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Of Interest to Women

THERE'S NEW METHOD OF BROILING A STEAK

Marjorie Mills Explains How Young Brides May, While Cooking, Retain Its Flavor—Recipes For Easily Prepared Fish Dishes

The broiling of steak—as simple a process as it seems—is quite a trick and many a young bride has bewailed the failure of her well-looking steak, to come out of the oven just as "well-looking" as when she put it in. There's a new method—easier and better than the old—for producing a broiled steak done to a turn. Temperature has always been an important factor. Years ago, the accepted view seemed to be that a high temperature was necessary to broil a good steak, but now this theory has been completely changed and according to several home economists, just so, a lower temperature a more evenly done, juicy steak without having the charred and sometimes burned exterior so often the result of a very high temperature.

And although there are those who say that a perfect steak is "burned" on top and almost rare inside, a more satisfactory steak is really produced by low temperature broiling. It is much easier, too, since only one turning is necessary. The steak is placed far enough from the flame or heating element that by the time it is nicely browned on top, it will be half done; then it is seasoned with salt and pepper, turned, and allowed to broil until done.

The temperatures may be controlled in two ways, by placing the steak the proper distance from the heat, or by reducing the heat itself. If the oven regulator is turned to "high" the steak should be placed so that the top of it is at least three inches from the flame or heating elements. In case it is necessary to place the steak closer to the heat, then reduce the amount of heat in proportion.

The steak, of course, should be a tender one in the beginning. Steaks which are suitably cooked by this method are porterhouse or T-bone, club or Delmonico, or sirloin steaks. These should have a good fat covering over the outside and plenty of fat flecked throughout the lean. It is better to have a steak cut thick for broiling, one inch or more, even if it means choosing one smaller in area, for then the outside can be

nicely browned while the inside is juicy and evenly rare if that is the way you prefer. A steak one inch thick at the lower temperature requires approximately fifteen minutes for broiling; a steak 1 1/2 inches thick requires 20 to 25 minutes for broiling to the medium stage.

Ground beef also may be broiled with complete satisfaction. It may be molded into the shape of a porterhouse steak and broiled in exactly the same way and at the same low temperature.

Easily Prepared Fish Dishes
With warmer weather coming, more time in the open. Main-course dishes which can be prepared without too much time and trouble, are much in demand. Try some of these delicious fish recipes, from the Gordon Recipe Booklet.

Curried Codfish
One-half codfish (no bones)
Two cups milk
Two tablespoons butter
Two tablespoons flour
Broiled rice
One teaspoon curry powder
Shred the codfish into small pieces and freshen by soaking in cold water. Melt the butter in saucepan and stir in the flour and curry powder. When smooth, add milk, stirring until it thickens. Then add the fish. Heat thoroughly and serve in the center of a platter with a border of hot boiled rice.

Codfish Rarebit
1 cup codfish (no bones)
1 tablespoon butter
1 tablespoon flour
1-4 teaspoon onion juice
Few grains cayenne
1 cup rich milk
1 egg
2-4 cup chopped or grated cheese
Shred the codfish into small pieces. Soak in cold water several hours to freshen. Drain off water. Melt butter in a chafing dish or double boiler and add onion juice, cayenne, and add flour, onion juice, cayenne, and stir constantly to avoid lumping. Stir in cheese and codfish. Cook until cheese melts, then add the egg well beaten, and cook five minutes

longer. Serve at once on thin toast, garnish with strips of pimiento and watercress or parsley.

Gloucester Style Codfish
One cup codfish, no bones
Two cups cold boiled potatoes, diced
Cream to cover
Salt, pepper, paprika to taste
Cut the codfish into small pieces, enough to fill a cup, and freshen by soaking several hours in cold water. Drain and mix with potatoes in saucepan.

Add enough cream to cover and cook very slowly thirty minutes, or until cream thickens. Serve on toast.

