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## MAKE RITUAL OF DRESSING

(By Elsie Pierce)  
So many of us have lived a life of  
suppression, particularly as pertains  
to little things we might have tried.  
So many of us might be so much the  
wiser, the lovelier, perhaps, for a  
little self-indulgence sometimes.

For instance, have you ever tried,  
when you are so "dog-tired" that you  
wonder how you're going to pull your-  
self together and out of bed, have you  
ever tried rolling over on the other  
side and simply staying in bed for  
hours and hours, come what conse-  
quence may?

Have you ever tried, if you are  
scheduled to be at a party, and not  
an especially gay party, and you sus-  
pect you'll be bored, but feel for some  
reason or other morally obligated to  
attend—have you ever tried calling  
it off. Even if it means shocking  
someone? Why not telephone, or  
have someone telephone for you. Say  
you are ill if you have to. Better yet  
give an outlandish excuse and give  
yourself a pat on the back for it.

Have you ever tried at this time  
of the year to cancel all engagements  
for a week and making a ritual of  
simply resting? It's the best beauty  
tonic between Christmas and the big  
New Year's Eve party. Scratch  
everything from your engagement  
calendar—everything, that is, except  
perhaps a single trip to the hair  
dresser at which time you might also  
indulge in a facial, manicure, and in  
fact "the whole works."

Have you ever tried changing your  
hairstyle quite radically and your  
make-up, too? Have you tried indulg-  
ing in some silly flipperies like gay  
kerchiefs about the throat, jewelry,  
flowers in your hair, earrings.

Have you tried a Turkish bath on  
occasion when your bones ache and  
your skin feels drawn? And while at  
it, have you tried a massage for  
your back and arms, in fact, all of  
you; and a scalp treatment and facial,  
manicure and pedicure?

And speaking of Turkish baths  
takes us to the other extreme. Have  
you tried making a habit of turning  
the shower tap from warm to cold,  
colder and deliberately standing  
there until you're almost numb? You  
don't want to shock your system by  
turning on cold full force to begin  
with, but gradually get the cold  
water rushing over you and the blood  
rushing up because of this stimulation  
to your circulatory system.

Have you ever tried taking long  
walks when the weather is cruelly  
cold? The longer you walk the less  
cold it seems. Have you tried spend-  
ing your last dollar on a dram of  
perfume or establishing a "nonsense  
fund, just for fun?" Try it!

### Facts About Railroads

A unique service maintained by  
the railway express agency is that of  
moving approximately 4,000,000 lbs.  
of live fish annually from middle  
western points to New York and  
Philadelphia, where they are used  
as food.

Twenty-five railroads have repaid,  
in full, loans made to them by the  
Reconstruction Finance Corporation.

Due to chemical treatment of wa-  
ter, many railroads now operate loco-  
motives from 2,000 to 6,000 miles and  
in some cases as high as 10,000 miles  
before it is necessary to wash out  
the boilers, whereas some years ago  
it was the practice to do so after a  
run of 200 to 300 miles.

A passenger locomotive uses from  
70 to 120 gallons and a freight loco-  
motive from 150 to 350 gallons of  
water per mile.

The total property investment as of  
Dec. 31, 1935, of class 1 railroads in  
the United States was \$25,714,360,000.

Through the increased efficiency in  
the use of fuel in freight service, the  
railroads have saved nearly 220,000,  
000 tons of coal since 1922.

### REPORTED ITALIANS LANDED AT CADIZ

(Special to The Daily Mail)  
CADIZ, Feb. 3.—A report has re-  
ceived from London that a large number  
of Italians landed at Cadiz, Spain, last  
Friday. The number of men landed  
is not known nor whether they were  
armed or not.

## ... OF ... Interest to Women

### MAKING PUFF PASTE IS AN UNUSUALLY FINE ART

#### Marjorie Mills Says Not Many Experienced Cooks Can Produce Good Patty Shells --- Here Are Directions

(By Marjorie Mills)  
Puff paste is quite a "tricky trick"  
in the cookery world and there are  
comparatively few cooks—even the  
vastly experienced ones—who do a  
good job on it—and still fewer who  
dare to go as far as attempting to  
produce a fluffy, light as a feather  
patty shell.

However, we've a letter today from  
a brave woman who wants to know  
about making the kind of patty shells  
sold in the stores—so, here's how,  
and good luck.

