

NEWS OF SPECIAL INTEREST

FOR A CHANGE TRY SOME OF THESE

Recipes Contributed by Miss Gladys Baxter - Tested Rules For Tea Dishes - Economical Cakes For War-Time.

Tribby's. 1 cup of butter or butter substitute; 1-4 cup milk; 1 cup brown sugar; 1 egg; 2 cups oatmeal; 1 tablespoon soda; 2 cups flour; 1-2 teaspoon salt.

Cocoa Drop Cakes. 4 tablespoons shortening; 1-2 cups flour; 1-4 cup sugar; 1 teaspoon baking powder; 1-2 cup milk; 1-2 cup cocoa; 1 egg; 1-2 teaspoon salt.

Minuteman Almac. 1 cup bran; 1 cup molasses; 1 cup Graham flour; 1 cup cold water; 2 cups standard flour; 1 teaspoon salt; 2 teaspoons soda.

Wash trips carefully, cut in pieces about one inch square; cover with cold water and bring slowly to the boiling point.

ST. JOHN LADIES AT LOWER MILLSTREAM

Mrs. J. R. VanWart, Mrs. C. E. Harding and Miss Albee Estey as members of the United Baptist Women's Missionary Society paid a visit to Lower Millstream on Friday.

NEW BILL AT THE LYRIC.

Today affords the opportunity for witnessing the excellent first half of the week bill at the Lyric.

Mr. Donovan, the clever young juvenile who is making a big hit with "Alasce Lorraine."

Miss Lillian Leslie, the popular girl with the show, is in a class by herself when it comes to character songs and ballads.

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TO GO TO FREDERICTON

Miss Vanwart Appointed Domestic Science Teacher in Public School - At Present Touring Province in Interest of Food Conservation.

Miss Jessie Vanwart, daughter of Mr. and Mrs. J. R. Vanwart, has been appointed to the post of Domestic Science Teacher in the public schools at Fredericton.

HOW TO CAN SALMON

The canning of meats and fish is a difficult undertaking; success is not always certain, and it should never be attempted until the second or third year of canning experience.

Very full reports were read by the corresponding secretary, Miss Hume; the provincial secretary for Nova Scotia, Mrs. McLean, and Miss Slipp.

RAIN PREVENTED ST. STEPHEN TROT

Only One Trot in One Class Trottled on Thursday.

Starter D. J. Stockford returned Saturday from St. Stephen where he officiated at the horse races in that centre on July 4th.

Class "A," \$65 Worth of Oats. Lady Pondley, Lady Ashbrook, Little Gilly and Evelyn B.

Class "B," \$40 Worth of Oats. Bud Worthy, Bird Gardo, Rose Lumps, Ben Bourbon did not start.

Class "C," \$20 Worth of Oats. The other entries in the remaining classes were:

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EXECUTIVE OF MARITIME UNION

Mrs. David Hutchinson of St. John Presided at Meeting of U. B. W. M. Society at Wolfville.

The St. John ladies who attended the Executive of the Maritime Union of the United Baptist Women's Missionary Society held at Wolfville last week, spoke in very glowing terms of the interesting meetings and the amount of important business transacted.

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SPORTING NEWS AND GOSSIP

THE BIG LEAGUES

INTERNATIONAL GAMES.

At Jersey City - First game. At Binghamton - Second game. At Jersey City - Third game.

At Newark - Second game. At Baltimore - Second game. At Newark - Second game.

At St. Louis - Second game. At Philadelphia - Second game. At Detroit - Second game.

At Chicago - Second game. At New York - Second game. At Boston - Second game.

At Philadelphia - Second game. At Detroit - Second game. At Chicago - Second game.

At Cincinnati - Second game. At Philadelphia - Second game. At Cincinnati - Second game.

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INTERNATIONAL LEAGUE.

Syracuse 1; Toronto 0. At Syracuse - Toronto 0; Syracuse 1. At Toronto - Toronto 0; Syracuse 1.

At Baltimore - Baltimore 0; New York 1. At Newark - Newark 0; Baltimore 1.

At St. Louis - St. Louis 0; Philadelphia 1. At Philadelphia - Philadelphia 0; St. Louis 1.

At Chicago - Chicago 0; New York 1. At New York - New York 0; Chicago 1.

At Philadelphia - Philadelphia 0; Detroit 1. At Detroit - Detroit 0; Philadelphia 1.

At Chicago - Chicago 0; New York 1. At New York - New York 0; Chicago 1.

At Philadelphia - Philadelphia 0; Cincinnati 1. At Cincinnati - Cincinnati 0; Philadelphia 1.

At Philadelphia - Philadelphia 0; Cincinnati 1. At Cincinnati - Cincinnati 0; Philadelphia 1.

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At Philadelphia - Philadelphia 0; Cincinnati 1. At Cincinnati - Cincinnati 0; Philadelphia 1.

AMERICAN LEAGUE.

St. Louis 3; Washington 0. At Washington - Washington 0; St. Louis 3. At St. Louis - St. Louis 0; Washington 3.

At Philadelphia - Philadelphia 0; Detroit 1. At Detroit - Detroit 0; Philadelphia 1.

At Chicago - Chicago 0; New York 1. At New York - New York 0; Chicago 1.

