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BUSINESS
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BEGINS

**MONDAY,
JANUARY 4, 1937**Write, Phone or Call for full
information regarding our
Business CoursesF. B. OSBORNE, Principal
P.O. Box 923, Fredericton, N. B.**RECIPES****Cranberry Sauce (no cooking)**
2 cups cranberries
1 orange
1 apple.Wash and remove any stems from
cranberries. Quarter and remove core
from apple but do not peel. Cut the
orange in sections and remove seeds,
but do not peel. Put all through a
coarse cutter or the meat chopper.
Add one cup sugar, stir well. This is
better if allowed several days to ripen.
Cranberry Sauce (quick method)
4 cups cranberries
1½ cups sugar
2 cups water
Boil sugar and water five minutes.
Add cranberries and boil until all the
skins break (usually five minutes is
sufficient). This makes a thick jell-
ied sauce.**Cranberry Cocktail**
Cranberry cocktail goes well with
goose.2 cups cranberries
3 cups water
1 orange
1 cup sugarCover cranberries with water and
cook until all are broken; strain
through a coarse sieve; add sugar and
bring to a boil. Cool and add juice
of the orange. Serve very cold. Ginger
ale may be added just before serving.**Cranberry Apple Cocktail**
Peel and cut apples in one-half inch
dice; cover with above mixture for
cranberry cocktail and allow to stand
one hour before serving.**Cranberry Mousse**3 cups cranberries
¾ cup water
1½ cups sugar
1 pint whipping creamGrated rind and juice of one small
orange.Cook cranberries with water until
soft. Rub through sieve. Add sugar
to pulp and cook five minutes. Add
grated rind and juice. Cool. Fold in
cream, whipped until stiff. Freeze.**Cranberry Apples**1 cup cranberries
1 cup sugar
1 cup water
6 apples.Cover cranberries with water and
cook until broken. Press through a
coarse sieve. Add sugar, bring to a
boil; add apples, peeled, cored and
cut in eighths. Cook very slowly un-
til apples are clear and have absorbed
the juice. Cool and serve with
whipped cream as dessert. Use apples
which do not break up in cooking.
Spy, Delicious, Russet or Tolman
Sweet are good varieties for this
purpose.**Vick's Best
Remedy For Coughs
and Colds**There is no better remedy for pre-
venting the progress of oncoming
colds than Vicks Remedy. The Vatro-
nol for nose and upper throat treat-
ment where most colds start is a
sure preventative of colds.The Vicks Vaporub for external use
acts like a poultice and relieves con-
gestion and irritation. It is also used
with good effect by inhalation, the
vapors thus striking directly the air
passages. Cough drops put up in a
neat little package are most effective
in preventing violent coughing and
soothing the throat inflamed and sore
from coughing. Try a package.Vicks, none better for coughs and
colds.**INFANTILE PARALYSIS
ENDS CHRISTMAS PARTIES**LANGMARK, Sask., Dec. 29.—
Christmas entertainments were can-
celled and Langmark school closed
as the result of an outbreak of infant-
ile paralysis in Northwestern Sas-
katchewan. Three children are in the
hospital.BRANTFORD, Ont., Dec. 29.—Mun-
ned by three young men, a stolen
street trolley clattered down the
main street of Brantford in the early
hours of yesterday and covered six
blocks before it was abandoned.The men were taken into custody
by police shortly afterward, and after
being questioned at headquarters,
were given a reprimand and ordered
home.**Interest to Women****STREAMLINE YOUR CONTOUR
THROUGH THESE EXERCISES**The woman with naturally stream-
lined hips need not spend even two
minutes reading 'these exercises,' to
say nothing of doing them. But, sad
to say, there's a large audience left.
Most women would like to take off
anywhere from half an inch to two
or three inches and would look ever
so much younger and more graceful if
they would screw up their will power
and actually do something about it.Here's just one exercise that will
work wonders. You will notice a vis-
ible reduction of inches if you do it
faithfully for just one week, and in a
few week's time you will really need
to take in your skirt seams—oh,
happy day!It takes practically no energy, so
you'll be much less apt to skip it on
lazy days. Sit on the floor and double
your knees, drawing your legs up to-
gether at one side. Straighten your
legs out in front as you roll from
your right side, then draw them up on
the left side. Then back to the rightagain the same way. Concentrate on
rolling on the hips from side to side;
that's the secret of the effectiveness
of this exercise. All weight on the
hips; your feet don't touch the floor.Here's another: This one is to be
done lying down. It helps to straight-
en the lower back and abdominal
muscles, pushing the hips under the
torso where they belong, and reduce
flabby flesh on the outside of the
hips and upper legs.Lie on the right side, legs straight
and right arm extended in a straight
line with the body, with head rest-
ing on the arm and left hand placed
on the floor to help balance the body.Pull both knees up to the chest.
Stretch legs straight out in front of
body. Keeping the knees straight,
swing the legs downward until the
body is in a straight line again.Continue the exercise five times on
the right side, then turn over on the
left side and repeat five times.**WELL-GROOMED WHITE
HAIR IS DISTINCTIVE**Though frankly we have never longed
for our hair to turn white over-
night in order that we might achieve
distinction, we have always agreed
with those who maintained there is
something very dignified about a well
groomed head of white hair. And it
seems dressmakers have realized the
possibilities for the white-haired
ladies, dressed in the new winter
velvets fashioned on historical lines, and
are paying them special attention this
winter. So special attention must
also be paid to the cosmetics of the
white-haired ladies as well as to the
care of their "crowning glory," to
keep it white and soft and gleaming.Petunia Hostick, that looks a deep
mauve tint until it is put on, an orch-
id face powder, and petunia rose are
advised by beauty specialists for ev-
ening wear by white-haired women.The rouge is applied high, blended up
ward and outward in a half-moon ef-
fect, and kept away from the mature
"expression lines" about the nose and
mouth. The lip-stick is applied and
rubbed well into the lips with the tip
of the first finger, so it does not need
to be replaced again for hours.Blue and mauve rinses are used by
the smart white-haired woman to elim-
inate that yellow tinge which is as
unbecoming to the hair as the yellow
tint to the skin. There is also a blue-
white solution for use in shampooing
the hair, and hair tonics for either
dry or oily hair, made in colorless
forms for the white hair. A colorless
vegetable oil made from almonds and
ripe olives may be brushed into the
hair, daily to keep it soft and youth-
ful looking, without any fear of dis-
coloring the silky white tresses.**PAYING A TRIBUTE TO THOSE
WHO "DO SOMETHING ABOUT IT"**

