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## VARIED TREATMENTS FOR TUBERCULOSIS

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

We call tuberculosis a 'wasting dis-  
ease,' that is, if not checked, it will  
cause a loss of weight and strength,  
slowly but surely destroying the body.

We have learned much about how  
to treat this 'white plague,' and that  
is why we do not fear tuberculosis as  
we did years ago. But it is still with  
us. Many thousands of people have  
tuberculosis. We must be constantly  
on guard, never relaxing our vigil-  
ance and study in learning how to  
combat it.

At the present time we see tuber-  
culosis being treated more and more  
by surgical methods. For example,  
there is the treatment called pneu-  
mothorax in which air is injected in-  
to chest cavity to collapse the lung.  
Or, there is the cutting of the nerve  
that goes to the diaphragm, the big  
muscle between the chest and the  
abdomen used in breathing.

But not all patients with this dis-  
ease need surgical treatment. Dr.  
Lawson Brown, of Saranac Lake,  
New York, tells us. Dr. Brown, who  
has forty years' experience in study-  
ing tuberculosis, lays down four  
rules which are necessary in the suc-  
cessful treatment of first stage cases.  
They are:

First: Regulated rest; later, prop-  
erly regulated exercise.

Second: Good food.

Third: Fresh air.

Fourth: Self-discipline and educa-  
tion of the patient, to insure per-  
manent recovery.

By regulated rest, the first rule.  
Dr. Brown means this: He puts all  
the patients to bed for a period of six  
weeks. He never allows them to  
dress during this period, nor to go up  
or down stairs. Later, they are al-  
lowed to get out of bed, and at the  
end of a six-week period, the mildest  
cases are permitted to start exercis-  
ing by walking one or two minutes,  
twice a day.

Gradually they increase the exer-  
cise, two or three minutes a day, un-  
til they walk 20 minutes twice a day.  
If there is a flight of steps, they get  
exercise by being allowed to start  
walking down them. They go down  
one step the first day and increase a  
step a day, until they reach the bot-  
tom. After they have reached this  
point, they are allowed to dress and  
walk on the street; at first, for ten  
minutes twice a day, and then for 20  
minutes, 30 minutes and so on.

Now for Dr. Brown's second rule—  
good food. He uses a diet for these  
patients which is especially rich in  
vitamins C and D. The amount of  
salt in the diet is restricted, and the  
patients are given plenty of dicalci-  
um phosphate. A lime-phosphorus  
preparation. The patient should not  
be stuffed full of food. He should be  
given just enough, so that he gains  
weight satisfactorily.

Insofar as fresh air is concerned,  
the third rule, there should be a va-  
riation of the temperature around the  
patient of 20 degrees during each 24  
hour period. The patient should have  
a room connected with a porch if pos-  
sible, so that the bed can be rolled  
out onto the porch at certain times  
during the day. The patient should  
spend six or seven hours in the  
open, even in cold weather, and be  
in a room which is well ventilated at  
all times.

Concerning his fourth rule for the  
tuberculosis patient, Dr. Brown has  
stressed the importance of educating  
the patient about his condition, so  
that he knows how to take care of  
himself. A person with tuberculosis  
is anxious to learn how to get over  
the disease and how to avoid its re-  
currence. He should be asked to  
write down his questions; then they  
should be answered for him frankly,  
but without undue optimism.

Tuberculosis cannot be arrested  
within a few days, or even a few  
weeks. Cure may require several  
months or years, and the patient  
must understand that, after the dis-  
ease is arrested, he must live a care-  
ful life, to keep the active process  
from starting up again.

... OF ...

## Interest to Women

### KITCHEN IS MAGNET OF HOUSEWIFELY INTEREST

(By Marjorie Mills)

The spring urge to own a house or  
to move to the country reaches its  
peak along about this time of year.  
And home owners or prospective own-  
ers are poring over plans, adding a  
closet here, a fireplace there (some-  
times leaving out important additions  
like stairways) and having a wonder-  
ful time with it all. And every woman  
who ever anticipated owning a  
new home has probably said to her-  
self: 'My kitchen is going to be con-  
venient and modern and comfortable.'

#### Hearty Oven Dinners

A wise homemaker will plan on an  
oven dinner on the day she plans to  
devote her time to housecleaning.  
These oven dinners may be cooked  
in an hour.

