

Of Interest to Women

The following is the recipe for the entry in The Daily Mail Cooking Contest which won for its sender, Mrs. Marie M. Young, a grand prize in the Final Judging.

Turkey Dressing

3 qts. stale bread crumbs.
1 tbsps. salt.
2 tbsps. sage.
2 tbsps. chopped celery.
¼ tsp. pepper.

¾ cup butter.
¾ cup chopped onion.
2 tbsps. chopped celery.
Combine crumbs, salt, sage, celery, parsley and pepper.
Meanwhile melt fat in a frying pan, add onions and simmer gently until tender. Then add seasoned crumbs and stir, and heat until crumbs are brown.
Cook turkey at 350 degrees F., uncovered.

A MEAT DISH WHICH IS A MEAL

It May Be Called an Irish Stew, Hungarian Goulash, French Ragout or Italian Risotto

Almost every household has at least one favorite supper dish, which in itself is practically a meal. It is made up of meats, with potatoes or rice or some other starchy food and other vegetables which are tied together with a variety of seasonings. This dish may be called an Irish stew, a Hungarian goulash, a French ragout and Indian pilau, or an Italian risotto. It may not be dignified by any title whatsoever. It may be an original combination which deserves to be called the "specialty of your house." Perhaps it was designed to make use of meat leftovers.

Suppose that your meat is beef, lamb or veal. When you take it out of the refrigerator you find there are few stalks of celery, some sprigs of parsley, some corn or peas also left from last night's dinner.

Of course you will have a clove of garlic or some onions in your vegetable bin. The whole clove of garlic or the sliced onion may be cooked a few minutes in that leftover bacon fat in which, if you like, you may brown lightly some uncooked rice. To this the meat cut in pieces may be added with a can of tomatoes, a few cloves, a bay leaf, a sprig of thyme, the parsley, celery and peas or corn, and salt and pepper of course. The kettle should be covered and the cooking done over a low fire for half an hour or so until the rice is tender. More liquid may be needed as the rice grains swell.

Instead of rice, cooked noodles or spaghetti may be served with the meat and vegetable combination. A few mushrooms, sliced olives, green pepper or what have you may be added. If the meat is lamb, that leftover mint sauce will be an addition.

Just before you are ready to serve the mixture may be turned into a casserole, sprinkled with grated cheese and put under the broiler for a moment to brown.

Quick Meal
Consomme.
Hot crackers.
Specialty of the house.
Mixed green salad.
Sponge cake. Apple sauce.
Coffee.

Method of Preparation
Prepare main dish and cook.
Prepare salad and dressing.
Open can of soup and heat.
Heat crackers.
Make coffee.

Pineapple Mounds
1 cup minced ham.
1½ cups soft bread crumbs.
Salt, pepper.
½ teaspoon dry mustard.
1 tablespoon or more vinegar or white wine.
6 slices pineapple.
Mix ham with bread crumbs and seasonings. Add enough vinegar or wine to moisten. Spread pineapple slices with this mixture, arrange on a well-greased baking pan and bake in a hot oven (450 degrees Fahrenheit) until well browned.

Cabbage, Apple and Ham Casserole
3 cups shredded cabbage.
2 cups sliced apples.
1 cup or more of diced leftover ham.
Salt, pepper, paprika.
1 cup sour cream.
Arrange cabbage, apples and ham in alternate layers in a greased casserole. Add seasonings to sour cream and pour cream over first mixture. Cover and bake in a moderate oven (350 degrees Fahrenheit) thirty minutes. Uncover and continue cooking until brown.

LADIES INVITED TO SEE WABASSO COTTON DISPLAY

Fredericton ladies are to have the opportunity of seeing a very entertaining type of demonstration Friday at 3.30 P.M., in Knights of Pythias Hall, Loyalist Building. The Wabasso Cotton display has become very popular with the feminine population from Coast to Coast, and this week through co-operation of J. Stanley DeLong, it is being presented here.

Under direction of Miss F. M. Sparling, a varied and colourful living model Fashion Show, as well as a display featuring the use of these attractive cottons in home decoration, including made-up bedsprings, curtains, draperies, luncheon sets, bags, aprons, etc. There is much inspiration to sew through the Winter months.

Miss Sparling has just returned from New York with newest fashion notes for your wardrobe and your home.

This demonstration is absolutely free, but at its conclusion the Ladies



MISS F. M. SPARLING

Aid of George Street Baptist church who are sponsoring it, will serve refreshments for a small charge.

