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Interest to Women

EGG DISHES FOR THE QUICK MEALS

Many Are the Terms Applies to Various Modes of Preparing Them, but All "Cook Easily"

By Edith M. Barber

Perhaps you would like to have your eggs fancy style, for the quick meal tonight. Most recipes for the more elaborate egg dishes which you see listed on restaurant menus at fancy prices are poached eggs plus. The names given to these dishes signify to those who know the most important of the plus ingredients. If the sauce is flavored with onion, the dish will be called "Eggs Soubise."

The term "Mornay" tells us that cheese has been added, while "Florentine" denotes spinach. If the word "Creole" or "Spanish" or "Italian" is used you will be sure to find a highly flavored tomato sauce. There are innumerable other terms which have less consistency to be found on menus at various eating places, and occasionally a sauce will be described in plain terms, as, for instance, when we see poached or baked eggs with mushroom sauce.

You may be as original as you like in making sauces for eggs which have been poached or boiled previously, or which, even better, have been dropped into shallow individual au gratin dishes, covered with sauce and baked. A thin white sauce is used as a basis, and to this may be added any left-over vegetables, meat or fish. Instead, raw mushrooms or dried beef may be cooked in the butter before the flour is added. A quick Creole sauce may be made by browning minced onions, green pepper and a few mushrooms, if you have them in hand in butter and then adding condensed canned tomato soup. A can of mushroom soup may furnish the whole sauce if you like.

Baked Eggs with Mushroom Sauce
2 tablespoons butter
2 cups sliced mushrooms
1½ tablespoons flour
¾ cup mushroom stock and milk

¼ cup cream
¾ teaspoon salt
Pepper
½ teaspoon Worcestershire sauce
6 eggs
Melt butter and cook mushrooms in it for five minutes. Sprinkle on the flour and blend well. Add the stock (made by cooking tougher portions of mushrooms in water), cream and milk, and stir well until thick and smooth. Add seasonings. Break eggs into individual greased baking dishes and cover with mushroom sauce, and bake in a moderate oven, 350 degrees F., until eggs are firm.

Eggs Mornay
6 eggs
1 cup thin white sauce
¼ cup grated cheese
Paprika
1 egg yolk
Break eggs into individual greased baking dishes. Cover with the sauce to which the cheese, paprika and egg yolk have been added. Cover with grated cheese and bake until firm in a moderate oven, 350 degrees F.

Quick Meal
Shrimp cocktail
Baked eggs with mushroom sauce
Noodles with browned crumbs
Buttered peas
Lettuce with olive dressing
Canned apricots
Wafers
Coffee
Method of Preparation
Light oven.
Boil water for noodles.
Prepare sauce.
Finish preparation of egg dish according to recipe, and bake.
Prepare salad.
Remove frozen peas from carton and cook.
Boil noodles.
Prepare shrimp cocktail.
Open can of apricots.
Drain and dress noodles.

NEW ACCESSORIES ADD PERKINESS TO OLD COSTUMES

(By Kathleen Enright)

This is the season of the year when we would like to throw away the winter clothes we have been wearing and blossom out in a gay spring-like attire. The weather man interferes with our idea, however, by continuing to serve us with winter weather.

Since we can't throw away our heavy coats and dresses, the next best thing to do is to freshen up our present costumes with just a touch of spring.

Patent leather shoes and handbags are extremely satisfactory for this purpose. They also are extremely smart for the present. The bright-

ness of the patent leather does tone up an otherwise dull costume, and most of us begin to think of our costumes as dull, at this time of year.

If you are not a patent leather enthusiast, then try the new colored kid. A deep carmine-red is good and with shoes and bag of this shade it is wise to wear beige gloves.

Those of you whose feet can stand the strain of opera pumps will be glad to hear that they are coming back to some extent. Do not invest too heavily in the opera pump style, however, as you will also want some of the smart new low-heeled shoes that are so popular in Paris now.