Stuffed Peppers
One cup codfish (no bones)
Six green peppers
Two teaspoons butter
Two tablespoons flour
One-half cup milk
Salt, paprika
Buttered bread crumbs
Pick into bits enough codfish to make one cupful. Freshen in cold water for several hours. Drain. Cut tops from peppers, remove seeds carefully and parboil five minutes in salted water. Make a cream sauce of the butter, flour, milk and seasonings. Mix thoroughly with the fish and fill the pepper skins. Sprinkle with buttered crumbs and make until peppers are soft.

Fish Cakes In Blankets
1 can ready-to-ry codfish cakes
Mashed potato
Bacon
Eggs
Thin out the contents of one can fish cakes with a small quantity of mashed potato. Then shape into cakes. Wrap a strip of bacon around each cake.

Fasten with a toothpick. Make a depression in the center and drop an egg in each. Place in shallow pan and bake in hot oven (400 deg. F.) until egg is firm and bacon brown. Garnish with watercress.

Escalloped Fish With Vegetables
1 can flaked fish
1 cup cooked spaghetti
1 cup chopped, buttered carrots
1 small green pepper, chopped
1 small onion, chopped
1 teaspoon salt
Pepper to taste
1-4 cup grated cheese
1 cup thin white sauce
Chop the onion and pepper and parboil ten minutes in one cup salted water. Drain and mix thoroughly with other ingredients, put in buttered baking dish, pour over the cream sauce and sprinkle with cheese. Bake thirty minutes in moderate oven (350 degrees Fahrenheit).

Fish Flake Cocktail
Chill the contents of one can salad fish on ice thoroughly. Arrange in oyster cocktail glasses and serve with cocktail sauce or a sauce made by mixing tomato catsup with grated

PASS LIST OF RECENT EXAMS AT UNIVERSITY OF NEW BRUNSWICK

The pass list of the final examinations at the University of New Brunswick is as follows:

Junior Mathematics—Division I: Clements, Peacock, King, Miss Wright, Rawland, Thomas, Phillips, Baird. **Division II:** Miss Jewett, Wilson, Allen, Boone, Mann, Giberson, Black, Ritcher, Dibblee, Miller. **Division III:** Scott, Horner, Ralph, Bartlett, Logie, MacMillan, Oltz, Walker, Perkins, Springfield, Wilkinson.

Junior Honour Latin—Division I: Miss Matheson, Miss Thompson. **Junior Latin—Division I:** Miss Thompson, Gibbon, Miss Matheson. **Division II:** Miss Fraser, Miss Washington.

Junior Greek—Division I: Gibbon. **Junior Education—Division I:** Miss Wright, Miss Thompson, Dann, Miss Morrison, Miss Gunn, Miss Jewett, Miss Atkinson, Miss Fraser, Breen, Miss Carson, Miss Winchester. **Division II:** Miss Washington. **Division III:** Smallwood.

Junior Philosophy—Division I: Ward, Dann, Miss Morrison, Miss Winchester, Palmer. **Division II:** Rowley, Fisher. **Division III:** Block. **Junior Honour Philosophy—Division I:** Ward, Dann. **Division II:** Fisher.

Junior Economics (V)—Division I: Gibbon, Mallory, Breen, Hoyt.

Junior Economics (II)—Division I: Thomas, Walker, Porter, Reid, Clements. **Division II:** Rowley, Peacock, Springfield, Scott, Richter, Miller, Baird, Rawland, Horner, Dibblee, Palmer, Hoyt, Hubbard, Keswick, Allen, Perkins, Boone, MacArthur, Donaldson, Phillips. **Division III:** Jackson, Black, Wilkinson, Waring, Bartlett, Cogle, Glennie, King, Mann, Wilson, MacMillan, Ralph, Block.

Junior Honour Economics—Division I: Gibbon, Mallory. **Division II:** Hoyt, Kennedy.

Junior Politics—Division I: Gibbon, Mallory, Miss Atkinson. **Division II:** Palmer, Waring, Breen, Block, Miss Carson, Hoyt.

Junior Honour Politics—Division I: Gibbon, Mallory.