Veal Rolls Brown Gravy  
Brown Potatoes Scalloped Cabbage  
Stuffed Tomatoes  
Orange Gelatine Icebox Cookies  
Coffee  
Breaded Pork Chops and Tomatoes  
Baked Potatoes  
Head Lettuce Roquefort Dressing  
Baked Spice Pudding  
Hard Sauce  
Planked Hamburg Steak Vegetables  
Waldorf Salad  
Custard Pie  
Hot German Potato Salad  
Danish Baked Omelet  
Molded Tomato Gelatin in Watercream  
Gingerbread and Whipped Cream

#### Veal Rolls

2 pounds veal cutlets  
2 1/2 inch square salt pork  
1/2 cup bread crumbs  
1/2 teaspoon poultry seasoning  
1 egg, slightly beaten  
Salt and pepper

The cutlets should be cut thin,  
about 1/4 inch thick. Remove outside  
skin and cut the veal into pieces 3x4  
inches thick. Put salt pork through  
the food chopper. Mix the chopped  
meat with bread crumbs, seasonings,  
egg and enough hot water or milk to  
moisten.

Spread a thin layer of dressing on  
each piece, roll up and fasten with  
toothpicks. Dredge with flour, salt  
and pepper. Sear in lard or bacon  
drippings. Then place in a baking  
dish, add milk or tomato juice to  
half cover. Bake in moderate oven,  
350 degrees F., about one hour and  
serve with brown gravy.

#### Breaded Pork Chops and Tomatoes

4 pork chops, cut 1 inch thick  
2 egg yolks or 1 egg  
2 tablespoons cold water  
1 teaspoon salt  
1/4 teaspoon paprika  
1 1/2 cups rolled dried bread crumbs  
4 tablespoons fat  
2 cups tomatoes  
2 tablespoons chopped celery leaves

Mix the egg yolks, water, salt and  
paprika. Wipe off the chops with a  
damp cloth. Dip the chops in the  
crumb mixture, then in the egg mix-  
ture and again in the crumbs. Pat  
the crumbs in place so they will not  
fall off during their cooking. Place  
the fat in a frying pan and add the  
chops; brown on both sides. Remove  
the chops to a baking pan. Pour the  
remaining ingredients into the hot  
frying pan. Boil two minutes. Pour  
over the chops and cover with a lid.  
Bake in a moderate oven for 1 hour.  
Inspect and baste frequently, but do  
not turn the chops, or crumbs will  
come off. Carefully remove to a serv-  
ing platter and garnish with parsley  
or celery leaves.

#### Baked Spice Pudding

2 cups flour  
3 teaspoons baking powder  
1 teaspoon cinnamon  
1/2 teaspoon cloves  
1/2 teaspoon nutmeg  
1-8 teaspoon salt  
2-3 cup sugar  
1 egg  
1 teaspoon vanilla  
2-3 cup milk  
3 tablespoons fat melted  
2-3 cup raisins

Mix the ingredients and beat for  
two minutes. Pour into shallow well-  
greased baking pan. Bake in moder-  
ate oven for 20 minutes. Serve fresh  
cut in squares.

#### Planked Hamburg Steak

1 1/2 pounds round beef  
1/4 pound fresh pork  
1/2 cup stale bread crumbs  
1/2 cup canned tomatoes

Celery salt, minced parsley, salt,  
red pepper and grated onion.

Run the beef and pork twice  
through the meat chopper, add bread  
crumbs, soaked in stock or milk, can-  
ned tomatoes, celery salt, minced  
parsley, salt, red pepper and grated  
onion to season. Mix thoroughly and  
shape into a flat loaf on a hot, well-  
greased plank. Brush with beaten  
egg, sprinkle with crumbs and bake  
in a 350 degrees F. or moderate oven  
one hour, basting with melted butter  
and water. Remove plank from oven,  
garnish with any preferred vegeta-  
bles. Return to oven to reheat vegeta-  
bles. Sprinkle with chopped pars-  
ley and serve on plank.

#### German Potato Salad

6 steamed potatoes, sliced  
1 cup chopped celery  
1 small onion  
1/2 cup cooked ham, chopped  
Chopped parsley  
4 tablespoons vinegar  
4 tablespoons salad oil  
1 lemon sliced  
1 tablespoon sugar  
1 teaspoon mustard  
Salt and pepper

Put vegetables and bacon in a bak-  
ing dish. Mix vinegar and seasoning  
together. Pour over vegetables, cover  
and bake for one hour in a moder-  
ate oven, 350 degrees F.

