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TEL. 1234

## Goodbye — Hello!

Here we are, all of us, ready to wave "Goodbye" to Old Year 1937—Smile "Hello" to Young Year 1938.

Before we leave the one and turn to the other, let's pause a minute or so — '38 shows this: People are now living longer than ever before, their health is better, their "pep" greater.

During '37 our Friends have been good to us, and we have tried to be good to them.—Thanks, and may '38 bring you increased health and prosperity.

## D. J. Shea

Phone 563-11 80 Carleton St.

Prepare For Colder  
Weather!

COME to DeLONG'S

For silk, wool and all-wool Hosiery for Ladies, Misses and also Children for 39 cents to \$1.25 pr. Wool Under Hose 49c and 75c. Wool Gaiters, 75c and \$1.00 pair. Wool Gloves for Ladies, Misses and Children, 59c and 75c pair. Wool Dress Goods from 85c to \$1.95 per yard

J. Stanley Delong

Phone 68-11 63 Carleton St.



Our Choice Line of  
Imported Fabrics  
Means  
DOLLARS  
SAVED AND LONGER WEAR  
TO YOU

ALEX. INGRAM

TAILOR  
FREDERICTON, N. B.  
376 KING ST.

To Our Friends, Clients and Competitors

May Peace and Happiness Be Yours!

## HOWARD H. BLAIR

88 YORK ST. YOU CAN REST ASSURED PHONE 291

A MESSAGE TO  
INVESTORS IN THE  
MARITIME PROVINCES —

Surplus funds invested in sound development of natural resources and industry within the Maritime Provinces will return maximum income—Increase Purchasing Power—Create Permanent employment and prove the greatest benefit to general business. A list of carefully selected offerings will be forwarded on request.

IRVING, BRENNAN &amp; COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office Suite 1, Loyalist Building Phone 454  
Fredericton Charlottetown Halifax Saint John, N.B.

Announcement of  
Importance to owners  
of the shares of

## HALLIWELL GOLD MINES LTD.

(No Personal Liability)

Owners of these shares who hold certificates in the name of others are urged to have them placed in their own names, so that receipt will be had promptly of a new circular letter describing an important and favorable development in the Company's affairs which will mark a milestone in its history.

HALLIWELL GOLD MINES LTD.  
360 St. James St., W.  
Montreal, Que.

... OF ...  
Interest to Women

ENVIRONMENT VERSUS  
GOOD PARENTAL ADVICE

(By Art. Dean)

Many of my readers write me. "We are going to move into a better neighborhood." I often wonder just what is a better neighborhood. The following letter may shed light on the subject.

"Dear Dr. Dean: I heartily agree with you that money and manners do not necessarily go together. My name is one that would immediately brand me as 'foreign,' although my parents were born and educated in Boston, Mass., in fact, my mother and father still are furthering their knowledge of law there. Nevertheless, when we moved to our present home in an old residential section of Boston we were ridiculed just because of the sound of our names, which, by the way, can be traced to the Renaissance.

"Our name means something to us, to the family and to any one who has been educated, and we have seen no reason to anglicize it. The neighborhood into which we moved and where we still live is a 'tenement' section but is on a main street and is composed of old one and two family houses. Billings stations have blossomed forth where old gardens once stood. When I was a child a cheap class of people were moving into the section, people who left their children out on the streets all day or who sent them to the movies to get them out of the way. These children were bold, unmannerly, bothersome.

"When we bought the house we actually fought to keep them off the property. The yard was large, and flooded over in the winter, making a fine skating rink. The neighbors' children used to throw bricks, cans and other refuse into the yard winter and summer; my sister and I fought hand-to-hand battles with these children. Maybe we were rough, but we had to give them what they gave us. We never provoked fights; their yards were never clean enough in which to play, and they resented be-

ing told not to come into ours. The fighting was good exercise, even if we were girls.

