

Of Interest to Women

OLD FASHIONED TEA COSY FINDS FAVOR ONCE MORE

Inexpensive Angel Cake — Upside Down Cake
— Salt

In spite of the modern woman's busy life, the tea cosy competition at the Canadian National Exhibition this year, proves that she still has the time and ability to indulge in this feminine handicraft. This competition was sponsored by the Ceylon Tea Bureau and it produced some very fine examples of what can be done with a variety of materials and designs to enhance the graciousness and charm of the tea table—to ornament as well as to keep the tea pot warm.

The first prize was won by Dr. F. E. Stark, of Cobalt, Ont., who submitted an exquisite article in petit point—pastel flowers on a white background. The second prize was taken by Mrs. M. P. Phare of Toronto with an exotic and colorful cosy in lacquer red hand tooled leather combined with the same shade of crepe de chine. The third prize went to Mrs. M. McConkey, also of Toronto.

The variety of materials and designs used in making these cosies showed much originality. Leather, raffia, wool—knitted, chocheted and woven, cotton, silk and linen applique were used extensively. Among the hundreds of cosies entered by women, were almost a dozen entered by men. These also showed fine workmanship and clever designs.

ANGEL CAKE

Angel Cake and ice cream is a popular summer dessert, but with eggs over three cents each, only a few households will make Angel Cake. But a very nice sponge cake (the same family as Angel Food) can be made with only three eggs. The flour used in this cake must be very fine, with a delicate gluten that expands readily to give a fine texture.

Hot Milk Sponge Cake

1 cup sifted cake flour
1 teaspoon baking powder
3 eggs
1 cup sugar
2 teaspoons lemon juice
6 tablespoons hot milk
Sift flour once, measure, add baking powder, and sift together three times. Beat eggs until very thick and light and nearly white (ten minutes). Add sugar gradually, beating constantly. Add lemon juice. Fold in flour, a small amount at a time. Add milk, mixing quickly until batter is smooth. Turn at once into ungreased tube pan and bake in a moderate oven, 350 degrees F., 35 minutes, or until done. Remove from oven and invert pan 1 hour or until cake is thoroughly cold. This cake may also be baked in two very lightly greased 8x8x2-inch pans in moderate oven, 350 degrees F., 25 minutes, or in a 12x8x3-inch loaf pan 30 minutes.

With fresh peaches on the market, a good recipe for a dessert-cake dish is a boon to every housewife—and its made with one egg.

Peach Upside Down Cake

1 1/4 cups sifted cake flour
1 1/4 teaspoons baking powder
1/4 teaspoon salt
3/4 cup granulated sugar
4 tablespoons softened butter or other shortening
1 egg, well beaten
1/2 cup milk
1 teaspoon vanilla

4 tablespoons butter
2 cups sliced peaches
1/2 cup brown sugar, firmly packed.
Stir flour once, measure, add baking powder, salt and sugar and sift together three times. Add butter. Combine egg, milk and vanilla. Add to the flour mixture, stirring until all flour is dampened; then beat vigorously 1 minute.

Melt 4 tablespoons butter in 8x8x2-inch pan or 8-inch skillet, over low flame. Add brown sugar (1/2 teaspoon nutmeg may be mixed with brown sugar, if desired); stir until melted. On this arrange peach slices. Turn batter over contents or pan. Bake in moderate oven, 350 degrees F., 50 minutes, or until done. Loosen cake from sides of pan with spatula.

OLD GRAND MANAN

A 'Down East' Isle Which is Part of Canada —
Home of Simple Fisher Folk — Where Modernity Has Not Yet Penetrated and Old Ways Remain.

NORTH HEAD, Grand Manan, N. B.—Only a dozen miles off the eastern Maine coast is the Isle of Yesterday. Washed by the Fundy's mighty tides and frequently wreathed in Western Ocean fogs, the dim outline is, however, barely visible from the mainland except when, now and again the summer sun pierces the mist to cast a shaft of light upon the rocky, fir-tipped heights. Then the dweller along this far eastern coast between Machias Bay and Campobello—the Roosevelt summer home—strains his eyes seaward, saying, "Ah, there's old Grand Manan once more."

Years ago a handful of fisher folk dwelt here. They were of English, Irish and Scottish extraction and a rough lot, like other islanders off the rocky New England coast. If the old-time Block Islanders and Nantucketers were, as some would have you believe, wreckers who have lured good ships to destruction upon sea-swept rocks, then the early men of Grand Manan were equally lawless in their smuggling of brandy and gin and fine silks. For they were just about on the boundary between the United States and Canada.

They figured largely in the long dispute over that boundary which was finally settled in the Ashburton treaty much criticized at the time. Some of the border folk on Grand Manan and along the St. Croix River wanted to be under the Stars and Stripes and some declared allegiance to the Union Jack. Hot were the words among them and many the clashes, especially on the Isle of Yesterday.

