

Of Interest to Women

The following is the recipe for one of the entries which won a prize in the Daily Mail Cooking Contest.

Rich Fruit Cake

1 pound butter.
1 pound brown sugar.
12 eggs.
4 cups pastry flour.
3 teaspoons cinnamon.
1 teaspoon mace.
3 pounds raisins.
1 pound currants.

½ pound dates.
½ pound cherries.
½ pound figs.
½ pound shelled almonds.
Rind and juice 1 lemon.
½ cup very strong cold coffee.
2 teaspoons allspice.
2 teaspoons nutmeg.
½ teaspoon cloves (ground).
½ cup preserved strawberries.
¾ pound citron peel.
½ pound lemon peel.

—Mrs. R. S. Curll, Smythe Street.

GIRDLES MAY CONCEAL THAT BUMP, BUT NOT ENTIRELY - NOR FOREVER

Exercises Specially Planned for Those Forgotten Muscles That Grow Flabby From Little Use — And You Can Do Them in Your Slacks

It all started with a children's dancing class—the group of mothers who meet Monday evening to go through their weekly dozen at the Fifty-seventh street studio of a well known dance teacher. It's his attractive, blue-eyed daughter, who, following in her father's footsteps, now teaches the four-year-olds their first pirouettes in the morning, and later after the last bedtime stories have been told, instructs their mothers in limbering up and slimming down exercises.

Not that all the members of the seven o'clock Monday night class are mothers. Some are business girls who haven't gotten around to marriage and motherhood yet. But it was a couple of mothers sitting around the dance floor watching and waiting for their little darlings, who asked for an exercise class for themselves, and got one.

A Comfortable Costume

There's a costume idea in that class for those who don't like doing their exercises in a revealing bathing suit. All the women wear slacks and sweaters. Unless you're going in for higher acrobatics, that loose costume doesn't interfere with any leg or arm movements. It's comfortable for practicing on a bare hardwood floor. And according to the instructor, women are much less self-conscious about exercising if they can't see the bulges they're trying to get rid of reflected in the big mirrors around the room.

Personally, we think slacks and a sweater make a swell exercising costume anyway. As a faithful reporter of exercises, we've barked the skin off our own back more than once, learning a new exercise on some authority's bare hardwood floor. Let alone getting good and dirty around the knees and elbows trying them out at home on our own hardwood floor, which is just as bare and twice as dusty, what with New York grime sitting in the windows as fast as it does. So far as we're concerned, slacks and a sweater is our home exercise costume from now on. And if any exercise teacher doesn't like it, it's just too bad.

Fatty Bumps

In that class girdles are out. In fact it's to reduce some of the fatty bumps which are more or less hidden by a girdle, that part of the exercise program is planned. Girdles to trim up the figure. But the trouble is you get to depend on them. And as every girdle-wearer knows, they compress and hold rigid funny little corners of the female torso. Naturally, getting no use, or exercise at all, those spots accumulate fat. The pet prize exercise of this authority on reshaping figure is designed particularly to reduce the upper inner thighs, those muscles that grow fat and flabby. If you wear a tight girdle, it's the upper and inside parts of the legs which are constantly pressed too tightly together for circulation or movement. The exercises also get after the bulges which appear around the waistline particularly just in front of the hips.

On the Floor

Sit flat on the floor, with both legs extended front to form a fairly wide V-shape. Bend the left knee, bringing the foot up as high as you can against the top of the right leg so that the bottom of the left foot is pressed flat against the inside of

the right thigh where it joins the body.

Shift the Weight

Shift all of your weight so that you are resting on the left hip. Let the right leg move around so that it's straight out pointing sideways behind you. The position should be so that you're almost sitting upon that left foot. Then raise both arms in front of you, shoulder high. Without lowering the chest posture, twist the body to the left, bending at the waist, and touch the floor at the left side with the palms of both hands. Twist and bend at the waist to the right side, touching the floor with both hands on the right side. Repeat the exercise several times. Then change and repeat from the other side, with the right foot pressed against the upper inner side of the left thigh.

