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CLEAN UP - PAINT UP and Make Your Garden Beautiful

Of Interest to Women

SUMMER FOODS TO TEMPT APPETITE NEED LITTLE SKILL

Lyonnaise Eggs

Put into a frying pan or a chafing dish blazer two tablespoonfuls butter or olive oil. When hot add two tablespoonfuls minced onion and one tablespoonful parsley and fry until the onion is light yellow. Add a tablespoonful flour and one cup milk or good broth. When smooth and creamy add four hard boiled eggs sliced and serve as soon as heated through. A change in serving is to simply chop the whites of the eggs and add to the sauce, boil up once and garnish with the yolks of the eggs.

Boiled Eggs

The best way to boil eggs is not to boil them at all. Put them in a pan, cover with boiling water, put on a lid and push back on the range where the water will keep hot, but not boil, for ten minutes. The white should be of a jellylike consistency, and the yolk soft but not "runny." Cooked in this way the whites will be as digestible as the yolks. They should be served at once, as they harden by being kept in the hot shell. If the shell of an egg is cracked before boiling prick several small holes in the thickest part of the egg to prevent the contents oozing out while cooking.

Spanish Omelet

For this take six eggs, one medium sized tomato cut fine, or its equivalent in canned tomatoes, one small onion, three tablespoonfuls milk, a dash of red pepper, five mushrooms, a quarter pound bacon minced and fried brown and a quarter teaspoon salt. Having browned the bacon, add to it the tomato, onion and mushrooms chopped fine and cook fifteen minutes. Break the eggs in a bowl without separating, and beat vigorously. Add to them the salt and pepper. Put a tablespoon butter in the omelet pan and when melted and the sides of the pan are thoroughly greased pour in the eggs and shake over a quick fire until well set. Now quickly pour the mixture from the other frying pan over the omelet, fold over once and turn out into the centre of a hot platter. If any sauce is left over pour around the omelet and serve at once.

JUDICIOUS HOSTESS CHOOSES SALADSTO TEMPT APPETITE

The judicious hostess is always ready to add to her stock of cool recipes for hot days, and directions for making a number of tempting cold desserts and salads, especially for luncheon on a midsummer day are appended.

The luncheon salad should usually take the place of salad plus the main course or salad plus dessert. A good luncheon combination often consists in soup and a salad. There are times when an entire luncheon may be made from a salad, with bread and butter and a beverage.

Tomato and Egg Salads

All kinds of tomato salads are good for summer luncheons. Here are some that are unusual or, at least, interesting:

Take six fine, firm, red tomatoes; plunge them into boiling water for one minute; drain in a cloth and remove the skins; now, with a very sharp pointed knife, begin at the centre of the tomato and cut down to the stem end and turn down each section, just exactly as you would an orange; this will leave a ball of seeds in the centre, and your tomato will look like a red lily. Place them on ice till ready to serve, and serve with either dressing or mayonnaise.

A good vegetable egg salad may be made from beets, green peas and thin slices of hard boiled egg. Or the white may be served in dainty slices and the yolk crumbled on.

A frozen tomato salad is unusually tempting. To make it rub a can of tomatoes through a sieve and season highly with pepper, salt and paprika. Then add a cupful of water and a tablespoonful of tarragon or plain vinegar, and freeze. Serve on lettuce leaves. A mayonnaise is always appropriate with this salad.

Pineapple and Mint Salad

Either fresh or canned fruit may be used for this combination. Arrange a slice of pineapple on the tender inside leaves of lettuce, and sprinkle thickly with chopped mint, then scatter candied cherries also chopped fine over the mint leaves and serve the salad with French dressing made with orange or lemon juice in place of vinegar. A teaspoonful of chopped mint may be added to the dressing also, if liked.

USE HONEY IN HOME COOKING

Honey may be used in home cooking as a substitute for sugar or molasses with delightful results, provided the following general rules are observed: (1) measure honey always in liquid form. If granulated, heat it over warm water until liquid; (2) for every cup of honey used, reduce the liquid called for in the recipe by one-fifth; (3) one cup of honey is as great in sweetening power as one cup of sugar; (4) use $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of soda to each cup of honey; (5) increase the amount of salt by one-eighth to $\frac{1}{4}$ teaspoon; (6) when substituting honey for sugar in cake, reduce the liquid of the recipe by one-fifth and use half honey and half sugar. Fruit cake is an exception to this rule and all honey may be used; (7) in milk puddings and pie fillings, add the honey with a thickening agent, such as flour and cornstarch.

More than sixty recipes for the use of honey in making bread and rolls, cakes, pies and puddings, candy and confections and ice cream are given in the revised bulletin "Honey and Some of the Ways it May be Used," issued by the Publicity and Extension Branch of the Dominion Department of Agriculture, Ottawa. All the recipes have been thoroughly tested and proved in the Central Experimental Farm kitchen at Ottawa. One of the recipes given for honey lemon pie is as follows:

Honey Lemon Pie

1 lemon, juice and rind
4 to 5 tablespoonfuls of cornstarch
 $\frac{1}{2}$ cup cold water
1 cup boiling water
 $\frac{3}{4}$ cup honey
 $\frac{1}{4}$ teaspoon salt
1 tablespoon butter
2 eggs.
Mix cornstarch and salt with cold water, add honey, stir well. Add boiling water and cook in double boiler until taste of raw starch has disappeared. Remove and add lemon juice and rind, add part of cooked mixture to the egg yolks, then combine both. Return to the double boiler for three or four minutes to cook egg. Remove from fire and add butter. Place in a baked pie shell. Cover with meringue made by adding slowly $\frac{1}{2}$ cup fine granulated sugar to two stiffly beaten egg whites. Cook in a slow oven, 250 to 275 degrees F. until golden brown.

