

Of Interest to Women

THEY ADD PIQUANCY TO WINTER'S-END DESSERTS

Marjorie Mills Offers Recipes for Appetizers, Salads and Drinks—Directions for Making Prune Bread and Hot Cross Buns

Right now is a good time to add variety and piquancy to your end-of-winter desserts by making them of citrus fruits. There are a hundred and one ways of serving grapefruit and of combining it with other foods, for suggestions, for salads, fruit drinks and desserts. And it is not a fruit one tires of. Both grapefruit and oranges are rich in vitamin C. They also balance the meal, counteracting the acidity caused by such foods as meats, eggs and cereals. Select the ripest oranges when you shop, for they will give you the most juice. The same buying test applies to grapefruit. Here are a few recipes to help you make balanced and appetizing meals.

Florida Ambrosia

Grapefruit.
Oranges.
Moist shredded cocoanut.
Sugar.

Peel and prepare equal portions of oranges and grapefruit, being careful to remove all pulp. Add sugar and cocoanut to taste.

Orange Marshmallow Pudding

3 cups orange juice, strained.
1 pound marshmallows, quartered.
Heat ingredients in top of double boiler until marshmallows are melted. Do not overheat the orange juice. Pour into serving dishes over orange segments which have been freed from membrane. Set in cool place to stiffen. Garnish with whipped cream and maraschino cherries.

Grapefruit Appetizers

Mix a few drops of grenadine in each glass of grapefruit juice and sprinkle finely chopped mint leaves on top. This really is a delicious appetizer that has a decided "company" air.

Another excellent appetizer is a combination of segments of grapefruit and thin slices of avocado pear

—about four of each on an appetizer plate. Decorate with thin strips of pimiento and serve with French dressing made with lemon juice and seasoned with salt, pepper and paprika.

Grapefruit Souffle

1 cup milk.
½ cup grapefruit sections, cut up.
3 tablespoons orange juice.
½ cup sugar.
½ tablespoon vanilla.
4 tablespoons flour.
4 tablespoons butter.
1 tablespoon lemon juice.
Grated rind of half an orange.
Make a white sauce of the flour, butter and milk. Cool. Add the remaining ingredients except the egg white. Beat these stiff and fold in last. Turn into a buttered baking dish and bake in a moderately slow oven about one hour.

New Grapefruit Salad

Peel grapefruit, divide them in sections. You'll need six sections for each salad. For each salad take six pitted dates, split them and fill the center with cream cheese. Arrange these sun-ray fashion on lettuce or romaine and serve with a very light French dressing.

Grapefruit Custard

1 cup grapefruit pulp.
1 cup milk.
2 tablespoons melted butter.
½ cup granulated sugar.
Yolks of 2 eggs.
Whites of 2 eggs.
Mix the grapefruit pulp with the milk, butter, sugar; then add the yolks of 2 eggs and the white of one egg beaten together. Pour into individual greased molds and bake in a moderate oven (350 degrees F.) until set, about 20 minutes. Whip the remaining egg white to a stiff froth, and pile on top of each custard, dredge with sugar and return to the oven for a few minutes.

EASY-TO-COOK STEAK IS CHOSEN BY MAJORITY

Here's a fun suggestion. If you want to entertain and are tired of the routine dinner, why not try a kitchen party and let the guests cook their own?

We found a precedent for such a party at Dearborn, Ind., a few days ago, when dinner in the kitchen prepared by the resident guests themselves provided fun for every one.

It was the chance for the chef and cooks to stand back and watch hotel guests select and cook the food to their liking (that is if they could manage.)

At the very outset chef caps were donned. Then came the lineup for oysters, shrimp or fruit cocktails which had been prepared for the guests. These were eaten at tables set up right in the kitchen.

Next followed the real event of the meal. Selecting the meat and cooking it. Many became a bit wary of their boasted cooking ability and the cook did lend a hand when necessary.

In the meat choice were included chops, steaks, ham and lobster. Several chose lobster and then later reverted to the tried and true steak because it could be cooked faster.

Three-fourths of the guests chose steak. Some of the cooking results looked a bit charred, but for the most part the ever watchful cooks warned the would-be cooks of approaching over-doneness.

Chef Louis A. Babin wisely had the French fries, vegetables and salads prepared in advance.

If each of the 103 guests had chosen to do his own side dishes it would have been a very piece-meal dinner judging from the way the novices handled the matter of meat cookery on the huge hotel broiler and ranges.