CHINA'S PIRATE QUEEN CAUGHT

Tan Ching-chiao, the attractive but ruthless "Queen of the Bias Bay pirates" of the South China coast, has at last been caught, and apparently for good, by the Chinese authorities. Once before she was captured, but soon escaped. This time she is being closely guarded in a Kwangtung military prison while the courts decide whether she shall be let off with life imprisonment for piracy or executed for murder. When only 14 years old Tan ran away from home and, joining a pirate band, married its leader. When he was killed in a mutiny she married his successor and later headed the gang in her own right. Her most famous exploit was the capture of the steamship Tai Yi, which she boarded disguised as a foreign lady with a baby in her arms. The baby proved to be a small arsenal of revolvers and ammunition for her followers on board. Tan herself shot dead the officer in command of the Tai Yi's guard.—Current History.

WHO'S WHO IN WASHINGTON

Emily Newell Blair who knows her Washington, discusses the part women are playing in our government today in the January Good Housekeeping. Her parade of Congresswomen, executives, secretaries and women who hold important and powerful positions is an up to the minute "Who's Who in Washington."

Winifred Black, known to millions as "Annie Laurie," begins her reminiscences, "Rambles Through My Memories," in the January Good Housekeeping. As her memories go back to the pioneer life in Wisconsin in days immediately after the Civil War, and include almost half a century of covering front-page stories and meeting front-page celebrities, she has a rich storehouse of experiences to draw from.

OKLAHOMA CITY, Jan. 22.—Lloyd Warner, the "Little Poison" of Pittsburgh Pirates was pronounced out of danger last night after a sudden pneumonia attack.

VICTORIAN ORDER NURSE REPORT FOR FTON IN 1935

Nursing Visits, Clinics, Schools, Statement of Receipts and Disbursements Reported On

Following is the report for 1935 of the Victorian Order Nurse:

Cases Nursed

Our work in Fredericton seems to be increasing every year. A total of 700 cases were nursed during the year—an increase of 80 over last year. 201 medicals—no typhoid this year, but lack of typhoid was more than made up by the increased number of pneumonia cases which totalled 30, an increase of 20 over last year. Nearly all of them were children and following measles.

89 surgical cases and 47 operations in homes or doctor's offices.

108 were expectant mothers and 123 mothers and babies of maternity cases. There were 144 other mothers and their babies.

Nursing Visits

123 confinements were attended and 93 of these were night calls. There were 88 night calls to others. 2,735 visits to mothers and babies, 386 more than last year since more mothers had the V.O.N. for the complete convalescent period and not just for the confinement.

30 visits were made to T. B. patients before entering sanatoriums. 24 visits were made to chronics or incurables. Our visits to these cases seem to be steadily decreasing.

364 visits were made to pneumonia cases while last year only 106 visits were made. Nearly two thirds of these visits were to children under seven years of age. Only one death. 198 visits were made to school children in their own homes, the increase being due to the measles epidemic.

189 babies in their homes.

978 to all others, making a total of 5,587 to all.

Confinement Cases

Of the 123 cases, 39 paid a full fee of \$3.00 for confinement and 75 cents a visit or the actual cost to the V.O.N. 16 paid part fee of \$2.00 or less for the confinement and 50 cents or less for the visit.

The Metropolitan Life Insurance Company paid for 17 and the remaining 58 were totally free.

Other Nursing Visits

1,129 visits were paid for by the Metropolitan Life Insurance Co.

316 visits were paid for by the patients at 75 cents a visit. 297 visits were paid for by patients at 50 cents or less a visit.

The remaining 1,547 were totally free or paid no fee at all.

The early spring and summer saw a decrease in free patients and an increase in part paying patients and this continued until early fall, but at the present time the number of free patients has increased and the last two months we have practically no part paying patients.

Clinics

99 clinics held. One every Tuesday in Devon and every Wednesday in Fredericton with a total attendance of 3,221—a decrease this fall due to the epidemic of measles. Cod Liver Oil was supplied as usual by the Rotary Club to babies in Fredericton and Devon, and so far no small babies have had pneumonia following measles and older children have had. We feel sure it is owing to the resistance supplied by the Vitamin "D" in the Cod Liver Oil. So once again we can thank the Rotary Club for the lowered death rate, as had they contracted pneumonia following measles there surely would have been some deaths.

Schools

The schools in the city with Doak, Morrison's Mills and Lincoln were visited as usual, both in assisting the Medical School Inspector and examinations between his visits. Also, the Medical School Inspector in Devon has been assisted with his examinations, and the Normal School in weighing, examining and X-raying the students. This, as you know, is done once a year by the Provincial Health Department.

Three days were spent with the Medical School Inspector assisting with the pre-school and vaccination clinics.

230 hours were spent in schools. 127 hours spent in assisting the Medical School Inspector with his examinations of the graded schools—4,032 were examined. 301 were referred to own physicians and 108 to treatment centres, not as many as last year as there is no dental clinic now. 116 were referred to Health Officers. That is, all children with suspected skin or communicable diseases were referred.

