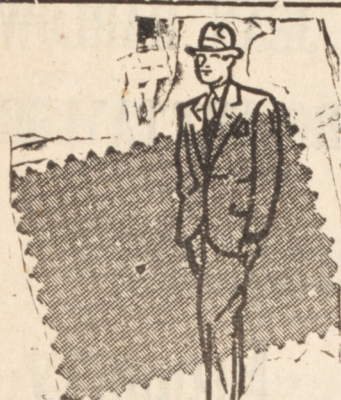


ARTHUR F. BETTS

Plumbing and Heating

QUEEN STREET PHONE 512



FINEST FABRICS

They're here now! The last word in flannels, chevrons, worsteds and tweeds. Pick out your favorite pattern.

Alex. Ingram
876 KING ST.

**HARNESS
OVERALLS
WORK PANTS
GLOVES**

H. A. Burtt

TEL. 1234

Dr. B. R. Ross

DENTIST

HOURS:—
9-6 or by APPOINTMENT.
404 Queen Street

Headquarters For
BLANKETS

Buy your Blankets at DeLong's, where you have a good assortment to choose from. Pure Wool Blankets in reversible and plain colors in beautiful color combinations—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 competent workmen.

By waiting until the fall rush is on you may be at greater expense, or experience unavoidable 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 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.

IRVING, BRENNAN & COMPANY, LTD.

J. G. BADCOCK, Manager.

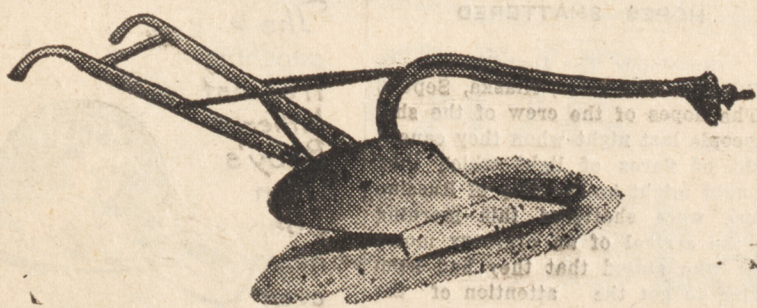
Fredericton Office, Suite 1, Loyalist Building Phone 454
Fredericton Charlottetown Halifax Saint John, N.B.

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. Financial Aid—if Injured Away From Home.

HOWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 291



**MCCORMICK - DEERING and FLEURY
PLOWS**

ARE HERE IN GREAT VARIETY. WE HAVE A STYLE TO
SUIT YOUR REQUIREMENTS.

J. Clark & Son, Ltd

— "A GOOD PLACE TO DEAL" —

Interest to Women

FRUITS ARE ALWAYS TEMPTING

But Never More So Than At This Time of Year—
Grapes For a Centerpiece—Pears, Too Hard
To Eat, Go Right On Ripening in the Bowl

(By Edith M. Barber)

If you are anything like me, you find it hard to resist the purchase of a variety of fruits at this time of year when you go to market. I just must have my fruit bowl filled with blushing green pears, red, yellow and blue plums and golden peaches, with a red apple, or two. Then there are red and white grapes for a final garnish. Nothing makes a lovelier centerpiece for the dinner table. At the same time the decorations may furnish the dessert.

The pears, which may be too hard to eat when purchased, can go on ripening in the fruit bowl. Just be sure and not let them overripen. These hard pears are, of course, well adapted for cooking. They may be baked or "poached" in a syrup which may be given color and flavor by means of a dash of grenadine. I also like to cook a few slices of lemon in the syrup, both on account of the flavor which the tartness provides and because of the garnish which they give. You may like to stud the pears with cloves before cooking and to add a piece of stick cinnamon to the syrup.

When pears are low in price, you will begin to think about canning them in syrup and spicing them for use during winter. Occasionally this fruit is used in marmalade, but always in combination with other fruit of more distinctive flavor. The same is true when slices or diced fruit is used as a cup for a first course.

On the other hand, plums seem to have been designed especially for marmalade, particularly those which are acid in flavor. They may be canned and spiced and nothing is better for cobbler. At least that is my opinion. By the way, have you ever used plums to flavor ice cream? Down in Virginia recently I tasted for the first time green sage ice cream, which is a local specialty. I must not forget to mention the plum dumplings which are always associated in my mind with Vienna. The mixture used for the dumplings is rich and delicate and is dropped on top of the sweetened, stewing plums. Dumplings by the way, are cooked without a cover and make a delicious dessert. Peaches may take the place of plums and berries are good prepared in the same way.

