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GOUT AND ITS
TREATMENT

(By Dr. Herman N. Bundesen, for-
mer President American Public
Health Association)

It was not so many years ago that
the vaudeville jokes and the cartoon
fibes about man who had gout were
common. But we do not hear them so
much these days. In fact, many of
the younger generation have never
heard of the disease.

We used to say that gout was the
disease which killed more rich men
than poor, and more wise men than
fools. Although the exact cause of
gout is not well known, we do know
that it does not seem to run in fami-
lies. For, as long ago as 1920, Dr. C.
S. Williamson, of Chicago, claimed
that in only twelve out of 116 cases
was there a history of the disease in
the families of persons who had it.

Gout occurs especially among
those who are heavy eaters or who
drink too much alcohol, although all
those who are heavy eaters and
drinkers do not get gout. Further-
more, overdrinking and overeating
are not the direct causes of this dis-
ease. It commonly occurs in persons
who are mentally or physically tired.
It is a disease which attacks older
persons—about the time of life when
pyorrhea of the mouth is often pre-
sent. However, I know of no evidence
that gout is caused by infection.

When this disorder occurs, the in-
dividual has repeated attacks of pain
in a joint, particularly in the joint
between the big toe and the foot. The
joint becomes red, swollen, and ten-
der. In the chronic form of gout, the
joints may become thickened and en-
larged, and chalky deposits occur in
them. In gout it appears that the
body is unable to get rid of a cer-
tain waste substance, called uric acid.

According to Dr. Joseph Krafka Jr.
of the University of Georgia, when-
ever there is overacidity of the bone
marrow, where blood cells are formed,
an excessive amount of uric acid is
also formed. Thus any disorder
which causes a disturbance of the
bone marrow may also cause gout.

Dr. Krafka describes the case of a
man with ulcer of the stomach, who
also had anaemia, or lack of coloring
matter in the blood. When he was
given a liver and iron preparation,
the bone marrow was stimulated to
form more blood cells, and this, in
turn, was followed by an attack of
gout.

When treating gout, there should
be a lessening of the diet of those
foods which tend to cause uric acid
to form in the body, such as meats,
kidneys, sweetbreads, brains, fowl,
fish, meat broths, coffee, tea and
chocolate. It is also important that
any substance which tends to speed
the activity of the bone marrow such
as liver and iron preparations, should
be avoided.

Mouth Keswick

MOUTH KESWICK, April 6—Sev-
eral of their friends called at the
parsonage on March 29th and gave a
surprise party to Rev. C. S. and Mrs.
Young, the occasion being Mrs. Young's
birthday. Deacon C. W. Jewett, on
behalf of the older members of the
congregation made a presentation of
a very fine radio lamp. Miss Estella
Williams on behalf of the young peo-
ple's organizations presented Mrs.
Young with a pyrex casserole. Mrs.
Harold Hawkins prepared and pre-
sented a large birthday cake. To all
of these gifts Mrs. Young replied in
her usual pleasing manner. The mem-
bers of the B.Y.P.U. took advantage
of this gathering and presented their
pastor with several cords of wood.
This wood was purchased, cut, hauled
and sawed through the efforts of
the young people. Mr. Young too ex-
pressed his appreciation to the young
people for this valuable gift.

John C. Young of Upper Wood-
stock was a week end guest of his
brother Rev. C. S. Young and Mrs.
Young, recently.

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... OF ...
Interest to Women
HOW THEY HOLE BEANS
IN THE PINE TREE STATE

(By Marjorie Mills)

A gentleman from Portland, Maine
supplied us with this authentic in-
formation about bean hole baked
beans. It is his own authentic way
of baking beans at camp. Attention, Dr.
Penix of Flat Rock, Mich.

Bean Hole Beans

We have a hole or well in the
ground about three feet in diameter
and about three or 3½ feet deep. In
the bottom of the hole is placed a
large flat rock, as large as a man
can handle.

