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...OF...

Interest to Women

HINTS ON BUYING AND PREPARING THE CHRISTMAS TURKEY

The most auspicious day of the year—Christmas—is almost here. For such a festive occasion the principal item on the menu is poultry, usually turkey. The turkey is the king of birds in the poultry world. A Canadian turkey, when stuffed with sage and onion dressing, roasted to a rich brown provides as noble and engaging a decoration on the dining table at Christmas time as could be desired or imagined.

There has been in recent years a great improvement in Canada in the methods of marketing poultry. Farmers, in community groups, in order to get the best prices, now not only better finish and dress but properly and attractively pack their birds, six or eight to a box, according to quality and weight. The housewife would be well advised when going to buy the Christmas turkey or other poultry to ask for a bird that has been graded according to Government standards, and which has been tagged according to grade. There are three principal grades, A, B, and C. Grade A, indicated by a red tag, denotes the highest quality of birds, well fattened and well fleshed, clean plucked, free from deformities, bruises and discoloration, highly attractive in appearance, with the breast, back, hips, and pin bones well covered with fat. Grade B, indicated by a blue tag, is a reasonably well fleshed bird, but is not so attractive in appearance or finish as Grade A. Grade C, marked with a yellow tag, is a lower grade bird. The grade, indicated by the tag, is the indicator of quality. Grading takes the guesswork out of buying. A buyer has only to ask for the grade to be certain of getting the quality of bird desired. Where poultry is offered for sale on government grades the grading must conform to the standards required by the Dominion Department of Agriculture for dressed poultry. The grading is done by qualified employees of producers' organizations, wholesalers or distributors of dressed poultry, and is subject to Government inspection.

After the graded bird has been bought, the next important consideration is its preparation for the festive meal. Roasting is practically the only way in which turkey is served in the usual household and it is far the best. The preparation of roast turkey does not differ materially from the method for the preparation of roast chicken. When the turkey is drawn and cleaned, rub salt and pepper on the inside of the cavity, then stuff with dressing, and here is a recommended recipe for sage and onion dressing one that Charles Dickens favoured, and still is as popular as ever in England.

2 cups soft bread crumbs
2 cups cracker crumbs
½ cup melted butter
1½ cups scalded milk
2 eggs slightly beaten

3 onions, medium, finely chopped
2 teaspoons powdered sage or poultry seasoning
2 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon pepper
1-8 teaspoon celery salt

Melt the butter in the hot milk, add the egg slightly beaten, pour over the bread crumbs. Add the onions and other seasonings. Mix lightly with work. Then fill the cavity with this dressing and also the cavity under the skin of the neck, where the crop was removed. When completed draw the opening being sure to draw the skin over the neck and tie it. Truss the turkey by forcing the tip of each wing back of the first wing joint triangular shape and tie both ends of the legs to the tail. When thus made ready, place the turkey in the roasting pan so that the back rests on the pan and the legs are on top. Dredge with flour, sprinkle salt and pepper, and place in a hot oven. When the surface of the bird is well browned, reduce the heat and baste every 15 minutes until the turkey is cooked. This will usually require about three hours, depending on course, on the size of the bird. For basting, melt 4 tablespoons of butter or bacon fat in half cup of boiling water. Pour this into the roasting pan. Add water when this evaporates so as to keep a sufficient amount for basting. Turn the bird several times during the roasting, so that the sides and back, as well as the breast, will be browned. When it can be easily pierced with a fork, remove it from the roasting pan, cut the strings and pull them out, and when garnished, is ready to serve.

To make gravy, pour off some of the fat from the roasting pan, if it is considered there is an excessive amount, sprinkle the fat that remains with dry flour, one tablespoon to each cup of liquid that is to be used, which may be milk, cream or water, or any mixture of the three. Stir the flour into the hot fat. Heat the liquid, and add this hot liquid to the fat and the flour in the roasting pan. Stir rapidly so that no lumps will form, and if necessary, season with more salt and pepper to suit the taste. Very often the giblets, that is, the liver, heart and gizzard are used in making the gravy. In England, giblet gravy seems to belong to Christmas as surely as Santa Claus. They make it by thickening the fat in the bottom of the roasting pan with a flour and water paste, the proportion being one tablespoon of flour to three of fat. The paste is blended with the fat and the cooked giblets, which are cut in fine bits. When the mixture begins to brown, stir in one cup of whole milk for each two tablespoons of flour. Simmer it gently and it will cook up thick and smooth. Season it with salt and pepper, and Dickens loved a cup of currant jelly added.

A WAY NOT TO WOO ELUSIVE SLEEP

(By Ruth Cameron)

There's a great deal been said about the things to do to get oneself to sleep at night, or to woe back sleep when one has popped awake in the darkness at the far from witching hour of three o'clock.

One can count the well known sheep jumping over the wall (I wish I might once see a live sheep in the act so that I might be better able to visualize it), or think of peaceful words like serene and doves, etc., or try to visualize a pink rose on black velvet. You know all the familiar devices.

But what I wanted to suggest today was some of the things not to do. Don't rehearse imaginary conversations. Conversations in which you tell some one what you have been wanting to tell him for a long time. Conversations in which you argue with the boss about that raise you feel is coming to you. Conversations in which you stand up for your rights in some matter in which you feel you have long been put upon. An argument in which you beat the person who bested you the day before. No thing in the world is more poisonous to sleep than any such controversial performance in which your adrenals come into play as supplying the answers to imagined insults. Conversations are not recommended at all. But if you must indulge in them, have them conversations in which people say all the lovely things to you which you would like to have said, and you graciously acknowledge them.

