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**and you'll have**  
**better success**  
**my dear**

Experienced cooks are successful because they leave nothing to chance. They know their ingredients, mix them carefully and get the results desired.

Milk is most important in a majority of staple food recipes. But the quality and richness of ordinary milk is apt to vary considerably from day to day and many dishes fail to please because of the milk used.

Borden's St. Charles Milk is so widely used by good cooks because it is always of exactly the same creamy richness. It can be depended on to give the dish that appetizing goodness that not only pleases the palate but nourishes the body as well. It can be used in rich recipes just as it comes from the can, or it may be diluted with an equal quantity of water. And it is so convenient. You can buy it at any grocery and it keeps perfectly in the pantry in the unopened tin. Order a few tins today.



*Send for Free Recipe Book.*

Every woman will find the St. Charles Recipe Book helpful. It contains dozens of tested, simple recipes for soups, breads, cakes, puddings, desserts and candy. It is free. Write to

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MONTREAL



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**ST. CHARLES**  
**MILK**

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the Recipe  
Calls for  
Milk

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In clean, bright Aluminum

### BRETONS SEE RED IN SLUMP IN THE PRICE OF SARDINES; THREATEN TO TURN BOLSHEVIK

What price sardines?

In France just now, this is more than a question of justatory interest.

The price of the little fishes has fallen so low that the discouraged fishermen and cannery workers of Brittany the world's chief source of sardines, are threatening Bolshevism, and have elected "commisars of the people," according to press dispatches.

Brittany and its leading industry are the subjects of the following bulletin from the National Geographic Society, at Washington:

"For more reason than one Brittany might be called 'the Ireland of France,'" says the bulletin. "The Bretons are Celts, cousins of the Irish. They have the same interest in things of the spirit, and the same tendency, on occasion, to emotional outbursts. For centuries, too, they have had the same antagonism toward outside rule that so long animated the Irish. For fifteen hundred years they have fought successfully against Roman, Norman, English and French for the independence of Brittany. They managed to keep a parliament of their own until the French Revolution.

Has France's Best Harbors

"Today Brittany has no political existence, and is not even represented on many maps. It occupies the spout of the French 'teapot' the westernmost peninsula of France, the northern coast of which forms the southern mouth of the English Channel. This land, about the size of Maryland, was formerly Armorica, but got its present name during the fifth and sixth centuries because of the heavy immigration of Britons, driven from across the Channel by the Angles and Saxons. It is a rough country, covered with rocks and hills and semi-mountains. Its coast line is deeply indented, and has the best harbors in France. This fact and the existence of large numbers of fish off-shore, turned the eyes of the Bretons seaward. They are France's greatest fishermen, and her chief reliance as material for her navy and merchant marine.

"Many sorts of fish and sea food are taken in Brittany waters, but by far the leading product is the sardine. regions both in Europe and America produce these little fishes—including Sardinia, which gave them its name—but the Brittany sardine is considered the sardine par excellence. They are not a species of dwarf fishes, but merely the young of the pickard.

Prosperity Hinges on Sardines  
"Brittany's sardine industry began to develop in 1845, when the first cannery was built. This was not long after the preservation of food products by canning had been placed on a sound basis. Now there are more than 200 canneries in the region. The sardine fishermen number 30,000 or more, and some 20,000 workers, mostly girls and women are engaged in the packing industry.

"The prosperity of Brittany hinges on the little fish, and it is fickle in its favors. Some years there will be practically none in the offshore waters, and as many as four poor years have followed one another. When this happens there is real suffering; at times 80,000 people have been practically on the verge of starvation and the French government had to lend a hand.

"The sardines are taken in nets in the meshes of which they are caught by their gills. It is necessary, however, to use large quantities of bait, salted cod eggs. When a school of sardines appears near a fishing boat, bait is thrown beyond the dangling

net, and the little fishes rushing for the falling food, are snared in the meshes. The net is then lifted aboard and the fish gently shaken out. The fishing takes place near shore, and often the fish are in the canneries within an hour or so after they are taken from the water.

"The fishermen sell by the thousand, and, according to size, the larger fish bringing the best price. Prices range from one dollar to five thousand, according to conditions. The cannery workers go through a complicated procedure. They clean and behead the little fishes, soak them in brine, dry them in wire baskets, immerse the baskets of fishes in boiling oil, pack the sardines in tin boxes, pour in oil, seal the boxes, and finally boil them in huge cauldrons of water for two hours. The boxes are then labeled and are ready for the market.