But the treaty made Grand Manan part of New Brunswick and along the border today, as it runs from this remote island off the coast up the placid St. Croix far into the north woods, making Lubec and Eastport and Calais American and St. Stephen, Campobello and Grand Manan British, you will still find few who agree that the American Treaty was just. Indeed, there are not wanting those who are so bold as to declare that the men who signed it, having toasted one another often and heartily (after the fashion of those lusty days, at length reached a "gentlemen's agreement," and compromised somewhat tipsily between the British claim that the boundary should be the Penobscot River, or even the Kennebec and the American demand for the whole of southern New Brunswick.

Dispute Smolders Still

"Half of your Maine morally belongs to us," the St. John man will tell you. And, "they were all in their cups when they turned Grand Manan over to Britain," the Eastporter still insists. However, when at Eastport, or Calais you board a neat little motor steamer that runs three times a week out to the Isle of Yesterday, and is its sole link with the world, you will meet upon your arrival there fewer customs formalities than perhaps at any frontier post in the world. For all contentions over ownership was long ago forgotten on Grand Manan, if not along the mainland frontier. On the Isle of Yesterday are the manners of

Serve upside down with peaches on top. Garnish with whipped cream.

HOUSEHOLD USES FOR SALE

The wicker furniture on the verandah or sun porch is easily cleaned and kept looking like new. Washed in strong salt water, rinsed with plain water and dried in the sun, your chairs and tables will appear as if freshly painted. Do not use any soap.

yesterday, the hospitality, the kindly word and the good intent. You step into the part as you land on the seagirt island that is a kind of combination of Block Island, Nantucket and Newfoundland with a touch of the Scilly Isles of the English Channel.

Grand Manan has today a population of some 2,000, but only recently has modernity appeared in the form of automobiles and the radio. The only movie theatre is a "silent," one of the fourteen such said still to exist in North America between the arctic circle and the Guatemala jungles. It shows pictures featuring Ring Lardner and Marguerite Clark and Mack Swain, and on Saturday nights the fisher folk drive to Northern Head village, where, in an old barn, it is located, from Woodward's Cove and Seal Cove, Dark Harbor and Southern Head. Mostly in horse-drawn vehicles they come because the automobiles belong chiefly to the people "from away," here for the short Grand Manan summer, and are strongly disapproved anyway by the older residents.

When the smuggling days were ended by the boundary agreements and a joint pact to suppress it ruthlessly the Isle of Yesterday turned to the fisheries alone for its livelihood. And today Grand Manan's business is fish and then more fish. It takes fish, thinks fish and eats fish. The last is not so monotonous as it sounds, for around Grand Manan you may catch twenty varieties. And the things a Grand Manan housewife can do with even the unpretentious hake, would astonish a Norwegian cook. Moreover there are lobsters in plenty. You can buy them for ten cents each, and in some form or other they are part of every Grand Manan repast. Scallops, large and juicy, are raked from the bottom twenty fathoms down off Fundy's mouth also, while even the herring—"hairin," on the Isle of Yesterday—can be handled by an island cook in a fashion altogether to conceal its identity.

An Almost Legendary Isle

Twenty years ago Grand Manan was a remote and little-known sea isle. The very name conjured up all sorts of visions along the coast to the westward. Beyond Boston, indeed, it was scarcely known at all, and you might have sought in vain at the tourist offices for knowledge of it. Smugglers, wreckers, pirates and such rough folk were generally associated with it, even in adjacent New England. Few outsiders had been there to find that it was really the far-set abode of a kindly, simple fisher folk who practiced the Scriptural code they they subscribed to, who really lived according to the Golden Rule. Rough their forbears may have been, even as the forbears of the placid folk of another solitary isle at sea today, the Isle of Pitcairn. But, even as there, a transformation has come to pass on Grand Manan.

Recent years, too, have brought to the world, to that immediately adjacent at least, a degree of familiarity with the Isle of Yesterday.

It has the "summer boarders" now, a few of them, and the little vessel from the mainland brings an occasional automobile which is laboriously hoisted ashore onto the old wooden wharf along side which lies the fishing boats of the bold Grand Manan toilers of the sea. At the main settlement, known as North Head, is the landing place, just inside a mighty promontory of black jagged rocks with a lonely lighthouse atop, where,

the friendly hands of the islanders are outstretched to you from the top. And it is a symbolic gesture, too, for figuratively speaking the hands of Grand Mananers are always extended you in kindness of welcome. In the homes of some of them you may find warmth of greeting and home fare for as long as you care to stay and at a price that no more than pays for the bare cost.

The Hotel Marathon

There is, at North Head, a hotel of sorts. It bears the curious name of Hotel Marathon, just why nobody is able to tell you. Somewhat ancient of origin it has been added to from time bodies every known style of wooden construction. But it is not without comfort and its fare is ample, if homely. The high culinary motif, of course, like that throughout Grand Manan, is fish. But if you think a good deal of fish in your diet can get monotonous, why, you'll be surprised on the Isle of Yesterday. Moreover, native beef and mutton are not lacking, neither chickens, ducks, geese and certain small game birds habitant on Grand Manan. Everything is local. You note in the general store "fresh farm butter, 25 cents a pound," "newly laid eggs, 17 cents a dozen," and "cream, 15 cents a pint." No wonder ten dollars a week, or even less, is the customary charge for "rusticators'" entertainment on Grand Manan.

