

Of Interest to Women

The following is the recipe for excellent doughnuts which were entered by Mrs. Wm. Vaughan at The Daily Mail Cooking Contest:

Doughnuts

- 3 eggs
- 1½ cups sugar
- 1 tablespoon melted butter
- 1 cup cream
- 1 cup milk
- 2 teaspoons cream of tartar
- 1 teaspoon soda

- 1 teaspoon nutmeg
- 1 teaspoon vanilla
- 1 teaspoon lemon
- ½ teaspoon salt.

Flour to stiffen the mixture.

Add sugar to well beaten eggs. Stir in melted butter and beat well again. Add cream and milk and then the dry ingredients which have been sifted together. Add flavoring and fry in shortening.—Mrs. Wm. Vaughan, 363 Charlotte Street, City.

DOWNY LIGHT CAKES KEEP FIGURE, FORTUNE

Butterless Cakes Economical and Non Fattening

Many of that family of butterless cakes known as sponge cakes are very expensive because they require so many eggs and because the cakes are often failures. Half the trouble in making these light and airy foods has been in the choice of ingredients, for some cooks still cling to the idea that if they add corn starch to ordinary flour they have cake flour.

It isn't as simple as that to make cake flour—adding corn starch to ordinary flour won't do the trick at all. If it did, then the makers of cake flour have been tremendous fools for over fifty years, because they've spent time and money helping to develop a special soft winter wheat that has a very tender gluten—the essential quality in a wheat for cake flour. This special wheat is ground and reground sifted and resifted through silken sieves to give a flour 27 times as fine as ordinary flour.

That careful milling gives real cake flour with a tender pliable gluten that responds quickly to cake leaven. A fine cake flour will give a luxury texture to the most inexpensive batter. It makes fine sponge and butter cakes; perfect angel food and splendid mock angel cakes at very low cost.

Hot milk sponge cake has a texture and flavour much like angel food yet it requires only three eggs.

Hot Milk Sponge Cake

- 1 cup sifted cake flour
- 1 teaspoon baking powder
- 3 eggs.
- 1 cup sugar
- 2 teaspoons lemon juice

- 6 tablespoons hot milk

Sift flour once, measure, add baking powder, and sift together three times. Beat eggs until very thick and light and nearly white (10 minutes). Add sugar gradually, beating constantly. Add lemon juice. Fold in flour, a small amount at a time. Add milk, mixing quickly until batter is smooth. Turn at once into ungreased tube pan and bake in moderate oven (350 degrees F.) 35 minutes, or until done. Remove from oven and invert pan one hour, or until cake is thoroughly cold. This mixture may be baked in two lightly greased 8x8x2-inch pans in moderate oven (350 degrees F.) 25 minutes; or in 12x8x3-inch loaf pan 30 minutes.

Orange Sponge Cake

- 1½ cups sifted cake flour
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- 1 cup sugar
- 1 tablespoon grated orange rind
- 2 eggs and 1 egg yolk
- ¼ cup orange juice
- ¼ cup water

Sift flour once, measure, add baking powder and salt, and sift together three times. Add ½ cup sugar and orange rind to eggs, and beat with rotary egg beater until thick and lemon coloured; add remaining sugar gradually, beating very thoroughly, then orange juice and water. Add flour gradually, beating with rotary egg beater until smooth. Turn into ungreased tube pan and bake in moderate oven (350 degrees F.) 35 minutes, or until done. Remove from oven and invert pan one hour, or until cold.

STEW'S DON'T DESERVE A BAD NAME

No Dish Can Be More Delicious or Bring More Praise if It is Properly Prepared

The word stew has acquired a bad name in this country. In general the bad reputation is deserved, and yet nothing in the world can be more delicious, nor bring more praise from guests than a well seasoned, properly cooked piece of stewing meat.

What do we mean by the term stewing meat? Merely the less expensive, less tender portions which need a comparatively long cooking and for this reason the cooking must be done in water or other liquid. I have two hidebound rules for making these meat dishes, which, by the way, when I serve I give a title other than stew.

