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Interest to Women

HOMEMADE CANDIES
AS CHRISTMAS GIFTS

(By Katharine Baker)

When a dear friend receives an attractive box of candies made by you in your own home, it is certainly a real tribute to your friendship. You could not send anything that would carry more personal wishes. Just to know that you made them yourself; thought of the lovely varieties and fashioned them with your own care, gives them extra glamour. They can be so delicious and look so inviting. You can have as much fun and gratification making them and arranging them attractively in a pretty box as your friend will have in unwrapping them and tasting them. There are many delicious variations of chocolate candies that look different and taste different and yet can be made at the same time. For instance, Chocolate Fudge can be made plain, with nuts, with coconut, or made into Tutti Frutti Fudge.

Chocolate Fudge
2 squares unsweetened chocolate cut in pieces
2-3 cup cold milk
2 cups sugar
Dash of salt
2 tablespoons butter
1 teaspoon vanilla
Add chocolate to milk and place over low flame. Cook until mixture is smooth and blended, stirring constantly. Add sugar and salt, and stir until sugar is dissolved and mixture boils. Continue cooking, without stirring, until a small amount of mixture forms a very soft ball in cold water (232 degrees F.). Remove from fire. Add butter and vanilla. Cool to lukewarm (110 degrees F.), then beat until mixture begins to thicken and loses its gloss. Pour at once into greased pan, 8x4 inches. When cold, cut in squares. Makes 18 large pieces.

Chocolate Nut Fudge
To make Chocolate Nut Fudge, add 1 cup broken nut meats to Chocolate Fudge, just before pouring it into pan.

Cocoa Nut Fudge
To make Cocoa Nut Fudge, cook Chocolate Fudge to 230 degrees F., instead of 232 degrees F. Add one cup cocoa, southern style, just before pouring it into pan.

Tutti-Frutti Fudge
To make Tutti-Frutti Fudge, add 4

tablespoons each candied cherries, candied pineapple, figs and raisins, finely cut, rinsed and thoroughly dried and 4 tablespoons pistachio meats, blanched, to Chocolate Fudge just before pouring it into pan. Also makes 18 large pieces.

Here are two more delicious candy recipes using unsweetened chocolate. For those who are particularly fond of caramels here is a grand Chocolate Caramel recipe and the Chocolate Walnut Patties are very attractive and "professional-looking" when finished.

Chocolate Caramels
3 squares unsweetened chocolate, cut in pieces.
1 cup sugar
¾ cup light corn syrup
¼ teaspoon salt
1½ cups cream
Combine chocolate, sugar, corn syrup, salt and ¼ cup cream. Place over low flame and stir constantly until sugar is dissolved and mixture boils. Continue cooking until a small amount of mixture forms a soft ball in cold water (238 degrees F.) stirring constantly. Add ¼ cup cream and again cook to 238 degrees F., stirring constantly. Add remaining ¼ cup cream and cook until a small amount of mixture forms a firm ball in cold water (246 degrees F.) stirring constantly. Remove from fire; pour into slightly buttered pan, 8x4 inches. Do not scrape pan. Let stand until cold. Mark with knife in ¾-inch squares, turn out on cold slab, turn right side up and cut full length with long, sharp knife. Let stand 2 to 3 hours to dry. Wrap each caramel in waxed paper. Makes 40 caramels.

Chocolate Walnut Pattie (Uncooked Fondant)
1 egg white
2 tablespoons cold water
2 squares unsweetened chocolate, melted
1 teaspoon vanilla
Sifted confectioners' sugar (about 3½ cups)
Halves of walnut meats
Beat egg whites slightly, add water, chocolate, vanilla and enough confectioners' sugar to make fondant that can be shaped. Roll into small balls. Flatten balls and press walnut half into each. Makes 3½ dozen patties.

SUDDEN EXERCISE REGIME
MAY HARM OLDER PERSONHeart and Bloodvessels Are in No Shape to Stand
Violent Strains Placed on Them

(By Dr. James W. Barton)

While we naturally admire the overweight individual who decides to reduce his weight by taking strenuous exercise, it must be remembered that this excess weight was added to the body in two ways—by overeating and by under-exercising. During all the months and years that the fat was gradually being accumulated, heart, lungs, bloodvessels, kidneys and other organs were likewise getting some of this excess fat in and about their cells or tissues.

The fat was accumulating so slowly and gradually that the individual was not aware of it.

You can readily understand then that if an overweight decides to take violent exercise with heart and bloodvessels "soft" from lack of use and accumulation of fat in and about the normal tissues, serious results may follow.

