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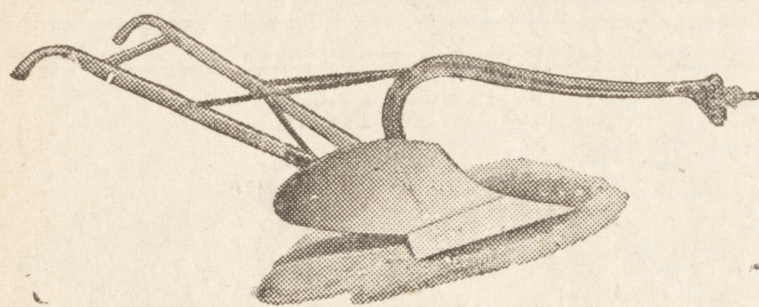
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Interest to Women

DO YOU WONDER WHY SOME FOLK HAVE 'ALL THE LUCK'?

Maybe It Was Their Nice Ways and Not "Luck" That Brought Success

(By Edith Johnson)

Strange, is it not, that some people seem to be so much luckier than others?

They are always receiving invitations and wherever they go they make friends. In college days they get along well with class mates and instructors. They are lucky in love, successful in marriage. They do well in business or the practice of a profession. And what a hit they make in politics!

"Why, I can't see that he is so brilliant," remarks an observer, "but look how far he has gone."

"The world is full of women who have more talent than she has," comments another, "but you have to hand it to her. Somehow she has made a success."

The world calls such people 'lucky.' Luck it may be. But in a majority of cases the men, women and children who seem to have more than their share of good fortune possess something unrelated to chance, power, money or fame. They have extraordinarily nice ways.

Few people with ordinary ways are courteous to a duke and a janitor alike, to a housemaid or a feminine socialite, as these 'lucky' people are. They are as polite to those who serve them as to their friends. Their ways are exceedingly persuasive, opening all sorts of doors for them.

All of them know how to say "Thank you" and say it gracefully. Lacking that evidence of good breeding, you may discount all of their other virtues by ten per cent. Of the seven deadly social sins ingratitude heads the list.

Unlike men, women and young people who seem to be reluctant to express appreciation, people with nice ways seem to enjoy it. It is as easy to say "How kind you are," or "I am

perfectly delighted with this gift," as if they were saying, "Good morning," or "Isn't this a fine day?"

Not that this case implies lack of feeling. Quite the contrary, in fact. For pleasure wells up in their hearts. They could not keep back the words if they would.

People having nice ways do not sit in silence while another's reputation is being torn to tatters. Without any particular show of personal feeling they rally to the support of any one who is attacked.

Another outstanding characteristic is emotional control. No one ever sees them indulging in gusts of temper or showing fear, hatred or love's ardor. Just as they do not quarrel in public so they do not make love in the presence of others.

Details of their private lives they keep to themselves. Likewise, disapproval of their relatives and intimate friends.

As people who have nice ways are not social climbers they do not punctuate their conversation with names of the great and near-great, implying intimate acquaintance with them. Never do you hear one of them remark, "As I was saying to Ruby Prominent" or "Ed Eminent told me this story the other day." Although they may occupy top-flight positions financially, socially or politically, their personal importance is kept in the background of their conversation.

There are two ways of saying "No." One so brusque that it hurts even an insensitive person, one so diplomatic that it does not hurt at all.

Lucky are the people who have nice ways—that is where their luck comes in. Were they to discard those ways their good fortune might fall from them with a suddenness and a speed that would leave them startled, confused and appalled.

SET APART A "BEAUTY DAY"

Subsist on Fruit and Vegetable Juice for Thorough Internal Cleansing

(By Antoinette)

The plan instituted by Benjamin Gaylord Hauser, author of "Eat and Grow Beautiful" to establish a "Beauty Day" delights us no end.

We've tried it and found that it sets you up like a good vacation. Hauser's Beauty day plan is based on the body's much needed rest, at which time a periodic cleaning to insure and protect against minor dietetic sins is permitted.

Any day of the week will do for your Beauty Day. It probably will be Sunday, which is ideal, since most people devote their Sundays to gorging, responsible, in turn, the author says, for "blue Mondays."

On your beauty day you confine your food intake to your favorite fruit juices and vegetable juices and our favorite fresh, crisp salads. Hauser assures us of a new sense of well being after this natural flushing.

