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The law of average decrees that one person out of every eight shall be accidentally injured each year. You can't choose whether or not you will be the one to suffer this year. You can choose now to be ready to meet the emergency.

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... OF ... Interest to Women 501

REQUESTS FOR HOLIDAY TID-BITS FLOOD MAILBAG

Marjorie Mills Hastens to Print all She Can While the Time Is Ripe — Directions for Making Many Tasty Morsels

2 eggs, beaten

1 teaspoon vanilla

Candied cherries, pistachio nuts

ally and cream together. Add beaten

sift flour and salt and add to the first

and cut with any desired cutter.

Christmas Trees: Cut with Christ-

Lady Baltimore Cake

14 teaspoons baking powder

in moderate oven, 350 degrees F.

1/2 cup chopped pecan nutmeats 3 figs, cut in thin strips

Put the sugar and water in pan, stir

1/2 cup seeded raisins, chopped

ing constantly. Add other ingredients

to half the frosting, saving other half to frost top and sides of cake. Decor-

ate ton with slices of candied cher-

Cracker Pudding

1/4 cup each of citron, orange peel

Moisten the crackers with warn

and add a little brandy if desired

Bake slowly all day long in an oid-

fashioned pudding pot two quart size.

2 cup sugar and set aside. Cream

Lady Baltimore Filling *

3 cups nour

34 cup butter

14 cups sugar

34 cup milk

4 egg whites

1½ cups sugar

1/2 cup water

2 egg whites

ries and nutmeats.

1/2 cup raisins

egg, beaten 1/2 pint milk

SCALE FOR FESTIVE SEASON

Chefs of the Canadian National Railways Are

Particularly Proud of Their Christmas Plum

Pudding, Recipe Is Hundreds of Years Old

Setting a good example to harassed in the Old Country hundreds of years Canadian housewives, chefs of the ago. This year 2,000 pounds of this

Canadian National Railways have not pudding have been made to be served only done their Christmas shopping as individuel portions in the dining

mas plum pudding prepared in order that it will be nicely matured by the ively and suitably decorated, will be

time the festive week comes around, on all dining car tables during the according to W. W. Swinden, General period from December 22 to January

Superintendent of Sleeping. Dining 3, and in addition to a la carte speand Parlor Car Services of the system cials, table d'hote luncheons and Latest reports from the Dining Car dinners will be featured at reasonable

early but have even got their Christ- cars of the system.

Department indicate that, as in pre- prices.

vious years, purchases of the essen-

been made on a grand scale. Where

turkey by the pound, the commissar iat department of the railway buys in

and nuts of all kinds are also needed

Chefs of the Canadian National

made from a recipe which originated

for Christmas week

Big piece of butter

1 tablespoon sugar

and lemon peel

10 common crackers

1/2 teaspoon vanilla

21/4 cups flour

% teaspoon vanilla

(By Marjorie Mills) We feel exactly like the lady who ent us this jingle about Christmas Don't you think she expresses what a

I insist on red and green! "I want my Santa fat and sleighed

For MY Merry Christmas Scene,

I want my reindeer old and spayed. 'I may be a sentimental fool

But I refuse a modern Yule! John me in this plea impassioned

Keep our Christmastide old-fashioned.

hese days is getting out the recipes grees F, ten minutes. you've asked for as quickly as time nd space allow,

Marzipan

1/2 pound shelled almonds 10 butter almonds 11/2 cups sugar

2-3 cup boiling water 2 tablespoons white corn syrup

½ teaspoon vanilla

Grind almonds very very fine, force hrough a fine sieve to make a smooth nixture. Dissolve water and corn syrup in boiling water and cook ithout stirring to soft ball stage. Pour over almond paste and stil unil hardened. Add vanilla or other avoring and knead until smooth. Make 'potatoes' by rolling bits in innamon, 'apples' by brushing the alls with coloring, etc.