It isn't the easiest exercise in the world to get at first. Remember you're using muscles that have probably not been much called upon for years. The important thing is that you're getting the value of the exercise in trying to do it. Maybe you won't be able to bring the foot up against the thigh at first. Perhaps you'll find that you simply can't touch the floor on the straight leg side for some time. But keep on working at it and you'll find you come nearer each time.

What this instructor stresses is that you don't have to get it perfect. It's the working and the bending that exercises those little-used muscles in forgotten parts of the body.

CENTENARY OF PICKWICK NOTED

Dickens Fellowship Will Mark Anniversary of "Papers"

LONDON—One hundred years ago a 24-year old parliamentary reporter whose "sketches" under the name "Boz" had attracted some attention, electrified the English-reading world with "The Posthumous Papers of the Pickwick Club." Now the Dickens Fellowship is making plans to celebrate the Pickwick Centenary.

On March 31, 1936, the first monthly part of this immortal work appeared. Neither publishers nor author had an inkling of the stupendous success awaiting their enterprise. The letterpress, indeed, according to the publisher's intention, was to serve merely as a "writeup" to show off the abilities of the artist, Robert Seymour. "Pickwick" had the fates strongly against it at the start Seymour committed suicide before the second monthly part was out, his immediate successor was unequal to the job, and it was not until the issue of the fourth part that in Hablot K. Browne ("Phiz") there was found an artist whose genius was best suited to depict the gallery of Dickens' characters. Even so the public displayed only a tepid interest in "Pickwick" until Sam Weller was introduced in the fifth part. The monthly parts continued until the story was wound up at the end of 1837. By then "Pickwick" had ensured enduring fame for Charles Dickens.

How You May Get Rid of Those Painful Boils

BURDOCK BLOOD BITTERS

When boils start to break out it is an evidence the blood is clogged up with impurities and requires to be thoroughly purified by a good blood medicine.

We believe there is no better blood cleansing medicine than Burdock Blood Bitters. It helps to remove the foul matter from the blood, and once the blood is purified the boils disappear and your misery at an end. Try it!

Tributes to Late Sovereign King George V

Local Ministers Make Special Reference to Late King's Qualities of Simplicity, Faith, Devotion to Duty — Most Loved of All Kings

The picture of King George V as one of the most beloved of sovereigns "the King with the common touch," a man whose qualities of simplicity, sympathy, devotion and faith endeared him to all his subjects and whose death last week was a distinct personal loss to all his subjects was drawn by pastors of the respective churches in this city and vicinity on Sunday when all the ministers referred feelingly to the death of the late British monarch.

Rev. George Telford, pastor of St. Paul's United church spoke on "Kingliness." The king is a universal fixture of political life from remote times. The idea of Kingship is mingled with the ideas of blood and religion, and countries have kings by Divine Right. All these factors—force, blood and religion—have played their part in the story of Kings. There has been a remarkable development of Kingship. Today our British Kings hold their place neither by force or by Divine Right. The right of succession is given by birth but in the highest sense the British monarchy has been maintained by the character of the man upon the throne. Our Kings have been upheld by their Kingliness. This has been true of the late King, George V. He has seen the fall of dynasties and thrones. His own has become stronger in the affection of the Empire. The British monarchy is one of the few surviving monarchies, and is without doubt the most stable and successful of the world's democracies. The chief characteristics of the late king was his determination to serve his people. He had no desire for flattery or personal prominence. He set himself to understand his Empire and his people and to further their interests. He was close to his subjects through his simplicity and his faith in God.

At Wilmot Church

Rev. J. W. Bartlett, pastor of Wilmot United church emphasized that the late king was the "king with the common touch." It was this part of his character that endeared him to his people. This contact or common touch with his people was manifest in five different characteristics of George V. These were simplicity, sympathy, devotion to duty, his moral integrity and his simple faith in God.

