

Of Interest to Women

MEAT SHORTCAKES

Somewhat related to sandwiches and yet different are the little meat shortcakes that are much relished for the picnic lunch or porch party. Roll a short baking powder biscuit dough quite thin and cut into rounds with a small biscuit cutter. On half of these spread a mixture of minced cooked ham, mixed with a little butter; or a little chopped crisp bacon or some minced frizzled beef. Cover with the rest of the rounds, chill thoroughly, then bake in a hot oven.

Cheese Straws

One cup flour, one teaspoon baking powder, one teaspoon salt, half a teaspoon mustard, dash of cayenne, two tablespoons butter, two cups grated cheese, cold water. Mix dry ingredients. Add butter and cheese. Add water to make a dough. Roll one-eighth inch thick. Cut in strips 4 inch by 1/2 inch. Bake in a hot oven for ten minutes.

Cook books covered with white oil cloth can be wiped with a damp cloth, and always look clean.

The bottom cellar step if painted very light in color will enable one to notice the step in time to avoid a mishap.

Use door stops made by covering bricks with tapestry or any serviceable material.

Reserve a small bag for duster to dust bedrooms daily or whenever necessary. The same can be said of the dust mop and sweeper if one has the available space and articles to keep on hand upstairs.

Summer Slimming

Summer is the time to reduce with the least possible discomfort. People who are too heavy often say that they do not eat much. It may be the truth at that and then again they may be mistaken. Often they gain not because they eat too much but because of the wrong choice of food. They eat the things that are packed with calories. Fruits and vegetables should bulk largely—no pun intended—in the diet of the reducer. The most important thing to remember is that we eat until we feel comfortably full. Our hunger is soon satisfied but we want

to feel full. As the stomach is an elastic organ the logical thing to do is shrink the stomach. It will only take a short time of eating less than we want, to do this and after that reducing is easy. After you have taken off the pounds, you will not be apt to take them on again as your stomach will be smaller and you cannot eat as large meals as you used to without discomfort. If you are reducing you will be living chiefly on fruits and vegetables and as they are digested and pass through the stomach in about two hours you are apt to be hungry at the end of that time. It is not that you are actually hungry but you feel empty. This is an uncomfortable feeling, while it lasts, because your stomach will get accustomed to the different type of meal, take something to eat when you feel discomfort. A drink of fruit juice is a good choice, or some fruit or a cracker or two. Anything that has a low calorie content is suitable. The point is that it is not necessary to feel uncomfortable. We are creatures of habit and all we have to do is to accustom our tummies to less food. The reverse is true if we are trying to gain. We must deliberately eat more than we want in order to get our stomachs in the habit of requiring more food. These ideas are not theories and have been proved time and again, with myself, my family, my friends who have come to me for weight adjustment.

Fertilize Perennials

When the perennials have finished blooming we are apt to neglect them until next season. This is a mistake as they should be well fertilized and growth for next season encouraged. August is the month to plant perennial seeds.

Flower Garnishes

For a change from the usual lettuce parsley or cress, why not try a garnish of flowers? Pick one that suits your color scheme. Ribbon sandwiches with cheese between the outer layers and orange marmalade in the middle and a garnish of nasturtiums are easily arranged. Colour white cheese to match your flowers and add any additional flavour that is suitable.

YOUNG WOMAN WHO AMASSED A FORTUNE AT 29; STUDIED AND SAVED, NO NIGHTS OUT

LONDON, August 30—Phoebe Linway, at twenty-nine, is finished with work. She is about to retire from her post as buyer in a leading London store.

She has not inherited a fortune—she has made one. It is an astonishing story of success through application and determination.

Poebe Linway was born and brought up in the East End of London. She left school at fourteen.

She was a rather awed slip of a girl—unlike the soignée, exquisitely dressed Miss Linway of twenty-nine. But already she was determined to be a success.

She took a bus into the West End the day she left school and found work with an advertising firm.

"But", she said to a Standard representative, "I could not see any future for me in this, so at the end of a week I called on the manager of a West End store and asked for work."

She refused to leave until she had been interviewed. She sat for hours. At last the manager saw her.

"He was astonished at my pertinacity", she said. "But suddenly he laughed and offered me a job at a few shillings a week. I took it."

"It was here I began to learn what and what not to wear."

"After a year or so two I went to the manager of another big store and talked myself into a post at a good figure. In another year I was doing the buying for one fashion department."

Promotion after promotion followed, with a rise in salary each time. Miss

Linway was sent to America to search for ideas.

She came home with plenty and was soon supervising all the fashion buying of a whole floor in the store.

"I saved every penny I earned", she said. "Sometimes, following expert advice, I invested my money. Quick buying, quick selling, and bank the profits, was my motto."

"Now I need never work again—and believe me, I'm not going to. I'm going to play on all the playgrounds of Europe, like the customers I have attended to for fifteen years."

Miss Linway has something to say to girls who want to make a success in the department store world.

"Talk to your customers and ask for their ideas", she says. "Frequently the customer can put up an idea that no one inside the store has ever thought of."

"Set your mind on a certain sum of money and determine to save it. If you want to retire before thirty, don't expect to do so, unless you have saved between £18,000 and £30,000."

"Lose no opportunity of making your personality heard and felt. The modest violet is usually forgotten when the big jobs are handed out. Learn how to wear your clothes. You can appear in a 10s. frock if your shoes, stockings, gloves, hat, and perfume are impeccable. Set yourself a standard of smartness and never depart from it. It gives you self-confidence."

