

The Final Judging For The Main Prizes in The Daily Mail Culinary Contest will take place Wed. Jan. 15th at the Store of Colwell & Jennings, Ltd.

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The Final Judging of The Daily Mail Cooking Contest on Jan. 15 at Colwell & Jennings' Store

Of Interest to Women

WINNERS OF PRIZES AND HONORABLE MENTION IN OUR COOKING CONTEST

The following is the recipe for sausage dressing entered by Mrs. Frank Morgan and which won honorable mention in our cooking contents:

Sausage Dressing
5 boiled potatoes (mashed)
3 slices stale bread
1 teaspoon butter
2 small onions (chopped fine)
Salt, pepper and sage to taste.
8 pork sausage (coated)

Soak bread in cold water, squeeze fairly dry. Add onions, salt, pepper, sage, butter and potatoes. Mix.

Put one-third in a loaf pan. Lay four sausage lengthwise on top of mixture in pan. Add a second layer of mixture (dressing). Add remaining four sausage in same way and cover with the remainder of the dressing. Bake in slow oven ¾ hour. Slice and serve cold.—Mrs. Frank Morgan, 257 Charlotte St.

ONE MORE WORD ON PORK AND BEANS

Tastes Vary, But All Agree that Beans Must Be Baked For Several Hours.

How do you like your beans? I mean baked beans, of course. But do you use 'army beans,' lima or kidney? Do you bake them with molasses or without? Do you add an onion with the molasses? Do you prefer to make a sauce with them? Do you use salt pork or bacon? Whatever kind of beans you use and whatever method you use for baking, they are the only kind that should be used and the only method which is perfect. I have heard arguments which provided conversation for a whole evening in regard to whether beans a la Boston or a la New York were best!

New Englanders will even go further and argue as to whether beans should be small or large and white or black-eyed. All agree, however, on one point, that beans must be cooked many hours. They should first be soaked after washing, of course, then cooked until the skins begin to loosen. I know of no better way of testing this than to take one or two beans on a spoon and blow on them. Perhaps some scientific cooks have discovered a better way, but I have not heard of it. The beans should then be drained, put in an earthen bean pot with whatever seasoning and flavoring, are right (for you), covered and baked in a slow oven for eight hours or more. This baking need not be consecutive. You may be thrifty and do your baking at various times while you are using the oven for something else. A higher temperature for a short time will not interfere with the baking.

Beans Bretonne

1½ cups pea beans
1 cup stewed and strained tomatoes
1 cup chicken broth
6 pimientos rubbed through a sieve
½ cup minced green pepper
1 onion, finely chopped
½ cup butter
2 teaspoons salt

Soak beans overnight in cold water, drain and parboil until soft. Put in a baking dish or bean pot with other ingredients and cook in a slow oven (250 degrees F.) until beans have nearly absorbed sauce.

Baked Beans—New England Style
1 quart beans
½ pound salt pork or corned beef
½ cup molasses
Boiling water
1½ teaspoons salt
1 teaspoon mustard

Soak the beans in cold water overnight. Drain, cover with fresh water and cook until soft. Drain and place in an earthenware bean pot. Bury the meat in the beans. Mix salt, mustard and molasses and add one-quarter cup of boiling water. Pour over the beans and add enough boiling water to cover. Cover and bake in a moderate oven (325 degrees F.) eight hours or place in a fireless cooker twelve hours. Beans may be baked in a pressure cooker in half an hour, after which they should be browned in the broiling oven.

CABBAGE FAMILY RULES ARE GIVEN

Short Cooking, Large Amount of Water Best Aids

Yellowed brussels sprouts, browned cabbage and wilted, discolored cauliflower are insults to the cabbage family that every bride should avoid, not only for the sake of the reputation of these vegetables, but for her own. No matter how apologetically you serve a poorly cooked vegetable, anyone who eats it knows that it doesn't have to be that way and chances are you'll ruin your reputation as a cook right during those first record-making meals.

The cabbage family and its relatives are some of the best vegetable helps housewives have. Cabbage can be as delicious in flavor as any vegetable possible and there's no excuse for a strong flavored cabbage dish if care is taken in the cooking.

In cooking members of the cabbage family it is important to cook them in a large amount of water in an uncovered kettle for the shortest possible time. Having the cover off does not mean that the house has to be filled with the odor of cooking cabbage. A crust of bread put on the top of the water will soak up all those odors and no one will even suspect that cabbage will be served for dinner.

Cabbage and its sisters and brothers should not be cooked in a pressure cooker since the volatile acids that mean a strong, poorly cooked vegetable are retained.

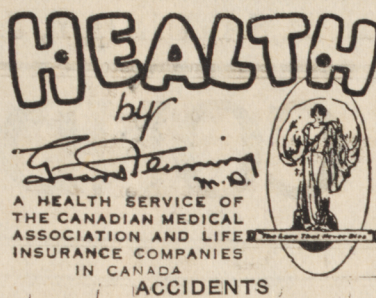
Short cooking, with a good deal of water are easy rules to associate with the cooking of cabbage, cauliflower and brussels sprouts, all members of the cabbage family. Ways to prepare these vegetables that will make them be tempting additions to your meal if you follow the essential rules, include:

FEET OF THE YOUNG MEN

Apparently there are some very angry professors around McGill University these days. The faculty is not taking to the idea of retirement at 65 years of age with any degree of kindness. In fact, Chancellor Beatty's explanation that the decision to enforce this had nothing to do with the new Principal, but had been contemplated as far back as 1919, so far has done nothing to lessen the indignation current in academic circles.

The professors feel that, since retirement at 65 years is designed to relieve unemployment, rather than to weed out the inefficient, it should not be forced upon men engaged in university work. At 65 men have often just reached the contemplative period of life, the period when judgment is mellowed by experience and the passage of time, and it goes hard for them to be forced into idleness.