**Puff Paste**

1 cup butter  
1½ cups bread flour  
5-8 cup ice water

Wash butter as follows: Fill a bowl  
with hot water, dip the hands in this  
water and empty bowl. Place bowl  
under cold water faucet, let water  
run and wash butter in the water by  
squeezing lightly between fingers un-  
til smooth and waxy. Double over  
very quickly between palms of hands  
, patting hard to remove superfluous  
water. Chill thoroughly.

Reserve one tablespoon of butter  
and shape remainder into an oblong  
piece ½ inch thick and put on floured  
board or cloth. Work one tablespoon  
butter into flour with tips of fingers  
of right hand, two knives, or pastry  
mixer, turn on slightly floured board  
and knead five minutes. Cover with  
cloth and bowl and let stand 5 min-  
utes.

Pat, lift and roll one-eighth inch  
thick, keeping paste longer than wide  
and corners square. Draw into shape  
with fingers if necessary. Place but-  
ter in centre of one side of paste.  
Fold other side of paste over butter.  
Press edges firmly, to inclose as  
much air as possible.

Fold one end of paste over inclosed  
butter, other end underneath. Turn  
paste one-fourth way round, pat, lift  
and roll one-eighth inch thick, having  
paste longer than wide, lifting often  
to prevent paste from sticking and  
dredging board slightly with flour  
when necessary. Fold from ends to  
ward centre, making three layers. Re-  
peat four times, turning paste one-  
fourth way round each time before  
rolling. After fourth rolling, fold from  
ends to centre, and double, making  
four layers. Chill. If paste is to be  
kept for several days, wrap in wax  
paper and put in refrigerator, but  
not in direct contact with ice.

**To Bake Puff Paste**

Shape, chill thoroughly. Arrange on  
cookie sheet covered with two thick-  
nesses of brown paper. Bake five  
minutes in a very hot oven (500 de-  
grees F.) then reduce heat 50 degrees  
every five minutes down to moderate  
(350 degrees F.). Turn frequently.

**Patty Shells**

Roll puff paste one half inch thick  
shape with a patty cutter dipped in  
hot water; cut half-way through with

small cutter. Chill until paste is stiff.  
Bake as directed for puff paste. The  
shells should rise their full height  
and begin to brown in 12 to 15 min-  
utes; continue browning and finish  
baking in 25 minutes. Trimmings  
from puff paste should be carefully  
laid on top of each other, patted and  
rolled out.

**Quick Loaf Breads**

Loaf breads leavened with baking  
powder offer a welcome variation  
from yeast breads. These breads re-  
quire the least practice of any form  
of bread made in the home.

**Quick Bran Bread**

2 cups flour  
3 teaspoons baking powder  
1 tablespoon sugar  
½ teaspoon salt  
2 cups bran  
1 tablespoon shortening  
1 egg yolk  
1 cup milk  
½ cup seedless raisins

Sift flour, baking powder, sugar  
and salt. Add bran and rub in short-  
ening with finger tips. Beat egg yolk  
add milk, and stir into first mixture.  
Add raisins. Bake one hour in moder-  
ate oven, 375 degrees F.

**Quick Graham Bread**

2 cups entire wheat flour  
½ cup white flour  
½ cup molasses  
1 tablespoon baking powder  
4 tablespoons melted shortening  
1½ cups sour milk  
1 teaspoon soda  
½ cup nut meats

Mix and sift flour, baking powder,  
soda and salt; then add shortening,  
sour milk, molasses and nut meats  
broken in pieces. Turn into buttered  
bread pan and bake 50 to 60 minutes  
in moderate oven, 375 degrees F.

**Quick Nut Bread**

2 cups bread flour  
½ cup sugar  
2 teaspoons baking powder  
1 teaspoon salt  
1 egg yolk  
1 cup milk  
½ cup walnut meats  
Mix and sift flour, sugar, baking  
powder and salt. Add egg yolk, milk  
and walnut, broken in pieces. Beat  
thoroughly and turn into buttered  
bread pan. Let stand 20 minutes, then  
bake in moderately slow oven, 325  
degrees F.