#### Danish Baked Omelet

6 tablespoons butter  
1 1/4 cups flour  
3 cups milk  
7 eggs

Separate eggs and beat the yolks  
for 15 minutes. Mix butter, milk and  
flour together over fire; remove and  
add beaten egg yolks. Beat well and  
fold in stiffly beaten egg whites. For  
filling add cooked peas and carrots,  
cauliflower, asparagus, lobster or  
whatever you desire. Place in baking  
dish and bake one hour. Serve in  
same dish.

## SELF-CRITICISM IS THE MOST PROFITABLE KIND

If We Criticized Our-  
selves More Others  
Would Have Less  
Cause.

(By Antoinette)

Do you ever stop to think of how  
people judge you? Or, do you care?  
Maybe you don't care much whether  
you make a character hit with folks  
you meet, but what descendant of  
Eve doesn't mind being considered a  
frump?

If it's reported that a person doesn't  
like the way we wear our hair, or  
its color, or the way we made up, we  
may say, 'Well, that's just too bad,'  
but there is a sting felt just the  
same.

If someone said something about  
the tone of your voice, you'd be mad.  
So it is. We femmes are too inclined  
to confine ourselves to mirror re-  
flections when we've spent a lot of  
time fixing ourselves up. We carry  
that better picture of us around too  
lovingly. What we ought to think  
about is exactly what other persons  
might be saying in criticism of us,  
and decide not to give them a chance  
to repeat on a fault.

We're catty enough about other  
girls as we sit on the sidelines in a  
hotel foyer, say, or in a waiting room  
of any kind. Don't we deliver our-  
selves of a few scathing comments  
about the women who pass by? About  
the one who drags her feet as if her  
world knew nothing but gloom? And  
don't we snicker when one waddles  
across the room like Aunt Jemima?

Well, if we're catty about the other  
girls, what do you suppose is going  
on in their minds about us?

Our victims can get even with us,  
as we can get even with them by  
putting on a walk that is a walk,  
a picture walk, one so smooth and easy  
and posturally correct that a gasp of  
pleased surprise must follow. Anyway  
that's the picture to keep in mind for  
future guidance. You and I may not

## SALMON SALAD IN CUCUMBER RING APPETIZING SPRING LUNCHEON

(By Frances Blackwood)

Cucumber Mold with Salmon Salad  
2 tablespoons gelatine  
1 cup boiling hot water  
1/2 cup pineapple juice  
Salt and pepper to taste  
1 large or 2 small cucumbers grated  
2 slices chopped pineapple  
2 stalks celery, finely sliced  
1 small onion, minced or ground  
1 teaspoon minced parsley  
1 teaspoon lemon juice

Let the gelatine soak in 1/2 cup of  
cold water for five minutes to soft-  
en it. Then stir in the boiling water  
and stir until gelatine is dissolved.  
Stir in the salt and pepper, pineapple  
and lemon juice and if you wish, just  
a few drops of green vegetable color-  
ing. Let stand until it begins to  
thicken, then stir in the other in-  
gredients and turn into a rinsed ring  
mold and place in the refrigerator to  
chill and set. You may use a loaf  
mold if you wish, of course. Unmold  
and serve with salmon salad either  
inside the ring or around the loaf  
and garnish with crisp lettuce. To

make the salad, mix together equal  
quantities of sliced crisp celery and  
canned salmon. Add 1 or 2 chopped  
hard-cooked eggs and a minced pim-  
ento. Moisten these generously with  
mayonnaise and garnish with crisp  
lettuce or watercress.

#### Rumanian Veal

1 veal cutlet, about 2 pounds  
1 pint can tomatoes  
1 can tomato soup  
1 pound string beans  
1 medium-sized onion  
2 tablespoons flour

Seasonings.  
Take a teaspoon of salt and to it  
add a cut clove of garlic. Press and  
bruise the garlic into the salt—then  
remove the garlic clove. Season the  
veal with this salt and add a sprink-  
ling of pepper, cayenne and paprika.  
Heat a rounded 2 tablespoons of fat  
in a deep skillet that has a cover—  
or a baking pan. Put the veal in this.  
Pour the tomatoes over it and then  
add half the tomato soup mixed with  
an equal amount of water. Cover and  
set in a moderately hot oven and  
bake an hour or until the meat is  
tender.

