

Of Interest to Women

IF YOU'RE A CODFISH FAN

You Belong to One of Two Schools of Addicts—
Find Your Own Classification

(By Edith M. Barker)

If you are a codfish fan, and it's salt codfish I'm talking about, every so often you will demand it. Perhaps you like it best creamed and served with mashed or baked potatoes. There are two schools of addicts, one of which demands the first and the other the latter.

With a salad, which adds both color and a contrasting crispness, and a vegetable, if you like, you will have a main course for a quick meal which may be served for supper or for luncheon.

And then there are codfish cakes or balls, whichever you like to call them. The mixture for them must be made very soft so that you may drop it by the tablespoonful into the deep, hot fat. Hot, crisp on the outside and soft and creamy inside—nothing could be better. Crisp bacon is often served with codfish cakes.

Salt codfish is one of the world's oldest staples. It is surprising to find it a favorite food even on fishing boats in quest of the fresh cod for salting purposes. Down in the tropics I found salt fish with ackee considered one of the native specialties.

Will you have creamed codfish or codfish balls tonight for supper?

CREAMED CODFISH

1 1-2 cups codfish.
4 tablespoons butter
3 tablespoons flour
Pepper
Paprika
2 cups milk
1 egg or 2 egg yolks
Cover fish with cold water, bring to boiling, drain and repeat if necessary to remove salt. Melt butter, stir in flour and seasonings and when well blended add milk. Stir over fire until smooth and thick. Stir a little of the sauce into the beaten egg and beat this mixture into the sauce. Add fish, heat and serve garnished with parsley or slices of lemon dipped in minced parsley.

CODFISH CAKES

1 cup salt codfish
2 1-4 cups potatoes, mashed
1 egg, well beaten
1 tablespoon butter
Pepper
Wash fish and cut in small pieces. Soak in lukewarm water. Heat to boiling point and drain off water, repeat until the fish tastes fresh. Mix fish with remaining ingredients, beat well and drop by tablespoonfuls into deep fat, 385 degrees Fahrenheit, and cook until golden brown.

WHY OUR WEIGHT IS SO IMPORTANT

Effects of Too Many or Too Few Calories

Dr. Jean Bogert, formerly an instructor in medicine at Yale University, points out very clearly in "Nutrition and Physical Fitness" the dangers in being either overweight or underweight. He says: "Consuming food which supplies calories in excess of body needs leads to overweight, which in turn leads to lack of ambition, inefficiency, inconvenience and embarrassment and may result in diseases of the heart, circulatory system and kidneys, diabetes and lessened chances of life.

"Extreme dieting or consuming food which supplies calories insufficient for body needs leads to underweight, which in turn results in one or all of the following disorders: Permanent injury to brain, nervousness, irritability, loss of appetite, indigestion, listlessness, lack of vitality, lowered resistance to disease germs. It may result in anemia, tuberculosis and other infectious diseases, sterility and lessened chances of life."

Among the highest authorities on the action of food on the body are food scientists, or physiological chemists and nutritionists, who have spent years in research and experimental study to discover which components are most necessary to good health and long life. Their combined findings tell us that milk is one of the most essential foods, and especially so since modern living has given us so many highly milled products lacking in the properties in which milk is abundant. The consensus is that the overweight person needs milk quite as much as the thin, and that if any dieting is done milk becomes an even more necessary part of the food supply than before.

THE FRENCH TUCK IN THEIR CHILDREN

So Now the Americans Do It, Too

The French penchant for tucks is really beginning to make its dent on the dresses of America's youngest generation.

The newest French imports for the youngsters under six have no trimming on them at all except rows of tiny little tucks and narrow bands of piping. The effect is simple, and yet very, very dainty. The tucks are usually done on starched lawn with little shadow designs on the material, and the favorite piping this season is French cherry—a sort of faded cerise.

And what's more, the latest things from the sewing tables of the American houses are also tucked and piped. Several American made brother and sister outfits are outstanding in their use of tucks and piping—and are, besides, adorable. One is of Alpine blue piped in middy blue, with bands of the darker blue inserted down the front. Another is of white starched lawn, with tucking in the yoke, and cherry red piping. And another set is in salmon, piped in rust. It's the French idea, gone one better—for the American makers; don't hesitate to use all kinds of colors.

Exploring the Dominion

The Canadian Geographical Society is to be congratulated for the practical questions that form an important feature of its monthly Journal. In the January number one of the outstanding articles is that on Mapping Canada, by the Surveyor General, F. H. Peters. Mr. Peters tells the story of how this immense Dominion has been explored and gradually surveyed, and how through the co-operation of various branches of the federal government detailed and authoritative maps are being published covering every section of the country. The subject is one that must interest every Canadian, and is discussed by a competent authority in nontechnical language. This combination of authentic information presented in a way that every one can understand is one of

EDWARD VIII IS 60TH KING

SUCCESSION FROM EGBERT

King Edward VIII is Britain's 60th king, in direct descent from Egbert, a Saxon, who ruled on the British Isles in 827.