All accessories will be extremely important this Spring and Summer, so watch your step. Be sure that your colors are right and also that you have the right combinations. For instance, if you decide on the patent leather shoes and bag for early Spring, be sure to wear dull suede gloves with them. If you decide on the colored kid for shoes and handbag, choose a glove of lace leather. There are many ways of brightening up a winter costume. This is a good time of year to buy a dark back ground print. Be sure to select one that has a very small pattern and be sure that the background is dark. Navy or black is the correct thing. Light background prints look pretty bad showing beneath a fur coat.

One nice thing that will happen when the next war comes. People will stop telling us what will happen when the next war comes.

Hon. Dr. Roberts

(Continued from Page Two)

Now we come to a further problem about which much has been said particularly of late, and one in which I have manifested considerable interest; in fact I have made it one of the special topics entering into the Educational Programme for which I asked this House last year to provide funds. I refer to the matter of Mental Hygiene or the supervision and care of mental defectives.

Disabilities of the mind are worthy of our consideration because they are widespread. They are crippling and are considered one of the threats to personal and national efficiency. Mental disorders generally are surprisingly prevalent. Take insanity for instance, that grouping which includes the most dramatic and the next pronounced forms of mental breakdown. Our mental hospitals in Canada harbor no less than 30,000 cases. In fact there are more occupied beds in our mental institutions than there are occupied beds for cases of physical disease in all of our general hospitals put together.

From the twenty or more subdivisions of insanity, there is one of these responsible for more chronic invalidism than either tuberculosis or cancer, and from past experience it is estimated we can predict that four children out of every 100 born in this country will, in the absence of adequate arrangements for provision, eventually enter mental hospitals as patients—almost as many as will graduate from Canadian universities.

In this connection we must also reckon with another type of disability; the type, Mr. Speaker, that I have just recently directed to your attention, namely, feeble mindedness or mental deficiency, a condition characterized by a stunting of mental development; a condition where the individual may grow to adulthood physically while remaining a child mentally. Two out of every 100 children born belong to this class. This means that in the Province of New Brunswick, considering the number of children born in 1935, namely, 3,300, there would be added to our population in this year, some 66 feeble-minded children, and so on each year in the same ratio.

To get a true picture of the dimensions of the problem of mental disorders we must include in our list so-called nervous conditions, hysteria, neurasthenia and nervous breakdown—conditions which do not cripple the entire personality as an insanity but which, nevertheless, make great inroads on human happiness and efficiency. These latter nervous ailments rank only second to the common cold in prevalence. Now, Mr. Speaker, when we include all of these conditions together, insanity and the rest, we discover that mental disorders are as prevalent as physical disabilities.

Returning to the discussion of the feeble-minded, as I have just previously stated, this is a condition of stunted mental development. The lowest grade types are known as idiots; the middle grade, imbeciles and those with greater intelligence, morons. There is no cure and so we place reliance on education and supervision. With the highest grade type, the results achieved through education may be remarkable. For example, 70 per cent. of the graduates of one of our Ontario schools for retarded girls are today occupying positions of responsibility in household service, in factories, stores and in offices. In fact, during the depression, they have held their position in many instances that have been the cases with their so-called "normal" sisters.

The reason given by authorities for the success in the education of the feeble-minded lies in the fact that their training is in the line with capacity and the children learn through doing. By following this method the interest of each child is maintained at a higher level and the acquiring of skill is looked upon by them as a joy rather than as a boring task. These children, it is said, are actually sorry when a lesson is over. It is said that if in the education of the normal child there was utilized the experience gained with the feeble-minded, there is a possibility that efficiency might be stepped up 50 per cent. or more; and as a result of this there is a saying that "to get a good education a child is fortunate if he is feeble-minded."

Mr. Speaker, something has been said during the present session of the House about sterilization for mental deficiency as a method of lowering its incidence. Lower grade conditions such as idiosyncrasy and imbecility as a rule have been proven not to be due to bad heredity. Fifty per cent. of higher grade type mor-

ons, however, come from inferior family stock. In selected cases sterilization would be a godsend, particularly as related to married girls who have not sufficient intelligence to undertake the complicated task of rearing a family; but wholesale sterilization as is now practiced in some countries is hardly warranted. I say, in the light of existing knowledge.

