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**FLU PREVENTION  
METHODS KNOWN  
BUT CURE IS NOT**

By JAMES W. BARTON  
As we read about the great epidemics of cholera, yellow fever, smallpox, of former years, many of us may fail to realize that the influenza or flu epidemic of 1918 and 1919 caused more deaths throughout the world than any of the above scourges.

New, despite the fact that the epidemic occurred nearly 20 years ago, was studied—and flu is still studied by hundreds of research physicians throughout the world—no specific cure has been found for flu. While this may sound discouraging, it is really not so when we remember that proper treatment to the individual symptoms prevents the broncho-pneumonia and failing heart that caused most of the deaths.

For instance, we found in 1918 that the "weaker" individuals who were removed to hospital and to bed the first or even the second day of the attack generally made a good recovery.

The lesson thus is very plain—go to bed on the appearance of the first symptoms—cold in the head, sneezing, sore throat, dry cough, feeling of depression, pain at upper part of breastbone, in small of back and throughout body. Once in bed the heart gets its best chance to put up the fight for life.

Every health department now publishes pamphlets on how to prevent or avoid flu. These suggest: 1—Avoid crowds—street cars, theatres or elsewhere. 2—Avoid any flu patient in the home; also anything he has handled—dishes, towels. 3—Wear a mask if in attendance on a sick member of the family. 4—Get outdoors in the sun as much as possible. 5—Go to bed at once and keep warm on the slightest suspicious symptom.

**New Brunswick First**

That a system of relief for the unemployed through a service of selling for the manufacturers of the Maritimes will put many Maritime men back to work, was the statement used by P. S. Watson, merchant of Devon, N. B., at a meeting of the Maritime Merchants' Alliance.

Mr. Watson's words are quite true. But we must have more than a mere system of selling. There must be brought to the consumer a consciousness of the fact that we in New Brunswick and the other Maritime Provinces can and do produce good goods, and a knowledge of what these goods are and a willingness on the part of the merchants and consumers to buy and consume these goods.

Of all the foodstuffs consumed 85 per cent. are purchased by the housewife. This would indicate that the women's organizations have in their power a real opportunity of service to the Province in general by spreading the gospel of "New Brunswick First" and seeing that the products of our own manufacturers and producers are recognized as capable of supplying our needs.

Let us get New Brunswick conscious, then New Brunswick and her people will prosper—Saint John Citizen.

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FREDERICTON, N. B., AND BRANCHES

... OF ...  
**Interest to Women**

**HOW LEFTOVER TURKEY  
IS PUT TO GOOD USE**

**Marjorie Mills Suggests Ways and Means of  
Stretching the Savoriness of the Noble Bird  
to Its Ultimate Limit**

(By Marjorie Mills)

We hope you all had a grand Christmas! We suppose you don't want to give even a single thought to food to day, but if you're a budget-wise home maker, there are leftovers of turkey, mostly, to be used up. So, a few suggestions about that. Have you ever tried a turkey pie? Cut leftover turkey into medium sized pieces, use leftover stuffing and in place of potatoes, used diced cooked chestnuts. If there's no gravy left, use a bouillon cube dissolved in hot water for the liquid (you might thicken it with a little flour), peas, diced carrots and tiny onions. Mix all the ingredients together, season with salt, pepper and Worcestershire sauce. Pour into a greased baking dish, or individual dishes, and cover with pie paste. Make a few slits in the paste to let steam escape, and bake for about 40 minutes in oven 375 degrees F.

**Hot Turkey Sandwich**

Cut slices of bread, about one-third inch thick, and remove crusts. Spread with butter and place a nice cut of heated turkey between two slices of buttered bread. Over this pour a sauce made with the gravy that was left over from the roasted turkey. Peel, slice and saute one-half pound of mushrooms. Add to the sauce with one-fourth cup of finely cut up chives. The sandwiches should be hot when served. Garnish with slices of cranberry jelly.

**Turkey Souffle**

Make a sauce with:  
2 tablespoons butter  
2 tablespoons flour  
2 cups rich milk  
4 egg yolks  
Salt and pepper  
1½ cups minced turkey  
2 tablespoons minced green pepper  
4 egg whites.  
Make a cream sauce of the butter, flour and milk. When sauce is ready remove from fire and add four egg yolks, one at a time, beating hard after each yolk is added. Season with salt and pepper. Mix in the turkey and green pepper. Cool, then fold in the stiffly beaten whites. Put mixture in layers in buttered casserole and between layers sprinkle chopped asparagus tips. Set casserole in hot water and bake until firm in a slow oven, 300 degrees F., about 30 to 35 minutes.

