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**WHAT TO DO  
FOR BOILS**

(By Dr. Herman N. Bundesen,  
former president American Public  
Health Association).

Who hasn't had a boil? Very few  
persons. Boils are mean and irritat-  
ing. There are many ways of treat-  
ing them—one small medical book  
giving 37 different ways—all sorts  
of salves, poultices and home reme-  
dies.

Recently, Dr. E. H. Wood, of Ot-  
tawa, Canada, developed a new treat-  
ment for boils. He applies an alcohol  
glycerin preparation to help bring the  
boil to a head. After the boil is  
cut open, he continues to apply these  
materials to the affected part.

If you have handled glycerin, you  
know that it absorbs moisture. You  
are probably aware, also, that alco-  
hol absorbs moisture. The principle  
behind this treatment is that keep-  
ing the boil soaked in this mixture  
of glycerin and alcohol, will take the  
water out of the boil.

Most people who have had boils  
know that one of the treatments  
most often used is wet heat in some  
form. Hot boric acid dressings are  
applied on the boil and on the skin  
all around it. When the boil comes to  
a head, the doctor, as a rule, will cut  
it open so that the infected matter  
will drain out. Then, usually, he will  
continue to apply some hot, wet boric  
acid dressings to keep the wound  
open and let it drain.

Any one who has done this knows  
it is a very trying experience. It in-  
volves handling hot towels and giv-  
ing constant attention every few  
minutes, which makes it a trouble-  
some procedure. Dr. Wood's method  
seems, in several ways, to be more  
agreeable and practical.

I stated above that alcohol and  
glycerin are the basis of Dr. Wood's  
treatment. An equal mixture of these  
substances is made. Then some  
gauze is soaked in it and applied to  
the boil. This is covered with a thin  
layer of gauze and lightly bandaged.  
Then more glycerin and alcohol are  
poured over this bandage. Every  
two or three hours, some alcohol is  
poured on the dressing and, every  
six to eight hours, some of the mix-  
ture of glycerin and alcohol is ap-  
plied. After 24 hours, the whole dress-  
ing is removed and a new one ap-  
plied. It is important that no water  
be allowed to get on the wound.

Another valuable benefit of this  
mixture is that it helps prevent the  
growth of germs, since both glycerin  
and alcohol have antiseptic prop-  
erties. Dr. Wood treated 15 patients  
with various types of infection. He  
found that there was rapid healing,  
and that no complications were in-  
volved.

Babies and older children some-  
times are infected with a very per-  
sistent and troublesome disorder  
known as impetigo. Blisters form on  
the skin and break open, forming  
yellow crusts. This disease spreads  
quickly, and when it covers a large  
portion of the body, it is dangerous.  
Dr. Wood's preparation of glycerin  
and alcohol seems to check and  
cure this difficulty.

Never squeeze a boil as doing this  
often spreads the infection. Any  
opening or cutting should be done by  
the physician.

**LEGACIES**

Unto my friends so dear I give my  
esteem.

Unto my God the approaching soul,  
Unto my foe I leave my radiant love—  
That is of life the whole.

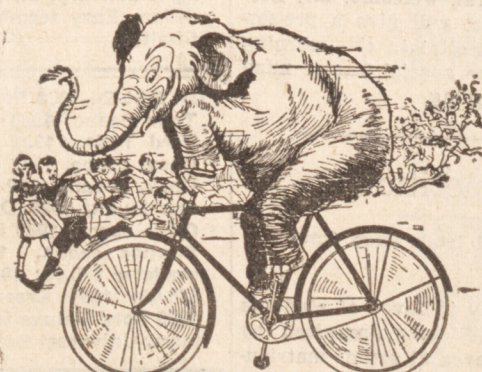
No, there is something, like a dream  
left:

Who shall concede to this?  
The cause of Truth and human weal,  
O God above!

Transfer it from the sword's appeal,  
To peace and love.

EDWIN H. CLARKE.  
March 29, 1937, Fredericton, N. B.

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... OF ...