Now, Mr. Speaker, as to the care of the feeble-minded, we must bear in mind the difference between insanity and mental deficiency. Mental defectives are not mentally ill and the mentally ill are not mental defectives. They constitute two quite separate groups. They present quite different problems and they must be dealt with in quite different ways.

There seems to be at the present moment two schools as to methods of supervision and care. One strongly in favor of institutional care and the other in favor of the establishment of mental health centres apart from these supervision and community and home training. Those supporting the latter state that it has been suggested that fully 90 per cent. of our mental defectives are able to carry on in the community without being recognized as such, either by institutional authorities or by social agencies. This same school states that the matter of registration, so that all mental defectives could be identified and their number, location and condition made known to the authorities, would serve no useful purpose whatever since it would be both impossible and unnecessary to do anything about the majority of them.

As to segregation, this was linked with the idea of registration and so that mental defectives should really be removed from the community and placed in suitable institutions. This authority states such to be a sheer economic possibility and he goes on to state, for example, in Ontario if they disregard entirely the capital cost of building institutions that it still costs the Province \$500,000 per year to maintain 2,000 mental defectives in institutions that already exist and even if additional institutions could be obtained without expense, the segregation of all mental defectives of the Province of Ontario would increase this maintenance cost to more than \$15,000,000 annually. Therefore, this authority states, even if it were desirable, the institutional segregation of mental defectives is simply not practicable; that with the exception of a very few cases, they can be most satisfactorily cared for in the same community and in their own homes.

Twenty-five years ago it was considered that mental deficiency was a major cause of crime and delinquency. Surveys of reformatories and prisons revealed that a larger proportion of mental defectives were to be found among the inmates of such institutions than in the general population. From this it was concluded that in many cases, crime was due to mental defect. It became popular to attribute vice, immorality and delinquency to the mental defectives, but among those who have had direct experience with large groups of mental defectives, such superstitions as these have long since evaporated. We now know that mental defectives do not tend to be vicious, immoral, brutal or criminally inclined. It is recognized that mental defectives are found in reformatories and prisons with proportionate frequency, not because mental defectives tend to be criminals but because mental defectives tend to be caught. Like the rest of us, Mr. Speaker, mental defectives need to be taught how to behave in a socially acceptable fashion. It is simply because society has so often failed to provide anything in the way of suitable social training that mental defectives have gained their ill repute. Many time social workers finding mental defectives as delinquents, think they have explained the delinquency; but a delinquency obtains in a mental deficient for precisely the same reason that it occurs in a normal person. It therefore does not follow that the mental deficient should go to an institution. It does follow, however, that whatever social treatment is indicated in the one case is also indicated in the other. We are undoubtedly impressed with the mental defectives who are brought to our attention because they have been delinquent. It is therefore important for us to remember that a large percentage of mental defectives have never brought to our attention.

because they do not get into difficulties.

Continuing Hon. Dr. Roberts gave a detailed report of the work carried on by the Department of Health. He pointed out that progress had been made in the reduction of unnecessary illness and death notably of diphtheria, which is gradually being driven out of the province. In seven years 100,000 children have been protected and the death rate from diphtheria is about one third of what it was in 1929 and less than one-fifth that of 1920. Typhoid has been reduced one sixth that of 1920. Unfortunately, however, public opinion has not yet been sufficiently aroused to give the department a wholehearted support in its efforts.

Some educational information regarding cancer and better information regarding the early diagnosis, and treatment of the disease, were touched upon by the speaker. It is hoped that such an educational campaign will have far-reaching benefits.

Mr. Speaker, regarding the Labour Department, some criticism has been hurled at the Government regarding the Fair Wage Officer. I wish to say in reply, that there has not been a more busy official than Mr. Pettigrove. During the last year he has gone over nearly every industry in this Province getting information concerning the personnel, their ages, their working hours, wages paid and other valuable data in order to complete our records. I do not know whether our friends of the Opposition have decided that such was an easy task or not and that all employers immediately fell in graciously with our requests and that the return mail brought all the information required. If so, in the language of the day, they have another guess coming.