"Our parents are not rich; we do not even have a car. Surprised? Well, they thought a college education far more worth while than a car. Besides doctors' bills are not conducive to unnecessary luxuries, although many times we feel a car a necessity. Only last June I was graduated from college. My sister and I are heartily grateful to our parents, and we are glad that they kept us from going out at night with the neighborhood children; glad that they did not allow our taste to be cheapened by sex and gangster movies; glad that they encouraged us to study and promised us college as an ideal even when they dressed well but modestly and declined to take expensive vacations, when bootleggers and other four-flushers were parading around in large cars and taking extended tours. We had heavy doctors' bills, but we paid them all.

"I am glad to say that I am working now, and even though I could save my pay, I am glad to hand it over to my parents to help them to any luxuries which they have well earned. Sometimes in the not too distant future I hope to be able to continue my studies.

"What about our neighbors? We are now highly respected in the community. My father has held high office in a local organization for several years. The neighbors who most bitterly opposed us when we first arrived, now look up to us. Our manners were not contaminated by theirs. "I have written this letter to try to show that a neighborhood can be practically anything; it is the parents who count in bringing up children. Parents can turn out morons and criminals in the 'best' neighborhoods. Money? That matters even less.—Looking Up."

## MRS. FISHER SUGGESTS FOR LUNCHEON

## Canadian Fish and Cheese Casserole

Place a layer of cooked peas or cooked spinach in the bottom of a large, shallow, greased baking dish. Place on the vegetables a layer of any variety of Canadian fish, using either slices of fish or filets cut into suitable serving portions. Sprinkle salt and pepper and cooking oil over the fish. Place the dish in a hot oven for six or eight minutes. Then, having a cheese sauce ready, pour it over the fish, sprinkle with fine bread crumbs, dotted with butter, and put the dish back in the oven until the top is nicely browned. The cheese sauce may be made as follows: Melt two tablespoons of butter, blend with it two tablespoons of flour, and add a cup of liquid (a cup of milk or of milk and vegetable water combined); cook the mixture until it is thick and smooth, stirring constantly, and just before removing it from the stove add half a cup of grated Canadian cheese, and continue to stir the sauce until the cheese is melted.

Canadian Fish are rich in vitamins and health-building minerals and, having regard to nutritive value, are among the most nourishing of foods.

## Canadian Fish Cutlets

Flake two cups of any desired kind of Canadian fish or shellfish and add salt and pepper to suit the taste and two tablespoons of onion juice, two teaspoons of lemon juice and, if desired, two teaspoons Worcestershire sauce. Add to the fish and seasonings two cups of thick white sauce which have been thoroughly chilled. Form the mixture into cutlets and roll in finely sifted bread crumbs.

(It is well to chill the cutlets again after they have been shaped). Bake the cutlets in a greased pan in a moderate oven or fry them in deep fat, having the fat sufficiently hot to brown an inch cube of bread in 40 seconds. The white sauce may be made by melting a quarter of a cup of butter, or using a quarter of a cup of cooking oil, blending in a half cup of flour, adding two cups of warm milk, and cooking the mixture until it is thick and smooth, stirring it constantly. A tomato sauce goes well with the cutlets.