Glasses were supplied as usual by the Rotary Club to all children in Fredericton and Devon whose parents were unable to buy them. Follow up work was done as usual by the V.O.N.

Again we wish to thank city officials, churches, lodges, societies and private individuals of Fredericton and Devon who have so kindly furnished us with layettes, linen, bedding and medicinal supplies given as generously as usual during this year. Also

the two circles of the King's Daughters and the Devon Women's Institute for their help and interest in the clinics.

—George Pond.

STATEMENT OF RECEIPTS AND DISBURSEMENTS

Receipts

Cash in Bank Jan. 1, 1935...\$ 753.02
Grants received:
N. B. Health Dept...\$200.00
City of Fredericton...750.00
Town of Devon...200

Collected by Nurses,
For services rendered...347.15
Metropolitan Life Ins. Co.
Fees for nursing visits for
12 months, ended Nov. 30
1935...\$39.00

Churches:
Brunswick St. Baptist...50.00
Christchurch Cathed...50.00
Christchurch Parish...25.00
St. Paul's United...50.00

Daughters of the Empire:
Chapters:
Anagwakade...15.00
Governor Carleton...15.00
Picardy...25.00
Sir Howard Douglas...25.00
Victor Hatheway...10.00
Bliss Carman...25.00

King's Daughters:
Ella Thorne Circle...10.00
Golden Rule Circle...25.00
Minstering Circle...25.00
Smilin' Thru Circle...5.00
Whatsoever Circle...10.00

Other Societies and Organizations:
Canadian Legion...25.00
Daughters of England,
Sandringham Lodge...10.00
Devon W. I...25.00
Fredericton W. I...35.00
L. O. B. A...10.00
Order Eastern Star...25.00
Pythian Sisters...10.00
F'ton Rotary Club...25.00
Royal Arch Chapter...10.00
C. W. L...15.00
Knights of Pythias...10.00
Sons of England...5.00
Ministerial Assn...30.00

Tag Day Receipts...132.66
Interest received on:
\$1,000 par value C.N.R.
5 p.c. Bond due 1954 \$49.50
Savings Bk. Acct. Int. 3.04

Proceeds of Sales of Health Seals:
Balance 1934 sales...59.64
Less 10 p.c. collections
to Can. Tuberculosis
Assn., Ottawa...52.67

Miscellaneous:
Proceeds of Savings Acct.
transferred to Current
Account...300.00
Special Donation by J.
Clark & Son Ltd...25.00
Refund N. B. Tel. Co...1.10

Disbursements
Nursing Salaries:
Regular Staff Nurses:
Miss Pond, 12 months to Dec.
31st, 1935...\$1,560.00
Miss Rankin, 9 months, 2
weeks to Sept. 30, 1935...1,120.00
Miss McArthur, 2 months, Nov.
-Dec. 1935...200.00

Transportation Expenses:
Cost of new car...\$400.00
Insurance on car...22.70
Operating expenses...\$21.25

Nursing Supplies...21.22
Telephones (3)...51.22
Laundry for nurses...12.00

Miscellaneous Expenses:
Royal Bank of Canada,
safe-keeping...1.00
Cleaning...5.35
Stamps...5.00
Mail and Daily Gleaner
Stationery, etc...18.03
Pamphlets from Head
Office, Ottawa...27
Tuberculosis Aid Soc...1.00

Cash in Bank, Dec. 31, 1935
Current Account...470.90
Savings Account nil

STIMULATING HEALTH goes hand in hand with the prevention of disease — but it goes further!

Hens may be free from disease but listless and "mopey" — or they may suddenly go "off feed" and their production stop. Either condition may be caused by nothing more than natural loss of appetite which happens when the supply of Vitamin A in the body is exhausted.

Buy Pur-a-tene, the Vitamin A Ration

A. H. VANWART AND SON

Phone 150 FREDERICTON, N. B.

PRIVY COUNCILLORS MUST PROMULGATE ACCESSION OF KING

LONDON, England, Jan. 22.—A 216-word proclamation of accession of Britain's new King will be drawn up at a meeting of the new Sovereign with the privy council, when the title he selects will be made known officially. The text of the proclamation follows:

"Whereas it has pleased Almighty God to call to His mercy our late Sovereign and Lord, King George V, of blessed and glorious memory, by whose decease the Imperial Crown of the United Kingdom of Great Britain and Ireland solely and rightfully has come to the high and mighty Prince Edward Albert Christian George Andrew Patrick David;

"We therefore, the lords spiritual and temporal of this realm being here assisted with these of his late Majesty's privy council, with the members and other principal gentlemen of quality, with the lord mayor, aldermen and citizens of London, do now hereby with one voice and consent of tongue and heart, publish and proclaim that the high and mighty Prince Edward Albert Christian George Andrew Patrick David is now, by the death of our late Sovereign, of happy memory, become our only lawful right liege, Lord Edward the Eighth, by the grace of God, King of the United Kingdom of Great Britain and Ireland and the British dominions beyond the seas, Defender of the Faith, Emperor of India;

"To whom we do acknowledge all faith and constant obedience with all hearty and humble affection, beseeching God, by Whom kings and queens do reign, to bless the Royal King Edward VIII with long and happy years to reign over us."

