

Of Interest to Women

MODERATION - GARDENING

What does moderation mean?

Moderation means that in the matter of sleep or rest we take an extra hour in bed each night whether we sleep or not, or that during the day we snatch a few minutes rest by lying down, completely relaxed. Gladstone knew how to rest for a few minutes at different times during the day, and Edison, although he got along on four to six hours' rest at night, always had a couch in his workroom on which he could relax at times during the day.

In the matter of food, moderation means cutting down on all food by 25 per cent, and perhaps as much as half on meat and eggs if our work is indoors and sitting down. If we do real physical work food need not be reduced in amount.

In the matter of exercise moderation means simply regular walking daily or golfing two or three times a week. Badminton or tennis should be played only by tennis players who have kept up their game; it is dangerous for others.

Fall is the Time to Start a Fern Bed

Most gardeners would like a fern bed. The time to prepare for them in the latitude of the northern United States is in the fall. Then the spot will be ready for early spring transplanting. It is very inexpensive and not at all difficult. Most of us have a north spot around the house where it is difficult to persuade plants to thrive. Often the soil is perpetually moist and is inclined to cover itself with moss. This is the spot for a fern bed.

The study of the varieties of ferns in any given locality is a never-ending source of delight to one who appreciates beauty in foliage. But for the beginner it is best to start with the common varieties of the neighboring woods.

In starting a fern bed, dig out the area decided upon to a depth of 15 or 18 inches. During the fall, as you rake leaves, pile them in this spot. Heap them up, and then soak thoroughly with water. They will mat down and sink. Each few days, pile on more leaves and repeat the soaking. Tramp them down solidly each time they are watered.

Just before the last application of leaves, late in the fall, spread two inches of peat moss over the bed. Then heap again with leaves and soak. In the spring, the whole mass will be sunken below the ground level and should be filled in with woods' soil. This soil may be gotten in any grove of hardwood trees. Scrape off the surface layer of leaves and beneath is the decayed humus, accumulated through the seasons.

In transplanting ferns, the best time is a cloudy day, immediately following a rain. The native varieties are

beautiful and easy to grow. A fern bed is a delightful addition to any garden.

Raisin Mocha Cookies

(By Mrs. C. C. Stephenson, 39 Weldon street, Moncton)

1 cup Jewel shortening, 1 cup granulated sugar, 2 eggs, 1 cup molasses, ½ cup coffee, 2 teaspoons baking soda, ½ teaspoon cinnamon, 1½ teaspoons ginger, 1 teaspoon salt, 1 teaspoon cloves, 4 cups flour, 1 cup seeded raisins, 1 cup seedless raisins.

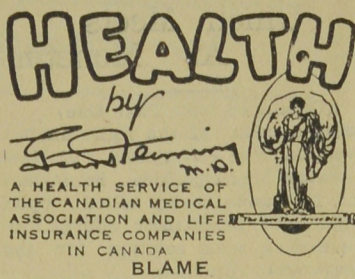
Cream the shortening and sugar, add the beaten eggs, then coffee mixed with soda and molasses. Next add the sifted dry ingredients and lastly, the floured raisins. Drop by large spoonfuls on a greased cookie pan and bake in a moderately hot oven, 375 degrees for about 15 minutes. These cookies may be used as soon as baked but are better if left in cookie jar over night.

Start Small Fruits in Early Autumn

Late August or early September is a favorable time to start small fruits. Transplanting or setting out new plants in the early fall has a number of advantages for the home gardener. It permits the work to be done at a season when there is more time than in the rush of early spring; it gives the plants an opportunity to "set" their roots before the ground freezes and they are then ready to start growth immediately in the spring. One can often secure plants from neighbors or farmer acquaintances and bring the plants directly to the garden. Thus one can see that good, thrifty plants are secured and also the plants do not have to wait over in express offices or post offices.

Some gardeners make the mistake of thinking that strawberries, raspberries, blackberries, currants and gooseberries do not need as good soil as flowers and vegetables. To grow good fruit the soil must be fertile and mellow. Plow or spade deeply. Do not, when transplanting anything put commercial fertilizer or dressing in the hole. If this is done, the roots of plant, be it flower, vegetable, or fruit, will centre right in that spot. In a year the roots will be a closely gnarled ball instead of a widely spread system drawing nourishment from a large area.