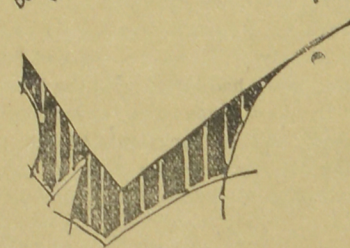
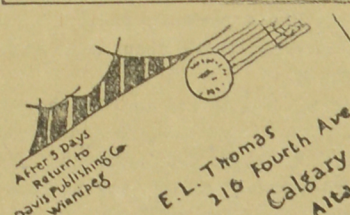
"Inland Brittany is an agricultural country, but much of the land is infertile. There are numerous wild moorlands. On these are some of the most interesting prehistoric remains found in Europe, the rough stone monuments of the early Celts. Huge stones have been stood on end. These are known 'menhirs.' When they have been placed in circles or arcs (as in the British Stonehenge made also by the Celts at about the same time), they are called 'cromlechs.' When the great upright stones support horizontal ones they are 'dolmens.' The most striking of these monuments are the alignments of menhirs. At one place near Carnac, from ten to thirteen parallel rows of the huge stones extend across the country for nearly five miles. The greatest of the menhirs, now fallen, was nearly 70 feet high.

"The early Celts are supposed to have erected the stones in connection with their religious rites, and apparently the great Carnac alignment was a sort of Mecca and a holy burial place. Key stones in the cromlechs were oriented with regard to certain seasonal positions of the sun. This has furnished a clue for astronomers and archeologists working together, and they have computed the approximate building date of the oldest monuments as 2000 B. C. The latest of the monuments were probably erected during the first century, B. C."

—The night has a thousand eyes  
A cop but two.

But the light of a driver's whole  
world dies  
When they bore him through.

### BLUNDERS



Thousands of letters are delayed in delivery from two to ten hours in big cities because business men do not place their return street address on letterheads and envelopes. Even though a company may be an important one, all postal employees do not have its address committed to memory. Consequently its mail surely be delayed if persons must reply to its letters and no street address.

### She Coughed Night and Day Could Not Sleep

Mrs. Leonard Haywood, Victoria Corner, N.B., writes:—"Last fall I took an awful cold which I caught while driving in an open car on a cold day.

"I coughed night and day, could not sleep at night, and my eyes ran water so that I could hardly see a thing.

"My husband got me a bottle of

**Dr. Wood's**  
**Norway**  
**Pine**  
**Syrup**



and before I had taken the whole of it my cold had disappeared."

"Dr. Wood's" has been on the market for the past 29 years; price 35c. a bottle, large family size 60c.; put up only by The T. Milburn Co., Limited, Toronto, Ont.

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CITY OF FREDERICTON

### Notice of Legislation

Notice is hereby given that application will be made at the next Session of the Legislature of New Brunswick by the City of Fredericton for the passing of an Act to authorize the City of Fredericton to issue debentures for the purpose of extending Carleton Street, from Needham Street to Aberdeen Street.

Dated at Fredericton this 7th day of February, A. D. 1928.

FRED I. HAVILAND,  
City Clerk.

### FIRE ALARM LOCATION IN THE CITY

- 6 Argyle and York Sts.
- 7 Victoria Hospital.
- 8 Children's Aid Home.
- 12 Westmorland and Aberdeen Sts.
- 13 Northumberland and Saunders Sts.
- 14 Brunswick and Smythe Sts.
- 15 Charlotte and Smythe Sts.
- 16 George and Northumberland Sts.
- 17 King and Northumberland Sts.
- 21 Queen and York Sts.
- 23 York and George Sts.
- 24 Queen and Westmorland Sts.
- 25 Brunswick and Westmorland Sts.
- 26 Charlotte and Westmorland Sts.
- 27 King and York Sts.
- 28 Saunders and York Sts.
- 31 Queen and Regent Sts.
- 32 Needham and Regent Sts.
- 34 Queen and Carleton Sts.
- 35 Brunswick and Carleton Sts.
- 36 Charlotte and Carleton Sts.
- 37 George and Regent Sts.
- 38 King and Regent Sts.
- 43 St. John and Aberdeen Sts.
- 44 Queen and St. John Sts.
- 45 Brunswick and St. John Sts.
- 46 Brunswick and St. John Sts.
- 46 Charlotte and St. John Sts.
- 51 King and Church Sts.
- 52 George and Church Sts.
- 53 Union and Church Sts.
- 54 Shore St. and University Ave.
- 55 Brunswick St. and University Ave.
- 56 Lansdowne St. and Waterloo Row.
- 57 Grey St. and University Ave.
- 112 Smythe and Aberdeen Sts.
- 113 Argyle and Northumberland Sts.



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