The invitations to the party added the note "you can order anything

you want, cook it or watch it cooked any way you want. Then eat it any way you want."

Few were hesitant in showing their wants in any of these instances.

All of which gives the hostess a good party idea. Why not let the guests cook their own food, or at least part of it next time you give a dinner. They'll find it fun eating around the kitchen table too.

Here's a menu that would lend itself easily to a kitchen party at home. Don't overestimate the size of your kitchen when you make up the guest lists though.

Fruit Cocktail

Broiled Steak or Lamb Chops
Baked Potatoes Scalloped Tomatoes
Salad Bowl

Apple Pie or Chocolate Cake
Each guest could prepare his own meat choice. The baked potatoes and scalloped tomatoes could be in readiness in the oven. Have plenty of butter handy so that the potato may be opened slightly on top the minute it comes from the oven and a pocket for the butter made.

As for the salad bowl, have handy lettuce, tomatoes, celery, cucumbers, etc., and elect one member of the party to create a salad concoction of his own choice.

As for the dessert these should be prepared by the hostess in advance of the party.

"It doesn't matter what you print. The people love me, no matter what you say I say."—George Bernard Shaw talking to a reporter.

"It is dangerous to denounce your opponent as dumb. It creates a fellow feeling between him and a great many voters."—Frank R. Kent.

ALBERTA FIRST PROVINCE IN DOMINION TO DEFAULT ON ITS BOND OBLIGATIONS

Aberhart Rejects Loans Council Plan — Pays Interest

Speaking of the Alberta default, the Financial Post says: Rejecting financial salvation in the form of the proposed Loans Council scheme of federal aid, Alberta defaulted payment of principal of bonds maturing April 1. The maturing loan is \$3.2 millions of six per cent. bonds issued in 1916, and payable only in Canada, against which the province had sinking fund of some \$560,000. The province is paying interest.

The default is the first for any Canadian province, although Alberta defaulted payment of savings certificates seven months ago.

Offerings of Alberta bonds were immediately made at reduced prices, and there being no buyers, quotations sank without much actual trading being affected. The market for highest grades of government bonds felt the default and dropped off fractionally.

The Dominion government was willing to aid Alberta in meeting the maturity, provided the provincial government subscribed to the loan council plan of financing.

William Aberhart's Social Credit government decline to accept the Loans Council plan because it involves some surrender of financial autonomy.

Reject Suggestion

The Loans Council plan proposed by the federal government would be for a Dominion loan and later a federal guarantee of the province's bonds. This would be secured by pledge of the subsidy from the federal government and by control over future borrowings.

Alberta declined to accept the scheme because of the element of control over future financing. Hon. Charles Cockroft, the provincial treasurer, said the Alberta government felt it had gone the limit in proposing provision of \$560,000 from sinking fund toward meeting the maturity and setting aside subsidies and indemnities as security to the Dominion. He said the province by increasing taxation, was hoping to avoid calls on the Dominion for relief loans.

Loans Now Illegal

There is no legal provision now for the Dominion to lend indiscriminately to provinces except for relief purposes. The former "blank cheque" authority under which the Dominion lent to provinces to enable them to pay principal of maturing bonds expired March 31. This means that any province requiring funds from Ottawa to meet maturities will now have to get same under the loan council legislation.

British Columbia, like Alberta, has been opposed to surrender of any portion of financial autonomy. The coast province has a loan of \$3.5 millions maturing May 15, and this is payable in New York as well as Canada.

The Alberta default serves notice on other provinces that they must either harbor under the loan council plan or paddle their own canoes in the stormy financial seas.

Ontario and Investment Views

There is no truth in the recent report that Ontario is blocking the Dunning loan council plan, The Financial Post understands. The Ontario government has no intention of resorting to federal aid or guarantee because it feels fully capable of doing its own financing, but it approves the principles of the loan council scheme.

In financial and investment circles, there are two schools of thought on the Alberta default. The first thinks it is badly damaging to Canadian credit in general and that by weakening confidence it may interfere with plans for forthcoming corporation re-financing.

The second contends that the Loans Council scheme is the only salvation for insolvent provinces and that if the Dominion weakens in its stand the provinces would continue to expect federal loans which would continue to undermine national credit.

What Comes Next?

The next item on the Alberta financial programme is independent re-funding legislation which has already passed first reading in the legislature. The bill is said to contemplate compulsion of bondholders into refunding their holdings at a rate not lower than 2½ per cent.

