

# Grand CULINARY CONTEST

Of Interest to Women

Running for 12 Weeks

Mother's Day or the Modern Way  
WHICH IS THE BEST?

IT COSTS YOU NOTHING TO ENTER  
YOU NEED SELL NOTHING TO QUALIFY  
THERE IS NO ENTRANCE FEE

All that it will cost you is a few cents worth of material and a little extra time

Enter the Contest Today!

## A GOOD BARGAIN

(Christian Science Monitor)

If trade is a good thing, the Canadian-American reciprocity agreement is a good thing. For it will increase the exchange of goods across the border. It breaks down part of the barrier that had been raised to keep Canadians and Americans from trading with each other. Beginning in January, goods will flow more freely, consumers north and south of the line will get more for their money, and producers will find new markets.

President Roosevelt and Premier Mackenzie King have made a real breach in the spite fence that had been built up between two good neighbors. And Secretary Hull has taken a major step in his effort to lead the world back to commercial peace.

The economic warfare just begun by the League of Nations against an aggressor nation is only a more severe form of the sanctions nearly every country in the world has been trying to impose on every other country. Geneva's action is directed to the enforcement of peace; the trade wars that have been raging round the world have been a principal cause of actual hostilities. Italy's cry today is for raw materials which are denied her by tariff walls against her goods—the only ultimate means of payment she has.

The kind of tariff-mad world we have had may be judged by the very existence of the barriers now partially removed. Between Canada and the United States, ideally situated to benefit by the same free interchange that has so benefitted trade among the states and among the provinces, political pressure of special-interest blocs had raised a wall that was partly responsible for the destruction of nearly \$1,000,000,000 worth of the trade enjoyed in 1929, in a world half crazed by racialism and nationalism the shutting out of needed goods because they didn't speak the right language or because they were "foreign" became understandable if not sane. But what legitimate reason was there for barring commodities as between two neighbors, neighbors not only geographically but in ways of thinking and living?

The larger hope in the present agreement is that this first major truce in the international trade war will lead to further peacemaking. Whether this good example does invoke imitation will depend somewhat on how clearly it proves good. Mr. Roosevelt expects that it will double Canadian-American trade in two or three years. For each country as a whole any such development must be a good thing.

For certain groups of producers in both countries the benefits may not be so apparent. Some American farm and lumber and distillery interests will have to meet some competition from across the border. Some Canadian manufacturers may not relish the opportunity opened to rivals below the line. These interests are sure to bring political pressure to bear to restore the artificial advantages they have enjoyed in their home markets. Premier King is in a strong position because he has just won an election which gave him a mandate to break down trade barriers. President Roosevelt has taken his courage in his hands in risking the wrath of farm interests recently won to his standard by crop control measures.

But injury to any particular group of producers is limited by quotas in the more dangerous spots, and the benefits which should result to each country as a whole are so great that this agreement looks like a good bargain.

other apparently unimportant personal details, which cost little or nothing are what place us firmly on the solid ground of self confidence.

Cooking Contest  
Prizes

Prizes for next week's Contest will be announced in this space in Saturday's issue.

## WINNERS OF WEEKLY PRIZES IN THE DAILY MAIL COOKING CONTEST

**Angel Cake**  
The whites of eleven eggs beaten until stiff with one teaspoon cream of tartar and 1/2 teaspoon salt, 1 1/4 cups sifted granulated sugar, folded gradually into the whites of the eggs. One cup flour sifted five times, and folded gradually into the batter. Flavor with almond and vanilla.

Bake very slowly (190 in electric oven) for one hour.

**Frosting**  
1 1/2 cups sugar, 1/2 cup boiling water; boil until it forms a thread, then pour upon whites of two eggs beaten until stiff with 1/2 teaspoon of cream of tartar. Flavor with almond and vanilla.

—Mrs. Joseph Dolphin

**Pineapple Torte**  
4 egg whites, a cup of sugar, two teaspoonfuls white wine vinegar, 1 can crushed pineapple, 1/2 pint whipped cream.

**Method**  
Beat egg whites, with two teaspoonfuls vinegar, adding sugar gradually; when well beaten place on pie plate. Bake one hour in slow oven. When cool, fill with the drained pineapple. Place on top the whipped cream, slightly sweetened and flavored.

—Mrs. John M. F. MacKenzie.

**APPLE CIDER TANG**  
IS SMART FALL DESSERT

New Recipes Bring Stimulating Flavors in Clever Dishes  
(By Katharine Baker)

Apples, rosy and full flavored, are Canada's pride at this season. They're inexpensive, too, and do keep the doc-

tor away because they supply valuable mineral salts and that bulk so necessary to people who spend most of their days sitting at desks.

To add pep and interest to a lunch or dinner menu, the clever homemaker can turn out Apple Cider Tang in a short time and at a very low cost.

**Apple Cider Tang**

1 package quick-setting lemon jelly powder  
1 cup warm water  
1 cup sweet cider  
1 1/2 cups red apples, cut in match-stick pieces.

