

Of Interest to Women

FRUITS THAT ARE NOW IN SEASON - PLUMS AND GRAPES

(By Betty Best)

The beautiful color of autumn leaves has a rival in the gorgeous hues of the fruits in season at this time of the year. Apples, plums, pears, quinces, grapes, and pumpkins are so good to look at that they have been made the subjects of many fine still lifes (or is it lives?)

But the decorative quality of fall fruits can't be compared with their delicious flavor and their great usefulness in the diet. So many of the needed but often neglected food elements are contained in fruits that every person who wants to keep healthy is certain to include them in his food supply at least once a day if not at every meal. In fact, careful study at the Mayo Clinic in Rochester Minn., resulted in the conclusion that as a general rule, every adult should have two pounds of fruits and vegetables daily.

Raw fruits have a greater food value than cooked ones—cooking destroys precious constituents, particularly vitamin C. And be sure to eat the skin! A big bowl of fruit should be prominently placed in every home, convenient for the between meals snacks, especially if there are growing children in the family.

Fruits, of course, may be made into many delicious desserts. They are equally good as meat accompaniments or, as in the case of apple fritters, a main course at luncheon or supper.

Grape Jelly

Grape Jelly is so full of color and flavor that you will surely want to have your shelves well stocked with the glistening glasses. It's a perfect filling for jelly roll and has many other uses.

4 cups (2 lbs.) juice of grapes.

7½ cups (3 1-4 lbs.) sugar.

½ bottle fruit pectin.

Stem about three pounds fully ripe grapes. Concord grapes give the best color and flavor. Crush thoroughly. Add ½ cup water, bring to a boil, cover, and simmer ten minutes. Place fruit in jelly bag or cloth and squeeze out the juice. If using Malaga or other tight-skinned grapes, use ¾ cups grape juice and add the strained juice of two medium-sized lemons.

Measure sugar and juice into a large saucepan and mix well. Bring to a boil over the hottest fire; at once add the ½ bottle fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, and pour quickly into clean glasses. Paraffin hot jelly at once. Makes about 11 glasses.

For a Spiced Grape Jelly, use 4½ cups juice, 8 cups sugar and ½ bottle fruit pectin. Stem and crush grapes, add ½ cup apple vinegar, 1 teaspoon cloves and 2 teaspoons cinnamon. Bring to a boil, cover and simmer 10 minutes. Then proceed as above.

Grape Vine Cocktail

1-4 grape juice

1-4 lemon juice

½ gin.

Shake well with ice and serve in cocktail glasses. For a tall drink, mix and pour into large glass. Add ice cubes and fill with carbonated water.

Plum Relish

3½ cups prepared fruit.

6½ cups sugar

½ cup vinegar

½ bottle fruit pectin

1 teaspoon each cinnamon, cloves and allspice.

Pit, but do not peel, about 2 pounds fully ripe plums. Grind or chop fine and add spices, or any other desired combination in equal amount. Measure sugar, fruit and vinegar into large saucepan. Mix well and bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Boil hard for one minute. Remove from fire and stir in bottled fruit pectin. Skim; pour quickly into glasses or jars. Paraffin at once. Makes about 10 6-oz. glasses.

GROWING PERENNIAL PHLOX FROM SEED

Phlox is one of the best of the hardy perennial flowers and could be grown much more extensively than it is today. Raising plants from seed is an easy and comparatively inexpensive method of propagation. Magenta shades will likely predominate in plants produced in this way, but sufficient other shades and colors will appear to give a pleasing assortment. While most of the seedlings will be inferior in size and colour to standard varieties, occasionally a plant worthy of special note will appear.

Most varieties when not cut heavily, produce a considerable amount of seed. This seed should be allowed to ripen thoroughly before being cut. Best re-

J. D. CHASE IS ELECTED PRESIDENT OF CUSTOMS EXCISE ASSOCIATION

Annual Meeting Saturday — T. R. L. MacInnis, Ottawa, Addresses Convention — New Officers Elected — Banquet and Entertainment Feature of Convention — 1936 Meeting in St. Stephen.

J. D. Chase, Fredericton, was elected president of the New Brunswick and Prince Edward Island Branch of Customs and Excise Officers' Association at the association's annual meeting in the Oddfellows' Hall here Saturday night. Mr. Chase, who had been first vice-president for the past two succeeds S. C. Tippet, of Saint John. T. R. L. MacInnis, of Ottawa, past president of the Civil Service Federation, assistant Secretary of the Department of Indian Affairs, and editor of the Civil Service Review, the official organ of the Civil Service, addressed the seventy-five or more delegates following the completion of routine business by the association. The 1936 convention will be held in Saint Stephen, the date to be decided on by the executive.

The convention, which opened at the Nu-Palms where the delegates were entertained at a banquet early in the evening, was officially opened by the retiring president, Mr. Tippet. F. P. Colter, Collector of Customs in Fredericton, welcomed the delegates in a brief address. Following the banquet, they retired to the Oddfellows' hall, where the routine business of the association was dealt with, and officers elected.