Around this rock and around the
inside of the hole other rocks are
placed (the larger the rocks the bet-
ter); that is, the well is stoned up
about half way from the bottom, or
as high as the top of the bean pot.
Then a wood fire is built in the well
using an abundance of wood to make
a hot fire which is kept going strong
for at least two hours. The rocks and
the ground are thus heated thorough-
ly. Then take out the unconsumed
wood and enough of the coals, with
a long handled shovel, so as to place
the pot of beans, properly prepared,
and tightly covered, directly on the
flat rock at the bottom of the hole.
Then cover the hole with boards and
over the boards spread a piece of
canvas or other covering. Next, cover
the whole with earth to a depth of
one foot or more so that all heat will
be kept in.

If boards and canvas are not av-
ailable, fresh, clean earth may be
used to cover the bean pot directly.
My method is to put the beans in the
ground about ten o'clock Friday
night after enjoying the bonfire dur-
ing the evening. If the rocks are of
sufficient size to hold plenty of heat
and are sufficiently heated, the beans
should be hot and well cooked for
dinner Saturday night.

It is, however, better to dig the
bean hole on a side hill or at the top
of a bank leaving an opening on the
lower side where the hot coals can
be more easily pulled out with the
garden hoe, as it is a very hot place
to work over.

I hesitate to tell how I prepare the
beans as any one who might read
this would then not feel the necessity
of visiting Ocean camp; nevertheless
here goes:

I put to soak Friday morning one
quart of beans and let them soak all
day; then place them in the pot with
one pound of salt pork in one piece
(many people do not like it mixed
with the beans), one fair-sized onion,
about two teaspoons of salt; two tea-
spoons of dry mustard, one-third cup
molasses and a little sugar. Some
may prefer other seasoning, but this
is our way.

Waffles

Do you have difficulty with waffles
sticking to the grid? This question
pops up every so often so here is the
procedure again. Although all manu-
facturers do not always agree as to
the need for 'seasoning' or greasing,
the waffle iron before it is first used
we prefer to suggest that you heat
and grease the grids the first time a
new waffle is used to avoid all dan-
ger of sticking. Heat the closed waf-
fle iron for ten minutes, then brush
the grids with unsalted fat and close
the grids for two minutes before
pouring on the batter. The iron is
then ready for use and further greas-
ing is not necessary if your recipe
contains enough fat. However, if your
waffle iron is left unused for several
months, it is wise to repeat this pre-
caution. After greasing, discard the
first waffle, as it is apt to be grease-
soaked.

After the last waffle is baked, heat
the waffle iron for a few minutes to
burn off any excess fat which might
cause rancidity. If there are crumbs
brush them off with a steel brush
especially designed for this use. Wipe
off the grids with a clean cloth
wrung out of hot water, and leave
the iron open to dry and cool. This
will also prevent any undue darkening
of the grids. Of course, as the
iron becomes seasoned, the grids
will become darkened, so don't be
too anxious to keep the grids spot-
less. Never scour the grids or it will
be necessary to reseason the iron.

Corn Meal Waffles

1½ cups flour
¼ cup corn meal
½ teaspoon salt
¾ teaspoons baking powder
1 1-3 cup milk
2 egg yolks, beaten well
1 tablespoon melted butter
2 egg whites, beaten stiff
Mix and sift flour, salt and baking
powder. Add cornmeal. Add the milk
gradually with egg yolks, butter and
fold in beaten egg whites. Bake on
hot waffle iron.

To Whip Evaporated Milk

Place a can of evaporated milk in
a pan of cold water. Brin water to
boiling point. Remove the can from
the water. When it is cool, place in
the refrigerator. The milk will keep
for days. Whip it when ready to
use. When whipping evaporated milk
with an electrical heater, use medium
speed.

