer of apples in the bottom of a baking dish and sprinkle with the 1/2 cup of sugar. Add another layer of apples and cover with the flour, brown sugar and butter which have been worked together like a pie crust. Bake in a moderate oven, 350 degrees F. for one hour. Serve warm with whipped cream.

**HEALTH IS THE FOUNDATION
FOR BEAUTY AND LOVELINESS**

(By Betty Blair)

Health is the true foundation of beauty—makeup, clothes, and perfume can only enhance what nature and good health have given you.

How in the world can a girl be sparkling and lovely if she never seems to have enough energy, if her sense of humor is dull, and she walks as if her joints are loaded with lead?

A new makeup may help matters, but try revising your living habits, and watch the results. See how much pleasanter, younger looking, more charming you are.

Begin with sleep: it's so very important. Perhaps you "get along" with less than eight hours, but you're fooling only yourself. Look in the mirror. Lack of sufficient sleep causes tired, puffy lines around the eyes, and a relaxed posture that makes you look as if you simply hadn't the pep to stand up straight and tall.

Eight hours of beauty sleep will do more than put a twinkle in your eye!

Walking in the fresh air is perfect exercise whether you are fat, thin, or just right, and it will give you that indescribable buoyancy that is so young and attractive in a woman.

Eat fewer rich foods, unless you are underweight or naturally slender. Plan to have fruit juice, a cup of coffee, and a slice of toast for breakfast. A huge, healthy salad, a beverage, and fresh or stewed fruit for lunch. Then you can eat anything you like for dinner—but no nibbling between meals.

Drink gallons of water. Not literally gallons, six or eight glasses a day will do. Water is the best skin-clearer in the world, you know.

Brush your hair every night. Every night, not just when you happen to be in the mood. Hair needs more than the usual shampooing and setting; massage the scalp at least once a week when you give yourself a hot oil treatment, or rub a cream containing vitamin F into the scalp to correct dryness and help prevent falling hair.

Find a beauty routine that is suited to your skin, and stick to it faithfully, giving your skin the healthful cleansing and nightly lubricating that it needs. If you will send me a description of your skin—oily, dry, normal or sallow—I will be glad to mail you a daily beauty treatment for it.

Every cup a delight

**"SALADA"
TEA****IN A SEASON OF BLACK, HATS
GO OFF ON A COLOR TANGENT**

High color in a season when black has almost everything its own way is yours for the asking. Let it go to your head in Lilly Dache's hats. This independent designer has never been timid with color or line, but this season she outdoes herself.

Fantastic hats, sculptured hats, hats adapted from the headresses of Congo natives, become miraculously easy to wear when they're made by a master hand. Put on a civilized, smartly coiffed head, a hat that in the hand seems a rather improbable piece of millinery, becomes chic, flattering and perfectly natural.

Sumptuous Materials

In this year of elegance, she uses sumptuous materials—Persian ribbons embroidered in glorious colors, princely metal cloths, furs, and suave felt, velours, antelope and dull, drapable wool jerseys as foils for jeweled ornaments, beads in profusion, and feathers that add to the beauty of line.

Her sculptured turbans are high fashion news. Small hats they are, but built into such unusual and graceful silhouettes that they inspire some of the same kind of respect accorded to fine architecture. One of black velvet starts as a simple skull cap, but the back is built up into a high scroll.

Lots more of her hats start as simple caps, but things happen to them. A knitted wool cap has coq feathers curving forward from the back in the line and spirited military effect of

an ancient helmet. Even in the hand it's a distinguished hat, and it's such a relief to see coq feathers trained in the way they should go instead of haphazardly fluttering in all directions.

Glittering Hats

Many spectacular dinner hats are also wearable in the late afternoon with luxurious furs. A high turban of diagonally striped gold, silver and copper cloth, sloping back to an oval flattened top, would be stunning with mink at the cocktail hour and later with a black dinner dress, touched with gold.

A beautifully colored hat to wear with an otherwise all black costume is a shirred cap of coral rust velvet—a cap again—given height by a knot of shirred velvet cords perched at the front.

Another blaze of color is a pill-box of Persian ribbon embroidered in royal blue, scarlet and gold. A band of rust crosses the top and continues to the nape of the neck ending in a stiff, little bow.

Other daytime hats are quiet, but subtle. Turbans and pillboxes of her favorite soft, dull wool jersey, fluted or pleated, and manipulated in devious ways. One has an ornament in front of coral and gold; another, a hat to live in, is made of wool jersey and nothing else, knife pleated and then woven in and out in big squares.

**MOYENAGE GOWN
FOR AUTUMN BRIDE**The Cynosure of All
Ages Clothed in Glow-
ing Satin**ON SILVER LAME**

The cynosure of all the ages, she stands on the threshold of a new life. Her dreams are rosy, her hopes are high, her pathway clear. The altar lights flicker. The organ peals forth the wedding march.

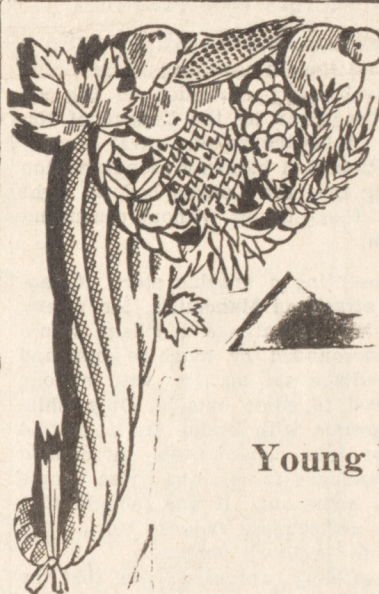
"Here comes the bride." While sitting, gossamer in its glowing sheen, clings to her lithe and graceful form. Her shoulders are slightly broadened. There is a touch of shirring about her waist. Her skirt is cut on exquisite lines to make her look like a Greek goddess. In all likelihood her gown reveals the moyenage influence.

There's no alternative. She may wear old ivory, or a reflection of those pale, dreamy pink hues that are seen as the sun is rising from its night's slumbering. Or if she is very tall and very willowy, her figure may be moulded in silver lame or wrapped in velvet. Of course, it's always correct to wear that lovely heirloom that has been tucked away in a treasure chest for so long—the wedding gown of the great-grandmother.

Her train may be just as long as she pleases. There's really no limit. Most brides nowadays being of a very practical temperament, would fain use their wedding gowns as evening frocks and so the train may be in detachable form.

As for veils, there's also no limit to the yardage of tulle, lace or net that is draped from the circlet of orange blossoms or pearls. The bridal bouquet may be of the posy type, very tailored, or it may shower its beauty to the hem of the skirt. But there are no rules or regulations. It's all a matter of taste.

LONDON, Oct. 7.—The Admiralty has announced the appointment of Admiral Sir Charles M. Forbes to succeed Admiral Sir Roger Backhouse as commander in chief of the Home Fleet, effective March 1, 1938.

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