New Officers

A distinguished and well deserved honor was paid C. F. Tilley, Saint John, when he was presented with a gift by the association and asked to take a seat of honor at the head table. This is Mr. Tilley's forty-eighth year as Chief Clerk of the port of Saint

John. He is the only active civil servant in the Maritimes and possibly in Canada, with such a record. The new officers, elected by ballot, are made up as follows: President, J. D. Chase, Fredericton; first vice-president, L. H. Webber, St. Stephen; second vice-president, J. L. MacCoubrey, Saint John; secretary-treasurer, F. C. Spittell, Saint John. The members of the executive are made up of collectors throughout the New Brunswick and Prince Edward Island and officers of Saint John. The collectors are as follows: A. L. Hoyt, Saint John; A. R. Goucher, St. Stephen; J. A. Watson, Woodstock; D. G. Hanson, St. Andrew's; F. P. Colter, Fredericton; J. A. Girouard, Moncton; L. W. Goodwin, Charlottetown; K. V. Travis, McAdam; and A. E. Landry, Bathurst. The following officers of Saint John complete the executive: J. L. Mullaly, F. F. Dykeman, A. P. Trecarten, F. A. Scott, C. E. Harrington, George Hay, W. G. Haslam, C. W. Carvell, F. M. Cook, I. D. Cameron, S. C. Tippet, as retiring president, and R. F. Logan, Dominion vice-president for N. B. and P. E. I.

Mr. MacInnis

Mr. MacInnis, in his address to the delegates, outlined the situation of the Civil Service Federation of which he is a past president, and told of the work the Federation has done to improve the conditions of civil servants at large. He appealed to those present to try to make the civil service more efficient both for the servants and the public. He pointed out that it will be necessary to educate the public to appreciate the civil service of Canada as much as the public of Great Britain appreciates the civil service of that country.

He touched on the question of superannuation, and advocated the setting up of an appeal board within the civil service which would deal with any grievances that might arise. He also advocated permanent positions for all civil servants so that all would come under the minimum and maximum salary group.

Entertainment

Following the completion of business refreshments were served and entertainment provided. E. Douglas Terry sang two solos which were followed by a violin solo by Herbert Webber. Both were accompanied on the piano by J. Harrison Wade. Frank VanStone rendered readings and impersonations, and Violet Darlington, youthful tap-dancer, entertained with a singing and tap-dancing number. She was accompanied on the piano by Walter McGinn. Several games of "Bingo" were played by the delegates and a raffle was held before the convention came to a close.

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Nationalistic Money

For some time the feeling has been growing in the United States that Great Britain has become less and less interested in exchange stabilization. On May 13, Secretary Morgenthau made a bid for a pound-dollar understanding. Mr. Neville Chamberlain, Chancellor of the Exchequer, answered soothingly. Then Secretary Hull, perhaps the most zealous pro-stabilizer in the world, through the newspaper correspondents, issued an invitation to Sir Frederick Leith-Ross, economic adviser to the British Government, to come to Washington. Sir Frederick never came, and is now in Japan on his way to China, where he may yet add that country, distracted by the uncertainties of American silver policy, to the so-called "sterling bloc", or that important group of nations which have hitched their currencies to the British unit. Britain has appeared steadily less interested in stabilization. For this reason considerable interest attaches to Sir Arthur Salter's explanation of the British standpoint appearing in the current issue of Foreign Affairs.

Sir Arthur confirms the American feeling. He says frankly that the gold countries (meaning the United States as well) "delude themselves if they think that the sterling countries will return definitely to fixed gold parities except under very specific conditions; or if they think that these conditions can be satisfied within the space of a few months, or even of a few years". There is no difficulty in gathering from these plain words that the outlook for currency stabilization is bleak. But Sir Arthur, who is a pro-stabilizer, is afraid that nationalistic currencies may become perpetuated if some intermediate step is not taken. Therefore, he proposes that the American, British and French treasuries should come to some arrangement for maintaining specified ratios between these main currencies.

This in itself is a kind of stabilization. From Britain's standpoint, however, it would not be stabilization on the gold standard. All that would be done would be to take the present rate, \$4.94 to the pound, and, by joint action between the two treasuries, maintain the rate within a range, say, of \$4.85 and \$4.95. Within this range the two treasuries (or central banks) could pool their exchange equalization funds in resisting any speculative attack up or down. It is intended that a similar arrangement should apply to France and the franc.

None feels the need more than this newspaper for a return to international order. Economic selfishness lies at the root of the present political detente. It seems to have become so imbedded in the consciousness of nations that any return to an international money system (for that is what, in fact, a system tied to the gold standard amounted to) is out of range of practical politics. The various units are prevented, in other words, from resuming their old relation under a common parent. The next best thing is to cultivate the cousinhood advocated by Sir Arthur Salter.

BALLOON IN RACE GOES 931 MILES

WARSAW, Sept. 21—The Polish balloon Warsaw landed yesterday near the railway station at Filonowo, thus making the longest flight of any of the 13 balloons entered in the James Gordon Bennett international air race which has come down thus far.

Filonowo is near Stalingrad and is 1,500 meters (931 miles) from Warsaw, where the race started on Sunday.

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