**Interest to Women****ENJOY HOT BISCUITS WITH CHEESE  
RING SALAD FOR SUNDAY SUPPER**

(By Frances Blackwood)

**Menu for Monday**

Breakfast  
Grapejuice Cereal  
Scrambled Eggs  
Toast Jam Coffee  
Luncheon  
Salmon Croquettes  
Creamed Asparagus  
Potato Salad Fruit  
Tea or Coffee  
Dinner  
Scallops in Ramekins or  
Creamed Veal Patties  
Mashed Potatoes Peas  
Tomato Salad  
Pears with Butterscotch Sauce  
Coffee

**Royal Fruit Cup**

2 cups grated fresh pineapple  
¾ cup sugar  
1 grapefruit  
2 oranges  
1 small bottle maraschino cherries  
½ glass currant jelly  
Combine pineapple and sugar and  
let stand until juices flow freely.  
Add jelly and bring to a boil. Boil  
long enough to melt jelly. Cool. Add  
pulp of grapefruit and oranges. Chill  
thoroughly. Stir in chopped cherries  
and serve in sherbets garnished if  
possible with sprig of crystallized  
mint.

**A Cake for Sunday**

½ cup shortening  
1 cup sugar  
4 egg whites  
1 cup fluid, half milk, half water  
2 cups sifted flour  
4 teaspoons baking powder  
½ teaspoon salt  
½ teaspoon lemon juice  
1 teaspoon vanilla  
½ cup chopped nuts.

This makes a white cake. If you  
prefer a yellow cake use 2 whole  
eggs instead of the 4 whites alone.

Cream the shortening. Gradually  
and slowly beat in the sugar. Add  
the lemon juice and vanilla and beat  
until the grain of the sugar is smooth  
and if whole eggs are used, beat the  
yolks in at this point. Measure the  
sifted flour and sift it again three  
times with the baking powder and  
salt. Stir these sifted ingredients in,  
a little at a time, alternately with the  
liquid and the nuts if these are used.  
Fold in the stiffly beaten whites of  
the eggs, then bake in a moderate  
oven. You may bake this in one  
sheet and when cold cut into small  
squares and ice these all over. Or  
you may bake as cup cakes. Cut the

one layer into halves and ice and  
put together to make half a cake. Or  
bake all the dough in layer cake pans  
to make a layer cake as usual. Or  
make a loaf cake if that seems the  
order of the day. The oven should be  
375 F. for all these except the loaf  
cake. That requires slightly less heat  
and longer baking—350 F. would be  
right for the loaf.

**Cheese Ring Salad**

1 cup milk, scalded  
2 tablespoons gelatine  
½ cup cold water  
6 ounces soft cream cheese  
1 cup grated cheese  
½ teaspoon paprika  
1 teaspoon salt  
Dash cayenne and white pepper  
¼ teaspoon grated onion  
1 cup whipped cream  
Let gelatine soak in cold water for  
five minutes. Stir in the scalded milk  
until dissolved. Mash cream cheese,  
mix thoroughly with grated cheese  
and all seasonings. Slowly pour the  
milk mixture into this, stirring con-  
stantly to make a smooth mixture.  
Then fold in the whipped cream and  
pour into a ring mold. Set in ice box  
for several hours, at least five, to  
chill and harden. Unmold on crisp  
lettuce and fill the centre with a  
mixed fruit salad. Serve with

**Maraschino Dressing**

4 tablespoons salad oil  
2 tablespoons lemon juice  
Juice of 1 orange  
½ teaspoon salt  
½ teaspoon sugar  
½ teaspoon paprika  
2 tablespoons maraschino juice  
12 maraschino cherries, chopped  
Beat oil with all ingredients ex-  
cept the chopped cherries until thor-  
oughly blended. Stir in the cherries,  
mix well and serve.

**Hot Biscuits**

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
½ cup shortening  
1 egg  
1 cup milk  
¼ cup marmalade  
Sift together the flour, salt and  
baking powder. Add shortening and  
work to make coarse crumbs. Beat  
the egg into the milk and stir into  
the marmalade. Stir this into the  
crumb mixture, mixing very thor-  
oughly. Put into buttered muffin tins  
and bake in a fairly quick oven un-  
til nicely browned. Serve hot with  
the salad. The smaller you make  
these, the daintier they are.

**FISHING FROM THE PANTRY SHELF**

There Should Always Be Available Canned Pro-  
ducts Needed For the Quick Meal

(By Edith M. Barber)

The business woman housekeeper  
usually does her fishing for the  
quick meal from her pantry shelf  
which she probably keeps well stock-  
ed with canned products from the  
northern or southern seas. There  
will be shrimps from the Gulf of  
Mexico, tuna fish and salmon from  
the West Coast, lobster from the At-  
lantic, crabmeat from Russia and  
Japan, herring and finnan haddie  
from various parts of the world, and  
sardines which may be native or  
from Portugal, France or Norway.