For ten years Miss Linway never spent a penny on the theatre, cinema, or restaurant meals. She went home every night and studied side lines to her job.

Now I've done what I set out to do", she sighed happily. "The rest of my life is going to be one long holiday."

Potpourri

Pare cucumbers and score deeply with a fork before slicing to give a scalloped edge.

Try crushed reanuit brittle on ice cream.

If fruit is carried in egg cartons when picnicking it will not bruise.

Cocoanut Macaroons

1/2 cup butter, 1/2 lb. cocoanut, 1 1/2 cups sugar, 1 1/2 cups flour, 2 eggs; 1 teaspoon baking powder.

Cream butter and sugar. Add well-beaten eggs, sift in flour and baking powder, and stir in cocoanut. Drop by spoonfuls on a buttered pan and bake in a moderate oven of 325 degrees F. These are very quickly mixed and especially good.

RANGERS TRAIN AT WINNIPEG

DORVAL PARK, Aug. 29—Lester Patrick, Rangers coach, stopped here today en route to Chicago. He announced Rangers would train at Winnipeg again this season. He stated no move had been made to secure Nels Stewart from Bruins. No players' moves will be made until the end of September, he stated.

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The C.N.R. is an Important Factor in CANADIAN MINING.

Mining is by no means a new industry in Canada, but when its future development is considered in the light of recent discoveries it may quite rightly be said to be only in its infancy. Much of the success which has attended mining in Canada is attributable to the fact that the railroad facilities of the C. N. R. were easily available. In the same way its future is linked with the extent and nature of the transportation services at its disposal.

Coal formed the largest single item in weight carried by the C. N. R. in 1934. In that year the system hauled as revenue bearing freight, over 8,000,000 tons. Were it possible to collect this vast amount in freight cars and make one long train, it would extend almost half way across the continent. The importance of this commodity to the factories and homes of Canada needs no stressing; but it is well to bear in mind that the railroad is the only land transportation medium for coal haulage where distance is a factor.

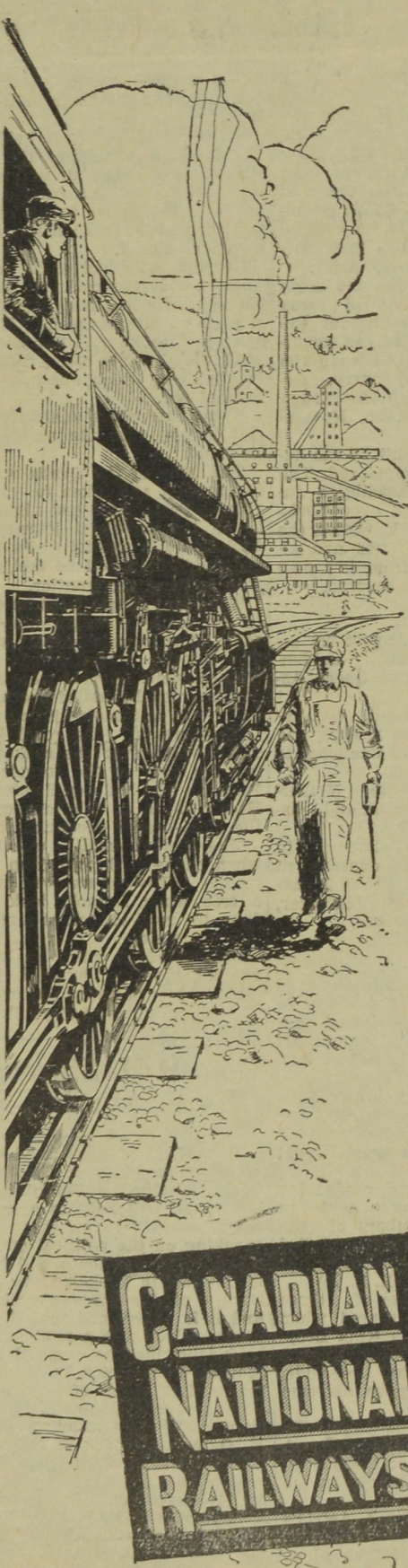
Of course other mine products enter into the freight business of the C. N. R. Altogether, over 12,000,000 tons of mine products, embracing coal, coke, ores, sand, stone, gravel, oil, salt, etc., were carried in 1934, this being a substantial increase—22%—over the preceding year.

The mining of metals has of recent years assumed greater dimensions than before, and it may be of interest to note that of non-ferrous metals in semi-refined state, the C. N. R. carried over two hundred thousand tons in 1934, which was more than twice the quantity carried in 1933.

In many districts of Canada the C. N. R. is providing the sole railroad service available to this great industry, and its tracks enter, or are close to, some of the most promising mining areas in the Dominion. In accordance with its policy of rendering the greatest possible public service the C. N. R. is co-operating to the fullest in furthering the development of these areas.

In all these branches of railroad and allied activities the C. N. R. maintains a high standard of efficiency. Its passenger trains are speedy and comfortable; fares are low and there are many special excursions at reduced rates. Its freight, express and telegraph services are quick, reliable and economical and its hotels and camps, situated throughout Canada, offer the traveller, whether on business or pleasure, accommodation of the highest standards. You are invited to make a greater use of these C. N. R. facilities.

During the present Summer season the C. N. R. is providing special fares and excursions between points throughout Canada. These are exceptional travel bargains. The nearest C. N. R. Agent will be glad to give full particulars.



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