(By Ruth Cameron)

"It's terrible, but what can you do
about it?"How many, many times have we
said that or heard that said when
confronted with some abuse!What can one person do?
What, indeed?What can one trickle of water com-
ing through a dyke do?I may today a tribute to all those
who instead of saying that, rose up
and decided to do something about it.Sometimes, perhaps, the something
was a little thing, but even so it was
something. And then again the some-
thing was the spear-head of a great
movement. It was the trickle of
water which became a torrent.One day Lillian Wald, a young
nurse was engaged to go to the East
Side to give mothers lessons in care
of the sick. She had been gently born
and bred. Her first experience in an
East Side home with incredible mis-
ery, poverty and sickness, a woman
dying, nine half-starved people living
in two rooms, shook her to her founda-
tion. She knew the same sort of
thing was happening all around. She
didn't say, "This can't be helped."
She decided to do something about it.She did. She founded the first
Visiting Nurse Service in the world.
And what has come of that. I do not
need to tell the millions who have
been able to call upon the Visiting
Nurse in time of need.Seventy years ago a little girl of
six brought up in a lovely home had
her first sight of a wretched neigh-
borhood and then there made up
her mind that when she grew up she
would have a lovely house in such a
neighborhood where all the poor peo-
ple could come. Before she grew up
this little girl was laid low by tuber-
culosis of the spine and for years was
a semi-invalid. But she never forgot
her childhood determination. She had
seen the ugliness of poverty; she was
going to do something to make at
least one small place better. She did.
She founded Hull House, and the
name of Jane Addams was known
around the world.Another nurse saw a woman who
had tried to effect an abortion be-
cause the husband could not feed the
three small children they already had.
Go through three weeks of agony. She
heard her beg the doctor to help her
prevent that happening again andheard him turn away with a coarse
jest. A few months later she saw
this woman die in agony from an-
other attempted abortion. She went
home brooding over the agony that
comes to such women as these, and
over the unwanted children who live
always half starved, and determined
to do something about it. She did.
Today her name is synonymous with
a world-wide movement. It was Mar-
garet Sanger.Forty years ago the pastor of a Bos-
ton church, E. J. Helms, of the Mor-
gan Chapel, was appalled by the need
of some of his poorer parishioners
for clothes and food. He decided to
do something about it. He went out
with a gunny sack and begged clothes
and shoes from the housewives of the
Back Bay. He got others to help him;
he hired some of the poor people who
were out of work to fix up the clothes
that needed fixing and sold them at a
price that the poor people could af-
ford, and used the proceeds as wages.
Today Boston has a factory where 400
otherwise jobless are employed, and
in 35 other cities in this country
Goodwill Industries take what would
be thrown away, make it usable, and
support men who would lack jobs, on
the proceeds. And the movement has
spread abroad. All because, one man
decided to do something about it.If you come down to it, I suppose
almost every big movement in the
world was started by someone who
decided to do something about it.
Sometimes the individual's name and
fame are lost in the group of those
who agree with him and respond, but
there must have been one person who
first spoke. All honor to these peo-
ple who didn't wait for someone else
but decided to do something about it!**HAWKINS FRUIT
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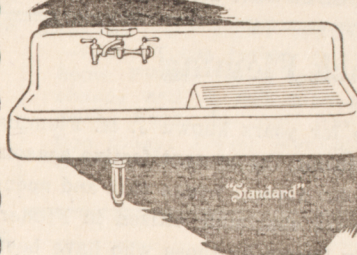
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**ST. ANDREW'S
MUSICALE WELL
CARRIED OUT**A zestful joy in entertaining, on
the part of the participants in the
Musicales presented last evening at
St. Andrew's Presbyterian church,