If you can afford it, Hauser advises becoming a lady of leisure for the day. Have some one serve you tall glasses full of your favorite juices every hour of the day if you like. Check up on your elimination. If you are slightly constipated take a

simple flush the night before you go on this beauty regime and again on the night of the beauty day itself.

Your fruit and vegetable juice fare need not be monotonous or limited in choice. For your fruit juices, best freshly squeezed, you can have lime, lemon, grapefruit, orange, pineapple and other fruit which may be in season. Unsweetened prune juice is excellent. Drink all you want during the day. Among vegetable juices you may have cabbage juice, fresh celery juice, fresh spinach juice, fresh parsley juice, carrot, rhubarb and strawberry juice, and tomato juice among others.

A large glass of any of the fresh vegetable juices, taken two or three times during the beauty regimen, supplies an amazing amount of beauty minerals and vitamins in concentrated form. Fine for clearing the complexion, we're assured. Any one can get along beautifully, Hauser tells, with about one quart of fruit juice and a pint of fresh vegetable juice on the beauty day. It's permissible to have a salad of fresh fruits and vegetables on the beauty day.



"I wonder what she'd say if she came to life—"
"I know—she'd ask for a Sweet Cap!"

SWEET CAPORAL CIGARETTES

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MODERN LUXURY FOR "HEAD-END" PASSENGERS



MEMBERS of the Board of Directors and officers of the Canadian National Railways are seen in the above photograph, sampling the comfort of the first of fifty new air-conditioned coaches soon to go in service on regular trains. At the front on the left side of the aisle is R. C. Vaughan, Vice-President in charge of Purchases, Stores and Steamships. Behind him sit W. A. Kingsland, Toronto, Vice-President, Central Region; R. J. Moffat, Brantford, Sask., Director, and F. L. C. Bond, Toronto, General Manager, Central Region. On the right, according to rows, are: Wilfrid Gagnon, Director, Montreal; John Roberts, Chief of Motive Power and Car Equipment; C. W. Johnston, General Passenger Traffic Manager; and Arthur D. Neale, Vice-President, Canadian Car and Foundry Company Limited, builders of the new coaches.

Extending the latest improvements in modern railway practice to the "head-end" of the train, the fifty coaches are equipped with air-conditioning, and the 64 seats with resilient Dunlopillo cushioning, are on swivels and adjustable to three positions. Aluminum parcel racks and individual shadowless and glareless lights give the cars a smart interior appearance and add to the sense of luxury.

FRIED LIVER FOR THE QUICK MEAL FLOWERS GROW TO GREATER LOVELINESS

It Cools Quickly and It Is Good Only When It Cooks Quickly — A Couple of Recipes

(By Edith M. Banber)

There is nothing better than fried liver if you like it. You should—and most people do. That is especially fortunate when the quick meal is in question, because liver not only will cook quickly, but it is only good when it is cooked quickly. This is true in regard to beef liver, lamb and pig, as well as the more delicate calves liver.

While I have any number of recipes for the use of liver in my files, there are only two which I use often. One is for fried liver and the other is what is known as liver en brochette. You may make a creamy gravy to serve with the fried liver if you like and call it another recipe.

The meat should be sliced not more than half an inch thick and the skin and veins removed by hand without scalding which while it makes this process a little easier does take away flavor. You may roll the liver in seasoned flour, if you like, before frying it in bacon fat or butter. It should, of course, be turned after it is browned on one side, but altogether it should not be cooked more than five minutes. The liver en brochette, which is cooked in the broiling oven, will take about fifteen minutes. Either method, as you see, is suitable for use at the quick meal.

If you demand onions with liver they will take a longer time to cook,

so they must be well under way before you begin to cook the meat.

Liver En Brochette

1 pound liver
Bacon
Mushroom caps.

Remove skin and veins from liver, sliced one-half inch thick. Cut liver into 1½ inch pieces. Arrange alternate slices of liver and thinly sliced bacon on skewers with a mushroom cap at each end of the skewer. Broil under a jet flame until bacon is crisp. Arrange skewers on toast and garnish with sliced lemon.

Fried Liver

Remove skin and veins from liver, sliced ½ inch thick. Roll in flour mixed with salt and pepper. Fry in butter or bacon fat five minutes, turning when one side is brown. Use a moderate flame.

