

"Best for You and Baby too"

Baby's Own Soap

10 cents Individual Cartons

Like America's sincerity. Our year in Europe is just the opposite. We are past masters at duplicity.—Belloc.

LASTING CURLS!

You too can obtain beautiful, natural, lasting curls by the Lido Wireless Permanent Waving Method. Curls that you can wash, comb and brush and still remain as beautiful as ever. We specialize in Hair Tinting, Electric Massaging and Facials.

Parisian Beauty Parlor

MADAME JAC. VERMEEREN
Phone 908-11 337 King St.

HARNESS OVERALLS WORK PANTS GLOVES

H. A. Burt
TEL. 1234

Headquarters For Wabasso Goods

OUR WHITE SALE IS NOW IN FULL SWING

10% and Free Hemming
Bleached and unbleached sheeting in all widths.

PILLOW COTTON, 40 x 42 in-
BATH TOWELS
ROLLER TOWELING
PILLOW SLIPS
SHEETS, ETC.

J. Stanley Delong
Phone 68-11 63 Carleton St.

Do It Now...

The earlier you start on the right road to advancement the farther you will go. Get the best commercial training while it is easy for you to do so, rather than postpone it until later and be forced to acquire it under difficulties.

Write for full information regarding our Business Courses.

FREDERICTON BUSINESS COLLEGE

F. B. OSBORNE, Principal,
Fredericton, N. B.

We recommend the...

FAWCETT RANGE

as being the ideal range for the modern home. In construction and appearance it is second to none. We shall be pleased to show you the latest models.

J. Clark & Son, Ltd.
FREDERICTON, N. B., AND BRANCHES

LUDLOW

On Wednesday Night a birthday party was held for Gower Hovey at the home of his brother, Boyd Hovey. Dancing was enjoyed, the music being provided by Jasper Palmer, violin, and Clayton Carr, Spanish guitar. About one o'clock a delicious supper was served by Mrs. Hovey. The invited guests were Genevra Young, Ada Carr, Sadie Regina and Shirley Hovey, Jeff and Clayton Carr, Jasper Palmer, Eugene Clowater, Holly and Jack Hovey. The young people left about two, wishing Mr. Hovey many more happy birthdays.

Eugene and Nelson Hovey have returned home after spending several weeks with their grandmother, Mrs. Eliza Pond.

Perc Palmer and Garth Nagles have gone to North Cains where they will be employed.

Karl Hovey spent a day recently in Doaktown.

Russell Hovey spent the week-end at his home in Porter Cove, the guest of his parents, Mr. and Mrs. Herman Hovey.

Rae Hovey and Bernice Loggie spent an evening recently with Sadie Hovey.

Bert Pond spent the week-end at his home.

Waldo Dudley and Dick Pond have returned from the woods to their respective homes.

Rev. Mr. Corey held service Sunday morning in the Baptist Church.

A large number from this place attended the funeral of the late Abraham Price of Priceville. Sympathy is extended to the bereaved family.

The Government plough made two trips through from Newcastle to Boiestown last week as the result the road are in good condition for motoring.

Friends are sorry to hear that Mrs. Garth Nagles is confined to her home through illness, and wish her a speedy recovery.

The Misses Sadie Hovey and Genevra Young spent Friday evening with Isabel Hovey.

Mrs. George Spencer is spending a few weeks the guest of Mrs. Henry Hovey.

Mr. and Mrs. George Whalen were calling on friends in this place on Saturday.

Perc Palmer, Waldo Dudley and Garry Hovey were calling on Karl Hovey on Sunday.

Ada Carr, Sadie Hovey, Mary Burke, Jeff, Clayton and Pat Carr, Jap Palmer and Boyd Hovey hiked to Boiestown Sunday evening to attend church.

Karl Hovey was calling on Boyd Hovey on Sunday.

Miss Helen Palmer spent Sunday afternoon with her sister, Mrs. Karl Hovey.

Etta Hovey spent Sunday afternoon with her grandmother.

Matthew MacKay and Allan Hovey of Porter Cove were visiting friends of this place on Sunday.

Mrs. Arthur Pond and son Clair were visiting Mrs. Pond's mother one day this week.