was evident throughout the program.
The programme was most enjoyable
and well chosen, and smoothly car-
ried out, with no time lapses between
numbers. The interest of this listener
was held throughout the seemingly
all too short programme. We should
have more of these musicales in
Fredericton with more evident ap-
preciation of the performer's artis-
tically fruitful efforts.R. C. Bayley, organist, gave evi-
dence of a very good knowledge of the
tonal color possibilities of his instru-
ment, a mature technique, and show-
ed on the whole good musical taste
in his selection of material. Even the
ubiquitous contrapuntal gem was
performed most enjoyably. Mr. Bay-
ley's carillon effect was beautifully
appropriate at this season. Miss Sadie
Blair, mezzo-soprano gave an accept-
able rendition of "An Old French Car-
ol" by Samuel Liddle.The Haydn trio, composed of Her-
bert Webber, violin; Frederick Mac-
arthur, violoncello; R. C. Bayley, or-
gan, displayed a much developed
technique since last heard. Mr. Mac-
arthur has developed into a really
fine violoncellist, a rarity in Freder-
icton during the last few years. The
violin was played with beautiful tone
and fine execution, but waxed per-
haps a trifle commercial in the Haydn
Menuet. The trio showed a popular
choice of selections, the pizzicato in
the "Guitarsouillerne," and the sweet-
ness of "Just a Song at Twilight"
having been judiciously placed near
the end of the programme to pro-
duce an effect of lightness and sweet-
ness. This is an exceptionally fine
trio which should be simulated in
this city.The Cecilian Singers have cultivat-
ed a remarkably good balance and
the solo parts were handled adema-
tely. This group has made a good ap-
proach to that most difficult amateur
choral feat, the singular attack and
release of the "s" sound. Mr. Bay-
ley's merits as a careful coach should
be fully recognized by the commu-
nity.Miss Doris Bayley in her readings,
displayed a sententious which was as
one with her subject matter. One
hardly realized the beautiful texture
of her voice or her nearly perfect
technique, so well expressed was the
feeling of her choice.The combined choruses, conduct-
ed by Harrison Wade, with R. C.
Bayley at the console achieved some
very sublime effects, with a splen-
did effort, showing that Fredericton
has indeed no dearth of latent musical
talent which needs but the coach-
ing and inspiration to become mani-
fest as in this naturally voiced choir.The Fredericton Male Chorus dis-
played the richness and resonance of
male voices without the usual fault of
the amateur male chorus, the over-
newness tone with aspiration toward
the bevy of blondes in the third
balkony.The programme was as follows:
Glad Save Our Gracious King . . . G. F.
Hendal . . . R. C. Bayley, organist.
Sole An Old French Carol . . . Samuel
Liddle . . . Miss Sadie Blair, mezzo-
soprano.(a) Andante . . . Ludwig van Beethoven
(b) Menuet . . . Joseph Haydn
Haydn Trio—Herbert Webber, violin;
Frederick Macarthur, violoncello;
R. C. Bayley, organ.(a) Good King Wenceslas, Traditional
(b) Silent Night, Holy Night . . .(a) Sing Noel . . . Besancon Carol
The Cecilian Singers—Miss Ger-
trude Davis, accompanist; R. C.
Bayley, conductor.(a) Carol from Lorraine . . .
L. C. D'acquin(b) We All Believe in One God,
Creator . . . J. S. Bach

—Mr. Bayley.

(a) The Foreigner . . . Francis Sherman
(b) The Day Shall Bring Some Lovely
Thing . . . AnonymousMiss Doris Bayley, elocutionist
O Come, All Ye Faithful (Adagio
Fiducia) . . . Hymn 174Combined Choruses, Harrison Wade,
conductor; Mr. Bayley at the con-
sole.(a) Just a Song at Twilight . . .
J. L. Malloy(b) Confitebor Tibi . . . Ludwig Schytte
—The Haydn Trio.(a) O Holy Night . . . Adolphe Adam
(b) Let God Be Here . . . Carl Mueller(c) What Kind of Shoes Are You
Going to Wear? . . . Spiritual—Fredericton Male Chorus; Mr.
Wade, conductor; Harold Richard-
son, accompanist.Good News from Heaven the Angels
Bring . . . J. Pachebel

R. C. Bayley, organist.

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