**Michigan Chicken**

1½ cups cooked rice  
Chopped onion  
2 or 3 slices chopped fried bacon  
Bacon fat  
1 can tuna fish  
1 can pimiento, cut in strips  
1 small can tomatoes  
Peas or any leftover vegetables.  
Put the rice in double boiler and  
add chopped onion browned in bacon  
fat, the chopped fried bacon, bacon  
fat, tuna, pimiento, tomatoes and veg-  
etable. Heat thoroughly and serve on  
toast.

## THE FRUIT HABIT SPREADS

### We Set the Pace, and Other Nations Follow in Adopting a Mighty Nutritious Custom

(By Edith M. Barber)  
Within the past few months I have  
talked with several visitors from  
abroad in regard to what particular  
foods stood out in contrast to those  
of their own countries. The answers  
from the visitors from Denmark,  
Sweden, France, England and Aus-  
tralia were curiously alike. It is the  
fruit juices and the tomato juice  
which we use so much that have in-  
trigued them.

A case of the latter accompanied  
my Australian friends on their long  
journey home. The large use of fresh-  
ly squeezed orange juice impressed  
them, but not quite so much as the  
fact that canned tomato juice ap-  
peared at any meal of the day.

They were also amazed at the var-  
iety of other juices put up in the  
same way. Grape, pineapple, prune  
and grapefruit in this form have be-

come staples on our tables. A more  
recent addition is the clear apple  
juice which has such a delicate but  
distinctive flavor. And I can remem-  
ber the time when grape juice was  
the only product of this sort bottled  
for use. It is interesting to find that  
the competition of the other fruit  
juices has increased rather than de-  
creased the demand.

The fruit juice habit is an asset to  
nutrition, as all of them provide im-  
portant vitamins in varying quan-  
tities. Some of them contribute neces-  
sary minerals and all contribute to  
good health because of the fact that  
they provide mild acids which aid di-  
gestion, but which after they are  
absorbed provide an alkalinity.

**Fruit Juice Combination**  
1 cup orange juice,  
1 cup pineapple juice,  
¼ cup lemon juice.

## CRYING IS GOOD FOR BABY ONLY IN SOME CASES

(By Dr. James W. Barton)

When I was in my teens I visited a  
home where paregoric and even lau-  
danum drops, both opium prepara-  
tions, were regularly used to soothe  
the crying baby. Young as I was I  
thought it was a terrible thing for a  
mother to give opium to babies.

Some years later we were told by  
our baby specialists that crying was  
good for babies as it stretched their  
lungs and would prevent lung ail-  
ments—broncho-pneumonia, pneumo-  
nia, and even tuberculosis. All babies  
should be allowed to cry.

What about crying babies?

"Babies cry because of temper, or  
because they are spoiled and simply  
want attention. Generally, however,  
babies cry because of discomfort, pain  
or hunger, and occasionally one may  
cry from nervousness. If the crying  
is because the baby is angry or wants  
to be amused, then letting him cry is  
good for him. But one should exam-  
ine the baby thoroughly and be sure  
there are no reasons before leaving  
him to 'cry it out.'

I am quoting Elizabeth Willis de  
Huff in Hygeia, Child specialists tell  
us that for the sake of his health,  
heart and chest development the av-  
erage very young baby should cry  
from 15 to 30 minutes a day. "The cry  
is loud and strong. Infants get red in  
the face with it; in fact, it is a  
scream. This is the baby's exercise  
and is necessary for health. This is  
the cry of the normal child."

Dr. L. Emmett Holt, New York city  
in his book, The Care and Feeding of  
Children, describes the abnormal cry  
of children as being too long or too  
frequent. The abnormal cry is rarely  
strong, often it is a moaning or wor-  
rying cry, sometimes only a feeble  
whine.

The main causes of the abnormal  
crying are pain, temper, hunger, ill-  
ness and habit. The cry of pain is  
usually strong and sharp, but not  
generally continuous. The face is  
drawn and legs drawn up; the child  
looks distressed.

The cry of hunger is a continuous,  
fretful cry, rarely strong and lusty.  
The cry of temper is loud, strong,  
accompanied by kicking or stiffening  
of the body and is usually violent.

In the cry of illness there is usual-  
ly more of fretfulness and moaning  
than real crying. The cry of habit in  
young infants who want to be rocked  
or carried; sometimes for a light or a  
pacific to suck.

