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Wool Sox Heavy 68c.	
Wool Sox Medium 40c.	
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Of Interest to Women

SMALL CAKES

Small cakes are popular because they are dainty to serve for tea and parties and because they so often furnish just the finishing touch to certain kinds of frozen or fruit desserts. They are easy to make and lend themselves excellently to carry out color schemes for entertaining. There are many small fancy cake pans on the market that add to the attractiveness and appearance of this type of cake, though with a little care a sheet of cake may be cut into many shapes. Icings of various colors and flavors are almost always used on small cakes.

One good recipe can be varied by using different flavors; by adding fruit or nuts or chocolate; by using only egg whites or yolks or by the addition of spices or fruit juices. An excellent one to use as a foundation is made as follows:

Work one-half cup of butter to a soft cream and add gradually one cup of granulated sugar. When thoroughly blended add two egg yolks and beat until smooth, then stir in two-thirds cup of milk. Sift together two cups of sifted cake flour, two teaspoons baking powder and one-fourth teaspoon salt. Add these to the liquid mixture and beat well. Fold in the stiffly beaten whites of the two eggs and pour the batter into a buttered, shallow cake or roasting pan, having it not more than one inch deep. Bake at 400 deg.—hot oven—for 20 minutes or in small, greased cake pans for 15 minutes. Cool before icing. Cut the sheet of cake into fancy shapes with a sharp knife before icing and ice each piece all over.

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COCOANUT CREAM PIE

1 baked pie shell
1-2 cup sugar
4 tablespoons flour
1-8 teaspoon salt
2 eggs
1 1-2 cups milk
1 teaspoon vanilla
1 cup cocoanut

Blend sugar, flour and salt. Add eggs and milk. Cook in double boiler until mixture is thick and creamy. Stir frequently. Add vanilla and cocoanut. Cool. When ready to serve, pour into baked shell. Cover with whipped cream. Serve at once in wedge-shaped pieces.

BEEF STEW WITH DUMPLINGS

One pound flank, rump, or plate
4 cups potatoes cut in fourth-inch cubes
1-2 cup onion cut in slices
1-4 cup flour
1-2 teaspoon salt
1-4 teaspoon pepper
2-3 cup carrot and turnip, cut in half-inch cubes

Mix flour, salt and pepper. Wipe meat, remove from bone, cut in 1 1-2 inch cubes. Dredge with seasoned flour. Cut some of the fat in small pieces and heat in frying pan; add meat. Stir constantly that the surface may be seared; when well browned put in kettle. Rinse frying pan with boiling water boil five minutes, then cook at a lower temperature until the meat is tender (about three hours). Add the carrot, turnip and onion the last hour of cooking. Cook potatoes 5 minutes. Add to stew 15 minutes before removing from fire. Allow 15 minutes for cooking dumplings.

PALPITATION Throbbing of Heart After the "Flu"

Mrs. J. Cunningham, Sault Ste. Marie, Ont., writes:—"Last February I had a severe attack of influenza which left me with palpitation and throbbing of the heart."

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and used about six boxes and have found them help me a great deal, and am very thankful for having found such a good medicine."

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A. J. HANLON, 83 Regent Street.

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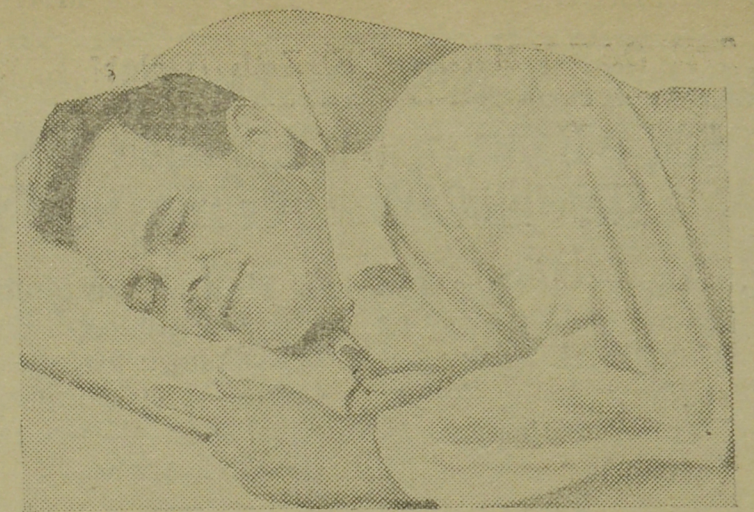
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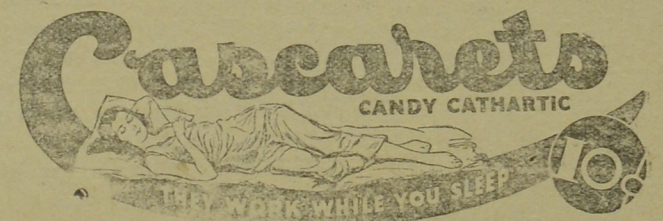
When the bowels need help there is nothing like Cascarets; nothing more efficient, nothing so good for the system. Any doctor can confirm these facts.

Candy Cascarets give you pure cascara in a most pleasant form. Take one tonight. See how fine you feel all next day. Without discomfort and without harmful effects this gentle laxative cleanses the whole thirty feet of bowels. Cascarets never produce that nauseous feeling usually associated with the use of laxatives. And their action is so natural that there is no danger of forming the laxative habit. You can take

them as often as you please—or give them freely to children or old folks.

A coated tongue or a laden breath is a signal for a candy Cascarets. Or a sick headache, or any sluggish feeling; any time you believe the liver and bowels are not functioning fully. Cascarets will sweep away accumulations in the lower bowel. They are sweetened with pure cane sugar and flavored with real licorice, making them the ideal laxative for children.

Full medical endorsement proves their principle is right; the use of 20 million packages a year proves their effectiveness.



Elgar Guest reveals some doubt in this observation: "Sometimes we wonder if it isn't better to leave a rich widow than to marry one." If it were a struggle between judgment and desire the latter doubtless would triumph.

CITY OF FREDERICTON

Notice of Legislation

Notice is hereby given that the City of Fredericton will at the next Session of the Legislative Assembly of New Brunswick request the passing of an Act to vest in the City of Fredericton certain lands situate in the said City consisting of Pasture Lot No. 15 in the sub-division of the lands granted to the Governor and Trustees of the College of New Brunswick, and which were formerly leased by the said Governor and Trustees of the said College to Harris William Hailes, and assigned by Isabella Hailes to the Justices of the Peace of the County of York, known as the Alms House Lot, subject to the rights of the University of New Brunswick and of the several grantees and lessees from the said City therein; and also to empower the said City to sell and convey the same or any part thereof absolutely or for any term of years.

Dated at Fredericton, this twenty-third day of January, A. D. 1930.

FRED I. HAVILAND,

City Clerk.

Hanson, Dougherty & West

Barristers, Solicitors, etc
CARLETON CHAMBERS
61 CARLETON ST. FREDERICTON

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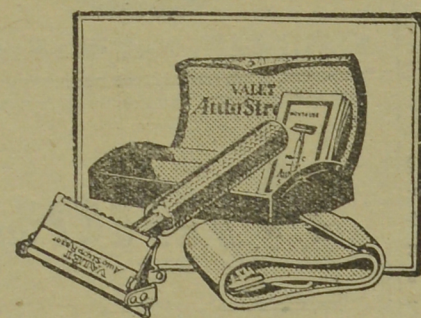
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