Jap Palmer spent Wednesday in Fredericton.

Dow Settlement

Baptist Young People's Union was held as usual Tuesday evening. Programme for the evening consisted of Bible Questions asked by Anna Patterson, acting President.

Ronald Sabine returned home for the week-end at Woodstock.

Norman Grant has been home for the past number of days from the woods on account of an attack of la grippe.

Mrs. Reta McLellan and Donald McLellan, Charlie Duffield and Norman Grant were Sunday guests at the home of Mrs. Sandy Moody.

The Women's Missionary Aid Society will be held next Thursday afternoon at the home of one of the members, Mrs. Reta McLellan.

We are glad to report the slow, but steady improvement of the youngest daughter of Mr. and Mrs. Lester Dow of Cross Creek.

Jeremiah Collicott is reported ill at the present time at his home in Johnson Settlement.

Arwid Patterson, student at Canterbury High School has been home since last Wednesday on account of the school being closed down during illness among pupils attending the school.

Interest to Women

COMBINES VIRTUES OF A FRYER AND A BOILER

Marjorie Mills Provides Some Recipes Commonly Cooked in a Chafing Dish--Welsh Rarebit, Gypsy Spaghetti, Crab Meat with Green Peppers.

(By Marjorie Mills)

Many of you received electric chafing dishes among this year's gifts, according to our mail, and you're in doubt as to how to use them.

A chafing dish is a combination frying pan and double boiler. All good chafing dishes have two cooking vessels—a lower or blazer, and an upper which corresponds to the inner vessel of the double boiler and which is used for egg dishes, creamed dishes, chicken, fish, etc., needing gentle cooking over hot water. When a strong heat is required, as for frying or sauteing, use the blazer placed over the wired hot plate.

All foods that may be cooked quickly, as eggs, creamed fish, and meat dishes, Newburgs, rarebits, panned oysters, cheese fondue, etc., are suited to chafing dish preparation.

A tray should always be used under the chafing dish.

Here are some chafing dish recipes which you'll like. All these dishes are excellent for Sunday night suppers or for after-theatre suppers when the crowd drops in.

Welsh Rarebit

1 pound cheese
1 tablespoon melted butter
¼ teaspoon salt
¼ teaspoon paprika
¼ teaspoon dry mustard
¼ cup beer
Place cheese, cut in small pieces, in chafing dish with butter, seasoning and a dash of cayenne pepper. As cheese melts, add very gradually, the beer. Stir constantly till smooth. Serve on toast or crackers.

Tomato Rarebit

½ cup soft bread crumbs
½ pound grated cheese
1 cup strained tomatoes
¼ teaspoon salt
1-8 teaspoon pepper
Toast or crackers
Place all together in chafing dish, cook until smooth, stirring constantly. Serve at once on hot toasted bread.

Gypsy Spaghetti

3 cups canned tomatoes
1 cup whole kernel corn
1 tablespoon chopped green pepper
1½ cups uncooked spaghetti
1 cup grated cheese
1 can chili con carne or ½ pound hamburger
1 cup mushrooms, if desired
Place all ingredients in chafing dish and cook first on high and then on low heat until done—about 45 minutes.

Crab Meat and Green Peppers

1 pint crab meat
2 green peppers
1 cup white sauce
Cook the crab meat in a chafing dish in the white sauce and add the green peppers cut in small pieces.

Oysters With Sherry

2 tablespoons butter
½ cup finely chopped celery
2 tablespoons chopped green pepper
1 pint oysters
¼ teaspoon salt
¼ teaspoon paprika
¼ cup sherry
Melt butter in saucepan; add celery green pepper and drained oysters, and cook until the edges curl. Add seasoning and sherry, reheat and serve on toast.

Crab Meat and Green Peppers

1 pint crab meat
2 green peppers
1 cup white sauce
Cook the crab meat in a chafing dish in the white sauce and add the green peppers cut in small pieces.