Glossy Chocolate Icing

3 squares of chocolate 1 well beaten egg

34 cup evaporated milk

1/4 cup water 1 cup sugar

Melt chocolate in top of double o'ler, combine and stir in rest of until sugar is dissolved and bring to ngredients. Cook the icing over hot boiling point. Add five tablespoons syrup to beaten whites, beating coneter for 20 minutes.

Remove from steam and beat with stantly after adding each spoonful. stary egg beater for one minute or Boil syrup to 240 degrees F., or until until it is well blended. Stir in 1 tea- it spins a long thread. Add vanilla and poon vanilla and cook the icing be- pour gradually on egg whites, beatre spreading on cake or eclairs.

Peanut Butter Cookies 1/2 cup sugar

1/2 cum granulated sugar ½ cup brown sugar

1 egg, beaten

1/2 eur moist neanut butter

teaspoon soda tablesmoon boiling water

1/4 teaspoon salt

11/2 cums sifted flour Cream butter and sugars toge heat in egg, then peanut butter. Dis-

solve soda in water; add to mixture. Sift salt with flour and add. Put through conto pness on buttered cookie sheets: bake 8 to 12 minutes water to soften them, then add beat-| en egg; add remaining ingredients, et 400-425 degrees F.

CHOICE DISHES ON GRAND

Surar Cookies 1 cup shortening 2-3 cuo sugar

HOW POWER AND RICHES SUFFER

"To have what one wants is riches; to be able to do without it is power -George MacDonald.

A letter friend sent me that quotathose quotations I published.

It dian't seem to man so much to me the first time I read it, but it is one of those thoughts that come back

Only I think he might have added.

"To have what one wants is riches: to be able to do without it is power,

And that doesn't just mean money or material things. It's true of them of course. To look in the shop window and see something lovely and be able to go in and buy it, is riches and

To be able to look in the shop win dow and see things and adm.re them and yet not to be unhappy withou them is power and peace

eggs, mix well. Add vapilla; mix and In a delightful book that I read some years ago was this passage:

mixture. Mix thoroughly and add "I do not believe," he said slowly more flour if necessary: Chill. Roll out thin on a slightly floured board Not to do anything with them any how. If she likes a thing, she just goes up and looks at it and walks off. mes tree cutter, brush with milk and Isn't that true. Anne?

Anne laughed. "I often want things, Our share of keeping Christmastide nuts. Bake in moderate oven, 375 de-she said, "but perhaps it's true that the things I want most, I only want to look at. It may sound cold-bloo but it's not an unpleasant feeling. The things are there forever as long as she only wants to look at them."

I suppose there could be too much of that spirit in the world. But I don't think there ever will be. The posses sive instinct is too integral a part of Beat the egg whites until stiff, add our being.

And possession, not only of things, butter, add remaining sugar gradual- but of people.

ly, while beating constantly. Mix and "To have what one wants is riches sift dry ingredients; add alternately he able to do without it is power, with milk. Fold in egg whites. Add prlies to love and friendship as flavoring and bake 25 to 30 minutes in three layer-cake pans seven inches,

All having is threatened by the possibility of losing. The power to do without it is above that retreat.

Another book that I greatly enjoyed after carrying its heroine through one emotional crisis after another, ends this way:

"She was rid at last of the weakiess, the futile obsession of dependence on other people. She had nothing now except herself, and that was

It sounds cold and it sounds lonely.

No one would want to have that um up the whole of his life. But then there is little danger that it will tion in repayment for her pleasure in for any of us. We are all too human, too eager, too possessive; and to balance that eagerness is it not good to take hold of such a thought as this:

"To have what one wants is r'ches; to he oble to do without it is power, And peace

> FOR Diarrhœa THERE'S A REMEDY IN



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THE DAILY M

EXPRESSES THE SPIRIT OF FREDERICTON

tial Christmas edibles have again the average head of a family buys his thousands of pounds. Thus, for tables of the dining cars of the system no less than 5,000 pounds of turkey or two and a half tons, will be required A pond of quite a respectable size could be made with the mince meat needed for these tables. This year the railway will require 2,000 pounds of this commodity, and large quantisauce. Hundreds of pounds of fruit Railways are particularly proud of their Christmas pudding, which is