

REXTON

Rexton, N. B., Aug. 6-There was a

Sec.

ngs Worth Knowing

following are a few things Scouts will find worth know-Scouts will find worth know-you come across any such tend them in, with your name, and troop to The Scout Edi-s Standard, St. John, N. B., il award a prize for the best

Saluting

nere seems to be a good deal cossary doubt as what Scouts do in certain circumstances, uld like to remind you that, n uniform, Scouts always sall and military officers

rers couts. rers of the Thanks (Swastika cout Fleur-de-lys Badges. friends. rals. he playing of the National An-

n asking for or after giving in-

salute is given whether a hat n or not.

Novel Obstacle Race

Novel Obstacle Race is a good idea for an obstacle It was used at a display by the arrow Troop. out various obstacles, such as o crawl under, sacks to walk in, s to jump over, etc., and as a sostacle, a row of boxes—one box ch competitor. In each of these place feminine clothing, and a ng rope. boys on reaching the boxes have noise one of them and put on the tis. Then they have to skip to inning post. This causes great ment.

Wall Pockets in a Tent

en camping, a few "wall" poc-iewn to the ends of a patrol tent le a convenient means of hold-oap, mirror, and ether small ar-liable to be lost. The pockets

dear, Scouts can help their par-to save money by being especial-reful in various ways. For ex-

t less meat.

When Washing Your Dog

me dogs like being washed, but rs seem to dislike it very much, refuse to stand still during the

ation



Rexton, N. B., Aug. 6-There was a meeting held in the public hall last might to consider means of raising might to consider means of raising might to purchase a machine gum. Mrs. A. B. Carson will give an ice cream social on her lawn this even the means of the grownees tone if any surpass Loggieville. Beautifully situated on the South franch of the Miramichi, about 25 miles distant from the mouth of the prived in port Monday from Philadel plate after having discharged hard part of her load of laths here and proceeded to Nelson (North. Co.) to think holding for Philadelphic. Cap tant Allem is in command. A large number of our citizens were in Richibucto Wednesday attending

mish loading for Philadelphis. Cap tak Alice is in command.
A large number of our citizen systematic is a camp of the best ho the garden party given there for Ref.
Miss Jante Call, who has been thas gone to her home at Call's Mills
Miss Jante Call, who has been at Call's Mills
Miss Jante Call.
Miss Ruby Baker of Boston is peni several weeks with friends are relating of the traves.
Miss Ruby Baker of Boston is peni several weeks with friends at relating to the home of the traves and the several several weeks with friends at relating will be ready to occup at the peni several weeks with friends at relating will be ready to occup at the peni several weeks with friends at relating will be ready to occup at the peni several weeks with friends at relating to the particular of the several weeks with friends at relating will be ready to occup at the peni several weeks with friends at relating to the several weeks with friends at relating will be ready to occup at the peni several weeks with friends at relating to the several weeks with friends at relating will be ready to occup at the relating part of the ready to occup at the relating part of the ready to occup at the relating part of the ready to occup at the relating part of the ready to occup at the relating part of the ready to occup at the relating part of the ready to occup at the relating the part of the part of

LOGGIEVILLE



barley, throwing away the water. Put the barley in a pitcher, add the thinly fish-producing elements known to chemistry. They come 40 tablets to a package, are pleasant, harmless and in-expensive, and all druggists sell them subject to an absolute superantee of subject to an absolute guarantee of weight increase or money back. pared rind of one lemon and three lumps of sugar, pour over two cupfuls of boiling water, cover the pitcher, and leave it until cold; then strain of the heles motion and ensure it. off the barley water and serve it. It it is liked very strongly flavored with lemon, add two tablespoonfuls of the juice of the lemon to i

Currant Water

Stalk and pick over one and one-half pounds of ripe red currants, then hair pounds of type red currants, then smash them with a wooden spoon, add-ing as you do so one cupful of water. Next put the fruit into a preserving pan with one cupful of granulated su-gar and stir over the fire until it be-gins to simmer, then rub it through a sieve. Put one-half pound of lump sugar and one and one-half cupfuls of water into a saucepan, let the sugar dissolve, then boil it to a syrup; pour this onto the fruit juice, adding three cupfuls of cold water. Serve cold. Peach Fritters

Remove skins from three or four

peaches and cut in small pieces. Mix and sift one cup flour, one and one half teaspoons baking powder, three tablespoons powdered sugar and one fourth teaspoon salt, says the Chicago

Summer Life-Savers

Food that does not clog the liver or fog the brain

SHREDDED WHEAT

All the meat of the whole wheat made digestible by steam - cooking, shredding and baking.

Combines deliciously and naturally with fresh fruits, supplying all the strength - giving nutriment needed for work or play.

Brings a mental bounce and buoyancy and a muscular tone and vigor beyond compare.

Cut out greasy meats and starchy vegetables for a few days --- eat these crisp, brown, delicious loaves of baked whole wheat and notice how much better you feel.

MADE IN CANADA

Your Grocer Sells Them





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