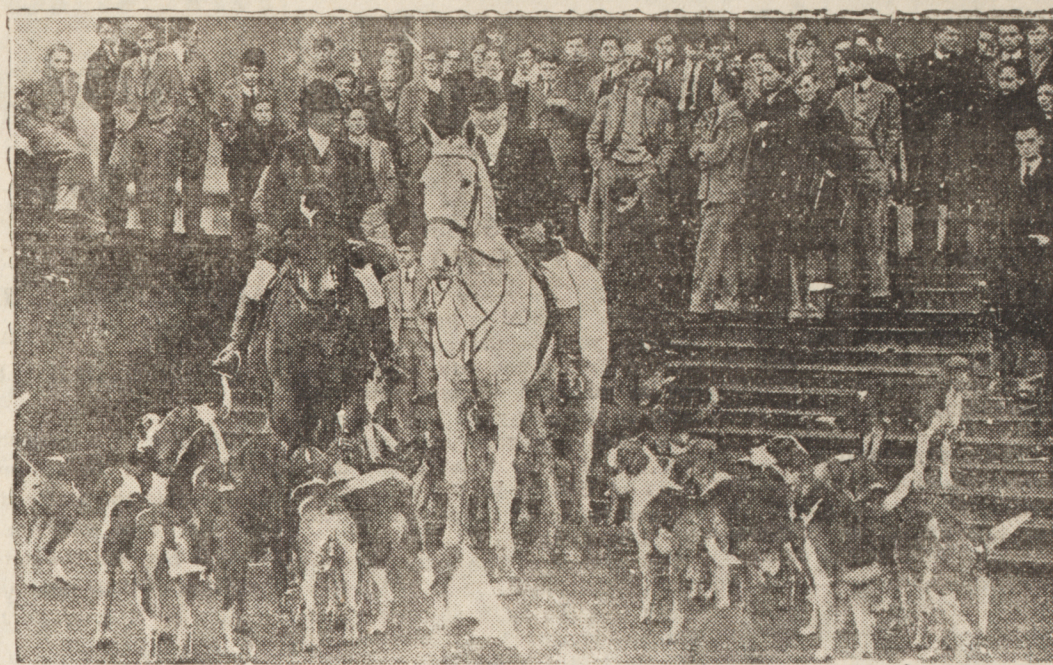
Canadian Fish Foods, rich in nutritive value and in vitamins, are very easily digested because of the tenderness of their flesh.

## Canadian Scallop Supreme

Place in a greased baking dish three cups of diced fresh or left-over vegetables (carrots, potatoes, onions, etc.) and add one cup of cooked and flaked Canadian fish. Pour a white sauce over the fish and vegetables, sprinkle finely-sifted bread crumbs over the top, dotted with butter. Bake in a moderate oven until the crumbs are nicely browned. Any kind of Canadian fish may be used. The white sauce can be made by melting three tablespoons of fat or butter, blending in three tablespoons flour, adding two cups of liquid—either half milk and half vegetable water or all milk—and cooking the mixture until smooth and thick, meanwhile stirring constantly.

Canadian Fish Foods are comparable to meats in nutritive value and they are especially rich in health-guarding minerals and vitamins.

## TRADITIONAL HUNT MEETS AT SCHOOL GROUNDS



Lord Hillingdon, right, M.F.H., and his huntman, prepare to move out from the grounds of the Stowe School in Buckinghamshire, Eng., following a rousing send-off by the boys studying there.

## IN THE WINTER OF HER YEARS

(By Dr. Herman N. Bundesen, Former President American Public Health Association)

I direct my suggestions today to all women who have turned the corner of middle age; the women whose resistance is not what it was when they were younger, who tire more easily, whose power to 'come back' after an illness is not what it used to be. Many of these persons are swept away many years before they have lived a complete life, because of a neglect of a cold, which easily develops into pneumonia.

Many of you may have some ailment, a weak heart, or some chronic sickness. This need not necessarily alarm you, if you are careful to avoid overtaxing the diseased organs. Cold weather puts a greater strain on the heart and kidneys of older people, than it does on younger people. When one gets along in years, the tissues are not so elastic as they used to be, and one cannot so readily stand drastic changes in temperature.

At your age, you surely have the right to think of your health as being more important than anything else. Supposing your grandson is ill, or your daughter wants you to take care of the children while she goes somewhere. Do not on this account take chances with your health because you feel that you must go out in any kind of stormy weather.

Supposing someone at the home you plan to visit has a cold. Stay away and do not take a chance of getting the infection. The children will understand. Your friends will admire your independence if you insist that no one who has a 'cold' call on or visit you. You have that right, and the

chances are that you will live longer if you exercise it.

When you worry about every little thing that happens to any of your family or friends, your rest may be disturbed. When you lose rest, you lower your resistance to infection. Try to be free from worry; let nothing interfere with the rest and relaxation you must have to keep well.

Try to keep warm. As a person grows older, his arteries tend to harden. His circulation is slowed up. A great strain is put on the heart, so it is especially important that you keep warm. When you go out into the cold, wear woollen stockings and warm wraps.