Don't write letters. Especially controversial ones or important ones that have to be phrased just so. You may do some wonderful phrasing in the middle of the night, but tomorrow morning where will those phrases be? Gone with the sleep you should have had.

Don't think about any one you dislike. It's bad enough to think about some one you dislike at any time. It's like letting some one give you a poison if you dwell on a hatred. But most especially not at night.

Don't do your planning at night. You may think you are doing a wonderful job, but you are just as apt to reverse whatever decisions you make in the morning. Night gives different values to everything.

Don't let yourself believe anything is as bad as it seems in the night. It never is. Shut out these devils and try to think how comfortable you are and how nice it is that you don't have to get up at four or five or six o'clock in the bad old winter time.

Central Kingsclear

CENTRAL KINGSCLEAR, Dec. 20—Miss Estella Fox has returned home to spend the holidays with her sister Miss F. Fox.

Mr. and Mrs. Frank Hallett were calling on Mrs. Goodine on Sunday.

Peter King, who has been in ill health is improved greatly and is able to take long walks each day.

Ralph Hanson of Hainesville passed through this place last week on business and spent Monday night at Frank Kilburn's.

Mrs. Hedley Kilburn is visiting her daughter Mrs. H. M. McGibbon, at Albert, Albert County.

Jean Grey who is attending P.N.S. Fredericton, has returned home for the holidays.

Miss Elsie McKay of Saint John is spending some time with her brother Hazen McKay and Mrs. McKay.

Mrs. Arthur McCarty, Fredericton, was calling on her parents Mr. and Mrs. Wm. Collicott last week.

Mrs. Tyler Mills who was quite ill for the past week is able to be out again.

SEW YORK, Dec. 22—The opera hopefuls who have been selected for a second hearing on the Metropolitan Opera Auditions of the Air program will be heard Sunday, Dec. 26, at 6:00 p.m., AST, over the NBC-Blue Network.

These singers have been chosen from among 36 vocalists who have already been heard on the program.

This will mark the 50th program of the Met Auditions.

King, Queen Visit Annual Latin School Play

(Special to The Daily Mail)

LONDON, Dec. 21—The King and Queen went to Westminster School and attended the annual Latin play. This is the fourth time in history that the King and Queen have attended this play which dates back to 1560 when Queen Elizabeth decreed that the King's School should each year at Christmas present one of a cycle of Latin plays.

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SILENCE IS GOLDEN TO HUSBANDS

(By Beatrice Fairfax)

When something goes wrong at home, and you suggest to your husband that he is somewhat to blame, does he drop everything and enter into a sympathetic discussion with you? Or does he refuse to say a word?

In the charge most frequently brought against wives, during all these ages, has been that they talked too much, the grievance that women have harbored against their mates has been that they talked too little.

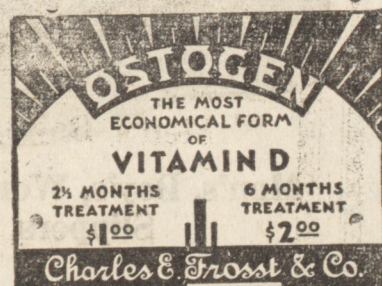
While the impulsive, effervescent wife exhausts herself in chatter, in repetition, perhaps in tears, a canny husband strives to impersonate a strong man who is above all beyond the trifles under discussion—and he wins.

But now, unbelievable as it may be, we hear for the first time of a husband who talks too much. The spouse of a well-known writer, suing him for divorce, sets forth in her complaint that her husband commands a vocabulary practically unlimited.

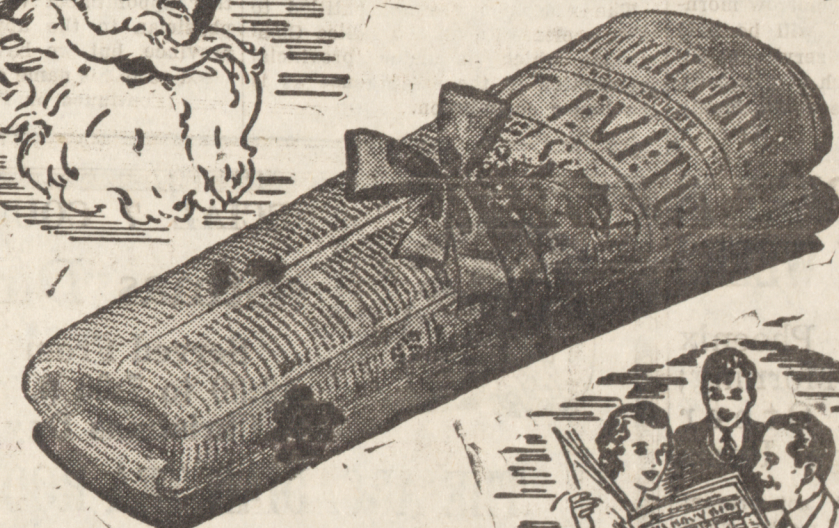
I've mentioned this case partly because it's a rare and interesting

one, partly by way of offering comfort to those of you who probably haven't realized that the one-sided battles you have been in the habit of waging, in regard to domestic issues, aren't after all as uncomfortable as they might be.

For there's the husband's side to be considered, too. And the chances are that when he won't discuss the occasion on which he hurt your feelings, he really hasn't anything to say. Men haven't anything like women's ability for rehearsing emotional situations. They want to love their wives but they don't want to talk about it.



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