Method No. 1, which I use for beef and sometimes for veal or lamb, always begins by searing, that is to say, browning the pieces of meat on all sides in hot fat. If bacon or ham fat is used a special flavor is provided. Often I cook a clove of garlic or a few slices of onion with the meat.

Next I add just enough liquid to cover the meat. This may be water, with or without vinegar or wine, or canned tomatoes. Then I add a variety of spices and herbs. While peppercorns, cloves, mustard and celery seed, thyme, parsley and others may be used according to taste. The meat is covered and allowed to simmer for several hours.

Method No. 2 is used for chicken, veal and lamb. The meat is put into boiling water with salt, a few slices of onion, peppercorns, a few slices of carrots and celery. This is brought quickly to boil and then allowed to simmer until the meat is tender. With this type of stew I serve a sauce made from butter, flour, the meat stock egg yolks and cream. This may be

flavored with cherry or lemon juice and sprinkled with chopped parsley. A stew made by either of these methods and called anything you like is worthy to be served at any table.

Brown Stew De Luxe

- 2 pounds solid meat, beef, lamb or veal.
- ¼ cup or more drippings or bacon fat.

- 18 small onions, peeled.
- 1 clove garlic.
- ¼ cup flour.
- 1 quart water.
- 1 teaspoon mustard seed.
- 1 teaspoon celery seed.
- 1 cup sliced carrots.
- ½ cup diced celery.
- Salt, pepper.
- Sugar.

Cut meat in two-inch pieces. Melt fat, cook peeled onions in it until they are yellow and remove from pan. Brown meat with garlic in remaining fat, sprinkle with flour, stir until flour is mixed with fat and browned. Add water, seasonings, vegetables and the onions. Cover and let simmer for several hours until meat is tender.

Cream Stew

- 1 four-pound chicken, or 2½ pounds solid veal or lamb.
- 1 quart boiling water.
- 1 onion, sliced.
- 3 cloves.
- 4 peppercorns.
- 1 tablespoon salt.
- ¼ cup chopped carrots.
- 1 tablespoon celery leaves.
- 3 tablespoons butter.
- ¼ cup flour.
- 2 cups stock.
- 2 egg yolks.
- ½ cup cream.
- 2 tablespoons lemon juice or sherry.

Feel Chilly—Start to Sneeze Nose Starts to Run

Then comes the cold which, if not attended to immediately, shortly works down into the bronchial tubes, and the cough starts.

On the first sign of a cold or cough go to your druggist's and get a bottle of Dr. Wood's Norway Pine Syrup.

You will find it to be a prompt, pleasant, reliable and effective remedy for your trouble. It has been on the market for the past 44 years. Don't experiment with a substitute and be disappointed. Get "Dr. Wood's".

AROUND PARLIAMENT HILL

Passing of King George V and Accession of King Edward VIII Cause Break in Usual Activities—Members of Parliament Arriving for Session—Scramble for Sessional Jobs.

OTTAWA, Ont., Jan. 31.—Events so engrossing as the death of the King and the accession of a new King have put into eclipse everything else in government and Parliamentary circles, this week. The lull is large and conspicuous and it will continue till after Tuesday. Then there will be a return to normalcy.

In the meantime, nearly every official activity relates to one phase or other of the situation created by the demise of the Crown. On such an occasion, the number of things which, according to the tradition and usage have to be done, are very extensive. Proclamations have to be issued; new oaths taken; orders of one kind or another sent out; regulations fitted to rare occasion looked up and promulgated and many other arrangements concluded. There is a great deal of cabling back and forth.

Under the circumstances, the brilliance of the opening this year will be greatly dimmed and just when it promised to be of exceptional éclat. The advent of a new Governor General and his first occasion of officiating always arrests the social fancy. Then, there is a new Parliament and a new government, with a lot of new people coming to town, many of them looking forward to the ceremonials of the occasion with the refreshment of a new experience. Parliament, of course will open with the prescribed formula of speech from the throne and, probably, with a good attendance of society. But the glamor of feminine finery and the brilliance of background will be missing. The prevailing tones and colors will be those of mourning. Functions of that character record the reactions of restraint.