If the fisheries should ever fail it would go hard with the Isle of Yesterday, but of that there is little fear. As it is, no suggestion of depression has even become evident here, no thought of poverty or want. The very words are not included in the Grand Manan vocabulary. Why should they be, indeed? For here nature has provided for the needs of men with something of the same all-seeing beneficence as in the South Sea Islands. The sea yields, the soil produces. And so rich here is the foliage, so rapid the growth during the warm months and so fecund the soil, that you could almost fancy yourself in one of those islands. The moisture of the air, the sea fogs, heavy with fine mist, the generous rains of late spring, all contribute to a production of the soil as nutritious and as satisfying as that of Sweden or New Zealand. Few parts of America know such vegetables, and later in the summer, such luscious berries as you will find on the Isle of Yesterday. The sleek cattle remind of the matchless herds of the Argentine pampas and their rich yield of milk is a revelation to the vacationist from the city who has been wise enough to make his way far down East to Grand Manan.

Life here, for visitor or native alike is one of simplicity and remoteness from most of the world's concerns. Rarely does a newspaper reach Grand Manan, and then chiefly from Eastport or Calais, or possibly St. John up the Bay. Men talk of the fisheries and of the weather, possibly now and then of New Brunswick politics. Deals, new or old, do not concern them, for they are not affected. They pay to New Brunswick a small tax, but outside of that Grand Manan is practically a little world of its own, unchanged in any material degree through these many years, a community of the manners, the God-fearing simplicity, the contented industry, and above all the kindly good will to men, of long-past days.

It pays to advertise in The Daily Mail.

years ago, a great sailing ship bound into the Bay of Fundy from overseas was lost with all hands.

Here at the mouth of Fundy the tides rise and fall eighteen or twenty feet, and sometimes the steamer's upper deck is far below the flooring of the wharf. Then you must climb precariously ashore by a ladder leading upward at an ominous angle, while to time, always in a different manner of architecture, until it startlingly em-

R. & M. Beverages

South Devon, N. B.

Manufacturers of
High Grade
Carbonated Drinks

When Thirsty Ask
For R. & M.

PROFESSIONAL

DR. J. C. McMULLEN
Dentist
X - RAY

Hours: 9 a.m.-1 p.m. 2 p.m.-5.30 p.m.
Phone 504 Loyalist Building

G. I. NUGENT, M. D.

333 BRUNSWICK STREET

Phone 808.

FREDERICTON, N. B.

Hanson, Dougherty and
West

BARRISTERS, SOLICITORS, Etc.
Carleton Chambers,
61 Carleton St. : Fredericton

DR. G. R. LISTER
: Dentist :

QUEEN STREET : Below Regent
Phone 531-11
Burchill-Wilkinson Building

LISTER and EMBLETON

DRY and FANCY
GOODS

CLOTHING
BOOTS and SHOES
GROCERIES
PROVISIONS
GENERAL
MERCHANDISE

McAdam Junct, N.B.
Phone 29

CRAIG'S GARAGE

A Good Place to Stop
For Gasoline, Oil, Tires, Batteries and Accessories.
2 MILES WEST OF HARVEY ON McADAM AND ST. STEPHEN
ROAD

BRIGGS & LITTLE Woollen Mill

PURE WOOL YARNS

Over Sixty Years of
Continuous Operation

Experience in Manufacturing a
High Quality Product

York Mills - - - N. B.

"LIME"

The Well Known "SNOWFLAKE" Brand
\$3.25 per cask \$2.00 per bbl.

Devon Lumber Co., Ltd.

Phone 316

Harvey Creamery Harvey Station, N.B.

(The Home of the Pure Bred Jersey Herds)

Butter being our only product, we
specialize in the manufacture of the
highest quality possible.

During June and July we manufac-
tured 80,000 lbs. of butter and we did
not have sufficient to fill our orders.

Quality counts — and when you buy
Harvey Butter you are sure of getting
a fine quality product.

Agents for Subscriptions to
THE DAILY MAIL

WHITE'S DRUG STORE
McADAM

HALFORD'S ICE CREAM PARLOR
HARVEY

SWAN'S GARAGE HARVEY, N.B.

Genuine FORD Parts and Service

General repairs to all makes of Cars
Cylinders Rebored and honed
Gutta Percha Tires and Tubes
Acetylene Welding and Brazing
New and Used Parts for Ford and Chevrolet Cars
Wrecking Service Trucking

Dry Cleaning, Dyeing and Pressing

Called for and Delivered.

Truck Service to Minto and Chipman
Mondays and Thursdays.

To Harvey and McAdam Tuesdays
and Fridays.

Buzzell's Dye Works

PHONES 487 — — — 276 Queen Street
365-11 — — — 82 Regent Street