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—people in swimming pools and at beaches seem happy; and why does a man sing while bathing ?

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... OF ...

**Interest to Women****YOU GET OUT OF FOOD  
WHAT YOU PUT INTO IT**

The Foods in Various Places Tastes Quite Differently, Because One Cook Mixes Brains With Pains—Another Just Mixes

Don't you sometimes wonder how there can be such a difference in simple foods?

I don't mean the difference between corncake and fried ham, and squash and artichoke. I mean the difference between corncake and fried ham as eaten in one place and another.

But, you will tell me, there are different qualities of ham. Yes, there are. I couldn't get around that in my presentation. But let's assume that the quality of the ham in both cases is the same. It still is true that one home or one restaurant could make a delicious meal based on those two foods and the other could make a commonplace, uninteresting or even a downright unappealing meal.

Why is it? What is it people do that makes food so different?

Well, as I heard a man remark at a certain little eating place where they come as near perfection in the art of simple food as any place I have ever been to. "They mix brains with the food here and not calves' brains."

They mix brains and they mix pains. They must. Nothing else could make the food so dainty, so tasty, so right. They must do all the little things exactly as they should be done.

If the directions say: Use boiling water for such and such a process, they don't take water that is almost boiling and say, "I guess that will do."

If the rule calls for an egg whip-

ped in just after a thing has started to harden, they don't let it get almost hard before they put the egg in.

Good ingredients they must have, but that, as I have said before, does not necessarily guarantee good food. Good ingredients, an infinite capacity for doing things right. And, on top of that, a touch. A sense of food, a taste for food. Just as the artist has a sense of color and line, the musician a heightened sense of harmony, and the real writer a sense of words.

Two painters may start with the same colors on their palettes and one produce an unimportant piece of work, the other a masterpiece.

Two cooks may take the same ingredients and the difference be as great. And though I do not indorse the full implications of Lytton's old poem, I can't forbear quoting it here:

"We may live without poetry, music and art;

We may live without conscience and live without heart;

We may live without friends; we may live without books;

But civilized man cannot live without cooks.

We may live without books; what is knowledge but grieving?

We may live without hope; what is hope but deceiving?

We may live without love; what is passion but pining?

But where is the man that can live without dining?"

**PUTTING SPICE IN FOOD TALKS**

What the Nutmeg Supplies in the Way of Flavor For the Menus Served Today

(By Edith M. Barber)

A castle in Spain and a home in the Spice Islands have always been symbols of the longings which all of us have for the life which we would choose to lead if the world allowed us to dream true. The events of today have deprived us of our first Symbol, but the Spice Islands remain.

The beauty and quiet which we associate with them is still ours, although since the world discovered that spices provide an accent for food there was for many centuries anything but a calm, peaceful life for the native inhabitants.

Until very recently spices were luxuries available only to wealthy, except in countries where they were produced. The adventurers who sailed the seas ranked spices with gold and precious stones and hoped to bring back cargoes for sale at their home ports. The Egyptians, Greeks and Romans, as the records show, valued spices highly, but they did not come into use in western Europe until the end of the Middle Ages.

From the nutmeg tree come two important spices. In its fruit are found mace, which surround the hard brown shell which incloses the kernel which we know as nutmeg. Both mace and the nutmeg itself are dried before they are shipped. Today we purchase them in grated form. For many years, because of the adulterations often in ground spices, there was a prejudice against them. Now, however, we can be sure that they are pure products, sold at a reasonable price, quite different from an earlier day when a pound of mace was worth as much as three sheep and two pounds as much as a

cow. Other spices will be discussed in future articles.

**Baked Custard**

3 eggs  
Salt  
3 cups milk  
3 tablespoons sugar  
1 teaspoon vanilla  
Nutmeg

Beat eggs enough to mix the yolks and whites and add the other ingredients. Pour into custard cups and set in a pan of hot water. Bake in a moderate oven, 375 degrees F., 40 minutes, or 300 degrees F., 60 minutes, until custard is set. Test by trying with a knife, and if the mixture is jelled it is ready to remove from the oven. Cool quickly and chill in refrigerator.