Dr. E. V. McCollum and J. Ernestine Becker in their book "Food, Nutrition and Health," tell us that "violent tennis playing, hill climbing, or extreme effort in the gymnasium are as unwise as they are unnecessary in weight reduction."

More Harm Done

"Far more harm than good may be done if the condition of the heart and bloodvessels does not warrant strenuous exercise."

Since badminton has become popular many physicians are reporting cases of overweight men and women who, having watched a few games of badminton, have said to themselves "Badminton looks like a nice game. It shouldn't be hard to play, not much work to it." As a matter of fact, badminton is practically tennis, and next to basketball, tennis is the most strenuous game known.

The thought then is that just as a reducing diet needs expert direction or supervision, so also should the exercise taken by overweights be directed and supervised by one—preferably a physician—who not only knows the body but the effect of exercise on each particular body.

Looks Good

Of course to the overweight the thought of doing violent exercise or work with the perspiration pouring out and of the body is fascinating as it looks as if pounds and pounds of weight—water and fat—are being removed from the body. However, violent exercise for these soft, heavy, middle-aged individuals, who have taken no exercise for years may cause heart and bloodvessel injury.

Now this doesn't mean that exercise should not be taken but that it should be taken in a sensible, safe manner which will remove fat and not only increase strength but will also increase or develop the desire for exercise.

Thus for those who are soft, or weak, or elderly, but must reduce weight for the sake of health and appearance, we read, "It is not even necessary to perspire freely when taking exercise in order to reduce weight."

"It is best to take the exercise at a rate which does not put upon the heart the burden of violent beating. It is better to make a 'steady demand' day after day for the burning of a little of the fat accumulated."

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Fredericton Junction

The Christmas school concert held in the Agricultural hall on Thursday evening, was a pronounced success. The programme, in the hands of the staff, M. V. Boone, Principal; and Misses Grieve, Heenan and Alexander was well planned. The accompanists were Misses Heenan and Alexander. S. L. Alexander, chairman of the Board, presided. H. H. Stuart, Junior trustee, presented the Lieutenant-Governor's High School Entrance Medal for the county, won last July by Miss Mildred Pugh, of Central Blissville, who is now attending this school in Grade nine.

The programme included: Opening chorus, Jolly Girls and Boys, by six primary pupils; address of welcome, Max Currie; dialogue, The Real Christmas Spirit, fifteen pupils of Grades 4 to 6; Solo, Away in a Manger, Billy Noble; dialogue, Smiles, Douglas and Gladys Alexander; A Visit from Santa, seventeen primary pupils and Charles Howe (Santa); reading, Charge of the 600 Shopkeepers, Curtis Nason; duet, Christmas Chimes, Jacqueline Heenan and Frank Nason; The Dollies' Convention, nine primary girls and Ronald Nason (the doctor); piano duet, Kathleen Heenan and Myrtle Mac Donald; presentation of Medal; reading, If a fellow were the fellow that his mother thinks he is, David Cook; chorus, The Story that Santa Told, seven boys and seven girls of first intermediate; dialogue, Cora's Callers, three boys and three girls, Grades 7 and 8; dialogue, Doctor, Doctor, Eddie Smith and John MacPherson; monologue, Washing Dishes, Helen Mercereau, The North Pole Hook-up, Burnell Tracy, Curtis Nason and Kingsley Kingston; reading, Lloyd Kingston; playlet, The Broken Picture, Reta Burnett, Ruth Boone, Ray Nason and Kenneth Ball; reading, The Week Before Christmas, LeBaron Mercereau; The Merry Christmas Song, four boys of the first intermediate; God Save The King.

TRACY

A Christmas concert was held in the Orange Hall Thursday evening, by the pupils of Tracy school under the direction of the teachers Harold Peterson and Miss Exa Burt assisted by Mrs. Velma Tracy and Mrs. Maurice Phillips. The following programme was carried out:

Exercise, Welcome—Primary, Paul Mercereau, Norman Phillips, Albert Lester, Harley Wilson, Lester Tracy, Marion Carr.

Chorus, O Come all ye Faithful. Playlette, The Fir Tree—Primary Grades.

Recitation, Linda Phillips. Dialogue, Jelly for the Minister—Nellie Nason and Inez Segee.

Chorus, Snowflakes. Exercise, What will you bring—Primary.

Dialogue, Leontown Train—Advanced grades.

Chorus, Jingle Bells. Exercise, Christmas through the Year—Primary grades.