Dean Holmes' Tribute

Very Rev. Dean J. H. A. Holmes at Christchurch Cathedral, asked his congregation to give thanks to God for his great gift in the life and reign for his great gift in the life and reign V and to "affirm our faith in the unseen world to which our King has been called." Dean Holmes expressed his appreciation to the Ministerial Association for their arrangements of Tuesday's memorial service so as not to conflict with a similar one which will be held at the Cathedral in the morning of that day. He said it was "a gracious and a considerate act."

At St. Dunstan's Church

Rt. Rev. Monsignor F. L. Carney and Rev. Dr. Milligan referred to the great loss to the empire in the death of King George V. During the day's services they announced that a service will be held at the church on Tuesday morning, at which time a short eulogy will be given on the late monarch.

At the Reformed Baptist church, Rev. F. A. Watson spoke feelingly to his congregation on the loss of our King. "Every citizen must feel in the death of our King a personal loss," he said. There was a close tie between the ruler and his people. His voice had been heard in all our homes. His was the ideal family life and he and his family set an example of love and fidelity. His simple faith was an inspiration to all of us. Always his purpose had been sincere. While other thrones toppled his grew and increased in strength. Concluding Rev. Mr. Watson offered prayers for the Royal Family in their bereavement.

Rev. John Linton of the George St. Baptist church, spoke as follows:

His Majesty the late King George V by the beautiful simplicity of his character gave a dignity and power to the throne which has enabled it to withstand the storms of these passing years. A dignity that has given a new power to that throne.

King George was a friend and counsellor to successive statesmen. One has only to hear the eulogy of Stanley Baldwin to realize how much the late King meant to his statesmen.

The common people heard him gladly. His voice reached into our houses and we loved him for the fatherly simplicity that was revealed in that voice. We can well understand why the millions shall pass before his bier at London.

We shall miss our fallen Monarch yet we are happy that after twenty-five years of faithful service he has

found rest. Rest that he could not have found while life and duty were before him.

We cherish the memory of a monarch so gracious, so sincere, so devoted that the first man of the realm became the servant of all.

Our deepest sympathy goes out to the mother and widowed Queen. She must carry on alone. It is given to her to bear the cross that might have been his. It is her joy to feel that she is bearing it for him.

Our prayer today is for King Edward VIII. He comes to the throne with wide experience in travel and study. He is no longer a youth but a mature man. He has already shown himself awake to the social questions of this day. We pray that God may give to him wisdom of mind and soul that he may be the King in his day as were his fathers in his. With his wise counsel the Empire can be a great force for peace and for a truer expression of democracy.

Rev. G. W. Guioir of Brunswick St. Baptist church, spoke as follows:

In the impact of this national sorrow we come to new vision, new faith, new challenge to service. The deepest sympathy of everyone goes out freely to the Queen and members of the Royal Family. To His Majesty, King Edward VIII the sympathy is accompanied by new pledges of allegiance, love and loyalty. We have followed the movements of that oaken casket to the little church at Sandringham, then the arrival of the funeral train, the solemn procession to Westminster Hall, and now as prince and commoner pays last honours to the departed monarch, we, of the Dominions, who cannot join that endless procession that moves past the royal bier, can only pause and think and take stock. We take stock of ourselves and of significant things.

We feel a definitely personal sorrow, and why? Through 15 centuries Kingship in Britain has been passing through a striking revolution. The early feudal monarchs who ruled a vassal state, the warrior kings whose sceptre was a sword, are a far cry in remote antiquity and in compelling contrast with the present status of the ever changing character of kingship. It may well be emphasized that Kingship is a central instinct of British people. Thus we realize that a new Empire has emerged, a great group of self-governing nations united in a common allegiance to the crown. It is the love of the people for the king that makes the death of King George so keenly felt by all.

We believe that through the stressfull years of his reign, King George sought the guidance and the blessing of God, and has gone to pay his kingly tribute to Him Who is the King of Kings and the Lord of Lords. This surely impresses us with renewed conviction that only that life lived in high devotion to God, through Christ is worthy.

