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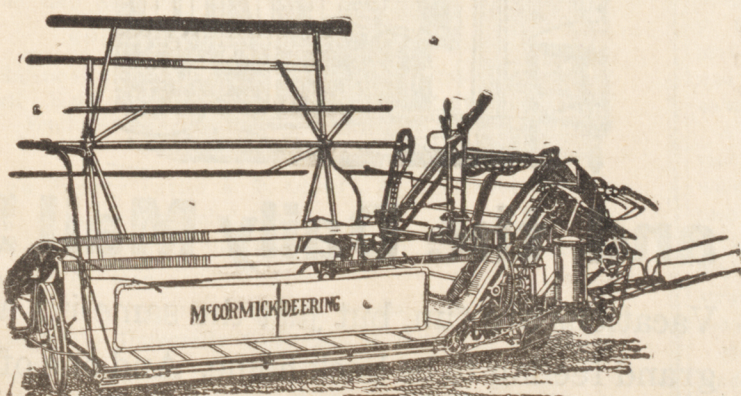
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Interest to Women

HEALTH AND WORK ARE THE
CURE FOR DISCONTENTED WOMENLife of Real Service the Surest Antidote For That
Bored and Blue Feeling

(By Kathleen Norris)

About every fifth letter that I get in the mail is from a woman who is bitterly unhappy, for no reason at all. It seems such a pity, with so much real suffering and need in the world that some of the most fortunate wives are so wretched. For with nine-tenths of the women of the world anxious about actual food and shelter, underpaid, underprivileged, underfed, it is surely strange to find that about one-half of that remaining tenth—that supposedly fortunate tenth—is wretchedly dissatisfied.

And the story is always the same: "I am 28, or 32, or 37. I have one or two, or perhaps no children. We have a nice home and a car, and I have a girl to help me with the house work. Harry, or Jack, or Bill, is the best man alive, but he'll never be a money-getter, and so I suppose we'll go on like this forever, spending a little more than we make, living until we die in this nice, dull commonplace group and street and town, dying without ever having lived at all!"

"All the time I'm so bored—I'm so blue—I'm so completely useless and superfluous and nervous that sometimes I think I'll have to jump out of the window!"

And they end on the same note: "What's the trouble, and what's the cure, if there is a cure?"

They might be answered with a mere impatient, "You poor idiots, you don't know when you're well off!"

But the trouble is too real, too honest for that. It isn't the fault of some of our girls that they are brought up to consider the problems of this big world as being merely the personal, individual problem that each one of us must solve; the burdens and troubles of the world as beginning and ending with their own troubles. They're not to blame!

They love the college, dancing, flirting years. They love the excitement of young marriages, and most of them are wholesome enough to love the idea of a darling baby or two. And there they stop.

After that life seems to them merely a succession of lesser or greater disappointments.

Sometimes this discontent goes on for years underneath the apparently serene life of a woman; sometimes it leads to actual despondency and

melancholia. Once a woman gets into it, it is very hard for her to find her way out. But there is a cure.

The cure, in two words, lies in health and work. Healthy women are happy women and happy women want some normal and useful outlet for their energies.

But make it real work, your women who want to pull themselves out of these dreary sloughs of despondency. Not play work, with club committees and meetings of the Junior League. Make it good hard service, paid or unpaid. Get interested in it, and progress from it to bigger and even harder fields of work. Work is the cure for all the ills we know; work heals broken hearts and puts meaning into meaningless lives. It is the panacea for heartache, and for that boredom that is almost as bad.

There's no good cause in the world that doesn't need the help of educated and intelligent women. Civilization is halted, waiting for them. The dangers that menace their own children—dangers from bad movies, motor accidents, crowded schools and unfit teachers, from unscrupulous politicians and bad laws—could be lessened, could be even prevented by them. The world needs pioneers, colonists, pilgrims still.

Yet the very women who lament the pernicious effect of bad movies, bad plays, bad books, the war-talk that is shaking the world, the dreadful conditions that are causing the strikes and revolutions everywhere, do nothing about it.

If they would get to work, helping, advising, thinking, theorizing or just humbly washing, cleaning, comforting, curing, we should begin to see daylight in some dark places.

But more than that, their own hearts would be lifted, their idle hands would be filled. Time would be all to short for them.

How to find such work? Well, consider for an hour or two, or a day or two, what situation, what injustice, what abuse in our social system most offends you, whether it concerns politics, hospitals, prisons, schools, amusements, international relationships, domestic service. Then attend a few meetings, volunteer your help, and so move yourself very simply from the ranks of the idlers to the ranks of the needed.

HOW TO KEEP YOUR HEALTH

INFLUENCE OF SUMMER CAMPS

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

When a baby grows to his second year someone almost invariably says that he is "for all the world" the perfect image of his parents and grandparents. That is true, but only in part. A child is what he inherits from his family, plus the influence he has around him at home, in school in church and at play.

Many times a child's misbehavior is due to bad influences. To correct this, the first thing to do is to amend the bad surroundings. One of the most important things for parents to realize is that if they change their ways with the child, this alone

may correct his misbehavior. When parents learn to handle their children in a different way the result is often gratifying. There is still another way of treating misbehavior, by putting the child in a different school, or a different grade in school.