The new King belongs to the House of Windsor, the dynasty name adopted by British Royalty as a result of the War when German titles coming from Queen Victoria's husband, Prince Albert, were forewarned. Edward is the second King of that house, his father, King George V, having been the first.

Edward traces his line back to Alfred the Great, William the Conqueror, the Emperor Charlemagne, Rodrigo the Cid, the Emperor Barbarossa and St. Louis, King of France in the 13th century.

Many races have contributed to his heritage — Saxons, Danes, Normans, German. Traditions behind his throne descend from the House of Normandy, the House of Plantagenet, the House of Lancaster, the House of York, the House of Tudor, the House of Stuart, the House of Hanover and the House of Saxe-Coburg.

A complete list of monarchs of Britain follow:

Monarchs	Ascension to The Throne
Saxons (And Danes)	
Egbert	827
Ethelwulf	839
Ethelbald	858
Ethelbert	858
Ethelred	866
Alfred the Great	871
Edward the Elder	901
Aethelstan	925
Edmund	940
Edred	946
Edwy	955
Edgar	958
Edward the Martyr	975
Ethelred II	979
Edmund Ironside	1016
Canute the Dane	1017
Harold I	1035
House of Normandy	
William I	1066
William II	1087
Henry I	1100
Stephen	1135
House of Plantagenet	
Henry II	1154
Richard I	1189
John	1199
Henry III	1216
Edward I	1272
Edward II	1307
Edward III	1327
Richard II	1377
House of Lancaster	
Henry IV	1399
Henry V	1413
Henry VI	1422
House of York	
Edward IV	1461
Edward V	1483
Richard III	1483
House of Tudor	
Henry VII	1485
Henry VIII	1509
Edward VI	1547
Mary I	1553
Elizabeth	1558
House of Stuart	
James I	1603
Charles I	1625
Charles II	1649
James II	1685
William III	1689
Mary II	1689
Anne	1702
House of Hanover	
George I	1714
George II	1727
George III	1760
George IV	1820
William IV	1830
Victoria	1837
House of Saxe-Coburg	
Edward VII	1901
House of Windsor	
George V	1910
Edward VIII	1936

HOW CIVIL LIST IS DIVIDED AMONG ROYAL FAMILY

The Royal Family receives annual appropriations of approximately \$2,700,000 from Parliament to maintain its traditional splendor.

This sum, however, which is barely adequate to meet the necessary great expenses of Court life, is augmented by vast earnings from private holdings such as the Duchy of Cornwall. In addition, the family fortune includes many castles owned by the House of Windsor. The value of the castles are incalculable.

The annual parliamentary appropriation, called the Civil List, has been divided as follows:

For the King	
Their Majesties' privy purse	\$489,000
Salaries of Household	559,500
Expenses of Household	853,000
Works	100,000
Royal bounty	58,500
Unappropriated	36,000
For the King's Family:	
Duke of York	\$119,000
Duke of Kent	119,000
The Princess Royal	28,500
Duke of Gloucester	119,000
The King has been entitled to an additional income of about \$285,000 from the Duchy of Lancaster. In spite of this added revenue, the privy purse showed a deficit of \$116,000 in 1919, of \$218,000 in 1920, and of \$257,000 in 1921. King George economized drastically when the depression hit England by commanding that the civil list be reduced by \$260,000 a year.	

Royal castles include Balmoral in Scotland, Buckingham Palace in London, Windsor Castle and Sandringham House. The Prince of Wales and other Royal princes also have had palaces set apart for their use.

There are also vast Royal holdings called the crown lands. Revenues from these have been collected for the Government itself on the "public account" since 1760 when George III surrendered them in return for a fixed annual payment (civic list). In the year ended March 31, 1935, total receipts from the Crown lands amounted to \$9,920,165.

The Heir to the Throne has his own sources of income in the Duchy of Cornwall which was created by Edward II for the support of his eldest son. In the year ended December 31, 1926, the revenues of the Duchy amounted to \$1,230,525, of which \$333,565 was paid to the account of the Prince of Wales.

THE NERVOUS STRAIN ON NEW KING IS H

LONDON, Jan. 23—A human touch showing the nervous strain on which the new King was burdened day came when he stepped out of Royal car at St. James' Palace arrival from Sandringham.

Hatless, he walked briskly into palace between the stiff-backed tries who stood with their rifles fixed bayonets glinting in the sun "present arms."

A moment later, the King hurried back to the car to retrieve a package he had forgotten.

It pays to advertise in the Daily Mail.

NEW KING'S RANCH FINE PROPOSITION

Brand of "E. P." is High Standard in Western Canada — Owns Prize Cattle.

The picturesque ranch of the Prince of Wales, known everywhere as the E. P. Ranch, in the foothill country of Southern Alberta, jumped into world prominence nine years ago, and has been brought to public attention from time to time since then because of the periodical visits of His Royal Highness.

The E. P. ranch is very beautifully situated and took the fancy of the Royal heir the moment he saw it. But he had thoroughly examined the whole structure before he decided upon one place.