The desire of people in these days of national sorrow is to worship God. The first religious action of the royal family was to receive holy communion, in token of sincere allegiance to Him who, passing the way of all flesh, has robbed death of its sting, and the grave of its victory. We cannot but be impressed that God is enthroned within the heart of our nation.

Rev. W. A. Burge paid an eloquent tribute to the late monarch at Gibson Memorial church in Devon, with the following remarks:

It would seem, as we have read or heard over the radio, that death came to our late sovereign King George the fifth after a somewhat brief illness. There was no strange malady gnawing away until there was nothing left on which to feed, but a sudden laying aside the warfare of a human career, a giving way to the culmination of a busy life, or a well earned rest. Be that as it may, with appalling suddenness came the message over the radio, "The King is dead," and an Empire is thus filled with grief.

The general consensus of opinion of the British Empire, yes and of the whole world, is that a great King has fallen. One who had endeared himself to all peoples; and this right in the midst of a world in the throes of the greatest of turmoil and strife, to which he as the King of a great realm had endeavored to bring peace. I do not refer to one phase only of chaotic disturbance, but in its many phases our late King endeavored to bring Peace. It is a task too great for the span of one human life. It is therefore left unfinished, but of a very truth nobly begun.

It leads one to ask "Will the death of our king slay more of the enemies of Peace than his life could have done? No one save God alone, knows, but this I say for all our comfort, we

FATHER DOES THE FAMILY VOTING IN PROVINCIAL QUEBEC ELECTIONS

And the Women Refuse to Be Interested in Any Movement to Acquire the Suffrage

There still is one corner of the world where women seem satisfied with their place in the home. That's in the Province of Quebec, where the "voters-for-women" movement makes little apparent progress from year to year against the indifference of the masses of French-Canadian women.

"Quebec women are not lacking in responsibility in the Dominion elections where they are allowed to vote," Albert Sevigny, Associate Chief Justice of Quebec, yesterday. "When those are held the women turn out to vote not only in the cities, but in the rural districts, too."

But in Quebec, where habits and social customs have been handed down largely unchanged from the pioneer days before 1760, when New France finally became a British colony, the old theory holds that the family is a unit, that the head of the family is the male, and that when the husband has marked his ballot in the Provincial or local elections the family has spoken. It is a rule which over many years has worked to the complete satisfaction of Quebec, and the French-Canadians seem in no mood to alter it because of a new fangled notion that women should be

given the privilege of the election booth.

Not Interested

Only a very few women in all Canada ever have sat in any of the legislatures, and those mostly have been from the western provinces. Women have seldom sought office in municipal bodies, where women has the ballot, and even the Liberal Party in Canada has made only passing efforts to organize women voters.

"Large families are the rule in Quebec," Justice Sevigny said. "The family and the home are important with us. In the City of Quebec we have little apartment-house life as you do in New York. There are always a few who ask for the vote, but most women are not interested."

Justice Sevigny, who came just before Christmas, to spend a week here, accompanied by his family, is enthusiastic over the rapid growth of New York city. He surveyed its skyline eagerly today from the windows of his eighteenth floor suite at the Hotel Lincoln.

"I saw it last in 1927, when I was on my way to Europe," he said, "and my first visit here was in 1908, when skyscrapers were the exception rather than the rule. What will the city be twenty-five years from now?"

Justice Sevigny, who was born in Tingwick, Quebec, in 1880, was called to the Quebec bar in 1905. In 1911 he was elected a member of the House of Commons for Dorchester, Que. He became Speaker of the House of Commons in January, 1916. He retired from politics after the war.

On Shopping Bent

In 1933 he became Associate Chief Justice of the Supreme Court of Quebec, a crown appointment which he holds for life or until retirement. Accompanying Justice Sevigny are his wife, the former Jeanne Lavery, daughter of J. I. Lavery, K.C., of Quebec; their two daughters, Madeleine, 24 years old, and Francoise, 22, and their son, Pierre, who is 18 years old.

"My wife and the girls are out shopping," Justice Sevigny explained with a smile. "They buy all the time and really keep me poor."