**Rice Croquettes**

1 teaspoon finely minced onion  
3 tablespoons butter  
3 cups boiled rice  
½ teaspoon nutmeg  
1 egg, salt and pepper

Cook the onion one minute in the butter and stir in the rice and nutmeg. Add the egg slightly beaten and season to taste. Spread on a platter to cool. Form into croquettes and dip in finely sifted crumbs, egg diluted slightly with water, and then in the crumbs again. Fry in deep hot fat, 395 degrees F., until light brown. Serve with a cream sauce flavored with nutmeg, or with cheese sauce.

**KEEPS FLIES AWAY**

Sprinkling a little kerosene on the garbage each time any is put into the can will prevent flies from breeding there.

To remove light mildew stains, soak the stained article for two days in sour milk or buttermilk. Then rinse it in cold water and wash in warm water and soap suds.

To remove light scorches from white linens, wet the stained area with cold water and expose it to the sun until the stain disappears.

Orange and lemon marmalades, jellies, jams, candied peels and confections are wholesome sweets and should be liberally included in the diet, especially for children.

**DR. G. R. LISTER**

: Dentist :

Burchill-Wilkinson Building

QUEEN STREET : Below Regent

**BONE AND JOINT  
TUBERCULOSIS**

A clergyman and his young wife took up their residence in a small town some 20 miles from a large city. Sometime later the first baby arrived. She was a fine, healthy child and was much admired. When, as the baby grew older, the parents went to the city to do their shopping, they were persuaded to leave the baby in the care of a couple of sisters, members of the congregation. These sisters were extremely fond of the child and claimed her presence in their home on every possible occasion. They were very careful about her. One of the sisters was rather delicate and to her fell much of the care of the little visitor; sometimes the baby slept with her. This sister who subsequently married and had a baby of her own, died in a couple of years of consumption, that is, tuberculosis of the lungs. Her own little one died a few months later of brain fever, otherwise tuberculous meningitis.

The clergyman's child grew up and thrived until she was about 9 years of age. On her return from school one evening, she said that she was tired. She complained of pain, first in her knee and later in her hip. She began, after a few days, to limp a little so the parents sought the advice of the local doctor. He was a competent chap and after a careful examination he told the parents that their child had hip-disease. Further explanation told the anxious father and mother that their beloved daughter had tuberculosis of the hip-joint.

The doctor applied appropriate treatment. The child was given rest, she lived out of doors. She had the best of food and plenty of sunshine. She improved, but the course of treatment was a long drawn out process. The parents torn by anxiety for their child, tried an irregular practitioner. The girl got worse. An abscess appeared about the affected joint. The mother and father, as they themselves confessed, were ashamed to return to their doctor. They took the child to an eminent bone and joint specialist in the city. He heard their story and frankly told them that the original treatment was quite right. He was obliged to perform an operation. After a long time the little girl made a very good recovery but for some time was obliged to wear a steel brace and to go on crutches. Now, at 17 years, a bright schoolgirl, she is permanently lame.

Tuberculosis of the bones and the joints is nearly always acquired in early childhood. It frequently comes from the use of the milk of tuberculous cows. It is often acquired,

# Orange Pekoe Blend

# "SALADA"

# TEA

**NEW CANDIDATES FOR  
DECORATIVE PURPOSES**

Ruth Cameron Recalls Day of Scottie and Wolfhound, and Now the Pug is Coming Back—Penguins Are Making the Picture Cards

(By Ruth Cameron)

The way in which the public or the manufacturers, which comes first, the egg or the chicken? suddenly become conscious of some object or animal (vegetable as decorative came over me today.

I was looking at a bank in the shape of a globe representing the world and realized how often I had seen such globes decoratively used lately.

Once on a time a globe was something connected with a schoolroom. A few people had them in their libraries, provided they had libraries, which very few people did. In the real old days most of us had parlors and sitting rooms, and then we all advanced in culture and had living-rooms, and possibly dens. But a globe or map was associated in our minds with erudition rather than with decoration. It is only in the last few years that the map and globe have come into its own. Now maps hang on walls, decorate lampshades or trays or even china, and globes function as pencil sharpeners, as penny banks, as inkwells and ash-trays.