Oysters With Sherry

2 tablespoons butter
½ cup finely chopped celery
2 tablespoons chopped green pepper
1 pint oysters
¼ teaspoon salt
¼ teaspoon paprika
¼ cup sherry
Melt butter in saucepan; add celery green pepper and drained oysters, and cook until the edges curl. Add seasoning and sherry, reheat and serve on toast.

Crab Meat and Green Peppers

1 pint crab meat
2 green peppers
1 cup white sauce
Cook the crab meat in a chafing dish in the white sauce and add the green peppers cut in small pieces.

Oysters With Sherry

2 tablespoons butter
½ cup finely chopped celery
2 tablespoons chopped green pepper
1 pint oysters
¼ teaspoon salt
¼ teaspoon paprika
¼ cup sherry
Melt butter in saucepan; add celery green pepper and drained oysters, and cook until the edges curl. Add seasoning and sherry, reheat and serve on toast.

Crab Meat and Green Peppers

1 pint crab meat
2 green peppers
1 cup white sauce
Cook the crab meat in a chafing dish in the white sauce and add the green peppers cut in small pieces.

Oysters With Sherry

2 tablespoons butter
½ cup finely chopped celery
2 tablespoons chopped green pepper
1 pint oysters
¼ teaspoon salt
¼ teaspoon paprika
¼ cup sherry
Melt butter in saucepan; add celery green pepper and drained oysters, and cook until the edges curl. Add seasoning and sherry, reheat and serve on toast.

Crab Meat and Green Peppers

1 pint crab meat
2 green peppers
1 cup white sauce
Cook the crab meat in a chafing dish in the white sauce and add the green peppers cut in small pieces.

Oysters With Sherry

2 tablespoons butter
½ cup finely chopped celery
2 tablespoons chopped green pepper
1 pint oysters
¼ teaspoon salt
¼ teaspoon paprika
¼ cup sherry
Melt butter in saucepan; add celery green pepper and drained oysters, and cook until the edges curl. Add seasoning and sherry, reheat and serve on toast.



Feel Chilly—Start to Sneeze Nose Starts to Run

Then comes the cold which, if not attended to immediately, shortly works down into the bronchial tubes, and the cough starts. On the first sign of a cold or cough go to your druggist's and get a bottle of Dr. Wood's Norway Pine Syrup. You will find it to be a prompt, pleasant, reliable and effective remedy for your trouble. It has been on the market for the past 44 years. Don't experiment with a substitute and be disappointed. Get "Dr. Wood's".

WHY FATS ARE VALUABLE IN DIET

Besides Their Calorie Value They Seem to Regulate the Time of Digestion.

(By Edith M. Barber)

"I never eat fat," pronounces some one at the table when the roast is being carved and the host asks whether some of the crisp brown cracklings shall be included in the serving. Of course, I am one of those persons who always demands as much fat as meat.

On the other hand there are persons who object to meat fat, although they are fond of butter and cream and perhaps of olive and other salad oils. They also get fat through the shortening of butter, lard or hardened vegetable fat which is used in hot breads and cakes. They may also be fond of the fat which is an integral part of bacon.

With the exception of cream, fats have practically the same food value, of which the body makes use for the production of fuel which supplies us with energy. This fuel is in a concentrated form. From an ounce of pure, for instance, we get over twice as many calories as from an ounce of pure starch or sugar. Because even thick cream contains a large percentage of water, it can not be called a pure fat. Both cream and butter, however, do furnish us with liberal amounts of vitamin A and the first can be counted on for some vitamins B and G. Vitamins have also been added to one of the margarines which, of course, provides calories equal to butter.

Fats are valuable in the diet both because of their calorie value and because they apparently regulate the time of digestion and aid the other foods in making a smooth passage through the alimentary canal. There is good reason for man's choice of a mixed diet.

French Fried Onions

Select six large onions, peel, slice crosswise one-eighth inch thick. Separate the rings, using only the larger ones, saving the rest for other use. Cover with milk; soak one hour. Drain, dip in batter and fry in deep hot fat (385 degrees F.) about two minutes. Drain on soft paper.

Spinach With Cream

1 peck spinach.
Salt, sugar.
Pepper.
1 teaspoon minced onion.
1-2 cup sour cream.