Every once in a while a child who misbehaves improves to a great extent when he is placed with another family, for a time. But the same good results will often follow when the parents send the child to a well-regulated summer camp. Such a camp may give the child better surroundings for the youngster's growth that he has in his own home. Besides, being with normal children and with older persons other than his parents, may do a world of good in helping him to "find" himself.

Children react differently at camp, just as they do at home. If they have had too much attention at home they will expect the same attention at camp the first few days after they arrive. However, if no one pays any

special attention to them, they may sulk or even lose their interest in their new surroundings. To correct this condition requires intelligent understanding of the child by the director of the camp.

There is another group of children who are picked out by their play mates as being "queer." They often are subjected to all sorts of jibes and tortures. Mothers often become tearful when the long, golden curls must come off the head of their darling boy. He may even be seven or eight years old. Naturally, other children think him "queer." His parents should have his hair cut.

This example is only one of many instances where children are different from other children at camp. They may have peculiarities of manners or speech and habits, because they come from different homes. If the child is allowed to mingle with other children, he will soon adjust himself to be like his camp mates.

Unfortunately, too often much of the fine work done at the camp is undone by the child going back into bad home environment. Some good, however, remains with the child. If the parents will notice the good that has been accomplished by the child coming in contact with other children, they will see the wisdom of keeping up the good start the child had at summer camp.

Every one of my six youngsters have been to summer camp, and I look upon it as one of the finest investments in maintaining their health and guarding their behavior. Summer camps have an immeasurable value. The Boy Scouts, the Girl Guides and the various other youth organizations are doing excellent work in bringing children together in camps.

CURB ON WOMEN'S
DRINKING SOUGHTVisits of Sex To Beverage
Room May Figure
In Ontario Election

OTTAWA, Aug. 12.—Women to be allowed to sit in with men in the same beverage rooms in Ontario, but for some months they have had to keep to themselves, unless they go in company with a male escort.

Hon. Earl Rowe, Conservative Leader, is being urged to sponsor a program in the coming Ontario elections which would exclude women entirely from all beverage rooms and some early announcement is looked for.

Premier Hepburn is expected to announce the election date at St. Thomas on Thursday with the week of October 11, or possibly, October 5, the probable date. Mr. Hepburn has given assurance against any "snap election."

There are repeated rumors of Stuart Lyon's retiring from the Hydro-Electric Commission and being replaced by Thomas Hogg, well-known hydraulic engineer.

The Conservatives hold that Mr. Hepburn's new contracts with several of the Quebec power companies are at an effective rate of \$13 per horse power, compared with \$15 provided for in the original contract made by the Henry Conservative Government, and that further, the new contracts he has made embrace a stipulation that the companies shall retain their full legal rights under the old contracts.

The case of the Beauharnois Company against the Commission and the Government is now on its way to the Privy Council and on the outcome of

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Remember **King Cole**

BECAUSE—It is the cosy social beverage for an afternoon chat.

SOVIETS KILL
OFF 72 MORE

(Special to The Daily Mail)

SOVIET, Russia, Aug. 11.—Another mass trial in which seventy-two have been executed is now reported as having taken place on August fourth and fifth. These were employees of the Eastern Siberian Railway and were accused of sabotage and terrorism and were convicted of derailing a train on March 19th in which several people were injured.

LONDON-SYDNEY
AIRWAY SERVICE
NEXT JUNE

(Special to The Daily Mail)

LONDON, Aug. 11.—Air service between London and Sydney is not likely to start before next June. The British could not agree on the location of the northern basis and unless a decision is reached immediately the work will not be completed before the rainy season.

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THERMOMETER

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BUTTER 25c

16-oz. JAR

Sugarcrops CORN
FLAKES 25c

3 Pkgs.

CAMPFIRE MARSH-
MALLOWS, 3-lb. tin.. 79c

Welch's GRAPE JUICE 29c

PAROWAX Two 25c

Schwartz PICKLING 27c

Spice, Peerless Br'd, lb.

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HOME OWNED

VALUES FOR AUGUST 13, 14, 16

Large 98c
Medium 58c
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—SPECIAL—
SIMMS "LITTLE BEAUTY" BROOMS 59c
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—SPECIAL—
PUFFED WHEAT Two Pkgs 19c
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OXYDOL 27c
LARGE PKG.

AEROXON FLY STOPS 9c
4 for

—SPECIAL—
Catelli Cooked SPAGHETTI 16-oz. Tin 9c



SAVE PREMIUM COUPONS

DOLE Pineapple Juice, 10c
JELL-O 25c
Ass'd. Flavors, 3 pkgs.

KRAFT SANDWICH SPREAD, 6-oz. jar... 18c

Fly Swatters, ea. 10c

BULK SEEDLESS RAISINS, 2 lbs. 25c

CLUB HOUSE STUFFED OLIVES 8-ounce Bottle 29c



SCHWARTZ MUSTARD 10c
6-oz. table jar



Yellow Label Lb. 53c
"Fresh From the Gardens"



A Maritime Product
Schwartz PICKLING SPICE, Ajax Brand, lb. 20c

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