There is a great deal to say for this attitude. In fact, if the Governors are going to insist upon getting rid of all members of the staff over 65, perhaps many of them should think seriously of getting rid of themselves. Take Sir Herbert Holt, for instance. He is a



It is rather unfortunate that, under the general heading of accidents, we should include those occurrences which are the result of ignorance or carelessness, as well as the unpreventable or true accident.

When a man crosses the street against a red light or runs his motor in a garage with the doors closed, what may follow, in either case, is hardly the result of an accident, because it would have been prevented by reasonable care.

There is nothing accidental about much of the sickness and many of the deaths which occur every day. The comparative freedom from disease which some places enjoy as compared to other similar places, is not accidental. Within limitations, any community may enjoy the measure of protection against disease for which it is both willing and able to pay.

There is nothing mysterious about safe water, pure milk, the prevention of diphtheria or the education of mothers in the care of their children. These are some of the recognized public health procedures which bring disease under control and raise the standard of health when trained workers, with sufficient money, put them into practice for the benefit of the public.

It is not an accident that so many people do not enjoy good health and die before they need to. Exceptions to the rule do not alter the general truth that those who live wisely enjoy more years of health than do those who ignore the simple rules of healthy living. Neglect of the body means an early wearing out. Personal health cannot be brought; it is the reward of sane living.

Is some so-called accidental disease or premature old age going to cut short your years? If so, it is likely a reflection upon your intelligence because it will be the result mainly of your own carelessness. It is difficult to believe that any intelligent man would not help to maintain a public health department to protect himself from disease, or that he would live in such a manner as to endanger his own life and happiness.

A regular check-up, through a periodic health examination, is most desirable. In this way, you may secure the advice you need on how to keep well, from your family doctor. Advice can help only when it is followed. An intelligent person accepts advice which guides him along the road to health, and so avoids the misery and expense of the unnecessary detours for disease.

member of the Board of Governors of McGill and he is in his 80th year. If retirement of professors at 65 is based on the assumption that men cannot go on thinking efficiently after that age then Sir Herbert Holt has been 15 yrs. too long in public life, and during that time has been employed in so many pursuits that any senility would presumably have resulted in a general breakdown of Canadian finance and industry. Of course, Sir Herbert's removal might relieve the unemployment situation a little, but even that is pretty uncertain.

Then there is Lord Atholstan. Lord Atholstan is a Governor of McGill, and he is 87. He is well in the lead and, of course, it is 22 years since he passed the age now suggested for retirement. Somehow, one feels that if Lord Atholstan can keep going for 22 years after his 65th birthday, the average professor could probably keep going for five or so.

In fact the Board of Governors of McGill University, regarded as a whole, happens to provide a happy illustration of how long men can carry on after their prime is passed. We find that the average age of 14 representative governors (all of them men of great activity and importance) is 63.142 years. And this despite the fact that those members of the board who can be called young are, in terms of governorship, very very young, and consequently pull down the average considerably. Mr. Paul F. Sise, for instance, is only 56; Julian C. Smith is 57 and Sir Edward Beatty is 58.

Should the Governors who are more than 65 follow the members of the faculty similarly situated into retirement, the three gentlemen just mentioned would find themselves very much alone and a surprising amount of new employment (gubernatorial) would be created.—Hamilton Herald.

"This morning my small son offered me a penny for my thoughts."
"The boy doesn't know the value of money yet."

REVISION IN BOUNDARIES SCHOOLS MADE

Board of Education Announcements Made Last Night

Announcement is made by the Government concerning the following matters of decision by the Board of Education which has been in session this week:

Revision of the boundaries of School District Number 4 in the Parishes of Dorchester and Sackville in the County of Westmorland was approved in accordance with the recommendation of Inspector R. H. Chapman.

A new school district was established, to be known as Squaw Cap School District Number 3 1-2, Parish of Eldon, Restigouche County, as recommended by Inspector J. E. DeGrace.

A revision was ordered in the boundaries of Robinsonville School District Number 3, Parish of Eldon, Restigouche County, as recommended by Inspector J. E. DeGrace.

Revision was made of the boundaries of Youghal School District Number 9, Parish of Bathurst and Peter's River School District Number ten, in the Parishes of Beresford and Bathurst, all in Gloucester County, as recommended by Inspector J. T. Lejeune.

No money having been voted at the annual school meeting or subsequently an assessment of Two Hundred Dollars (\$200.00) was ordered to be placed on Birch Ridge School District Number 8 in the Parishes of Gordon and Perth, Victoria County.

A small special grant was made to assist ratepayers of School District Number 4 1-2 in the Parish of Carleton Place, Gloucester County, to rebuild their schoolhouse burned in January, 1934.

School District Number 4 in the Parish of Moncton, Westmorland County (Leger Corner) was authorized to borrow Five Hundred Dollars (\$500.00) for two years for the purpose of purchasing a piece of land adjoining the school property.

POET OF SEA GLAD SAILING SHIP HAS GONE

LOS ANGELES, Jan. 11 — John Masfield, Britain's poet-laureate, is shedding no tears over the passing of the sailing ship, subject of many of his salt water ballads and poems.

"It's a jolly good thing that the sailing ship had disappeared," said the white-haired sailor-poet here upon his arrival from a lecture tour.

"I feel there is just as much color and romance in the seafaring game enormous strides made by aviation in the span of a single generation".

"Romance was of no help on a lee shore", he added.

Masfield nominated his new poem, "Ovid", as his best work. He listed "Redburn", by Herman Melville, as the sea classic of all time, followed by Stevenson's "The Wreckers", Hugo's "Tollers of the Sea", and Conrad's "Youth".

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