In setting strawberries, spread the roots like a fan, and be sure that the crown of the plant is just level with the soil. If too low, it decays; if too high, it dries up. There is much difference of opinion as to the advisability of putting water in the hole before planting, putting water on after planting, or not watering at all. Many experiments have convinced the writer that best results are obtained when transplanting is done after a thor-



BLAME

The more we understand human behaviour, the less do we blame the child or the adult for behaving in what is, to us, an undesirable way.

Janet, a girl in her teens, has always quarrelled. She has never seemed able to play happily with her elder sister, and at school her life has been a continuous battle with the other children.

Eventually, as so often happens in such cases, Mary broke one of our laws and found herself in court. It was then that someone realized it would be desirable to study Janet and so try to find out the reason for her behaviour, in order to help her.

Mary's life at home had not been happy. True, she was often enough in the wrong, but to her that seemed to be of no importance because her parents blamed her no matter who was at fault.

Her school life was not much better. She had difficulty with her school work and she was blamed for this, being called stupid and lazy. Her teachers disliked her because she was a nuisance to them.

No one seemed to realize that Janet's fighting back and her quarrelling were perfectly natural things for her to do under the circumstances. She did not create the home or school situation so she certainly was not to blame.

In the home, Janet felt insecure. She was blamed and to her, the blame was unfair so she struggled to assert herself which is a much more healthy thing to do than to lie down and accept the situation.

Janet's intelligence is below normal, which would account for her difficulty with school work. She has no control over the intelligence with which she is born, so no blame can be attached to her on that point.

This problem did not, as a whole, arise because the child was of poor intelligence. That is merely an incidental. Janet is a problem because she has not been treated with understanding. It is the treatment, which she has received—the lack of understanding—which has brought Mary to the court as a delinquent. Janet would have grown up to her present age a healthy child if her parents and the school had been able to give her sympathetic and understanding guidance which would have made her feel secure in her home and in society.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St., Toronto, will be answered by letter.

SCOTTISH FARMERS ASK CURB ON OATS

Ferguson Will Be Seen On Canadian Supply

GLASGOW, Scotland, Sept. 23 — That Canada was going beyond a "gentleman's agreement" in regard to the export of oats to Great Britain was the claim made Saturday at the meeting of the executive of the National Farmers' Union of Scotland.

A delegate said that the tariff of oats had practically stopped importation from foreign countries, but that Canada "unfortunately in sending in what the foreigner used to send, and doing it at a rather a small price".

The executive agreed to join with other interested parties in a direct approach to the Canadian High Commissioner in London on the matter.

Another speaker declared that it did not matter to the Scottish farmer whether he was ruined by a foreigner or a Canadian. The fact remained that unless this was stopped the Scottish farmer would be ruined.

The question of a subsidy for the Scottish oat farmers will be taken up again with the Government.

ough rain and no extra water is used. Next best results have come by putting water in the hole before the plant is set, then covering the roots with some soil, applying more water, and then filling in with soil. No water is used on the surface.

The vine fruits and bush fruits should be set two inches deeper than they were before digging. The previous soil level mark is plainly seen. To grow raspberries and blackberries by the hill system which is probably the most satisfactory for the home garden, the plants should be set four feet apart. Six or eight canes make a good hill. Each season the canes which have fruited are cut out as soon as the fruit is gone.

If one wishes currants and gooseberries, first of all get in touch with local authorities to see if there is any regulation against them. Those bushes are hosts in the life cycle of the white pine blister—a serious enemy of these beautiful trees.

SINCERITY

Professor Norman Rogers, one of the native sons of this province, who is contesting Kingston, had some forcible things to say about sincerity. The question of sincerity has during the past election risen into more than ordinary prominence, because the public is in the very determined frame of mind where it wants to know whether or not men are saying what they mean and meaning what they say. They want to know what guarantee they have that they will do what they say they will do. This condition has been brought about largely through the utter failure of Mr. Bennett to meet the great hopes he raised in 1930, making uncounted pledges which he knew when he made them, he could not possibly fulfil. The public therefore are asking if it is just to try to win another election, or does what they say really mean something, and is there any guarantee it will be carried out?