May Be a Hundred

Several hundred privy councillors are scattered all over the Empire. Probably about a hundred will attend, many of them being within the immediate court circle. Probably their secretaries will also attend for this meeting is really the public announcement of the Sovereign's death and the secretaries, so to speak, will deputize the populace. The prime minister and members of the cabinet will be present. The lord mayor of London possesses the prerogative of attending on such an occasion, though he is not necessarily a privy councillor himself.

With two days the proclamation will be read in several historic places in London. The chief reading will be from the balcony of St. James's Palace. This will be undertaken by the Duke of Norfolk, Hereditary Earl Marshal of England. He will be attended by officers of the College of Heralds, surrounded by his retinue, will appear in robes which are the quaintest survivals from the days of old chivalry. The crowd fronting St. James's Palace will bare their heads while the proclamation is read and when the herald at the finish cries, "God Save King Edward", the multitude will answer with a deep "Amen".

The heralds will then proceed to Charing Cross, accompanied by an escort of Life Guards where the reading is repeated, this time by the "Garter King at arms" or other high heralds. Then along the Strand, the quaintly garbed company will proceed to the site of the Old Temple Bar, marking the furthest west point of the city proper. Temple Bar was one of the city gates when London was a walled city. On great occasions such as these the lord mayor and aldermen exercise their ancient prerogative of formally "admitting" the king or his messengers. The route will be lined with troops.

Here the lord mayor and aldermen with civic regalia will be waiting. A light cord will be drawn across the roadway to denote the road is closed. The spokesman will acquaint the lord mayor with his business in approaching the city and the lord mayor will signify his willingness to have the proclamation read to the citizens. The proclamation will be read for the third time.

The procession next passes along Fleet Street, Ludgate Hill, past St.

Substitute and relief nurses...97.50

Transportation Expenses:
Cost of new car...\$400.00
Insurance on car...22.70
Operating expenses...\$21.25

Nursing Supplies...21.22
Telephones (3)...51.22
Laundry for nurses...12.00

Miscellaneous Expenses:
Royal Bank of Canada,
safe-keeping...1.00
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in this respect should not be followed by her successors.

Although the privy council is automatically dissolved on the death of the Sovereign, the new king invariably re-confirms them in office. In fact he is bound by the constitutions to re-appoint such as are cabinet ministers.

The accession of the new monarch in no way interferes with the continuity of Parliament. The Reform Act of 1867 swept away the procedure under which Parliament was dissolved within six months of the accession. Eleven years after this Act the title "Emperor of India" was added to the monarch's designation and at the time of the Irish settlement the title was again altered from King of the United Kingdom of Great Britain and Ireland", etc., to "King of Great Britain, Ireland, and the Dominions", etc.

No Happiness In the Home When the Mother Is Sick



The tired, worn out mother cannot make a happy home if she is sick and worried by the never ending household duties. She gets run down and becomes nervous and irritable, downhearted and discouraged, can't rest at night, and gets up in the morning as tired as when she went to bed. Women suffering in this way will find in Milburn's H. & N. Pills a remedy with which to recuperate their health, build up the run down system, and bring back their bodily vigor.

OSHAWA RELIEF COSTS \$305,000

OSHAWA, Ont., Jan. 22.—Relief in Oshawa last year cost \$305,699, exclusive to administration costs, according to the annual report of the Public Welfare Board. The highest number on relief at one time was last January, when there were 1,030 families, while the lowest was last July, when there were 522 heads of families, 1,532 dependents, 75 single men, and a total of 2,127 persons.

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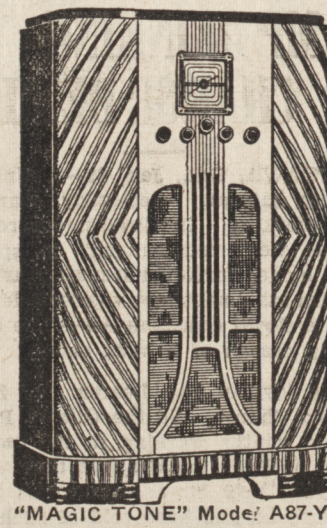
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