SAINT JOHN, May 23—At midnight tonight, Daylight Saving Time goes into effect in Saint John; so before retiring be sure to set your timepiece ahead one hour. The city will go back on Atlantic Standard Time on September 26.

BULLETIN OF INTERNATIONAL B. OF EDUCATION

Bulletin of the "International Bureau of Education, Geneva," has also been received the fourth International Conference on Public Education States. "The conference, realizing that there is an ever closer interdependence between education and the other manifestations of the life of the people, considering that it is advisable to associate the widest possible representation of various interests and spheres in the work of public instruction, while recognizing that the diversity of circumstances imposes a different organization in different countries. (1) Emphasises the interest which may arise from the organizations generally known as Higher Councils of Public Instruction; (2) Declares that the consultative functions of these organizations may be of great utility for the school administrations of different countries; (3) Believes that the efficacy of these organizations depend largely on the measure in which they bring together representatives of the school administration, of public opinion, and of parents, as well as representatives of the teaching profession and specialists in the field of education; (4) Notes with interest that in several countries a place in these higher councils is assigned to members of the different categories of teachers; (5) Believes that in countries where the administrative organization permits of them, regional or provincial Councils of Public Instruction may render important services; (6) is convinced that here also the value of these councils depend in a large measure on their composition; (7) Emphasises the special importance of local School Councils or Commissions on the life, and development of schools in certain countries; (8) Believes that in the field of extra-curricular activities and in the relations between the schools and the public that local school councils or commissions may be of greatest utility; (9) Draws the attention of school authorities to the great service to education which Parents' Associations, officially recognized or otherwise, can render by their participation in these councils."

The Home and School Association of Fredericton, through its Organization and Extension Committee has collected data and is serving as an 'Information and Literature Bureau on the formation of 'Home and School' or Parent's Associations in New Brunswick.

NEW SILVER OXIDE FOUND - KILLS GERMS WHOLESALY

PHILADELPHIA, May 22—A new kind of medicinal silver, a powerful germ-killer though non-poisonous to higher animals, made at the chemistry department of the University of Pennsylvania, was described for the first time yesterday at the American Philosophical Society meeting here.

The silver is a brown powder—an oxide, produced from any silver salt by addition of sodium or potassium hydroxide. Externally it makes a salve when mixed with paraffin; for internal use it dissolves in water. The silver oxide bridges a great gap in the use of silver as medicine. Previously two forms of silver were used. Silver nitrate, a salt, is one of the most potent germicides, but it burns. Colloidal silver is mild but lacks much of the metal's germicidal ability.

Chicks Thrive On It

The new silver combines medical properties of both. It is so non-toxic that it has been substituted for drinking water for baby chicks. On this 'silver water' they have grown to full feather without either retardation or bad effects.

The chemistry of the silver medicine was described by John J. Muller, professor of chemistry. He discovered its remarkable and unexpected solubility in water and other substances while making pure silver oxides for non-medical purposes.

The tests of the medicinal effects were made in co-operation with Dr. William Lentz, of the department of veterinary medicine, University of Pennsylvania. Later its use on human beings was begun. Neither of these medical experiments has been published.

Membranes Unharmed

Some previously-used forms of silver caused argyria, or deposit of metallic silver in the skin, turning it a ghastly gray color. No effects of this kind have been found with the brown silver.

It has been placed on the most delicate membranes, including the eye without irritation. By mouth it has been given only to animals. Cows, horses, dogs and cats have had it for intestinal infections, with good curative results, and no case of ill effects.

In the form of a salve the silver dissolves out of the paraffin and passes almost completely into the living tissues.

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BE HIRED MAN IF NECESSARY, HIS ADVICE

GUELPH, May 23—The hope that every one of the 117 graduates would go back to the land was expressed by Hon. Duncan Marshall, Ontario Minister of Agriculture, at the annual convocation of the Ontario Agricultural College yesterday.

"I hope every last one of you boys will go back to the farm. I hope nobody gives you any other type of job. Go back and work with your father or as a hired man for somebody else", declared the Minister. He praised the pleasures of farm life, and said boys from the farm are fitted to do work which cannot be done by others.

U. of T. Represented

Many Ontario educationists, including members of the University of Toronto Senate and Faculty, attended. T. A. Russell, vice-chairman of the Board of Governors of the University of Toronto, spoke at a luncheon earlier.

The address to the graduating class was delivered by Dr. H. J. Cody, President of the University of Toronto. The degrees were conferred by Sir William Mulock, Chief Justice of Ontario.

The prize for general proficiency was awarded to H. D. L. Corby, Headington, England.

PARTIAL LIST OF BUILDINGS CONSTRUCTED WITH RYAN'S BRICK

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

MONCTON LIST—The D. A. McBeth Brick Block; the Moncton City Hospital; St. George's Church, (backed up with Ryan's Brick); The Salvation Army Citadel; The Windsor Hotel; The High and Vocational School (stone backed up with Ryan's Brick).

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

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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 McFadden Residence.

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