If you have been brandying fruits as they come along, you will, of course, be sure to add small seeded plums, diced pears and sliced peaches. And perhaps you will also like to make a mixed fruit marmalade which is sometimes known as medley marmalade and sometimes as tutti frutti. Perhaps this should be called a conserve as that is the term which is

usually associated with the more elaborate fruit mixtures.

This makes a marvellous sauce for ice cream, and this is also true of the brandied fruits, which however, have innumerable uses.

Dumplings with Stewed Fruit

1 cup mashed potatoes
1 cup flour
½ teaspoon salt
¼ cup shortening
1 egg

Mix mashed potatoes, flour, salt and melted shortening together. Add eggs, mix thoroughly. Drop from a teaspoon on top of any stewed fruit mixture when it is partially cooked. Cook uncovered over a low fire for about fifteen minutes.

Medley Conserve

14 yellow peaches, pared
8 red plums, pared
1 pound white grapes, stemmed
1 small can diced pineapple
1 large orange
Sugar

2 cups chopped Brazils or almonds
Cut peaches and plums into small pieces, halve grapes, drain juice, from canned pineapple and slice orange. Mix the fruit and measure. Allow ¾ of a cup of sugar to each cup of fruit. Mix sugar and fruit in a large kettle, and cook over a low fire, stirring constantly until the sugar is dissolved. Cook thirty to forty minutes, until syrup is thick. Stir in nuts and boil one minute. Pour into hot jars and seal immediately.

Plum Jam

2½ pounds sour ripe plums.
7½ cups sugar
½ bottle fruit pectin

Pit plums and cut into small pieces. Crush well and add ¼ cup of water, cover and cook over a low fire five minutes. Stir in sugar and stir until dissolved. Bring to a boil over hot fire and stir constantly while mixture boils one minute. Boil one minute, remove from fire and stir in fruit pectin. Skim and pour quickly into clean, hot glasses and seal with paraffin immediately. Makes twelve to thirteen six-ounce glasses.

Ginger Pears

4 pounds sliced green pears
2 ounces of green, ginger root
2 lemons
3 pounds sugar

Select hard green pears and slice very thin. Scrape and cut the ginger root in tiny pieces and squeeze a little lemon juice over it. Cover the pears with the sugar and let them stand several hours. Place over a slow fire and let them simmer; add the ginger root and juice and grated rind of lemon. When clear and very thick, remove from fire and put in hot clean jars. Seal.

SCARLET FEVER'S DANGER PERIOD

In the First Years of Life the Child Is Most
Susceptible

(By Dr. Iago Galdston)

We can prevent scarlet fever in two ways: by controlling the spread of the germ and by rendering the individual resistant to its toxins.

Scarlet fever is caused by certain germs called streptococci which, gaining a hold in the body, produce and liberate the poisons ultimately responsible for the disease.

The germs are present in, and primarily spread by, the discharges issuing from the body of the diseased person. The principal sources of these discharges are the nose and throat. But the germs are also present in matter issuing from running ears, or draining abscesses.

Furthermore, the germs of scarlet fever may be present in the nose and throat secretions of individuals who are not themselves sick with scarlet fever. Such persons are called "carriers," and they may spread the disease wherever they come in contact with susceptible individuals.

Therefore, though isolating the individual sick with scarlet fever does in a measure control the spread of its germs, the disease may still be spread by carriers. Hence quarantine alone does not assure adequate protection against the spread of scarlet fever.

For this reason health authorities favor the active immunization of susceptible individuals, notably of young children.

The susceptible individual is recognized by means of the Dick test. A minute quantity of scarlet fever toxin is injected into the skin. In a susceptible person, the area around the site of injection becomes red and in-

flamed within 24 hours. In the non-susceptible person—one who is naturally resistant, or who has had scarlet fever and developed a strong immunity—no such reaction occurs.

In practically all instances susceptible individuals can be immunized against scarlet fever by being repeatedly injected with small quantities of scarlet fever toxin. The development of adequate immunity is established when the Dick test, formerly positive (showing a skin reaction) becomes negative. The immunity thus developed persists for several years. When this form of protection treatment is given to young children it carries them through the danger period—the first ten years of life.