So we find an excited tumult to prove that Mr. Bennett is sincere, that Mr. Stevens is sincere and so on. Professor Rogers emphasized that sincerity itself is not enough. A man may be perfectly sincere and entirely wrong. For example he spoke of the man in the insane hospital who imagined himself to be the King of England. When the people approached him as if he were the King he was quite gratified. He amused himself with writing checks and giving them away. He was perfectly sincere in his belief, but all the sincerity in the world would not make the checks worth anything.

We need not go into the subject of sincerity. We may assume that each leader, according to his lights, intends to serve his country to the best of his powers, but that does not preclude the public from reaching its own decision about the value of his policy, or in knowledge whether it will be carried out or not. In this regard Mr. King stands in an entirely different position from either Mr. Bennett or Mr. Stevens.

Mr. Bennett's pledges in 1930 were of his own making, they were not the considered finding of his party, and were in consequence never carried out. His present pledges were never so much as hinted at before parliament dissolved, they are in no sense the findings of his party, they have nothing behind them except Mr. Bennett himself, which affords no guarantee of their ever being fulfilled.

The same is true of Mr. Stevens, but the policy of the Liberal party is not the work of one man but of the party itself, endorsed by the Liberal members of parliament, and by the National Liberal Federation and affiliated organizations from coast to coast. When Mr. Bennett fell ill, he himself says, his program was held up. But in the event of any untoward happening befalling Mr. King, it would make no difference to the policy, for an entire party is behind it, presses for it, and herein lies the guarantee that it will be done. Any other course leads to one-man control, the sorry sort of thing we have been having in this country for the last five years with such miserable results. As to sincerity, a man may believe Paris Green will cure a cold, but the fact that he is sincere, makes no difference to the result. Sincere men we must have, but something more than sincerity is demanded. Canada must have right policies to set the country on its feet. Mr. Bennett's record has not been a happy one. Mr. King in 1921 took over when the country was on the verge of despair, turned its deficits into surpluses, paid off two hundred millions of debt, reduced taxation cut out the nuisance taxes, and encouraged trade with the world. Canada needs just such again to lift it out of its desperate condition.

CERTAINLY NO HORSES

OTTAWA, Sept. 23—Royal Canadian Mounted Police headquarters at Ottawa was amused by a story from Macleod, Alberta, that rapid mechanization of the force was indicated by the fact that not one saddle horse is stabled at the police barracks there.

There are no Mounted Police horses at Macleod for pretty much the same reason that there are none in Noah's Ark. Once headquarters in Southern Alberta for the riders of the plains, Macleod is all but deserted today, the famous old post being manned by one lone constable, who gets about on shank's pony.

The thriving city of Lethbridge has superseded Macleod. It has 33 officers and men of the famous force and 22 saddle horses. The R.C.M.P. have nearly 300 horses throughout Canada, including 50 in Ontario and over 200 in the four Western Provinces. They have more saddle horses this year than last.

Mechanization may be increasing but not at the expense of horseflesh. The Mounties have 385 passenger automobiles, 30 motorcycles, 19 motor trucks, 3 railway gas cars, 8 bicycles and several fast cruisers on the Atlantic and Pacific Coasts. They use every means of transportation. General Sir James MacBrien pilots his

CANADIAN TARIFFS ENTER THE HOMES

Taxing Articles on the Pantry Shelf Makes Hubbie's Pay Envelope Shrink Up

It will be generally admitted that, in view of the percentage of the vote they hold, Canadian housewives have never shown any great interest in national politics and the attendant election spasms. This seeming neglect or disinterestedness is hardly to be criticized. On the contrary, it is easily understandable when it is realized just little bearing the political economy of the campaign orator, poured forth under such headings as tariff schedules, trade balances, surtaxes, has upon the business with which they are concerned.