Now, Mr. Speaker, with the stage all set, this Department's main aim is to create the spirit of co-operation and partnership in industry. It desires to have Capital realize that it is only a partner and needs Labour to properly function and to have Labour realize that it too is only a partner and needs Capital. Both of these partners must be made to realize that they can not monopolize industry or become dictators. Co-operation must be the watchword. This Department is well aware today that as a result of its enquiries during the year, that there are gross injustices being carried on in certain quarters as to the wage scale and it is determined that this injustice must be regulated. The course pursued by the Government in appointing a Fair Wage Officer in preference to providing a Minimum Wage Law ought to appeal to all classes. There is the peril in the Minimum Wage Law that the minimum wage will become the only wage scale and further, there is the great difficulty in fixing a minimum wage in certain industries where there are various classes of labor involved. Instead of this course, the Government appointed a Fair Wage Officer. I do not wish to claim any more credit than is the Department's due but I may say that without employment sensational methods or resorting to newspaper publicity this Department has been quietly at work getting facts and in some cases has been rendering effective action, so much so, that in some cases where gross injustice obtained, changes have been made to the entire satisfaction of those most concerned and the end is not yet.

FLOODS VERY SERIOUS IN ENGLAND TODAY

(Special to The Daily Mail)

LONDON, March 17—Floods are becoming very serious in England. Between Folkestone and Dover land slides have blocked the railways and train service is discontinued each night and resumed at daylight. A large number of men have been rushed to Barway where breaks in river banks are taking place. The flood has been serious for the last four days and many men have been out duty continually. The British Broadcasting Corporation has set up a broadcasting station near the flood to aid in rescue work. Motor car factories have sent a large number of cars to aid refugees in the afflicted areas whenever the oncoming waters rush through their banks.

FRENCH CABINET MAY BAN DISTURBANCE MEETING

(Special to The Daily Mail)

PARIS, March 17—The Cabinet will meet immediately and are likely to take extreme measures to ban all meetings of a nature to disturb peace.



The Cough That Sticks The Cough That Hangs On

This is the cough it is hard to get rid of, the kind that bothers you during the day and keeps you awake at night.

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PREMIER DYSART REPLIES TO HON. F. C. SQUIRES RE ROAD CONSTRUCTION

Other Criticisms Are Answered by Different Members

In the Legislature on Tuesday afternoon there was considerable cross firing during the course of Hon. Fred C. Squires' speech on the budget.

Hon. Premier Dysart pointed out that men employed on road contracts were local men and that 90 per cent. of the key men were also local men.

Hon. Mr. Dysart referred to a statement in the Gleaner of Saturday last with reference to failure as to the posting of notices of Committee meetings.

Hon. Mr. Dysart said his recollection of what he said was that he asked the members of the House to attend Committee meetings and support their respective chairman. He was not aware of any rebuke having been made to the Clerk of the House. All members were conscious of the efficiency and courtesy of the Clerk and staff. That condition prevailed this year as in former years.

Mr. Squires resuming the debate on the budget said:

During the course of the address by the Opposition Leader Hon. Mr. Dysart pointed out that people had saved \$74,000 in the reduction of auto license fees.

Hon. Mr. McNair enquired if the Sheriff had come in reply to Mr. Squires' criticism of old age pensions. Hon. Mr. McNair further said that nobody contemplated the coming into power of his Honourable friend.

Hon. Mr. Squires said the question of difference in payment of Old Age Pensioners would certainly be an issue in the next election campaign. Hon. Mr. McNair rejoined that "We are ready" meaning the party.

Mr. LeBlanc took exception to reference by Mr. Squires to him. Mr. LeBlanc said he was objecting to typical Tory legislation. Mr. Squires should blame the Commission, not the Government.

Hon. Mr. Dysart asked Mr. Squires if he was opposed to the average wage determined by the Board. Mr. Squires replied "I prefer the minimum wage. There is no bookkeeping and labour is asking for the minimum wage." Hon. Mr. Dysart rejoined that the average wage was put through by the Board on which Labour has representation. The report was unanimous and therefore Labour approved. Mr. Squires said that a meeting of the Federation of Labour representatives to a man opposed average wage. He asked what the representative for Restigouche had to say about the minimum wage. Mr. LeBlanc replied that under the Act of 1934, if a man did not earn \$32.00 a month he was sent home. That is why he preferred a sliding scale. Hon. Mr. McNair took exception to a reference by Mr. Squires to road construction and Hon. Mr. McNair said that he was referring to road work.