Proving that Quebec women, in the final analysis, are much like their United States sisters, even if they don't clamor for the vote.

STRONG EXPLOSIVE IS MADE CHEAPLY

IOWA CITY, Iowa, Jan. 27—Prof. Edward Bartow, of the University of Iowa, explained today a new economical process for manufacture of inositol, a compound which can be made into an explosive more powerful than nitroglycerine.

Professor Bartow, president of the American Chemical Society, said that he believed the compound could be produced for commercial use from waste materials in the manufacture of corn products. Inositol looks and tastes like sugar.

"We now have about 25 pounds of inositol which was produced at a cost of \$1 a pound in the laboratories here," he said.

"NOVELTY SHOP"

DON'T FORGET you can get BABY ACCESSORIES here, such as Jackets, Angora Hoods, Mittens, Blankets, Rattles, Baby Bites, and other necessities for the "Wee One". Also announcement and Baby Congratulation Cards. You are invited to call and see them.

EDNA GILMORE
Phone 68-21 57 Carleton St.

THE LOW-DOWN ON SCREEN KISSES

On the supporting post of the microphone boom which Dick Williams, studio sound expert, operates, is a small slip of paper on which are listed the names of all important Warner Bros. players and the approximate distances the microphone must be kept away from them during kissing sequences.

The list has been assembled out of the young man's own experiences. He has it down so perfectly that it is almost never necessary for the director of a picture on which he works, to order a retake of a kissing scene because the "sound" is bad.

After Jimmy Cagney's name is written the word "close." Cagney, explains Williams, is an almost silent kisser, and the sound track is in no danger during his love scenes.

Dick Powell is a shy and hesitant kisser. "Like a school boy," explains Williams. Microphone six inches away (Pat O'Brien, who gets cheated out of most of his screen kisses by the scenario writers, is also an energetic kisser when he does kiss, and the mike must be five feet off.

George Brent kissed in an extraordinarily loud fashion, so far as Williams' list is concerned. "He starts quietly enough," says the sound man, "but it grows. I keep the mike two feet away to begin with and then pull it back quickly, during the kiss, to five or six feet." That is exactly the opposite procedure to that used by the boom man in Dick Powell's love scenes. He starts back a foot or two with Dick and then shoves the mike in as close to the actor's chin as he can get it.

Warren Williams and Ricardo Cortez are quiet lovers, and their rather infrequent kisses are recorded without difficulty. Ross Alexander rates as an "on and offer" who must be watched according to his mood, and Frank McHugh is a "smacker" and the wise boom man swings his microphone far out of the scene when he goes into a huddle with his leading lady. George Arliss used to be listed by Williams as a "smacker" too, but he has gone back to England and his screen kisses, which are few and far between at best, are worrying English sound specialists, not Dick Williams.

Errol Flynn, young Irish actor who is playing his first featured role as "Captain Blood," has never previously kissed or been kissed in an American-made picture so Williams has no way of judging the sound effects he produces when he makes screen love. But, as might be expected, Joe E. Brown, when he does kiss a lady, which isn't often in his films, does it so wholeheartedly that Williams just shuts off his microphone entirely and depends upon the sound effects department to supply the necessary noise from its "library."

STIMULATING HEALTH

goes hand in hand with the prevention of disease — but it goes further!

Hens may be free from disease but listless and "mopey" — or they may suddenly go "off feed" and their production stop. Either condition may be caused by nothing more than natural loss of appetite which happens when the supply of Vitamin A in the body is exhausted.

Buy Pur-a-tene, the Vitamin A Ration

A. H. VANWART AND SON

Phone 150
FREDERICTON, N. B.

Men's Suits Dry Cleaned and Pressed

give you an added protection against moths while the garments are stored for the winter

Buzzell's Dye Works

PHONES 487 — — — 276 Queen Street
365-11 — — — 82 Regent Street

Caught a Cold?

To help end it sooner, rub throat and chest with

VICKS VAPORUB

It pays to advertise in the Daily Mail.