No doubt in the throne speech of Lord Tweedsmuir, the primary paragraphs will refer to the death of the King and the entry of Edward the VIII and, in the debates on the "address" in two Houses, the tributes already paid will be repeated and elaborated. Possibly, because the new Parliament meets under such conditions, the initial discussion may be abbreviated or made different in its flavor; but one never can tell about that. As noted, this is a newly elected House and there has been a change of government and an exercise of unwonted restraint will be apparent if plentiful reference to all the facts antecedent and subsequent, is not made. In 1930, Mr. Mackenzie King was at meticulous pains to explain what had happened in the election and particularly to cite and criticize the influences which were contributory. He built up a monumental record as a lasting memorial of that upheaval. Rome was not built in a day and some great speeches are not made in an hour or two or three hours.

It is not known whether Mr. Bennett will follow this memorable example. If Mr. King's defeat in 1930 was decisive, that of the Conservative party in October last was devastating. No doubt, the right honorable the opposition leader has at his command, an enormous amount of material which bears upon the disaster and probably, as well as definite opinions about what his opponents said and the result as reflecting a base public ingratitude for five years of great industry. He may "open up", or, making the best of the situation, maintain his comparative silence at least till the real legislation is brought down for discussion.

In the meantime, the new members are drifting in and getting located. An unusual number appear to be here with their families. Many heart-burnings occur over the assignment of rooms, entitlement to the pick being based upon seniority of service. Save for a few, the opposition members need to go up near the roof. Every member naturally would like a room to himself but that would require a building about double the size. In the old days, when few but ministers or party leaders had private rooms, but there were common meeting places, including what would now be called a beverage room, the spirit was more intimate and the atmosphere more friendly. Mr. King is endeavoring to resuscitate some of it by setting up a "common room" which used to be a large dining-room for Speakers' luncheons and dinners. It will be interesting to see how it works.

A change of government is also the time for many heart-burnings about government jobs. There is a widespread local notion that hundreds of positions are available when Parliament meets and that, with a little backing, no difficulty attends the landing of one. Unhappily, or otherwise, this is not the case. The number of positions is not very large, though the late government increased them, in certain quarters. There used to be a certain permanency but this was considerably varied five years ago and now the disposition seems to be to follow that example. It is a safe thing to say that for every ten jobs which exist, or are capable of creation, there are at least a hundred aspirants. Local members or, rather, their committees, claim a predominant share in the placings but outside M. P.'s also demand a look in. The period is a hectic one for those whose business it is to adjust the situation and endeavor to reconcile the conflicts and appease the anger of those whose ideas, without being ignored, simply can't be followed. The Civil Service as a whole should be happy in the immunity it enjoys from the turmoil subsequent to a great political upheaval.

Next week will see another foregathering of the constitutionalists. The attorneys-general, or others, will be here to delve into the question of amending the British North America Act. There is, at last, an agreement that it should be done because of the obsolescence of many parts of the old machine. But how to go about it is the question. Such details, rather than the principle, next week's gathering will go into. One idea, lately expressed, has been to classify the amendments deemed desirable and the procedure attending the different categories. Some, of a general character, it was thought might be brought about by the action of Parliament and a certain proportion of the provinces. Others, might require unanimous consent of all the provinces. In that event, the prerogative of veto would be vested in any one province.

Basically, the great impediment to constitutional revision is the fear that some time it might prejudicially affect or imperil some minority right, though if the province wherein such rights are especially exercised had to give legislative consent, cause for apprehension would appear to be removed.

In Quebec, it is noted that Mr. Taschereau's acquiescence in the bald principle of constitutional revision has intensified the criticism of opponents, whose assault upon the provincial premier continues steady and unabated. It is not difficult to raise a hue and cry than to start belatedly at the revision of parts of a constitution admittedly enfeebled by nearly seventy years of wear and tear, means that there may be no stopping till guarantees are extinguished and, with them minority privileges, and aspirations. Of course, there is not the remotest idea of doing, or paving the way for doing, anything of the kind. But when politics enter into the question, there is no particular limitation of the sphere in which, effectively, they may be played. Especially is this so if the clergy take a hand. In the numerous cases of contestation of the recent provincial elections, clerical interference in not a few instances, is cited as an undue influence, urged as a ground for invalidating the result.

