

## ARTHUR F. BETTS

Plumbing and Heating

QUEEN STREET PHONE 514

## DR. G. R. LISTER

Dentist

Burchill-Wilkinson Building

QUEEN STREET : Below Regent

## HARNESS

## OVERALLS

## WORK PANTS

## GLOVES

## H. A. Burt

TEL. 1234

## Prepare For Colder Weather!

## COME to DeLONG'S

For silk, wool and all-wool Hosiery for Ladies, Misses and also Children for 39 cents to \$1.25 pr. Wool Under Hose 49c and 75c. Wool Gaiters, 75c and \$1.00 pair. Wool Gloves for Ladies, Misses and Children, 59c and 75c pair. Wool Dress Goods from 85c to \$1.95 per yard

## J. Stanley Delong

Phone 68-11 63 Carleton St.

## Safe Climbing

## Demands a Guide

Se does correctly planned plumbing demand one—a MASTER PLUMBER!

He helps you avoid the expensive pitfalls that await the unprotected buyer of plumbing. The Master Plumber guides you to dependable plumbing planned and installed at a price that buys quality. That's the only kind that gives comfort and convenience.

Assure yourself economical, serviceable plumbing by consulting us.

## D.J. Shea

80 Carleton St. Phone 553-11



Our Choice Line of Imported Fabrics Means DOLLARS

SAVED AND LONGER WEAR TO YOU

## ALEX. INGRAM

TAILOR

FREDERICTON, N. B. 376 KING ST.

## ONE OUT OF EVERY EIGHT

The law of average decrees that one person out of every eight shall be accidentally injured each year. You can't choose whether or not you will be the one to suffer this year. You can choose now to be ready to meet the emergency.

ACCIDENT &amp; SICKNESS INSURANCE

## HOWARD H. BLAIR

68 YORK ST. YOU CAN REST ASSURED PHONE 291

## 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 &amp; COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office Suite 1, Loyalist Building Phone 454  
Fredericton Charlottetown Halifax Saint John, N.B.

## Fawcett Ranges

are made in New Brunswick

Everything desirable in a range is embodied in their construction. They are built of the best of materials. They are good bakers, good heaters, and last but not least, they are very good looking. Let us show you the New Streamline Model—The Montcalm, The Hostess, The Glencoe, The Big Chief, or The Beaverbrook.

## J. Clark &amp; Son, Ltd

"A Good Place To Deal."

...OF...

## Interest to Women

## DOUBLE CHINS AND HUMPS ARE SIGNS OF POOR POSTURE

(By BETTY BLAIR)

You can't be a proud beauty unless you hold your head high and shoulders back. Or ever attract masculine eyes, for they have a way of noticing double chins and dowager's hump, signs of poor posture.

Posture—It must be good posture is a girl's best friend. It's only when you stand straight and tall that you look like a young and walk as if you had little wings like Mercury's attached to your heels.

You have only poor posture to blame for unwelcome traitors to loveliness. It ages the figure and actually makes you look older than you are. Let your head sag forward and fat cells will collect at the back of the neck; a double chin begins to form, blurring the contour of a firm young throat and neckline.

You have poor posture if—The shoulders are thrown forward until the chest becomes flat and contracted, head juts forward, and abdomen is prominent.

The back is hollow with an S curve, head forward, abdomen sagging and relaxed, or a too straight back with no curve in the middle and weight thrown entirely on the heels.

To stand correctly, your weight should be on your hips and arches, distributed evenly on the ball and heel of the foot. Pull yourself up straight with an uplift that you can feel from the lower abdomen through the diaphragm, chest and chin up to the top of your head. Now look in a full length mirror and see how much younger you look!

Here are some of the fine points to test good posture: Knees and calves should be together but not thrown back. Abdominal muscles are up and in; hips pulled in under you so the weight of your torso rests on them and not on the abdominal muscles.

When you raise your head, stretch your neck up so you stand as tall as possible, but don't make yourself look stiff. Shoulders should be thrown back and not taut.

Check up these points of posture, and you'll soon see a grand improvement in your appearance. Keep it in mind while you are walking, too, and it will become an unconscious habit.

Then your figure will look more symmetrical and your clothes will fit better. You'll feel better, too, and walking or standing won't make you so weary.

## DATES BRING FLAVOR OF THE ORIENT TO YOUR TABLE IN THIS PUDDING

Or You Can Try For Dessert a Date Loaf That Hints of Mysteries of Far Off Arabia

(By Frances Blackwood)

Few trees serve man so generously as the date palm. From Africa and Asia, India and Arabia it has travelled over the world.

Its leaves are used to thatch the houses. Its trunk is cut into timber. The gottalk yields fuel as well as fibre that can be woven into cloth. All this from the tree that will furnish your dessert tonight.