### Feminine Timidity

NEW YORK, Feb. 4.—Feminine  
timidity is a threat to the develop-  
ment of air travel, Amelia Earhart  
declares today, pointing out that not  
only do many women refuse to fly  
but try to dissuade men from using  
the airlines.

Writing in the current Liberty mag-  
azine, Miss Earhart says this condi-  
tion is steadily decreasing as women  
learn that flying is the ideal way to  
travel for elderly people, invalids  
and children. In the meantime, how-  
ever, the airlines are making air  
travel as inviting to women as possible.

"Persuading more women to fly as  
passengers is not," she declares, "the  
basic problem of the airlines, pleas-  
ant as would an increase in feminine  
ticket buying. The trouble is that  
women too often not only will not  
travel by air themselves, but try to  
keep their menfolk from doing so."

The presence of flying hostesses, all  
registered nurses, and TWA's gift of  
a gardenia corsage to every woman  
as she leaves the plane, are some of  
the little ways being employed to  
break down that timidity, she says,  
and eventual success is indicated by  
the fact that 20 per cent. of the pas-  
sengers are now women.

"Business women do not do all the  
flying," Miss Earhart declares. "Wom-  
en travelling for pleasure are among  
regular airline customers; and the  
number of children carried with  
or without mothers is remarkable.  
One factor in this development is the  
presence on the transcontinental  
lines of stewardesses, all of whom  
are registered nurses."

The employment of such means and  
the natural tendency of youth to take  
new things in stride are relied upon  
to develop the air transportation busi-  
ness, she declares.

**Ice.**  
Mix fruit juices, pour over ice and  
serve.

**Special Tomato Juice**  
2 cups tomato juice,  
¼ cup lemon juice.

**Ice.**  
Mix tomato juice and lemon juice,  
pour over ice and serve.

## WHY HE WAS ON HIS WAY DOWN TO MIAMI

"How has the weather been in New  
York lately?" a man inquired in a  
Broadway bar.

"Oh, warm and rainy," the old-time  
bartender replied. "It was more like  
Easter at Christmastime and still is  
that way."

"I'm on my way down to Miami  
from Boston and am just stopping  
over night while the boat is here."  
"Oh!" went on the bartender. "I  
don't know why you're going to Mi-  
ami. It may be cold in Boston, but  
you may as well stay here. I was  
just reading a Miami newspaper the  
other day and it said that there was  
a lot of sickness in New York, just  
trying to make the Northern people  
already there stay in Miami a while  
longer. You'll find it much more com-  
fortable here."

The customer grinned.  
"Maybe you're right," he said, "but  
I live in Miami and am just return-  
ing from a business trip to Boston."  
—New York Sun.

### Job As Hollywood Extra Not Alluring, Says Director

HOLLYWOOD, Feb. 4.—If you have  
a steady job as a bookkeeper or a  
store clerk don't let anyone stamp-  
ede you into hurrying out here for a  
place on the extra list at the movie  
studios. That's the advice of Camp-  
bell McCullough, general manager of  
the Central Casting Bureau, who to-  
day released figures for 1936 on the  
extras.

Most studios take all their extra  
players from the casting bureau and  
McCullough said that while no figures  
on individual earnings were available,  
he believed a steadily employed book-  
keeper or clerk earned as much as  
any of the 10,000 men and women reg-  
istered with him.

Of course, he admitted, there was  
the chance that an extra's work  
might attract special attention and  
secure a contract from one of the  
studios.

Although there are 10,000 extras in  
Hollywood there was work for only  
553 a day through 1936 and most of  
them were paid from \$3.20 to \$7.50 a  
day. Only 176 in the entire year earned  
the \$25 a day rate. Total num-  
ber of placements for 1936 was 265,  
436 and the total earnings were \$2,  
420,453, a decrease of \$150,000 from  
1935.

### WILL KEEP CONTACT GERMANS LIVING IN PRE-WAR COLONIES

(Special to The Daily Mail)  
BERLIN, Feb. 3.—A new office has  
been opened in the Department of  
Foreign Affairs here. This office is  
to take care of Germans who are  
abroad to organize them into Nazi  
Communities and to investigate the  
number of Germans who are now  
living in pre-war colonies in Africa.

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cleansing medicine than Burdock Blood  
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from the blood, and once the blood is  
purified the boils disappear and your misery  
at an end. Try it!

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