String the beans and cut them into  
thin slices, lengthwise. Add a small  
amount of hot water, barely enough  
to cover the beans and boil them rap-  
idly ten minutes. Then drain. Heat a  
rounded tablespoon of fat (chicken  
fat is fine, but bacon and butter in  
equal quantities will do) in a skillet  
and simmer the sliced onion in this.  
When it takes on color add the thor-  
oughly drained beans. Fry these  
about eight minutes. Then push them  
to one side in the pan. Tilt the pan  
so that the fat runs to the side away  
from the vegetables, add a little  
more butter and blend in the flour.  
Next stir in the remaining soup mix-  
ed with 1/2 cup water. Cook, stirring  
with the vegetables, for about four  
minutes. Then cover the meat with  
this and return it to the oven, un-  
covered, to continue baking for 20  
minutes, slowly. If you cook the meat  
in a casserole, no extra dishing up  
will be necessary when serving.

## GOOD NEIGHBORS

Lord Tweedsmuir, it is said, is the  
first Governor General of Canada to  
be received as a guest at the White  
House. Lord and Lady Willingdon  
were in Washington in 1927, but  
stayed at the Canadian Legation.

The precedent now set, if it be  
one, will not be objected to. No par-  
ticular political significance need  
be attached to Lord Tweedsmuir's  
visit, nor need attention be paid to  
the somewhat ridiculous story that  
he is at the White House to discuss  
with President Roosevelt such things  
as the St. Lawrence Waterway. Gov-  
ernment in Canada is not carried on  
like that.

The real significance of Lord  
Tweedsmuir's Washington visit is in  
what it tells of the ever-increasing  
neighborliness and friendship be-  
tween these two countries. It is an  
easy, intimate, informal friendship.  
In Europe, and in much else of the  
world, understandings between na-  
tions are put upon parchments, take  
the form of treaties, pacts, alliances.  
Often they are part of a 'balance of  
power,' of a policy of national self-  
interest. Nothing of that character  
attaches to the understanding or  
friendship between Canada and the  
United States. The 'border which  
unites us' (to use President Roose-  
velt's fine phrase) is just that and  
nothing more. We cross it freely,  
mingle together freely, have common  
beliefs, common aspirations and ide-  
als, even common prejudices and  
grievances. No Canadian looks upon  
an American as a 'foreigner,' nor no  
American upon a Canadian as a for-  
eigner. Socially, in our business re-  
lations, in sport, in the things we  
read, in practically all our modes of  
life, one country is but a carbon copy  
of the other.

It is the bond of a common dem-  
ocracy, of a common faith in a cer-  
tain form of free government. That  
form of government—which is just  
freedom—is in peril today. In Eur-  
ope, indeed, only England, France  
and the Scandinavian countries stand  
up for it. As a result, certain abid-  
ing things, certain common faiths  
and loyalties, unite Canadians and  
Americans. Make them comrades in  
a common cause. The world being  
what it is today, our prayer and  
hope must be that for those faiths  
and loyalties the two lands will con-  
tinue to march and bivouac together;  
that, if need be, they will stand pre-  
pared to fight for them.—Ottawa  
Journal.

astound the beholder with the pic-  
ture we accomplish, but, at least, it  
may save us from being the target of  
comments suggested above.

## City of Fredericton NOTICE

The Citizens are cordially invited to  
attend and take part at a Public Meet-  
ing to be held in the Council Cham-  
ber, City Hall, FRIDAY AFTER-  
NOON, APRIL 9th at 3 o'clock,  
for the purpose of planning  
some form of celebration to fittingly  
observe the Coronation of King George  
VI on May 12th.

FRED I. HAVILAND,  
City Clerk

City Hall,  
April 3, 1937.

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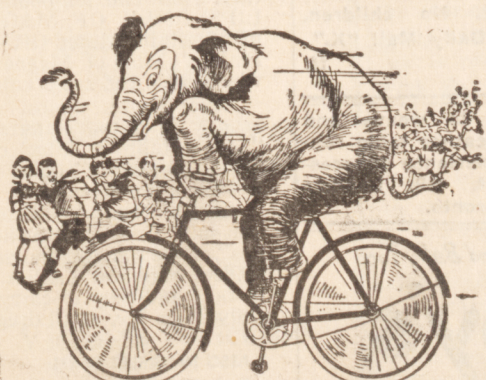
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too much clothing on; get overheated and cool off  
too suddenly; get their feet wet; kick off the bed-  
clothes, and do a dozen things the mother cannot  
prevent.

Half the battle in doctoring children's colds is  
to give them something they will like; something  
they will take without any fuss, and this the  
mother will find in Dr. Wood's Norway Pine Syrup.  
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