Recitation—May Phillips. Dialogue, Deaf as a Post—Advanced Grades.

Chorus, On Christmas Eve, Christmas Stockings—The Primary grades.

Star Drill—Advanced grades. Recitation—Nellie Nason. Solo—Francis Reid.

Christmas Acrostic—The Primary grades.

Chorus, It Came upon the Midnight Clear.

Dialogue, An Unsuccessful Advance—Advanced grades. Tableau—Norma Nason.

Solo—Francis Reid. Recitation—Marie Nason.

Dialogue, When Women have their Rights.

Recitation—Mildred Nason. Darky Chorus, Sing a Song of Christmas Day.

Motion Song—Silent Night. Presentation of school prizes by chairman, Cecil Lord.

Highest standing: Grade I—Albert DeWitt, 1st; Doris Nason, 2nd.

Grade II—Norma Phillips, 1st; Hilton Webb, 2nd.

Grade III—Beatrice Tracy, 1st; Edrie Phillips, 2nd.

Grade IV—Wallace Riley, 1st; Florence Dunnison, 2nd.

Grade V—Mildred Nason, 1st; Marie Nason, 2nd.

Grade VI—Glenn Nason, 1st; Nellie Nason, 2nd.

Grade VII—Murray Nason, 1st; Norma Nason, 2nd.

Grade VIII—Glenna Webb, 1st; Marie Tracy, 2nd.

Grade IX—Tilley Nason.

SPRINGFIELD

Frank Oliver has been very ill at his home with pneumonia. Friends will be glad to learn that he is improving, though slowly.

Howard Reed, accompanied by Miss Connie Reed, Mr. and Mrs. Roy Reed motored to Millville recently.

BBC ACCUSED
OF FAVORITISM
AND INTRIGUE

LONDON, Dec. 17.—H. B. Lees-Smith, postmaster general in the last labor government, opening the regular BBC debate tonight in the House of Commons, charged that "terrorism" was employed in the management of the corporation's affairs.

"The question of staff association" he said, "leads to continual complaint . . . on terrorism, favoritism and intrigue as the means by which the internal administration of the corporation is carried on."

He said his friends in BBC, "have warned me I must not telephone to them because the telephone will be tapped . . . they tell me not to write to them at the corporation and they are not sure their letters will not be opened."

He continued: "The BBC has become an autocracy. It is the nearest thing to Nazi government that can be shown."

'Jock' McGovern, outspoken member of Parliament from the Clydeside, rose today to tell "the bishops" to "get out and deal with unemployment instead of kicking a man when he's down."

Bringing into the open the ill-feeling of some parliamentarians against the Archbishop of Canterbury for his radio rebuke of former King Edward, McGovern, once a plumber, said the cabinet acted like "a lot of huffy old women if they don't get their way," and added:

"If the issue (of Edward's marriage) had been put to the country, he would have beaten the cabinet. The prime minister would have gone, but the man (Edward) would have remained."

McGovern, who shouted out from the bar of the House of Lords three years ago, just as King George V finished his speech from the Throne, that "you are a gang of lazy, idle parasites," came to the defence of George's son today.

"Let the bishops deal with unemployment instead of kicking a man when he is down," he said.

"Let them go on the wireless and try to arouse the indignation and the conscience of the nation against social injustices that the common people suffer."

Slow Death

He said he had seen children killed by bombs in Spain and added: "That action was cruel and deadly, but swift and sudden. Death is being dealt out to millions of children in this country—it is like putting them into a compartment in which the life is slowly pushed out of their bodies."

He advised that the cabinet and the bishops never mind Mrs. Simpson and declared "we are all willing to relieve Premier Baldwin and his cabinet if they want to go."

His speech served as a prelude to what may be a more extended attack on the British Broadcasting Corporation for transmitting the archbishop's speech.

Some members wanted to know if the speech, as well as the one which was made after his abdication, were first submitted to government officials through the BBC.

December 24th
THURSDAY,
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DINNERwill be served from
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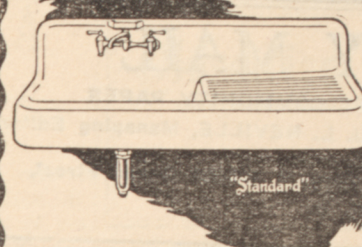


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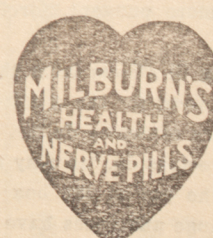
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