**Curried Turkey**

Heat one quart milk to just below the boiling point, then add a grated fresh coconut or a can of grated coconut, reserving the milk. Set this in a cool place for two hours. Fry a large chopped onion with a tablespoon of butter, a finger of green ginger and a clove of garlic. While stirring constantly, add 1½ level tablespoons of curry powder and the coconut milk and one cup of stock. Cook this mixture for 20 minutes, stirring constantly so that the curry will not burn, then a pinch of brown sugar is added. Heat the milk and coconut again, then add the curry mixture, and stir until it comes to a boil. Strain and squeeze through cheesecloth. Mix 1 tablespoon of flour and one of cornstarch with a little of the strained liquid and stir until dissolved, then add to the remaining liquor and cook until thickened. Add cut up turkey and heat thoroughly. Serve in centre of fluffy boiled rice. With this pass a compartment dish with chutney, grated fresh coconut, watermelon pickle and peanuts.

**Turkey a la King**

2 cups milk  
1 sliced onion  
1 stalk celery  
1 small bay leaf  
1 pound sliced mushrooms  
½ green pepper, finely chopped  
1 large pimento, cut in pieces  
1 tablespoon minced parsley  
2 tablespoons flour  
1½ cups heated cream  
3 cups diced turkey  
¼ cup sherry.  
Scald the milk with the onion, celery and bay leaf. Strain. Simmer the mushrooms in a little butter, add the green pepper, pimento and minced parsley. In this, stir the flour until dissolved. Add scalded milk to this, and the cream. Place in a double boiler with the turkey. Season, and just before serving, add the sherry.

**Ways With Potatoes**

We're sure our readers will be interested in potato recipes aside from the usual boiled, baked or fried. Here are three delicious ways in which to use potatoes.

**Franconia Potatoes**

To serve with roasted meats: Select medium sized potatoes, and pare thinly. Parboil 15 minutes in boiling salted water. Drain thoroughly; place them in a baking pan with roast 45 minutes before cooking of meat is completed. Turn the potatoes often, basting with the gravy in the pan. Serve around the roast.

**Escalloped Potatoes**

Select six small or four medium potatoes; scrub, pare and cut in thin slices. Place a layer of potatoes in the bottom of a well buttered baking dish, sprinkle with salt and pepper and a little minced parsley. Dredge lightly with flour and dot over with a tablespoon of butter. Repeat. Pour in hot milk until it can be seen through top layer. Cover, and bake 1½ hours or until potatoes are tender, removing the cover during the last 15 minutes baking to brown potatoes lightly on top. Serve from dish in which cooked.

**Potatoes Julienne**

Wash, pare and cut medium-sized potatoes in ¼ inch slices; then, with a sharp knife slice into julienne match-shaped strips. Wash again, drain and dry on a towel. Put into frying basket and fry in hot deep fat (about six minutes). Drain thoroughly, sprinkle with 1 teaspoon salt, shake well and serve on a hot dish.

**Hot Spiced Grapejuice**

2 cups grapejuice  
1 two-inch piece stick cinnamon  
1 teaspoon whole cloves.  
½ cup sugar  
1 tablespoon lemon juice  
3 tablespoons orange juice  
Add the cinnamon, cloves and sugar to the grapejuice. Bring to the boiling point and boil for two minutes, add lemon juice and orange juice. Strain and serve very hot.

**Tangerine Gravy**

Here's something new to try with a roast bird.  
3 tablespoons flour  
3 tablespoons fat  
1½ cups boiling water  
¼ cup tangerine juice  
1 teaspoon lemon juice  
Salt and pepper  
¼ teaspoon sugar  
1 tablespoon tangerine rind  
Brown flour in fat measured from drippings in roasting pan. Stir until smooth. Add water, tangerine and the lemon juice. Season to taste with salt, pepper and sugar. Add shredded tangerine rind.

**A DIFFERENCE  
IN AGES AND  
MARRIAGE**

(By Ruth Cameron)

A letter friends wants my opinion. She is thinking of getting married. The man is a very desirable person, has hosts of friends, is well fixed financially and has a good position. But her friends don't approve of the match.

And why? She is 26; he is 41.

She wants to know if I think their objection is reasonable. Is it too great an age disparity? How hard it is to give an yes or no answer to any question like that! It might be and it might not.