At Philadelphia - Philadelphia 0; Cincinnati 1. At Cincinnati - Cincinnati 0; Philadelphia 1.

At Philadelphia - Philadelphia 0; Cincinnati 1. At Cincinnati - Cincinnati 0; Philadelphia 1.

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KNOW YOUR OWN COUNTRY

St. John River Valley The Garden of New Brunswick



The St. John is a lovely river, with a beauty all its own. There have been attempts to label it "The Rhine of America," but in the opinion of those who know and appreciate the St. John, its baptismal name is of sufficient distinction.

Draining an area of some 30,000 square miles, and with its principal tributaries furnishing some 1,300 miles of navigable water, the River St. John, after a course of 450 miles, discharges its flood through a narrow rocky gorge, where are the famous Reversing Falls, into the Bay of Fundy.

During the season of navigation there is a regular service between St. John and Fredericton, a distance of eighty-four miles. The journey commences at Indiantown, just above the Reversing Falls.

The boat's course for the first mile or two is between ferocious overhanging cliffs, which open into an island-studded and lake-like expanse—the confines of the Kennebecasis and the St. John. It, in turn, leads to a tortuous course, with sometimes high and sometimes undulating banks, through scenes of rare beauty.

Its very windings constitute one of the charms of a landscape of infinite variety, had peaceful banks they are, with an occasional quiet homestead reposing among their curves

and a primitive looking lighthouse standing on a point of land as a warning of the proximity of shoals. For the most part the land is thickly wooded. There are numerous park-like stretches, highly cultivated fields and orchards, and withal a most progressive and contented looking country, for this is one of New Brunswick's best farming districts.

What is termed the middle Upper St. John extends from Fredericton to the Grand Falls. This is not navigable for large steamers, but affords excellent opportunities for motor boating. The river seems to take on a different character, and the scenery, if possible, more beautiful than the lower portion. A line of railway owned by the Province, but operated as part of the Canadian Government Railways, runs by its lower shore to Woodstock, a distance of sixty miles.

One enthusiast in writing of this trip says, "You have the beautiful St. John River in sight all the way up and all the way down. Other railways run alongside other rivers, but there is generally something of a sameness in the view. Not so along this portion of the St. John. The variety of the view is what surprises and delights. Here you are up on a high piece of ground and the river is winding along in the distance as a huge silver snake, with cultivated flats and charmingly wooded heights in the farther distance. There you are running right beside the water, and whether you look up, down or across you see a subject for the landscape painter.

"Indian, Frenchman, Jesuit, Loyalist, each in his turn had his experience on the middle Upper St. John Valley. There is a world of history yet to be unfolded about what they said, wrote and did. If this is a country with a past, it is surely a country with a future. Most bountiful crops must come from that prolific soil, to be largely increased each ensuing year with the modern means of agriculture.

Above Woodstock the course of the St. John is through a magnificent pastoral country. Approaching the Grand Falls the scenery becomes wilder and more rugged. The Falls rank with the great attractions of North America, and seen from above present a fascinating spectacle.

Between St. Leonard and Edmundston, the St. John River is the boundary line between New Brunswick and the State of Maine, and Canadian and American villages face each other on its opposite banks.

The line operated by the Canadian Government Railways at present extends from Centerville, Woodstock, Fredericton to Capetown, and that portion from Capetown to Woodstock, by which it will place these towns in direct communication with St. John, is nearing completion.

The St. John River Valley folder issued by the Government Railways will prove a useful guide to those contemplating a trip through the Garden of New Brunswick.

UNIQUE LYRIC

MON, TUES, WED. SOMETHING DIFFERENT A FIVE REEL FEATURE "QUEEN X" FEATURING A WELL KNOWN STAR EDNA GOODRICH

SEE THE BIG SENSATIONAL TRIAL SCENE STORY OF THE UNDERWORLD Wanted - Smart young lady for ushering at the Lyric.

THE KING MUSICAL COMPANY NEW PROGRAM Talk about "Charlie Chaplin" being funny. Have you seen CHARLIE NEIL? If not, you are missing something. See him in this one.

The Diamond Palace New Numbers, etc. Thurs, Fri, Sat. Extra Added Attraction

ROATINA and BARRETTE, SCENIC COMEDY NOVELTY FRED and ALBERT DUNLAY and MERRILL THE POWELLS Sensational Comedy Songs and Chat Famous Sand Artists NELSON WARING A MAN and A PIANO THE LION'S CLAWS

QUEEN SQUARE THEATRE FRIDAY DOROTHY "Bred in the Bone" SATURDAY GISH in "Twenty Million Dollar Mystery" Chap. 2 "A Message From the Heart" "MY LADY NICOTINE"—Strand Comedy Coming!—"QUEEN X"—Featuring Edna Goodrich



HELLO MR. JIGGS I JUST SAW MR. SMITH AND HE WAS TALKING ABOUT YOU I HAVEN'T ANY USE FOR THAT GUY WHY HE SAID YOU WERE A PHILOSOPHICAL MAN DID HE SAY THAT? BY GOLLY HOW IS IT SPELLED OH HERE IT IS A MAN WHO... WELL MR SMITH KNOWS WHAT HE IS TALKIN ABOUT!!

BRINGING UP FATHER

OTHERS LAUGHTERS

F. KING