Ships were discovered some time as this case probably was, from an open case of human tuberculosis.

The story of this case teaches us two lessons, both of which are firmly impressed on the minds of the person and his wife. The first is the danger of entrusting the care of a baby to sickly persons. The second is the danger of feeding a child raw milk. A third might well be added, namely, the folly of substituting trained services for those of doubtful value.

ago. Discovered and how! The fleet sailed in upon us and took us by storm. Ships were everywhere—on our glasses, our trays, our china, our Christmas and birthday cards, our lamp shades, our rugs, our cretonne hangings, our shelf cloth, our wallpaper. Ships were weather-vanes, they were mustard containers. They sprouted from the end of teaspoons, they posed on blue mirrored surfaces as table decorations. Some of them were lovely and some of them were terrible. It is hard to make as lovely a thing as a ship with sails terrible, but it can be done if you try hard, and evidently some of the manufacturers did.

Dogs have had their day and still have. They say every dog has his day. Well, we have had wire-haired and we've had Scotties and nauséam, and Russian wolfhounds mildly. But I think I counted 27 breeds, in my dog book, so the makers of cards and of gadgets can keep going a good long time on the dog theme without too much difficulty. The pug is coming back into popularity. I wonder if he will make a good-looking salt cellar. And how he will look washing me a Merry Christmas. Somehow I can't quite see him in that latter capacity. There may be charms to pugs, but merriness does not seem to be among them.

One of the later arrivals in the popularity contest is penguins. Penguins are still in the earlier stages; they haven't made the cards or the 10-cent stores yet. At least I haven't seen them in either place. And so we can still enjoy their air of mild surprise. I wonder if that is their charm, that they look as surprised at man as he is at them. Anyhow, I

(Continued on Page Seven)

**A MESSAGE TO  
INVESTORS IN THE  
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There is hardly anything\* in the world that some man can not make a little worse and sell a little cheaper, and the people who consider price only are this man's lawful prey. (Ruskin)

\* Insurance is no exception.

**HOWARD H. BLAIR**

68 YORK ST. YOU CAN REST ASSURED PHONE 291

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It is surprising how many foods turn out to be skin nourishment. Here's what Cecilia Parker, motion picture actress, gets out of her refrigerator. Lillian Rosine, studio make-up expert, is attending her.

**Potato Compress**

This efficient compress contains nothing less than good old Irish potatoes, grated. Very restful for the eyes, after several hours in the sun, says Cecilia. She'll keep the compress on for 15 minutes at a time.

**Milk Lotion**

The pint of milk appears in a new role as a face lotion. Recipes for many skin creams are based on ingredients found in milk.

# LOANS

## for HOME IMPROVEMENT

Under the new provisions in respect to  
the Dominion Housing Act

The Bank of Montreal is co-operating in the plan announced by the Dominion Government for assisting home owners who wish to renovate, modernize or otherwise improve their homes, and it is now prepared to make loans to property owners under the new provisions of the Dominion Housing Act. Briefly, the provisions regarding home improvement loans are:

- Maximum loan on one property — \$2,000.
- Discount—Charge equal to \$5.25 per \$100. of the face value of the note, for one year, payable in advance. Repayment by monthly instalments.
- Loans to be used solely for improving and repairing existing property, and not for building on vacant land. Improvements include all such work as new plumbing, remodelling of rooms, installation of furnace, painting, roofing, etc. Fixtures, which are not removable attachments or appliances, are considered improvements.
- No endorsers are required.
- Loans made to owners only. Properties on which loans may be made include: private homes, duplexes, small apartment houses, farm-houses and combination store and dwelling houses.
- Standing of taxes, mortgage payments, etc., to be acceptable to the lending institution.

If you wish to obtain funds to repair, improve or modernize your property, we would be very glad to have you call and discuss your requirements with us.

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