Look over spinach and wash carefully. Cook without water in a covered kettle with a little salt and sugar six to eight minutes or until tender. Season with pepper and more salt, if necessary. Serve on a hot dish. Add minced onion to whipped sour cream and pile on top of spinach.

Hard Sauce

1-3 cup butter.
1 cup powdered sugar.
3 tablespoons milk.
2-3 teaspoons vanilla.
1-2 teaspoon lemon extract.
Cream butter, add the sugar gradually, then the milk and beat until very light. Add the flavoring.

A WOMAN NEEDS A FRIEND WHEN SHE'S REDUCING

NEW YORK, March 5—"If a woman needs a friend it is the hour when she decides to reduce," Dr. Albert Edward Wiggam, eminent psychiatrist and writer, says today.

The minute a woman begins to think of reshaping her figure to slyph-like proportions, Dr. Wiggam writes in the current Physical Culture magazine, she is a potential victim of a gigantic, ruthless racket—"a racket that has killed hundreds of women, ruined the health of thousands and is endangering the health of millions."

While the reducing racket, according to Dr. Wiggam, has grown up within the past quarter of a century, the discovery of two new drugs during the past four or five years has changed it from a comparatively harmless patent medicine proposition into a deadly traffic. These two drugs, thyroid extract and dinitrophenol, Wiggam states, are so dangerous that "even in the hands of the most skillful physicians, (they) have produced harmful results." Yet both drugs are available in preparations sold over the drug store counter, and, as Dr. Wiggam points out, "reducing is a medical and not a grocery or drug store problem."

FRANCE RE-OPENS DISCUSSION

(Special to The Daily Mail)

PARIS, March 4—France is to reopen discussions on War Debts with the United States. Other economic problems of equal importance will be discussed.

DR. G. R. LISTER
Dentist
PHONE 531-11
Burchill-Wilkinson Building
QUEEN STREET : Below Regent

ARTHUR F. BETTS
Plumbing and Heating
QUEEN ST. PHONE 512

Dr. B. R. Ross
DENTIST

HOURS:—
9-9 or by A-POINTMENT.
404 Queen Street.

HAWKINS FRUIT & PRODUCE CO. LTD.

WHOLESALE DISTRIBUTORS
FRESH FRUITS
and
VEGETABLES
PHONE 313
NORTH DEVON



EXAMINATION AND FITTING

You may not need glasses. Perhaps you are one of the fortunate who have perfect vision. We will be glad to examine your eyes and tell you so. If we are able to help you see better through correctly fitted glasses.

E. H. Wilbur
69 Regent St. Phone 1305-21
OPTOMETRIST

Modernize Your Plumbing and Heating

Would you like to have BATH, BASIN and TOILET in your Home?

We can furnish and install a Three-Piece Bathroom Outfit for a small down payment and monthly payments of \$10.00.

Install new Heating System or repair old one on the same basis.

First class workmanship guaranteed.

D. J. Shea
80 Carleton St. Phone 563-11

A TAILORED-MADE SUIT IS TAILORED OF EXCLUSIVE

FABRICS

We buy only a limited amount in each pattern and fabric. That's why you can choose your fabric and know that you won't be seeing it on every other man in town! Our complete line of fall fabrics are now in. Call and select YOUR OWN Distinctive Pattern.

Alex. Ingram
376 KING ST.

Discriminating epicures unambiguously select the

NU-PALMS

for their Steaks, Lunches, Meals.

For unexcelled banquet facilities 'phone 937-41.

THE NU-PALMS

480 Queen St. Phone 937-41

INSURANCE HOWARD H. BLAIR

RELIABLE BRITISH and CANADIAN COMPANIES

PHONES — Office 291
Residence 345-11

68 YORK STREET

YOU CAN REST ASSURED

FIRST CLASS GROCERIES MEATS AND FISH Slipp & Flewelling Sausages Always in Stock

TRY US WITH YOUR NEXT GROCERY ORDER

HAROLD YERXA'S

59 YORK ST.

PHONE 305

A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES —

Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

IRVING, BRENNAN & COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office, Suite 1, Loyalist Building
Fredericton Charlottetown Halifax

Phone 454
Saint John, N.B.