

Of Interest to Women

BREAD AIDS MEAL-PLANNING

Buttered Toast for Breakfast, Cinnamon Toast for Tea, Toast Under Creamed Mixtures, Croûtons, Rolls and All the Other Varieties of the "Staff of Life" are Indispensable to the Housewife.

Bread and butter is such an everyday item in meals that the thoughtless inclusion of it has become a poor menu habit and often defeats itself. In this day of less elaborate meals, more fruit and vegetables, fewer pies and puddings, why not select bread from the different kinds available with the definite end in view of obtaining the variety so necessary to satisfactory eating as well as to add what new and exciting note which is required for clever meals?

The local bakers, bakeries and foodstores display many kinds of delicious light buns, raised muffins, coffee cakes, tea rings and rolls and biscuits that need only reheating in a hot oven.

Baking methods have been simplified so that the home-maker who likes to do her own baking occasionally can make these same light breadstuffs without too much sacrifice of time and effort.

Perhaps fruit, coffee and toast is the regulation busy-day breakfast, but surely Sunday mornings deserve a special treat. One of the several kinds of coffee cake is just the thing, or, if one prefers, a filled coffee ring rich with fruit and nuts. Even everyday toast may be happily varied. With raisin bread, rye bread or any number of whole wheat combinations to select from, toast may be quite intriguing.

Other Meals

Delicate butterfly buns, pecan rolls or cinnamon buns will save any luncheon from being commonplace.

With dinner, rolls are in order—soft rolls such as Parker House and cloves loaf; crispy, crusty French rolls; delicate crackling Vienna rolls, crescents, poppy seed rolls and finger rolls.

Most of us never stop to think how difficult meal planning would be without bread. Buttered toast for

breakfast, cinnamon toast for tea, toast under a creamed dish for luncheon, croûtons, sippets and bread sticks for the soup and for garnishings, canapes made with toast sandwiches plain or toasted—all from the same everyday loaf.

Who would be satisfied with roast turkey or chicken without the stuffing? Scalloped dishes, meat loaves, croquettes, cutlets—all derived much of their personality from the bread crumbs used in or on them.

Here is a recipe for ice-box bread or rolls. The dough may be stored in the refrigerator and made into bread or rolls as wanted.

Ice-Box Bread

Two yeast cakes, 1 cup rice potato, ½ cup water in which potatoes were cooked, 2 cups milk, ½ cup butter and lard mixed, ¼ cup sugar, 2 teaspoons salt, 7½ cups flour.

Scald milk, add shortening and stir until melted. Cool until lukewarm. Dissolve yeast cakes in potato water cooled until lukewarm. Mix with milk, sugar, salt and rice potatoes. Add ½ cups flour and beat well. Let stand one hour in a warm place and add remaining flour. Knead on a lightly floured board. Form into a ball, brush with melted butter and put into a mixing bowl. Cover tightly and store in refrigerator until wanted for baking. If you want to make into loaves, divide in three equal parts and shape. Put into buttered loaf-shaped pans and let rise in a warm place until double in bulk. This rising will take from one to two hours. Bake in a hot oven (425 degrees Fahrenheit) for ten minutes.

Then reduce temperature to moderate (350 degrees Fahrenheit) to finish baking for fifty minutes longer. Remove from pans and cool on wire rack. If you like a crisp, crackly crust, rub with butter as soon as bread is removed from oven.

ON THE JELLY SHELF

For those housekeepers who are on the lookout for something different on the jelly shelf this fall, the following interesting hints by the Dominion Fruit Branch Demonstrator and Lecturer will prove very acceptable. In apple jelly she says boil a piece of root ginger, a few sticks of cinnamon or leaves of sweet geranium, peach, or mint, or add a few drops of almond extract or oil of peppermint after the jelly has been removed from the fire. A little red is pale. Thus, from one lot of apples a variety of jellies may be made. Green plum jelly is unusual. Green plums do not jelly well, so it is better to use some pectin with them. Jelly made of apple, quince, and cranberry is of dark rich color and of good consistency. In making it, equal quantities of the three fruits should be used with ¼ cup of sugar

to one cup of combined juice. "Wealthy" apples make good jelly but the jelly lacks color and is of very mild flavor. It is excellent, therefore, for use with other fruit juices, which do not jelly well. The following recipes will give "something different" in preserves: Apple, carrot and peach—2 cups diced apples (do not peel), 2 cups diced carrots, 2 cups diced peaches, 2 cups sugar, 1 cup honey. Mix and let stand over night. Cook until the mixture is clear. Pack in hot jars and seal at once. Peach 3 cups diced cantaloupes, 3 cups sugar, 2 oranges, ½ cup almonds. Blanch and shred the almonds, mix with other ingredients, and cook until thick and clear. Pour into sterilized glasses. Seal with paraffin wax when cold.