What may come out of the conference is problematical. Probably it will deal only with the "procedure" if and when revision is considered desirable. The extent to which this will be necessary may, in large measure, be contingent upon the judgments of the Supreme Court of Canada in the numerous references now before it. Some—the lawyers think—will be upheld and some will fall down because of a defect in the constitutional underpinning. As all the social measures are essentially national, the failure of the courts to sustain them would likely give rise to a revamping of the constitution to assert the federal authority and make it water tight.

But, if any such project be construed as having the remotest relation to any minority rights—even if the latter be specifically excluded—the old difficulty will be encountered. Some interests will always promote the conjecture that it is difficult to reconcile powers of constitutional revision with the perpetuity of constitutional guarantees.

In the meantime, the attractive ideal of "equality of status" loses much of its lustre in the lack of Canada's power to change its own constitution just as other dominions are equipped with authority to change theirs.

YANKEE TWANG DATES BACK TO MAYFLOWER

SYDNEY, New South Wales.—Alexander Watson, examiner for Trinity College, London, in election for Australia and New Zealand, said here that those who desired an example of the proper enunciation of the English language could not do better than literally to speak the King's English.

Mr. Watson said he had been frequently asked for an example how the English language should be spoken, and his reply was that, if a model to be followed was required, then there was no better one than that of King George V. The phonograph records of his Empire utterances, Mr. Watson said, give an actual demonstration of the unobtrusive and effective manner in which the English language could and should be used.

Constabulary for English

There was a danger of speech in Australia becoming Americanized, Mr. Watson said. This was particularly apparent in the utterance of vowels in words having a nasal consonant. It was only carelessness or laziness in pronunciation that caused a person to permit consonants to intrude on contiguous vowels. Teachers of elocution in Australia and New Zealand should form themselves into a constabulary for the regulation of spoken English, Mr. Watson argued.

The "Yankee twang" was really introduced into America by the Pilgrim fathers who went there in the Mayflower, Mr. Watson said. There were references in Shakespeare and other writers, of the Mayflower period, to "the snuffling of Puritans."

The American Influence

That snuffling, Mr. Watson believed became emphasized and amplified in America as time went on until the present American accent was evolved. That accent was something different from ordinary English. It was surprising to find that people who visited America for only a few weeks came back with a decided American twang which it took them weeks and sometimes months, to get rid of.

Mr. Watson said that G. Bernard Shaw had stated that there were 40,000,000 different English accents, referring to the population of Britain. There was truth in that Shavianism, and Shaw might have included all the population of the British Empire. The fact was that no two persons spoke exactly alike, even when they tried to imitate another person.—Christian Science Monitor.

Energetic Engineers

Automotive engineers have been visiting Detroit recently. They are interesting fellows; they know a lot about the business that contributes most to Detroit's prosperity.

One would think the men who design cars would be proud. They do a good job. People who don't know too much about cars, but just buy them and run them, always think how wonderful the new cars are. Always they are better than the cars of last year. They are faster; they run better; they are easier to look at and to pay for.

Always we think, how can they make any improvements next year? The automobile has become pretty nearly perfect.

But listen to what one of those big research engineers said. The automobile of today within a few years will look as odd to us as do the old, high, open cars of ten years ago. There are lots of things that need improving. The so-called "streamline" cars have

stitution to assert the federal authority and make it water tight.

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TWIST OF THE WRIST OPERATES FURNACES OF CITY SKYSCRAPER

Fifteen Tons of Coal a Day Gulpd In by Bank of Commerce Grates—Ashes Are Whisked Away

TORONTO Ont., Jan. 30.—The winter winds were swooping up and down and around King Street yesterday afternoon when a shivering reporter paused in front of The Canadian Bank of Commerce building and peered up the sides of its towering walls, broken by line after line of windows.