Junior English—Division I: Miss Morrison, Logie. **Division II:** Miss Gunn, Porter, Miss Matheson, Waring. **Division III:** Fisher.

Junior Honour English—Division I: Miss Gunn. **Division II:** Fisher, Miss

Matheson. **Junior History—Division I:** Miss Morrison, Porter. **Division II:** Breen, Miss Gunn, Reid, Black, Miss Winchester, Waring, Fisher. **Division III:** MacArthur, Rommell.

Junior French—Division I: Ward, Dann, Miss Thompson, Miss Matheson, Miss Fraser. **Division II:** Miss Washington, Miss Atkinson, Miss Carson.

Junior Honour French—Division I: Miss Thompson, Ward, Dann, Miss Fraser. **Division II:** Miss Washington.

Junior Real Property—Division I: Miss Atkinson, Reid, Ward, Miss Winchester. **Division II:** Palmer, Breen, Waring, Mallory, Miss Carson, Hoyt. **Division III:** Gibbon.

Junior Constitutional Law—Division I: Miss Atkinson, Ward, Hoyt, Waring, Miss Winchester, Breen. **Division II:** Palmer, Gibbon, Block, Reid, Miss Carson, Mallory.

Junior Physics—Division II: Walker.

Junior Biology (Invertebrate Zoology)—Division I: Clements, Miss Winchester, Miss Atkinson, Logie, Giberson, Miss Jewett, Miss Morrison, Miss Wright. **Division II:** Miss Carson, Miss Gunn, Miss Washington, MacArthur. **Division III:** Miss Fraser.

Junior Honour Biology (Physiology)—Division I: Logie, Miss McIntosh, Miller, Thomas, Miss Wright, Porter, Reid, Giberson, Miss Jewett, Phillips, Richter. **Division II:** Smallwood, MacArthur, Walker, Palmer, Black, Miss Hood, Keswick. **Division III:** Jackson.

Junior Geology (Arts)—Division I: Clements, Thomas, Miss McIntosh, Phillips, Miller, Keswick, Jackson. **Division II:** Richter.

Junior Geology (Applied Science)—Division I: King, Corbett. **Division II:** Donaldson, Hubbard, Horner, Mann, Allen, Cogle, Glennie. **Division III:** Rawland, Oltz, MacMillan, Scott.

Junior Chemistry (5)—Division I: Thomas, Phillips, Logie, Giberson, Reid, Jackson. **Division II:** Miss

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Jewett, MacArthur, Richter, Miller, Miss Wright, Miss Hood. **Division III:** Keswick.

Junior Honour Chemistry (4)—Division I: Miss McIntosh, Giberson, Thomas. **Division II:** Clements, Logie, Miller, Phillips, Walker. **Division III:** Keswick.

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PARTIAL LIST OF BUILDINGS CONSTRUCTED WITH RYAN'S BRICK

STATE OF MAINE — Northland Hotel, Houlton, Maine; The Boone Brick Block, Presque Isle; Lime-stone High School, Me.; North Eastland Hotel, Presque Isle, Me. The Gabriel Block, Fort Fairfield, Me.

SAINT JOHN LIST — The Vocational School, Saint John; The Nesbitt Building, East Saint John.

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DALHOUSIE LIST — The Presbyterian Church; The Murray McKay Residence.

NEWCASTLE LIST — The J. D.

Creaghan Co. Ltd. Building; The Lounsbury Co. Ltd. Brick Block.

ST. STEPHEN LIST — The Presbyterian Church; The Dominion Customs Building.

FREDERICTON LIST — The Lady Beaverbrook Memorial Building; The Mineralogy & Geology Building; The U.N.B. Library; The J. Clark & Son Ltd., Service Station; The High and Vocational

School; The Ryan Office and Store Building; The Nurses' Home; The Saint Andrew Presbyterian Church; The Armoury Building; The Loyalist Corporation Building; The J. B. Kinghorn Residence; The Ralph MacFadden Residence.

CAMPBELLTON LIST — The Presbyterian Church.

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