Dissolve jelly powder in warm water; add cider. Chill. When slightly thickened, fold in apples. Turn into individual moulds. Chill until firm. Unmould. Serves 6.

Poor "Apple Betty" hasn't had a new dress since Canadian housewives first served her. Coconut Apple Betty is a "company" dish and yet easily made.

**Coconut Apple Betty**

4 tart apples, pared and thinly sliced.  
1 cup soft bread crumbs  
1 cup coconut, premium shred.  
1/2 cup firmly packed brown sugar  
1/2 teaspoon cinnamon  
4 tablespoon butter.

Arrange layer of apples in greased baking dish. Cover with bread crumbs and coconut, then sprinkle with a mixture of cinnamon and sugar, and dot with butter. Repeat until all ingredients are used, topping with coconut. Cover and bake in moderate oven (350 degrees F.) 35 minutes. Uncover and bake 10 to 15 minutes longer, or until apples are soft. Serves 6.

## A DRAWER FOR WARMING DISHES



In equipping itself with a perfectly insulated oven, the new automatic electric range had to make a change, for the better, for the dish-warming department. Dishes for serving used to be heated on top of the oven—many times over-heated—in order that the infallible rule "serve hot foods hot" be carried out. But now that the top of the electric oven is as cool as a cucumber, even when the hottest meal is baking, the serving dishes have necessarily been assigned to a special warm-

ing drawer. Thermostatically controlled it is, and just the right temperature "not too hot, and not too cold" is maintained. The drawer is large enough to hold and heat a dinner service for eight, or it may be used to keep hot foods hot, to reheat rolls, etc. However, just in case you are a drawer skeptic, the warming drawer, as well as the utility drawer, run on roller bearing slides; there's not a chance that you'll break the dishes or upset the food in the process of opening them.

## Down at the Heel

In a very pleasant letter from a young woman who signs herself "Jane Smith", or something like that, she tells how she beat out that "Ole Deb-bil Depression"—financially and spiritually.

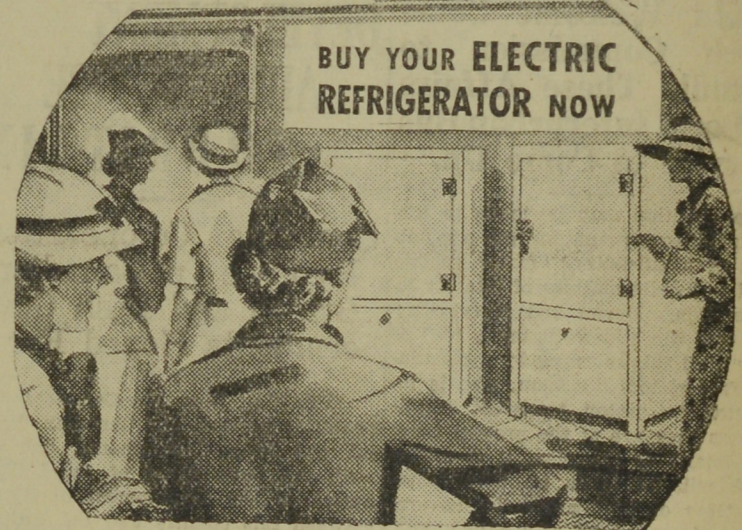
"The depression", she writes, "had me down. I like the Pilgrim, had fallen into the 'Slough of Despond', little money and no job; I had let myself become neglected of the small person-ol things. Among other things, I had only one pair of shoes, and they were run down at the heel. To me, well clad feet are a mark of self-respect, and I didn't have money enough to get another pair; but finally it did

occur to me that shoes could be repaired. I took them to a cobbler, and for a small sum he straightened the heels and gave them a polish.

"What a difference the fixing of those shoes made to me! I was again standing straight on my feet, my posture was better and my backbone again assumed its natural position. This led to the correcting of other small matters of neglect, and now things not only look better, they are better, in every way—all starting from the fixing of those shoes."

This Jane Smith is a wise woman; she discovered the value of the small things that do so much to bolster up our self-respect, and our feelings of well being—a shave, a shoe shine, well kept hands—these and a dozen

Your Big chance!

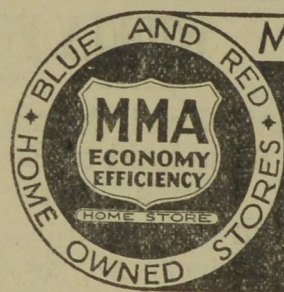


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LISTEN IN TO THE M. M. A. RADIO BROADCAST OVER STATION CFNB EVERY MORNING EXCEPT SUNDAY AT 8.30 a.m.

OXYDOL 25c

PEEL  
Citron, per lb. 35 Orange, per lb. 22 Lemon, per lb. 21

FIRELIGHT BONELESS COD 15c

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NATURE'S BEST RED CHERRIES 17c

NATURE'S BEST CHOICE PEAS 25c