W.C.T.U. Meeting

The W.C.T.U. held its first meeting of the fall and winter season yesterday at the home of the president Mrs. A. A. Waters, Saunders St. The devotions were led by Mrs. C. H. MacQuarrie with prayers by several of the members. Mrs. D. H. Ferguson acted as recording secretary in the absence of Mrs. Astle. The reports of the various committees were given on work done during the summer months. The fall services were held as usual in July and August. Mrs. H. W. Leslie reported on a very enjoyable picnic held in June. Delegates were appointed to attend the provincial convention to be held in Marysville United Baptist church Oct. 6th and 7th. Mrs. H. Wishart, Mrs. C. N. Goodspeed alternate Mrs. H. Trafton and Mrs. W. H. Leslie. Other business matters were discussed and plans made for future work. The meeting closed with the Aaronic benediction.

CONTOUR OF FIGURE NEW FALL DRESSES CALL
IMPORTANT TO
BEAUTY
FOR SCULPTURED LINES

Alluring curves are more important than perfect measurements—if a well-proportioned figure is your aim.

In Hollywood where beauty of the body is as necessary as a lovely face, the stars watch the contour of their figure more than their actual weight.

Never mind ideal measurements! Height and bone structure vary with the individual, and "perfect" measurements change from time to time, anyway. You don't need a tape measure to streamline your figure for revealing fall frocks—just a full-length mirror and real determination to carry you through daily exercises. Every day without fail.

Here's a routine for ironing out the kinks acquired during a lazy summer. These exercises will limber used muscles before you start body-building in earnest. They firm the muscles of the back, neck, shoulders and abdomen, and most of them are grand for streamlining, although not strenuous.

Sit down with your legs outstretched, knees straight. Touch your toes with fingertips. Repeat ten times, then touch the right toes with your left hand and the left toes with your right hand. Feel the pull at your waistline and back? If you can't quite make it at first, keep trying until you can, a little more each day.

Stand erect with your feet parallel and slightly apart. Place the palms of the hands, thumbs forward, against the small of your back. Then, keeping the knees straight, bend back as far as you can without letting your knees sag. Return to the erect position, then bend back again. Do it slowly with the action coming from the waistline. Repeat ten times, and the waist will gradually become limber and you'll bend farther and more easily.

Now lie flat on your back, stretching your legs and pointing your toes. As you raise your left leg straight in the air, swing your right arm upward too, and let it fall to the floor straight above your head. Return your left leg to the floor and at the same time return your right arm to your side.

Reverse the exercise by raising the right leg and left arm at the same time. It isn't difficult to stretch your arm above your head; the trick is to raise your leg straight, so it forms a right angle with your body. If you don't succeed at first, it's a sign you need these limbering exercises.

Good luck!

Kindly but firmly, that's the way to mold your figure this fall.

The new fall dresses, draped revealingly, demand a sculptured figure with high, accentuated bust, streamlined diaphragms and smoothly curving hips. All these beautiful lines the proper corset can give you.

Your waistline may be invisible at this moment, bumpy your hips and drooping your bust. But don't despair, you'll find the new girdles and brassieres, or all-in-one foundation garments afford gentle, but strong control without stiffness and without weight.

If you have taut abdominal muscles and a naturally curving waistline, you can wear the abridged editions in girdles and brassieres. Otherwise, an all-in-one foundation or a high, 13-inch girdle and a long line brassiere will do the best work in making the new dresses look as if they were meant for you—as they are.

Test your new foundations, whatever they are, by the standards set by the new silhouettes. The high-low waistline effected by a fitted band around the diaphragm, the long-waisted corselet bodice, the willowy evening gown that is molded to the knees will these retain their smooth lines over the garment you're trying on?

You can't even count on suit jackets nowadays, or coats, to blanket the lack of a well-defined figure. They are often seamed to curve at the waist and are more graceful when they're minus belts.

Does your brassiere lift and emphasize, if necessary, or roundly mold the contours in the season's ideal? All manner of seaming, shirring, gathering and draping emphasizes the bosom in the new frocks. Brassieres are no longer meant to confine, they mold.

Although even the large bust is raised quite high for fall, skillfully cut new brassieres make it appear smaller and more youthful. Shoulder straps are stronger, wider and adjustable to aid in uplift, and elastic back vary according to the size of the bust to supply the proper amount of even pull.

While many evening décolletages are extremely low, bandeaux are so constructed that control is not lost in cutting away the front.

A tremendous amount of weaving skill has gone into the fabrics used to help you cut a smooth figure. It is not necessary to feel girdled with iron bands in order to restrain wayward flesh. Power net, so popular with the slender since it appeared,

has now been adapted to much heavier figures. Light weight and far from bulky, it's a blessing to the woman whose foundation garment used to add a pound or two to her clothing. For maximum control it is used in double or even triple layers.