When Louis XIV died in 1715 the bathrooms at the palace were rearranged. This marble tub was not moved because of its great weight but was filled with sand and left. In 1750 there were more alterations at the palace, and when the floor was taken up the tub was discovered. Louis XV, great grandson of Louis XIV, presented the marble tub to Mme. de Pompadour, who had it removed to the Ermitage, her country house. At this time it was placed in the midst of an ornamental flower garden.

It is not known what became of the marble bath after the death of Mme. de Pompadour, but some time later it came into the possession of Anne-Pierre de Montesquiou, French man of letters, who lived at the Paris suburb, Le Vesinet. Many years later, still at Le Vesinet, it was found on the estate of the Countess Casati.

New Combined Ministry Of Federal Affairs And Education Are Discussed

Wider Powers Given to Public Utilities Board — Fair Wage Measure Introduced—Most Important Legislation in Years

(By Mrs. J. L. Neville)

The matter of a new ministry to combine Federal and Municipal affairs and Education, was the principal business which engaged the Legislature yesterday and well along into the night.

Extension of the powers of the New Brunswick Board of Public Utilities to enable it to investigate commercial practices and marketing conditions in any trade or industry in the province was proposed in an amendment to a bill under consideration presented to the Legislature's committee of the whole House by Hon. J. B. McNair, attorney general.

At the conclusion of lengthy afternoon and evening sittings of the committee, during which the government's bill to establish a department of educational, federal and municipal relations and to provide for the maintenance of parents by their children were debated and finally recommended, Mr. McNair submitted his proposed amendment to a bill to amend the Public Utilities Act. It was left with the committee members for study and progress was reported on the bill.

During discussion the attorney general disclosed certain of the changes which were contemplated with respect to the Utility Board.

Federal Affairs and Education

When the bill relating to the establishment of a portfolio of Federal and Municipal Affairs and a Minister of Education came up for discussion, Hon. Mr. Dymally explained in reply to Hon. Mr. Squires that the headquarters of the Department would be in the Departmental Building at Fredericton and that there would be no deputy minister of Federal Affairs. Premier Dymally also made the statement in the same connection that he believed that all provincial government ought to be handled direct from Fredericton, the Capital, rather than be scattered all over the province. He said that while the details regarding the set-up of the staff had not been worked out, that the staff would be a small one, not more than three would be required.

The proposed legislation would, said Premier Dymally, fill a long felt want, and would make for economy and efficiency in legislation. The cost would be small in proportion to the importance of the work to the province.

Hon. Mr. Squires thought that the influence of the premier would be of more importance in the dealings with the people at Ottawa than would the proposed arrangement. He believed that the premier could carry on the duties much more satisfactorily if he took up the work and passed on his present duties as Minister of Public Works to someone else. He thought that the establishment of this new portfolio might be a warning to Ottawa that New Brunswick was coming for some kind of a handout. Mr. Squires thought that the present Attorney General who had an intimate grasp of municipal affairs might well take on the municipal end of this new position. He believed that the present times do not warrant the extra expense which this new department would create.

Mr. Squires, who is a former teacher, discussed the Educational affairs of the province in an interesting way. He believed that the present Minister of Education, who was a man of superior education, would be a proper man to place at the head of the Department of Education. Just add Education, he said, to the health and labor departments.

The Attorney General, who was a University graduate and a Rhodes Scholar, was also suggested by Hon. Mr. Squires. The Minister of Education should be able to deal with educational matters and all problems arising and not be merely a rubber stamp. He was not in favor of the reports of experts on Education, but we should have practical teachers who understood conditions get together and study the matter. Our present curriculum was overcrowded. Some of the University work could be cut out with no loss to anyone. The children should not be harassed by home studies. Frail young girls were overworked by home studies when they should be in the open air. Language should be taught in a practical way. We could make both our universities and high schools easier and at the same time turn out just as good a product as at present. Our children are now in many cases only reproducing intellects. The Chief Superintendent of Education and different school principals were ready to advance from

their present conditions but educational matters had to be handled with care. The Minister of Education should be a man who could enter in and deal with these problems.