One of Alberta's problems is now likely to be how to provide funds for any public works. Unless interest as well as principal of Alberta bonds is defaulted, recent budget experience fails to show where the money will come from to carry on capital expenditures. Latest available figures follow:

Alberta Budget Experience Six Months Ended Sept. 30			
	1935	1934	
Revenue:	\$900's	\$900's	
Taxation	3,298	2,895	
Current	5,123	4,962	
Total	8,421	7,857	
Current Expenditures:			
Debt charges	3,441	3,359	

Other expend's ...	5,747	5,243
Total	9,118	8,602
Current deficit	767	745
Capital Expenditure:		
Unemp't relief ...	972	852
Other cap. exps. ...	3,626	2,529
Total	4,598	3,381
Excess all expend's ..	5,365	4,126

New and higher taxation may allow elimination of the current deficit.

Loans may be obtained from Ottawa for relief purposes. Provision for capital expenditures, however, will be a puzzle, because the province has cut itself off from possible sources of loans. Even if interest were defaulted, or reduced by compulsion, some reduction from the above rate of capital expenditures would be necessary. Without borrowing, Alberta will have to live off its own revenues.

Dominion Policy

OTTAWA.—Default of the Alberta government is the first fruit of the Dominion government policy outlined in The Financial Post last week.

Having survived this initial and severest test, the policy may now be accepted as final and it follows that British Columbia must either change its attitude to the Dominion Loans Council legislation or follow Alberta into default on May 15, when the coast province faces a maturity of \$3,500,000. Hitherto the Pattullo government has opposed the Dunning Loans Council scheme.

When two of the provinces intimated a strong dislike of the proposed Loans Council plan, despite the fact that their treasurers endorsed it at Ottawa last January, the government decided not to proceed with the Loans Council constitutional amendment unless requested to do so by one or more of the provinces. This policy had point because the two dissenting provinces were the first to meet debt maturities. Meantime it was decided not to lend money to the provinces (in the absence of support for the Loans Council) for any purpose other than unemployment relief.

This policy has been applied to Alberta with the result that Premier Aberhart has chosen to default. Its next application will be to British Columbia.

Hope of Government

It is now hoped that the Loans Council plan will be of future service in salvaging provinces whose credit has suffered by reason of default. The door at Ottawa is still wide open if they care to co-operate. True, the Relief Act under which the money could have been given at once, expires March 31, and failing enactment of the Loans Council legislation there will be no statute under which a guarantee can be given. This would delay action, if a province assented to the plan after parliament closes, until 1937, but this is not regarded as a serious disability.

Underlying this conflict in policy between Ottawa and Edmonton is the important fact that provincial and Dominion credit, tied together securely for the past five years, have now been separated. Ottawa will watch closely for effects on the national credit as reflected in market prices.

WHEAT AND FLOUR SITUATION IN EGYPT

Exactly six years ago the customs tariff of Egypt was radically altered and a protective regime introduced under which the local cultivation of wheat and milling of flour were specially encouraged, writes Mr. Yves Lamontagne, Canadian Trade Commissioner in Cairo, in the forthcoming issue of the Commercial Intelligence Journal. At first the rates were fairly moderate, but it was not long before they were increased, and as a result of successive modifications in an upward direction the duties have become prohibitive.

The accelerated upward trend of the tariff modifications affecting wheat and flour in Egypt in 1931 and 1932 was due not only to the desire to protect the local market against falling prices in the world market in regard to these two commodities, but was also dictated by the Egyptian government's policy of discouraging the local cultivation of cotton in view of the severe fall in the price of this staple, and of encouraging the growing of other crops, especially wheat, in order to make use of the land thus made available.

The effect of the new tariff policy is reflected in the figures for imports of wheat flour which show a decline from 195,360 metric tons in 1930 to 3,223 tons in 1935. Australia suffered most from the prohibitive duties on

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IN CANADA
ANAEEMIA PROBLEMS

In the blood are many millions of red blood cells. The haemoglobin of the red blood cells carries oxygen to the tissues. Many of the foods which we eat contain carbon. To burn carbon and so produce energy requires oxygen. The carbon dioxide formed as a by-product is carried away by the haemoglobin to the lungs where it is released and oxygen is again picked up.