Elastic webbing is lighter than ever without losing any of its restraining qualities. Bias elastic webs mold to a sculptor's taste in both brassieres and girdles.

Here's that Fast
"Phillips" Way

To Alkalize Stomach Quickly



On all sides, people are learning that the way to gain almost incredibly quick relief from stomach condition arising from overacidity, is to alkalinize the stomach quickly with Phillips' Milk of Magnesia.

You take either two teaspoons of the liquid Phillips' after meals; or two Phillips' Milk of Magnesia Tablets. Almost instantly "acid indigestion" goes, gas from hyperacidity, "acid" headaches—from over-indulgence in food or smoking—and nausea are relieved.

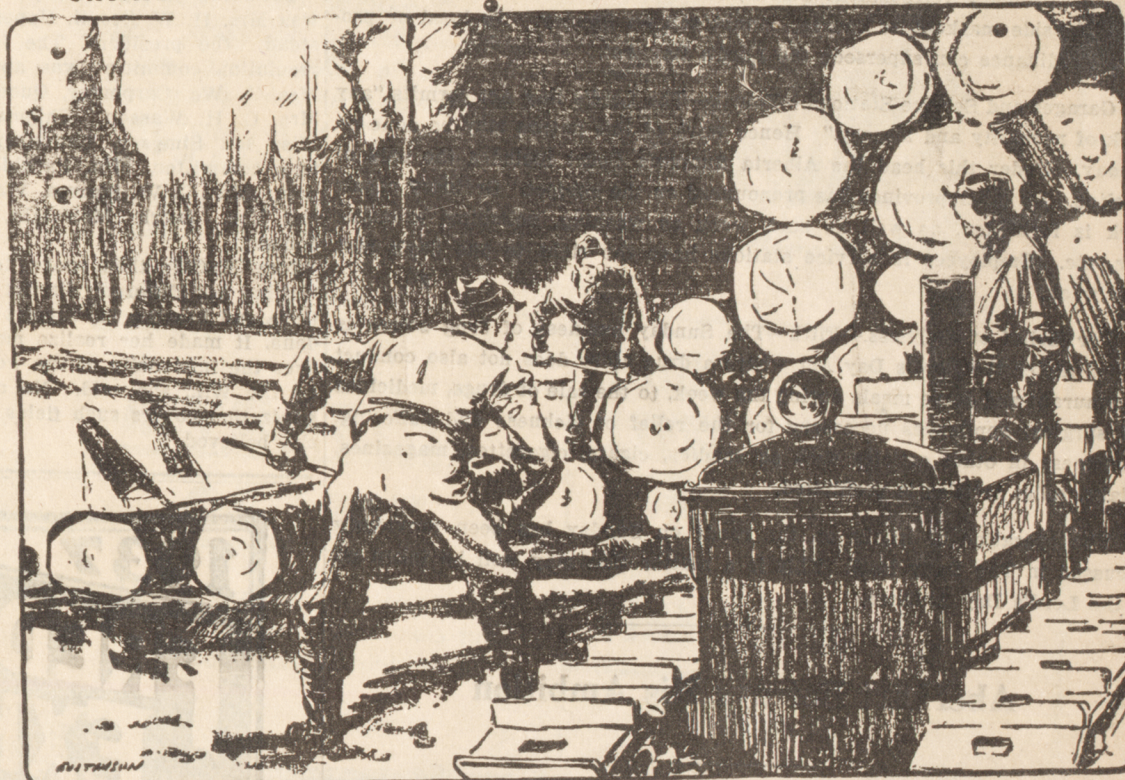
Try this Phillips' way if you have any acid stomach upsets. You will be surprised at results. Get either the liquid "Phillips" or the remarkable, new Phillips' Milk of Magnesia Tablets. Only 25¢ for a big box of tablets at drug stores.

ALSO IN TABLET FORM:
Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.



PHILLIPS' MILK OF MAGNESIA

CANADIAN THEIR INDUSTRIES...AND THEIR BANK



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, cascar, 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.

BANK OF MONTREAL

"A Bank Where Small Accounts Are Welcome"

Fredericton Branch: M. A. JOHNS, Manager

MODERN, EXPERIENCED BANKING SERVICE... THE OUTCOME OF 119 YEARS' SUCCESSFUL OPERATION