Premier Dymally said that Hon. Mr. Squires' argument was all in favour of the Bill which was before the House. He pointed out how the Union of Municipalities of the province had unanimously urged the creation of a department of municipal affairs and that this had been approved by Hon. Mr. Tilley. He quoted from the Manitoba Free Press of Winnipeg an article endorsing the Dymally government's stand in creating a Department of Federal Affairs. Other independent papers in the province also endorsed the idea. When, said Mr. Dymally, Hon. Mr. Roberts started the Department of Health, he was strongly opposed by the friends of the present Opposition, but today his move had been vindicated.

Mr. Dymally paid a hearty tribute to Hon. Mr. Paterson, the gentleman who was to fill the new portfolio. Mr. Paterson was exceptionally qualified for the post. Letters had been received from all over the province expressing appreciation of Mr. Paterson for the post suggested. The idea, said the premier, was to have a closer connection with the higher and other educational branches of the province, so that all who wish to may enjoy the higher educational branches of the province. Living conditions had changed and it was the duty to keep abreast of the times. Friends of the Opposition say that this is a move which they should have taken years ago. There could be a lopping off in our educational system without affecting our system in an extremely radical way.

The University of New Brunswick should be asked to do extension work and a vast field was open to such work.

Mr. Melville

After supper recess Mr. Melville, on rising to continue the debate on the bill relating to the proposed Minister of Education referred to Hon. F. Squires as a man well qualified to pass judgment on matters pertaining to education. He knew what the people wanted. He considered this a most important legislation which required careful consideration. The high school curricula were overstudied. He compared the high school course in Maine with that of New Brunswick, the former less difficult yet graduates succeeding in their endeavours. In the New Brunswick schools many pupils fall down in the different studies. He also quoted examples of pupils excelling in overcrowded curricula who were failures in later life because they had not received the proper slant on life and vice versa. Many who failed under the overcrowded system made a success of life in other branches. He did not consider the Hon. Mr. Paterson qualified for the post of Minister of Education, although he knew him to be versed in federal affairs, maritime rights and freight rates.

He would ask why was the Minister of federal affairs not now in Ottawa protesting against the allotted ten per cent of the relief fund which New Brunswick was getting. But he utters not a word, New Brunswick is trimmed.

He suggested the running of the line direct to Grand Falls as was originally intended and assisting the farmers with fertilizer and hoped these two things would be considered.

Mr. Blakeney

Mr. Blakeney, continuing the debate said that he was speaking from a non-partisan point of view, and this question was above party politics. He had often thought that men who undertook certain endeavours did not realize the momentous results of some of their undertakings. When the old time politicians met in Charlottetown little did they dream that they were laying the foundation of Confederation. He believed that history was in the making today in this Legislature. This bill was the most momentous since the days of Confederation, it was unique and would be the foundation of municipal efficiency in the province where there was now a lack of uniformity and training. The present government was blazing a new trail in affairs. This would make for better government. This department would be a clearing house for the municipal councils where men could learn what was a good investment for the town or county. Things were moving fast in Canada. It was high time that we had a Minister of Fed-

eral Affairs. The present government was to be commended for endeavoring to maintain the proper status of the province. We can well afford, he said, to have a department of federal affairs when large sums can be allotted to the western farmers without the East saying a word. We have an equity of one hundred thousand in Western lands for which we should have some returns.

Speaking of education Mr. Blakeney said there was need for a change and improvement in the system. We have failed in educating for the vocations to which many are called. The Dymally government will be blessed for taking steps in this regard. Let us stand united behind the government who will take action at Ottawa.

Pensions

Speaking on the bill relating to the children supporting their parents, Hon. Mr. Squires said that the old age people had been expecting old age pensions. The people had not been told that there were to be exemptions which would shut out a portion of the people from Old Age pensions. He claimed there was nothing in the Ottawa statutes to preclude any of the old people from receiving old age pensions. Under the proposed bill a Sheriff can put a child in jail, he said, for not supporting its parents. The government, he said, should carry out in full its pledge to the people.