Venetian Spaghetti Sauce

Slice of ham
Some fat bacon
3 pounds good lean beef
A veal knuckle
Leeks
2 carrots
1 tablespoon minced parsley
3 stalks celery
Garlic, if desired
Fry the bacon and ham in an iron
skillet, then chop, and place in stew
pan. Dredge the piece of beef lightly
with powdered sugar and sear fiercel-
y in hot fat, turning until crusty,
black and glistening. Place in a pot
with the chopped ham, bacon and the
knuckle of veal. Add all the vegeta-
bles cut in small pieces. Add garlic,
if you like, or substitute some small
shallots. Season with:
1 tablespoon salt
1 black peppercorn
4 cloves
3 bay leaves
1 large pinch thyme
A little dried basil, if possible.
Then pour on boiling water to cov-
er, and simmer 3 to 4 hours, until all
the essence is in the sauce. Strain,
pressing out the soft pulp and leav-
ing only lumps and shreds.

Serve spaghetti cooked in boiling
salted water till the strands are ten-
der but can be felt between your
teeth, almost crisp. Drain spaghetti
well before piling on platter. Sprinkle
with parmesan cheese if desired, but
Swiss or old Cheddar is an accepta-
ble substitute. Pour this golden
sauce over in liberal amounts.

Braised Veal, Nuremberg Sauce
4 to 5 pound veal roast
Salt and pepper
2 tablespoons fat
2 tablespoons chopped onion
2 cups boiling water

Sprinkle veal with salt and pepper.
Heat fat in heavy roaster or Dutch
oven. Add onion and brown lightly;
push these to one side, add veal, and
brown, turning occasionally. Add the
boiling water, cover and simmer 2½
hours, or until tender. Add water, if
necessary, to make one cup stock,
when done. Cook 5 to 6 ounces nodd-
ies in salted water, rinse and drain.
Combine:

1½ teaspoons powdered mustard
1 tablespoon sugar
½ teaspoon salt
1 tablespoon vinegar
1 cup veal stock
2 tablespoons chili sauce
½ cup prepared horseradish
Cook gently, stirring occasionally.
Mix ¼ cup heavy cream with cooked
noodles and arrange around veal
roast on large platter. Pour sauce
over noodles. Garnish with parsley
and ripe olives.

CAT RACKET
IS DISCLOSED
IN MONTREAL

MONTREAL, April 7—A "cat rack-
et" was unfolded here today with ar-
rest of two men charged with theft
and receiving of cats.

Police stopped Andre Gisari and
Ronald Desjardins with two shots as
they ran after dropping a box. The
box contained three cats. The feline
fur is sold to furriers, police said.

Restless Nights - Pepless Days
Take the Joy Out of Life

The potent cause lies in the hurried life we lead,
in the extreme nervous tension and fever heat with
which we follow in the pursuit of wealth, position
and pleasure.

Late hours, want of necessary rest, excessive
mental or physical exertion all put a strain on the
system it is unable to withstand. No wonder then
you pass restless nights and get up in the morning
with no ambition to go about your daily tasks.

Take Milburn's H. & N. Pills and see what they
will do for you.

DEBT EVERY BLONDE OWES HERSELF

(By Elsie Pierce)

Perhaps it is because of the diffi-
culties involved in keeping light hair
light, that those born with golden
tresses want to keep them that way.
And as one of a 'golden' family, I
personally know the little hardships,
the pitfalls, the compliments as well
as the accusations that come with
light hair. I say 'accusations' be-
cause people will ask you, half in
awe, and half in distrust, 'is it your
very own?' That, even, if you are an
out-and-out 'natural'.

In view of which fact I feel that
every blonde owes it to herself to
manage, somehow, to keep every
golden glint, particularly since there
is always the 'wonder' anyway.
There's another thing blondes owe
themselves and that is the choice of
a glorifying coiffure. A hair style
that is, too severe may fail to catch
enough of the golden lights. On the
other hand a very fussy hair style
tends to make a blonde appear over-
dressed and 'cheap' I don't like the
word, but it is very descriptive.