An old Down-Easter that I used to know, would answer, "Wal, yes and no," to almost every question. It got to be a byword with us for evasiveness, and yet how many, many questions there are for which that is the only answer?

In the matter of age disparity it seems to me you cannot go wholly by the age as expressed in years. For age expresses itself in many other ways. Age is spiritual and mental and physical, as well as chronological. A man of 41 might be sedate, home-staying, excitement-hating, very settled. Or he might be fond of athletics and dancing, a lover of excitement, a wanderer.

A girl of 26 might be an excitement eater or she might be a home body who would like to settle down.

I have always thought for the man to be from two or three to ten years older was the ideal.

He needs some headstart to get on his feet financially and be able to support a wife. And women age earlier as a rule, so that it is really a good thing when 40 looms up if she does have a little leeway.

But a book on marriage to my surprise places the ideal age difference as three years (man older) and anything beyond that a handicap.

And yet I still think that even if the difference runs much beyond ten years, that alone should not be a deciding factor. The most important factors are similarity in taste and outlook. Real similarity, not just put on to please each other.

Too big a difference in age might turn out a handicap. But then so are there lots of other things that are handicaps. If one person likes a warm room to sleep in and the other likes a very cold one, that's a handicap. And if one likes to go to bed early and another very late, that's a handicap. There have got to be some handicaps in marriage. The point is, are there enough things in which you do think alike, is there enough really deep affection to overcome the handicaps?

In this case, from what else my letter friends writes, I should certainly say, "Go to it." Unless her friends have some more serious objections than just the age difference.

In other cases it's a matter of "Wal, yes and no." It depends on the circumstances of each individual case.

**HELPFUL HINTS**

A permanent notebook for listing Christmas gifts sent out and received will save you a lot of trouble next year. In the front you may list gifts and those to whom they were sent and from whom they were received. In the back you may list those to whom you sent greeting cards. Allow enough space for address changes and the addition of new names.

Keep brown sugar in an airtight jar and in a cold place to prevent it becoming lumpy.

Holly sprays will keep for some time in the house if set out of doors at night or kept in a cool place.

Slip several slices of bread under the rack on bottom of broiler when broiling steak. The juices drip down and when the meat is done the bread is toasted a delicate brown and forms a delicious accompaniment.

Lamp shades lined with delicate shell pink gauze or silk, or tinted that color on the inner side, will shed a warm rosy glow when the room is lighted. Harsh lighting is destructive to the comfort and appearance of a room.

strangers. Women sitting for their portraits are at ease, knowing that the woman photographer will consider personal vanities.

**Photographing Children**

Child portraiture, Miss Bennett recommends especially to the woman photographer, remarking that the reason for its suitability to them is "perhaps the maternal instinct which all women are supposed to possess."

She also recommends advertising photography, especially for wares intended for women.

"Any woman who has developed her natural talents of patience, observation and the will to work should find a responsive spark in the study of photography," Miss Bennett asserts, adding the caution that the fundamentals must be thoroughly learned, saying that, though photography is by no means an easy job, "too much mystery has been allowed to shroud this work."

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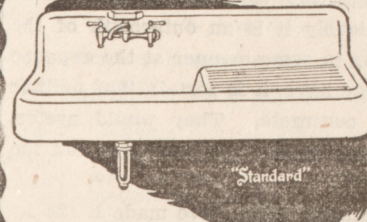
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**CAMERA WORK IS SAID TO OFFER  
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**Portraits of Children and Arrangements of Still  
Life Are Especially in Their Field**

The woman seeking a career, or she who is simply looking for an apt hobby, will do well to consider photography. In several of its branches it calls for traits considered feminine, and though not a few women have succeeded in it, the field remains uncrowded. Edna R. Bennett says in an article in the Universal Photo Almanac for 1937, recently off the presses of the Falk Publishing Company.

"Photography is a profession that calls on all the faculties a woman possesses," Miss Bennett says. "Ability to talk easily and naturally with all kinds of people, ability to fold textiles, to arrange fruit and flowers, to read characteristic expressions, to spot news, to respond to the beauty

of design and structure, all these she will use in her business of harnessing the power of photography."

**Among the Best**

She mentions as outstanding women photographers Margaret Bourke-White in industrial and advertising photography, Dorothy Wilding of London in portraiture and Christine Fletcher in the still life field.

Women make excellent portrait photographers, she holds, because "they can use to the fullest extent their poise and desire to make people feel at ease. The tactful hostess strives to please her guests. The woman photographer can use these capabilities in portraiture. It is a natural instinct in women to create a feeling of ease and naturalness toward