Dealing with the criticism of Mr. Squires as to the letting of road contracts from outside, Hon. Mr. Dysart asked if Mr. Squires implied that local men were refused the right to tender. We called for tenders as all provinces do, Hon. Mr. Dysart continued. Three tenders came in and were the lowest. There were bids from local contractors. Successful tenderers were asked to give local contractors work as far as they could and that was done. He invited Mr. Squires to consult with the Public Works' Department's engineers in the matter. Mr. Squires said he preferred that we lose some money and give our own men a chance to come in. They should be given an opportunity to learn how to do this work. Our men will make good. They should be given a chance to learn how to become key men and not be restricted to pick and shovel jobs.

Hon. Mr. Dysart said the percentage of key men had been dropped this year from 15 p. c. to 10 p. c.

Hon. Mr. Dysart said the condition complained of by Mr. Squires prevailed in sister provinces. He again advised Mr. Squires to consult with the Public Works' engineers. Hon. Mr. Dysart said the Department had to hold up one local contractor until he had been able to secure some experienced men. This contrac-

tor had been unable to secure suitable key men even in Montreal. Hon. Mr. Dysart said the Government's policy was to protect the Treasury. Mr. Squires said it was a wrong principle to bring in outside men and give them the good positions. It should be insisted upon that our men be trained for this work. Men can be found who will be satisfactory. He would make the matter in the next election that our men be given the key positions even if work had to be held up until they learn. It is no answer that the former government had committed certain sins—that Government had been punished. Hon. Mr. Dysart said that local labour is being employed and that some companies have only 1 per cent. of their workmen as key men and the highest is 11 per cent. Mr. Squires asked that he be allowed to finish his speech even if he was defending labour.

NO "TURN-IN" VALUE ON SHOES

(By Ruth Cameron)

A friend of mine had a pair of shoes go bad on her recently.

She wore them a few times and then realized that either those shoes were going to be put on the shelf, or her feet were.

She looked longingly in the shoe store windows at the more expensive shoes that she should have bought in the first place and now was even farther away from being able to afford.

And then she said wistfully, "If I could only turn these in on the other shoes, I haven't worn them more than three or four times. I wish they were an automobile so I could turn them in. If I could get anything like what they're worth for them, I'd buy the others."

It would be grand, wouldn't it, if we could turn other things in, the way we do automobiles.

What a dazzling, delightful, thought!

Those draperies for the dining room that never were quite the right shade of yellow, but that have to be lived with for the next five years or so because they cost so much, how wonderful it would be if one could go down to the shop and say, "I'll buy some new ones if you will let me turn these in!"

That frock that turned out to be just too much frock for your needs if you could only turn it in on the summer frock you really should have bought that time.

The chair that didn't look quite right when you got it home, could be turned in on the larger chair which that corner of the room really requires.

The tennis racket that turned out to be too heavy could be turned in on the weight and size that you realize now you really should have had.

A dazzling and delightful thought. To every one but the retail merchandiser. To him, a horror. Imagine having to run a second-hand shop, as of course he would, in conjunction with his first-hand. And imagine the problems of cleaning, reupholstering, etc.

The automobile dealer who lies awake nights wondering how he can get rid of the long line of turned-in cars he has had to accept in order to sell his new product, and trying to decide just how much he can afford to offer some possible customer who is shopping about for the best offer on his old car, can tell other merchandisers how lucky they are that people can't turn things in.

And yet the automobile business would probably have never gone forward so fast if people had had to get rid of their own automobiles or junk them before buying new.

But even as I think of the things I'd love to turn in, even for a small amount, on new ones, I also think of a very big reason why I'm glad it can't be done, except, of course, indirectly, through the medium of the second hand shop.

People at winter resorts don't look so happy this time. They know the folks back home aren't suffering, either.

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