Four Floors Down

And as he gazed he recalled the way he had moaned over his fate earlier in the day when throwing a little coal on the furnace to keep his home fires burning. Down in the depths of this great building, he reasoned, must be many weary furnace tenders, toiling their lives away while tenants banged radiators and yelled for more heat. And so the reporter wandered into the great lobby of the bank and through various doors and passageways in search of the boiler room. It would be dusty down there, he imagined, and hotter than the Black Hole of Calcutta.

Finally, four floors beneath the street level, he ambled through a door and across a floor of shining red tile. Plumb in the centre, he met a man in a natty blue uniform and asked for directions to the furnace-room. The man in blue raised his eyebrows slightly and glanced sharply at the reporter's feet, from which the snow was melting in a little pool. The reporter was seized with a feeling of alarm, like that of a man who has just tipped over the coffee urn into the lap of the hostess at a Junior League dinner.

"The furnace-room", replied the man in blue, "is right here — this room".

"And where are the black, greasy stokers?" he asked.

The man in blue pointed to a spot just below third shiny button of his crisp blue smock.

"Right here", he replied.

Twist of The Wrist

Impossible as it may seem to any one who has cranked grates and sifted ashes, one man keeps the fires going in the British Empire's tallest building! But he doesn't touch ashes, or even soil his hands. It's all done by the twist of the wrist and the knack of knowing the right valve to turn.

First of all, the coal is fed down upon the huge revolving grates from a hopper. All the stoker has to do is watch that the stream of black pebbles keeps flowing steadily.

When it comes to cleaning out the

NONDESCRIPT

"You never can make that kind of dog fashionable", said the script.

"Why not?" asked the man who was offering the animal for sale.

"Because", said the expert, "he isn't small enough to be utterly worthless; or ugly enough to be interesting".

all sorts of things hanging on them that interfere with the smooth flow of air currents. They catch dust. They have to be greased by experts and even the experts sometimes are baffled to find the battery and the radiator drain faucet.

Well, of course, the research engineer knows. That is why he does his researching. And this perennial dissatisfaction of the men who design and plan and make the automobiles has been the factor that has kept them continually improving year by year until the present state of near-perfection has been achieved.

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ashes, you just walk over to a certain valve, give it a twist, and away they go, carried off by the giant hands of steam power. The steam even blows them out of the grates.

On a cold day, fifteen tons of coal pour from the great hoppers and into the fire. If you don't believe it, just ask the engineer in the blue uniform. He'll take you over to a scale that weighs every ounce of it.

On a huge instrument board, various dials tell you what time it is, how cold it is outside, how cold it is inside, how much steam is travelling up the pipes, and, as a matter of fact almost anything—with the possible exception of the price of eggs in Paspago.

"By looking at that board", said the engineer, "I can tell when some one takes a bath around here. A little more heat is required to replace the used-up hot water, and when more heat is required it shows on the dial".

"How about the times the tenants require more heat?" asked the scribbler. "It's not very often they do", said he, "but when such a thing happens, we hear about it all right. We don't need any dials".

Great Electrical Plant

While one man is looking after the business of heating the great building, others are keeping the water climbing to the top stories, and seeing that the electricity is travelling over the system of wires that is almost as large as a small town's.

For instance, if the electricity was suddenly cut off while an elevator was just passing from the 26th to the 27th floor, the passengers would find themselves trapped up there in the shaft until some one turned the power back on again, if it were not for the big Diesel engine in the basement that runs a special emergency generator. This plant furnishes enough current to keep a portion of the lights burning and move one elevator at a time.

High-pressure pumps drive the water up to floors that the city water supply could never reach. All this goes on "down under" so that the tenant can carry on his business in peace and comfort in an office perched in the sky.

And so, when you worry over ashes and shovel on the coal these frigid days, don't waste pity on the men who stoke the furnaces of modern office buildings they don't deserve it. While you labor up the cellar stairs with a can of cinders, tripping over the oat on the top step and spilling them all over the floor, the man in the skyscraper simply twists a valve and the ashes look after themselves.

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