## Date Pudding

Mix and sift together ½ cup flour, 2 teaspoons baking powder, ½ teaspoon salt. Chop 1 cup of seedless dates and mix with 1 cup chopped nuts and stir into the flour mixture with 1 cup of sugar.

Beat two egg yolks and stir into the date mixture. Then fold in the stiffly beaten whites of the eggs. Spread the mixture on a small pan, 8x12 is just right, that has been well buttered and bake about 40 minutes in a slow oven, 325 F.

Serve cut in squares, hot with whipped or plain cream. Or if you wish, set it away. It improves in flavor if aged a little and may be reheated by steaming or it may be served cold.

Date loaf makes a dessert, too, that hints of the mysteries of far-off Arabia. Roll a pound of graham crackers to fine crumbs. Chop up a pound of dates, 1 cup of nuts and a pound of marshmallows. Mix all together and stir in enough top milk or thin cream to moisten the mixture so that it can be molded into a fat roll. Wrap the roll in a stout piece of waxed paper and set in the refrigerator for 12 hours, or over night.

Slice and serve with whipped cream or hard sauce. If you wish, some chopped maraschino cherries may be added to the crumb mixture for a fleck of color as well as flavor.

## DOMESTIC ARTS

(Continued from Page Six)

beginning. Her brain holds the complexities of ten, twenty, forty harmonies of form and color and her work will endure because it keeps the mark of noble craftsmanship resulting in interest and satisfaction in the work."

Cardinal Richelieu, during his administration made an important collection of French and foreign cloth; you may look at many inventories, at all sorts of lists, but in this collection you touch the cloth itself, touch it with your fingers as it was touched by those who wove it. You will find many samples of linens and woolsens, and the arrangement in an orderly and interesting one, worthy of a serious mind.

In volume seven of the collection, you will find the ribbons of Italy, of Spain, of England. In those days, to each man, to each town its ribbon. There is one owned by Richard de Lion Hearted in which were woven the following words: "I am the pledge of love, do not give me away."

Light as it is, this ribbon is heavy with meaning, and it has survived through centuries which have seen so many stronger truths go down.

If no words are woven in the old quilts and coverlets of Quebec, they nevertheless are full of meaning and they bring to us in the present generation a message which could be woven in the three simple words: "Have you forgotten?"

Not all of us have forgotten; the women of old Quebec have not forgotten. They have responded to the appeal of the Government in favor of the revival of our traditional arts and this revival is an accomplished fact.

## THEY MADE A TON OF THIS PUDDING

Working in the tiny kitchens of two dining cars, one at Montreal and one at Winnipeg, Canadian National Railways chefs made a ton of plum pudding to be served to travellers this Christmas.

Here is the recipe, an old English one, for a family-size pudding. It will make two and a half pounds, ten generous individual portions.

½ lb. bread crumbs  
½ lb. beef suet  
2 oz. flour  
½ lb. brown sugar  
2 oz. mixed peel  
Pinch salt  
¼ teaspoon baking soda  
Grated rind and juice of half lemon  
¼ pint milk  
3 eggs  
¼ pound each sultanas, raisins, and currants.  
¼ ounce each cinnamon, nutmeg and allspice.  
1½ oz. brandy.

Mix the dry ingredients together thoroughly, then add the beaten eggs, milk and brandy, and mix all together thoroughly. Grease inside of pudding bowl or covered mould to prevent pudding from sticking. If pudding bowl used, cover bowl with floured gauze tied tightly around the bowl to keep moisture from pudding. Boil pudding for three hours. Heat thoroughly before serving, then unmould on dish. Serve with sprig of holly on top.

Serve with either Hard or Custard Sauce, made as follows

## Hard Sauce

¼ lb. butter.  
¼ lb. powdered sugar  
Mix butter and sugar until the mixture becomes snow white, add a few drops of lemon extract. Roll in wax paper, place in refrigerator until hard. Cut in slices. Serve slice on top of Plum Pudding.

## Custard Sauce

2 eggs  
½ cup powdered sugar  
2 cups milk  
2 tablespoons corn starch  
Beat up eggs, corn starch, sugar together thoroughly; add milk, beat together again. Place in double boiler. Allow mixture to become hot at the same time beating it up to prevent it from becoming lumpy. Add few drops vanilla extract. Allow mixture to thicken. Serve hot over pudding.

If it is desired to serve pudding with pudding, unmould plum pudding on dish, place sprig of holly on top of pudding, pour brandy around base, light brandy with match.

## INFECTIONS AROUND THE NAILS

Attractive hands add to a woman's beauty. Most women give their hands much care. They keep the skin soft, and give particular attention to the nails.