Forget your birthdays and concentrate on keeping young. The fountain of youth is yours for plenty of rest, a certain amount of moderate exercise outdoors every day, freedom from worry, and careful attention to your diet.

Diet is important to you because, as a rule, older people eat less than the younger ones; and when people eat a small quantity of food, they may leave out some of the important things they need. Try to eat whole-grain cereals, fruits, vegetables, and milk regularly. These are called the protective foods. For example, they contain one of the vitamins you need—vitamin B. Many doctors believe that some of the aches and pains that older people have result from not eating enough foods which have vitamin B which helps keep the nerves in proper condition.

Whenever you do not feel well, go to bed immediately, particularly if you are chilled. Try to keep away from crowds and do not go out in se-

## BURDEN NOTES

R. B. Crewdson has gone to Madison, Maine, to spend a few days with his daughter Mrs. Byron Lawrence. Mr. and Mrs. Judson Grant and Mr. and Mrs. James Dunphy and Mr. and Mrs. Eldon Jowett and families spent Christmas with Mr. and Mrs. Lewis Jewett.

Mrs. Martha Kelly is spending a few days with Mrs. Huntley Crewdson.

Rev. Mr. Killam and Mrs. Killam spent Christmas with Mr. and Mrs. William Walker.

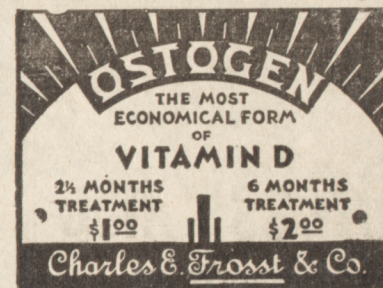
Miss Espy Moore is spending a few days with her parents Mr. and Mrs. Dow Moore.

Otis Niles of Long Creek was calling on friends in this place recently. Miss Espy Moore and Archie Moore spent Christmas evening with Mr. and Mrs. Roy Tapley.

Alfred King of Kingsclear made a business trip to this place one day last week.

Forbes Kelly was calling on friends here last evening.

vere weather. Above all, let the children do their own worrying; you worried enough about them when they were little.



Working as usual  
on our  
120th Birthday

One hundred and twenty years ago there were only seven of us working on the staff of the Bank—a cashier, an accountant, a paying teller, a second teller, a discount clerk, a second bookkeeper, and a porter—that was the entire staff. Today we are more than 6000, in more than 500 Branches, all working to render modern, experienced banking service.

Our Bank's career has been inseparably woven into the career of the nation and every part of it. Founded in 1817, the Bank at once became a financial pathfinder for Canada's pioneers. Through all the intervening, eventful, growing years

of Canadian life, our Bank has kept strong and efficient—by pursuing a policy of safety for depositors and by keeping our services always abreast of modern conditions.

In times of expansion and depression, in the best and the worst of economic conditions; through peace and wars, panics and political upheavals, Canadians have learned to rely upon the unwavering safety and banking assistance of the Bank of Montreal. Older than the Dominion itself, yet young as the latest sound business enterprise of Canada, we are working as usual on our 120th Birthday.

## BANK OF MONTREAL

"a bank where small accounts are welcome"

Modern, Experienced Banking Service . . . The Outcome of 120 Years' Successful Operation

## IF YOU'RE ALWAYS CATCHING COLDS READ THIS

SOMEBODY  
TOLD ME THIS  
RELIEVES A  
HEAD COLD  
IN A HURRY

THIS specialized medication—Vicks Va-tro-nol—is expressly designed for the nose and upper throat, where most colds begin—and grow. Used in time—at the first sneeze or snuffle or irritation in the nose—it helps to prevent many colds, or to throw off head colds in their early stages. Even when your head is all clogged up from a cold, Va-tro-nol brings comforting relief—lets you breathe again!

LADY, THEY DIDN'T  
TELL YOU HALF—JUST  
USE IT SOON ENOUGH  
AND IT HELPS  
PREVENT MANY COLDS

VICKS  
VA-TRO-NOL  
Keep it Handy . . . Use it Early