It was during the Prince of Wales' visit to Canada in 1919 that he determined to become a ranchman, and obtained permission of the Pekisko Ranch, in the south of Alberta, now the E. P. Ranch, or the Prince of Wales ranch, twenty-five miles from High River Station on the Macleod branch of the Canadian Pacific Railway.

The prince's ranch, oblong in form, extending to three miles by two miles and including 4,000 acres, is in the centre of the finest ranching district of Alberta, beautiful in its verdant green covering, which stretches as far as the eye can reach. The low, rounded hills and valleys are ideal alike for the grazing of livestock—cattle, horses and sheep—and for sport. In the southern half of the area, or this ranch is a duck-frequented lake of considerable extent, which is capable of being stocked, according to the ways of the country, from government fish hatcheries.

The ranch is no longer to be regarded as the mere hobby of a young man in a position to indulge his taste, but as a practical establishment with the essential place in the agriculture of Western Canada.

STAMP-COLLECTING YACHTING HOBBIES OF KING GEORGE V

King George was known throughout the world for two hobbies—stamp-collecting and yachting.

The King had one of the finest collections of British stamps in the world and spent hours with his many albums in which he kept his rare finds.

As a yachtsman, he attended many a regatta at Cowes and Henley, sailing in calm and rough weather aboard his yacht, the "Britannia."

"I've a good story on you," said King George to United States Ambassador Walter Hines one day during the War. "You Americans have queer use of the word 'some' to express more bigness or emphasis. We an Englishman and an American were riding in the same railway compartment. The American read his paper diligently—all the details of a big battle. When he finished he put the paper down and said, 'some fight.' And some don't," said the Englishman. Ha, ha, Mr. Ambassador—a good one on you!" and King George roared slapping his knee.

His Majesty was passionately fond of Gilbert and Sullivan operas and spent hours listening to them on the phonograph or the radio. He also was a regular visitor to the movies, sometimes going two or three times in a single week.

After the war, the King's income was \$2,350,000 a year, of which about \$45,000 was for his actual personal use, the rest going in household expenses and charity. But in 1935 he cut even this amount by \$250,000 in the interest of national economy.

The late King was a stickler for punctuality. Once the Duke of Kent was strolling in the gardens when some one reminded him he had a date with the King and Queen. "God," said the Duke, "I must hurry or I shall never hear the last of from my people if I am late." He hurried to skip lunch to keep the appointment.

The walls of the former monarch's study at Sandringham House where he died were lined with helpful notes. The most conspicuous one read "Teach me to be obedient to the will of the game."

CLERGY IN QUEBEC SEND CONDOLENCE

Cardinal Villeneuve, Bishop Carrington and Archdeacon Scott

QUEBEC, Jan. 23—On behalf of the Roman Catholic church in Canada, Cardinal Villeneuve sent the following message of sympathy on the death of the Prince of Wales now Edward VIII, his successor.

"Profoundly touched by the mourning which strikes the Royal Family and the entire British Empire in the death of the well beloved Sovereign who designed to welcome me some time ago. In the name of the Roman Catholic church in Canada, I express to Her Majesty the Queen and Your Royal Highness my most sincere condolences and the assurance of pious commendation."

King George received Cardinal Villeneuve at Buckingham Palace during the latter's recent trip to Europe.

Bishop of Quebec

The Bishop of Quebec, Right Rev. Philip Carrington, issued the following upon learning of the death at Sandringham of His Majesty George V.

"When we listened to the strong clear voice of our beloved King on Christmas Day, we little thought that he would be so soon taken from us. He was the earthly ruler of a great confederation of nations who will mourn his loss. Indeed a reverent silence will be felt for a moment throughout the world. His reign was full of troubles, dangers, and dissensions; he conducted himself throughout as a Christian gentleman, with courage, faith, patience, and sympathy. He passes from a corruptible crown to an incorruptible."

Archdeacon Scott

Archdeacon F. G. Scott, noted wartime padre, deeply affected by the death of His Majesty at Sandringham, paid the following tribute:

"The life-aim of George V. was to

blend the British Empire into one great family bound together by ties of love and by loyalty to the throne as a symbol of Imperial unity. No one will ever forget the calm but impassioned addresses which he gave to his people at his Jubilee and on Christmas Day last. Those who listened to his noble self-dedication to the great task which God had laid upon him, and to his words to the children of the Empire, could not hear his message without a lump rising in the throat and tears gathering in the eyes.

"Such a tribute from all classes of men to the character of one who bore bravely the anxiety of years of bitter war and unrest, was the richest reward that any Monarch could receive. Now that our beloved Sovereign has died, a personal sorrow has fallen upon his people's hearts and in them he will live on in their gratitude to one who steered the great ship of empire safely out of the storm into the dawn-lit waters of a new era.

"Edward VIII, now reigns over us, and to him and our beloved Queen our hearts go forth in affection that is more than loyalty and in sympathy which finds its utterance in prayer."

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