Their interest is in the pay envelopes and prevailing retail prices, and when political economy is reduced to its rational importance and discussed in terms of its "effect upon the pantry shelf" the housewife not only understands but is vitally interested. Mrs. Charles Thorburn, O. B. E., of Ottawa, translated it into those terms in an address delivered at Toronto on how tariffs and surtaxes had shrunk the purchasing power of the housewives' dollar "by 25 per cent".

Mrs. Thorburn who shared the platform with Mr. Samuel Factor, K. C., and Mrs. J. C. McRuer, K. C., Liberal candidates in the Spadina and High Park constituencies, did not talk in generalities. Her interest was not the theoretical merits of high tariffs or low tariffs, but the actual effect of a boasted high-tariff policy upon the commodities of daily consumption in every home in this country in illustration of what the effect had been. Mrs. Thorburn went direct to the shelves of the grocer, the druggist and the general merchant and compared the prices of the "trade brands" he carried with the prices of the same brands in the United States. Her selection did not include imported merchandise, but only those products manufactured or fabricated both in Canada and the United States.

By her comparison she was able to show a difference of 12 cents a pound on coffee; on mayonnaise dressing, 18 cents on identical quantities. Matches costing 50 cents for six boxes in Canada sold six boxes for 21 cents in the United States. Pancake flour showed a spread of 4 cents; relish a difference of 6 cents on a single jar. Electrical appliances carried a spread ranging from 50 to 140 per cent; razor blades costing 50 cents in Canada sell for 37 cents in the United States.

own aeroplane on trans-Canada hops; and in the Arctic region, within a few hundred miles of the North Pole, the gallant Redcoats travel by snowshoes and dog-team to "get their man."

There was a 10-cent spread on a tube of toothpaste; 9 cent on a tube of shaving cream. And so her comparisons ran, but always with the lower prices in favor of the United States consumer.

"There is only one factor that would compensate Canadians for paying higher prices than the United States, and that is that higher wages were being paid in Canada", Mrs. Thorburn declared. "Every one knows that the reverse is the case. Wages are low in Canada than in the United States".

Backed by such facts, capable of extending them to include virtually every article of food and clothing that enters the home, is a little wonder that the speaker has been led to the conclusion, and no doubt thousands of other women will be also, that "Canadian women are being penalized by the existing Government of Canada for living in Canada". There is, as Mrs. Thorburn very clearly pointed out, but one means of overcoming that penalty. Canada is not self-sufficient and must buy abroad. To do so she must sell abroad. It is the duty of the housewives as "the spenders of the nation's money" to see to it that foreign markets are expended and on a tariff basis that will permit of a mutual exchange with those countries Canada would do business with.

LISTER and EMBLETON

DRY and FANCY GOODS

CLOTHING
BOOTS and SHOES
GROCERIES
PROVISIONS
GENERAL
MERCHANDISE

McAdam Junct, N.B.
Phone 29

BRIGGS & LITTLE Woollen Mill

PURE WOOL YARNS
Over Sixty Years of Continuous Operation
Experience in Manufacturing a High Quality Product

York Mills - - - N. B.

McClary's Magnet Wood Furnaces

1. For 30 years "MAGNET" has retained its leadership among wood burning furnaces.
2. It delivers a maximum amount of heat with a minimum of firing.
3. It will produce results for you year after year.
4. If after years of service any part need replacement you can always get repairs from the old established manufacturers McCLARY'S at lowest possible cost.

Albert J. Gunter PHOENIX SQUARE (Opp. City Hall)
PHONE 290 Write us for folder describing THE WONDERFUL MAGNET FURNACE

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

Adds Zest to the Meal

"SALADA"
TEA

SWAN'S GARAGE HARVEY, N.B.

Genuine FORD Parts and Service

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

TOUR the WORLD!

with the New 1936
PHILCO only \$69.95

Thrill to programs from foreign stations all over the world with this new Philco 3610B. You will be amazed at the quality of reception on both long and short-wave stations. Beautiful satin-finished cabinet. Sensational value!

Liberal Trade-in Allowance EASY TERMS

Ryan's Electrical Dept.

55 Carleton Street

Fredericton

(With Philco All-wave Aerial, \$75.95)