Nowadays it is not common to see cracked, broken nails, with rough hands. The skin which grows on the edges of the nails is carefully trimmed off. Sometimes this skin is trimmed too closely and germs may get into the skin through the tiny opening caused by hang nails. Serious infection around the nail may result. Care must be taken in having the nails manicured. Instruments should be clean.

## Danger In Uncleaned Instruments

Doctors J. Nicholas and J. Rosset, of Paris, have treated women who developed an injury to the root of the nail because the nail was improperly manicured. In some cases the fingers also become infected. The fold of the skin covering the nail was raised away from the nail; an inflammation developed; the skin was red, and a thin fluid oozed out. This condition was seen much more frequently in women than in men; sometimes it lasted for months, or even years.

It seems that pushing back the skin at the base of the nail, and cutting off the top protective layer of skin make it possible for germs to get into the skin where they find a good place to grow. Nail polish may make

the infection worse, unless it contains some antiseptic substance.

## Treatment of Infections

When these infections occur, of course, they should be promptly treated. The idea of the treatment is to get rid of the pain and the inflammation. To do this, hot, wet dressings should be put on. These dressings consist of gauze which is soaked in a hot boric acid solution, or just plain hot water which has been boiled. Then, two or three times a day, the wounds are cleansed with ether.

Doctors Nicholas and Rosset suggest that a 1 per cent mercuric oxide ointment be put on. Each day, too, a 2 per cent solution of iodized alcohol is applied. This seeps into the sores. In very severe cases it may be necessary to pull out the nail. Of course, when this is done, some anesthetic is usually necessary.

The most important thing to remember is that these infections around the nail root can be prevented if care is used in manicuring the nails. The instruments employed should be carefully boiled or made antiseptic by soaking in a solution such as alcohol, before they are used. The skin should be first washed off with soap and water and then, perhaps, a 35 to 50 per cent solution of alcohol also put on.



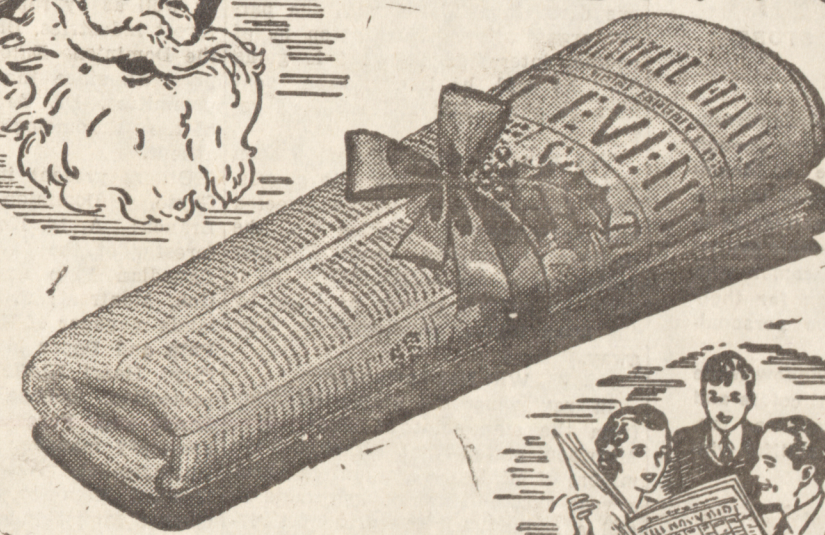
"Does your Mother know you're out!"  
"She will—when she looks for her Sweet Caps..."

## SWEET CAPORAL CIGARETTES

"The purest form in which tobacco can be smoked."—Lancel



## A Gift



WORTH WHILE!



GIVE A Christmas gift that will get real use every day of the coming year.

THE DAILY MAIL is a gift that everyone will appreciate. There are

FEATURES—that will be enjoyed by every member of the family . . . .

NEWS—from every part of the world . . . . ADS—that will bring greater

savings and make it a practical gift as well as a useful one. It is so easy

to give, too . . . . just phone 67.

## DIVIDENDS

are certain with

## Savings Accounts

The whole resources of this Company are behind its commitments to pay interest on your Savings balance on June 30th and December 31st of each year. No default here; no passing of dividends. If regularity of income is essential in your case, then a deposit in our Savings Department must appeal to you. All of our customers bring their Savings Pass Books to have the interest credited twice each year. Are you among them?

## THE CENTRAL TRUST COMPANY OF CANADA

Head Office: Moncton, N. B.

Branches: Fredericton, N. B.; Woodstock, N. B.;  
Saint John, N. B.

## THE DAILY MAIL

EXPRESSES THE SPIRIT OF FREDERICTON