Hon. Mr. Dymally said the whole purpose of the bill was in line with the principle that was in force throughout Canada. On the principle that parents should not put their children as public charges when they could afford to keep them. The government will fill the obligations of the agreement.

Mr. Squires said we should not have an agreement limiting our share and thus preventing money coming into the province from Ottawa. He opposed the bill. He said it was not too late yet to stop any such agreement.

Hon. C. T. Richard said that the opposition had passed an old age pensions act and it had been pigeon-holed. Last year the then government said the province was too poor. This year they wanted this government to pay the old age pensions to everyone whether they are entitled to them or not.

Mr. Perry, Carleton

Said before the election that the present government had not qualified the old age pensions law. But the present bill was a different one.

Checks To Issue Promptly

Hon. Mr. McNair said that he did not know why children who could keep their parents, should place them as a charge upon the country. He said that just as soon as the applications have been dealt with the checks will issue for the old age pensions.

Mr. McAllister said that while he was in favour of old age pensions he did not believe that the province could afford it.

Dr. Jenkins, Queens

Believed this was a most important piece of legislation and all respectable people wanted to support their parents. The Opposition, he said, was playing politics. He had seen children let their parents go on the parish. The bill should have been placed on the Statutes years ago, and it should be supported one hundred per cent.

Public Utilities

The public Utilities Act was taken up. The relating to it calls for a full time chairman and two members who will hold office during the pleasure of the Government in council. The new chairman would be an expert with a higher salary and the other two members were to be paid per diem. It proposed to pay more salary to the chairman and less to the secretary.

Mr. McNair said the purpose was to consolidate the work in the interests of economy and efficiency.

The powers of the board will not be visited in the chairman, but in the whole board.

Hon. Mr. Squires thought that good men could not be secured on a cheap per diem allowance. Care should be used in selecting good men even though they had to be paid good salaries.

Mr. Blakeney was in favour of any annual salary basis rather than on a per diem allowance.

Hon. Mr. McNair said that he would be glad to consider Mr. Blakeney's suggestion as an alternative proposition.

Mr. McNair spoke of the importance of a blue sky law for the protection of the public.

Hon. Mr. McNair gave notice of the following amendment to the public utilities act for the consideration of the committee:

The Board shall also have power to investigate in a manner to be deter-

mined by it the commercial practices and marketing conditions in any trade or industry; and if in its opinion any such practices are unfair or unreasonable or any such conditions are resulting in wasteful and demoralizing competition, the Board shall have power with the approval of the Governor in Council to prohibit such practices and to prescribe such marketing conditions as it deems to be in the interest of such trade or industry and the general public.

Subject to approval by the Governor in Council, the Board shall have power to prescribe that the persons engaged in any such trade or industry in respect to which the Board shall make any such orders, rules or regulations shall be required to apply to the Board annually for registration and to pay therefor a fee not to exceed the sum of Five Dollars, and that such registration may be made on such terms and conditions as the Board with the approval of the Governor in Council shall by regulation determine.

Strange Maladies That Puzzle Doctors

The scientific resources of the school of medicine have been baffled by mysterious maladies in recent years. Although not often fatal to the victims, these rare ailments caused considerable pain and annoyance.

Teresa Hawkins, a college student of Weston, W. Va., was seized with an attack of laughing while watching a serious show. For ten days the fit continued until an abdominal operation relieved her condition.

Mrs. Harold McKee of Round Grove Ill., had an attack of yawning which extended for thirteen days. Her physician could assign no reason for the continual yawning other than that of an extreme nervous strain.

After suffering from chronic hiccupps for five years, Mrs. Angus Ding-

wall of Newfoundland was cured by a nerve operation.

Mrs. Edgar Harmon of Gettysburg, Pa., sneezed constantly for thirty-three days. The case was finally diagnosed as one similar to hay fever.

Patricia Maguire, Chicago stenographer, started her fifth year of sleeping sickness and no scientific treatment has been able to awaken her.

An illness akin to sleeping sickness took for its victim Donald Campbell, an Ohio truck driver. For seventeen days he suffered from talking sickness. Natural sleep ended his strain of endless chattering.

—New York Sun.

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