Quick Meal

Grapefruit
Fried Liver
Creamed potatoes
Spinach with lemon butter
Pumpkin tarts
Coffee

Method of Preparation

Prepare grapefruit.
Prepare spinach and cook.
Dice cold boiled potatoes and cook with milk.
Prepare liver and cook.
Dress spinach.
Make coffee.

IRISH STEW IS CINDERELLA OF THE FOOD FAMILY

She's An Aristocrat of Dinner Dishes When Dolled Up By Godmother Cook

(By Frances Blackwood)

"And nearer as they came, a genial savour

Of certain stews and roast-meats and pilafs

Things which in hungry mortal's eyes find favour.

Stew rarely receives its share of attention or praise. At least in the American home, it is the Cinderella of the food family. What she needs is a fairy godmother to give her an alluring name, and a fresh touch to the things she wears and send her forth in a fascinating brown earthenware casserole. Then presto, the little orphan would be famous!

So start playing the kind godmother-er act; it will have its rewards. You will find this dish a combination of all the sterling traits. It lends itself to the use of the cheaper and yet most nutritious cuts of meat and transforms leftovers into savory meals. Not the least is that most men and practically all children really like them.

Those peasant pottery casseroles, squat brown little dishes with lid and handle, are not expensive. They do more than add to the looks of the dish; they add flavor as well. If the top of your stove have a cover, or if

you use a heavy asbestos pad to keep the dish from direct contact with the fire you may use them as easily on top of the stove as in the oven. And they soon pay for themselves by the fact they tempt you to use stew more often.

The cheaper cuts of meat make the best stew. There is that pale but delightful lady of the stew family, the Irish stew, for instance. Rack, breast or neck of mutton serve as the foundation; my family likes the neck—it has more flavor and plenty of nourishment.

Wipe the meat with a damp cloth and put it in the pot with water to cover. Add a teaspoon of salt and not quite ¼ teaspoon of pepper and bring it gently to a simmer. Skim it. Add 8 or 10 tiny peeled onions bigger than a marble but not so big as a golf ball. Continue the simmering for two hours, with a lid on the dish.

Add as many peeled white potatoes as you added onions and have them about the same size. If you like them a lot, add a few more potatoes than onions.

Some people like just potatoes and onions in their Irish stew, two or three tender young carrots cut in streamline slivers and added with the potatoes are mighty good. A cup

A Thought in Passing of How Wonderful They Have Changed

(By Ruth Cameron)

How different flowers are from what they used to be!

If some one who had lived and died 25 or 30 years ago should come back to the earth and walk in gardens, which is one of the first things the true garden-lover would want to do, how astonished she would be at the different things some of the old flower names stand for today!

I doubt if even the aeroplane or the radio would astonish her more than that.

For instance, take petunias—the word to her would probably mean a small white or purple pink flower. Suppose she were shown a bed of fancy petunias today. Would she know what they were? Velvety dark blue flowers, big ruffled red and white affairs, frilly flowers of a lovely deep rose pink, giant petunias with a deep yellow throat—why, she would surely say, "Those can't be petunias. Why, my mother had petunias in her garden and they were little white or pink flowers. These aren't anything like them."

Of what would she say if she saw a double yellow flower growing on what appeared to be a nasturtium vine? Wouldn't she say, "That looks something like a nasturtium, but who ever heard of a double nasturtium?" To which the answer would be "No one ever did in your day."

But it seems to me dahlias might surprise her the most. Maybe she always disliked dahlias, as I did, for the pincushion stiffness and their preference for magenta as the color in which to express their personalities. Could anything be more unlike that formal flower than the dahlia of today? I love its insouciant and decorative form, so incredibly unlike its old pompon stiffness. I love its astounding range and combination of colors, its glowing crimson, its rose pink, its apricot, its bronzy yellow, its lavender pink, its red surprising-ly edged with yellow and its lovely pink blending into yellow like a Talisman rose. And I would love to see the face of the oldtime garden lover as she looked at a bed of such dahlias.

of peas adds glamour too. Let the simmering continue until the vegetables and meat are tender. Add salt and pepper and a teaspoonful of Worcestershire sauce and it is ready to serve.

If you have been too prodigal in your use of water you will have to stir a tablespoon of cornstarch with enough water to make it smooth and add it to the stew the last ten minutes of cooking.

A one-dish meal is this. Serve golden brown and fluffy baking powder biscuits with it, a tomato salad for dessert, big glistening Grimes Golden apples filled with crushed pineapple, baked with syrup and baked.

Back to Home...



and the Daily Mail

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