A decrease in the number of red blood cells, or a falling-off in the amount of haemoglobin, is called anaemia. Anaemia may result from failure to build new red blood cells rapidly enough to replace the loss from wear and tear. This is the most common cause. The average life of a red blood cell is not much over a month. The need for replacement on a large scale is constant.

Destruction of red blood cells may be so excessive that even if the renewals are made at the normal rate, they are not sufficient to maintain the normal healthy balance between loss and replacement.

Anaemia follows upon hemorrhage. The loss of blood is made up in time, and recovery is assured if the loss is arrested. Bleeding commonly gives rise to fear which are unfounded as sudden deaths from hemorrhage are unusual.

Anaemia interferes with the carrying of oxygen to the tissues, and as the oxygen is required if the carbon of foods is to be used, insufficient oxygen means a lack of energy and heat. The heart will beat faster in an attempt to make the blood circulate more rapidly and so compensate, in some measure, for the deficiency. If the anaemia becomes worse, there will be shortness of breath and, perhaps, faintness and dizziness.

There is no short cut to the treatment of anaemia. Just because iron is indicated in some forms of anaemia where the haemoglobin is deficient, does not mean that iron is helpful in other forms of the disease. Again, to say that the proper use of liver restores the pernicious anaemia case to normal does not imply that liver therapy has merit in the treatment of other anaemias.

You cannot tell from the appearance of a person as to whether or not he is anaemic. The colour of the skin depends upon the thickness of the skin and the amount of blood in the superficial blood vessels. Pale persons are not necessarily anaemic, and those with good colour may be. An examination of the blood itself answers the question.

A diagnosis which reveals the nature of the anaemia must be the first step towards securing proper treatment. Indiscriminate dosing never accomplishes any good, whereas skilled treatment offers much either as a means of cure or else to hold the condition in check.

"Unbending aggressiveness betokens abnormality, which is a form of madness."—The Bishop of Truro.

"I regard the newspapers on the whole as the most effective adult educational influence in the United States."—Robert A. Millikan.

flour, imports decreasing from a value of \$5,400,000 in 1930 to only about \$7,500 annually since 1933. Imports from Canada, which during the fiscal year ended March, 1929, were valued at \$1,924,729, dropped to \$150,089 in 1930-31, and to \$28,848 in 1931-32. At the present time, imports of Canadian flour are only about \$44,000 annually. Imports of wheat into Egypt decreased from 38,151 metric tons in 1931 to a low of 347 tons in 1933, advancing again to 16,862 tons in the following year and to 39,397 tons in 1935.

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DOES WAR CREATE WEALTH?

The Ottawa Citizen, challenges the statement of The Financial Post that the chief cause of the economic crisis was the Great War. Pooh! the war did not cause the trouble; the war made the nations rich by stimulating production! This is, in brief, the argument of Eastern Canada's chief Social Credit organ, which we reproduce in full elsewhere on this page.

Of the leading economic students of the world about 99 per cent are in agreement on the point that the Great War was destructive in its influence. They assign to the war a varying degree of responsibility for creating, intensifying, hastening, prolonging or precipitating the economic crisis.

The actual physical waste and destruction of the war was costly to mankind. Much more serious was the profound economic disturbance it caused. The world has been seriously off balance ever since. To quote Sir Arthur Salter's "Recovery:"

"The wounds of the war were deeper than they seemed. Or rather, perhaps, they reduced the world's resistance to older weaknesses and hastened their fatal consequences. How much the least of the evils of the conflict was its material destruction? In mere production the war period bore its own burden. It made almost as much as it consumed. The human effort needed to rebuild devastated areas, or restore the fixed plant destroyed or worn out, would have been but a small toll on the world's capacity. Happily, no belligerent can utilize the production of the future; the shot fired today must be made yesterday, and not tomorrow. In material resources the world was therefore not very substantially poorer in 1918 than in 1913. It had, indeed, mortgaged the future disastrously by

debts, but debts do not enable future products to be used or wasted. They affect only the distribution of what may be made in later years, and—this is much—disturb and dislocate the processes of future production.

"Here is the clue to our present distresses. It is one not of destruction, or of failure in production or in resources, but of dislocation."

The Citizen would no doubt desire us to quote the next succeeding paragraph in Salter's volume. It reads: "If we had had a system which enabled us to utilize fully our capacity to produce without paralyzing interruptions, it would have been but a year or two before the world not only repaired its war losses but advanced to a standard of prosperity never before attained and scarcely imagined."

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