A nationally known hair rinse com-
pany has been conducting a nation-
wide contest for beautiful blondes.
Photographs are published. It's a val-
uable educational campaign because
it gives blondes definite coiffure
hints and accessory news and notes.

Cameo, a new spring coiffure fea-
tures high piled soft golden rolls—
double on either side of the part at
the brow and a double row of soft
ringlets fitting close around the
back of the head.

The little black throat band with a
little gold heart clipped to it, is an-
other delightful memory album touch
back again this spring for wear by
sweet young things with the cameo-
shouldered evening gowns. It makes
a lovely frame for golden hair and
chiselled features.

C. N. Steamship
Sails Today
From Halifax

(Special to The Daily Mail)

HALIFAX, N. S., April 8—The liner
"Lady Drake" Canadian National
Steamships sails from Halifax tonight
via Boston on a month long voyage to
Bermuda, the Leeward and Windward
Islands, Barbados, Trinidad and Brit-
ish Guiana, carrying a near capacity
list of passengers bound for these re-
sorts in the Caribbean Sea and main-
land.

Among the passengers will be C. W.
Lepetrie and his daughter, Mrs. W.
H. Beattie, and C. Rex Stellmeyer,
Trade Commissioner for the British
West Indies "Eastern Group," and
Mrs. Stellmeyer all of Montreal. Join-
ing the ship north bound at Barbados
will be Mrs. E. Graham Brown of
Montreal, also Mrs. C. Graham Brown
Miss C. Bradshaw, Master R. Graham
Brown and Miss J. Graham Brown all
of Toronto, Ont. Mrs. J. C. Lauren-
dau, daughter of Hon. Justice F. For-
tin, and Miss A. Laurendau, of Mont-
real, will also be boarding the ship
at Barbados north bound. On at Ber-
muda north bound will be Mr. and
Mrs. R. P. Bell, of Halifax, N. S.

Other passengers on the present
sailing will include R. Belgrave, of
Montreal, Miss M. Dobell of Quebec
City, T. H. Quipp of Toronto and Mr.
and Mrs. E. Morse, Miss D. Shreve,
H. Bellamy and Miss J. Dunning, all
of Halifax. In addition to these, are
a host of other passengers from var-
ious parts of the United States in-
cluding New York City, Boston, Chi-
cago, Buffalo, Philadelphia and var-
ious other centres.

The "Lady Drake" will also carry
a cargo of motor cars, lumber, shin-
gles, flour, feed, hay, cheese, canned
and dried fish, dry goods, drugs, foot-
wear, packing house products and a
quantity of other manufactured arti-
cles for the southern ports.

HEN RIDES RODS
TO APPEASE
WANDERLUST

AMEROLD, Sask., April 8—A chick-
en broke all family traditions and
started on a life of adventure, towns-
folk here claimed today. When a
Canadian Pacific Railway passenger
coach rolled into town last week, a
rod-ridden hen jumped off the under-
carriage. The hen, bedraggled and
showing signs of once having been
white, scratched herself a meal at an
elevator and disappeared.

(Special to The Daily Mail)

TOKYO, April 7—The air-liner "The
Divine Wind" left Japan today on a
flight to London.

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Fredericton, N. B.

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INVESTORS IN THE
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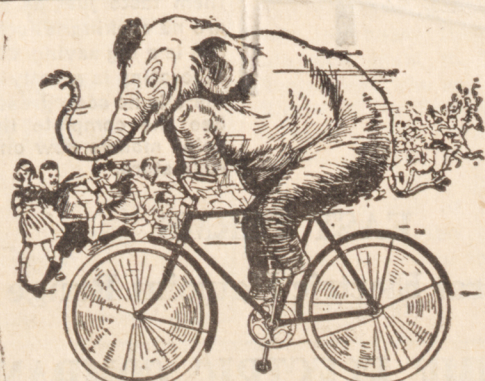
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