Probably more of the latter type  
which are actually bristlings or small  
herrings of particularly delicate fla-  
vor are now used in this country.

While sardines are often used just  
as they come from the can, they will  
make a savory supper dish when they  
are grilled or broiled for a moment.  
They may also be served with cream  
sauce, highly seasoned, of course,  
which is used so much with the  
other types of sea food. A toasted  
sardine sandwich with a piquant sal-  
ad is almost a full meal in itself.

While there are any number of ap-  
petizing supper dishes which can be  
prepared from the more delicate type  
of fish, I suggest the following as  
among the best—shrimps creole, scal-  
loped salmon, tuna fish with cheese  
sauce, lobster Newburg, deviled crab  
meat herring with sour cream, finan-

haddie with horseradish sauce.

**Grilled Sardines**

6 slices bread  
1 can sardines  
Lemon juice  
Worcestershire sauce.  
Toast the bread on one side. Ar-  
range sardines on untoasted side,  
season with lemon juice and Worces-  
tershire sauce and cook under broiler  
until toast is brown and sardines hot

**Baked Tuna Fish, Cream Sauce**

4 tablespoons butter  
4 tablespoons flour  
¾ teaspoon salt  
Pepper  
½ teaspoon Worcestershire sauce  
2 cups milk  
1 cup grated cheese  
2 pimientos  
1 thirteen-ounce can tuna fish

Melt butter, stir in flour and sea-  
sonings and when well blended, stir  
in milk gradually. Stir over a low  
fire until thick and smooth. Stir in  
cheese and cook over low fire until  
melted. Cut six strips of pimiento and  
reserve for garnishing. Cut remain-  
ing pimiento into small pieces and add  
to white sauce. Flake tuna fish into  
one-inch pieces and add to white  
sauce. Pour mixture into greased bak-  
ing dish, arrange strips of pimiento on  
top and bake in moderate oven 350  
degrees F., for fifteen minutes.

**A Friend to the Aged  
As the Years Creep On**

In the later years of life we start to lose that  
snap and vigor of our younger days. The blood does  
not circulate as it once did, the vitality is on the  
wane, and the nerves not just as steady as they used  
to be.

Little sicknesses and ailments seem harder to shake  
off; and evidences of a breakdown begin to appear.  
Those who wish to maintain their health and vigor  
and retain their energy should use Milburn's H. &  
Nerve Pills at this time of life.

**MODERN KITCHEN SINK  
IS GREAT ADVANTAGE****"BUMP ON A LOG"  
LACKS CHARM**

Mute Unresponsive  
Ones Act as Damper on  
Social Gathering.

(By Antoinette)

A woman under discussion was  
told off with the homely expres-  
sion: 'Nothing but a bump on a log!'  
She just sits, volunteering nothing,  
looking nothing, nothing in the way  
of expression, about as invigorating  
one might say, as a dead fish eye.

Is her company a strain? Just ask  
that group that was attacking her!  
We introduce her today as an ex-  
hibit of a charmless woman. She's  
been well educated. She managed,  
anyway, to win a perfectly good man,  
which indicates some intelligence,  
you will admit. One wonders how she  
holds him, she is so unresponsive, so  
mute. It may be an act, but a dumb  
one we call it.

We are speaking today of charm, in  
connection with being a charming  
guest. As has been mentioned before,  
one of the fundamentals of charm is  
the art of pleasing. Some women may  
please without any effort on their  
part, but most of us have to put our  
selves out a bit in this direction.

Why should any one woman think  
she's doing enough when she's had  
her hair done, her nails tinted and  
has worn her new frock?

We hear enough about the woman  
who won't be quiet, who monopolizes  
the conversation, every moment.  
Maybe the mute, unresponsive ones  
are not so many in number, but  
when they occupy a chair for an even-  
ing in your home and you're strained  
to the breaking point trying to bring  
them out, they seem a legion.

Anyway the moral is that if you  
want a place on an invitation list  
you must contribute more than a  
dumb presence. You are expected to  
add to the evening's pleasantness.

**Broadcast From  
C.N.R. Train Tonight**

(Special to The Daily Mail)

OTTAWA, April 3—The first na-  
tional broadcast to be made from a  
speeding train in Canada will be put  
on the air by the Canadian Broad-  
cast Corporation tonight from 9:30 to  
10 o'clock, EST. The broadcast will  
be made from Continental Limited,  
the crack Montreal-Vancouver train  
of the Canadian National Railways  
and will be one of the "Night Shift"  
series which have been carried  
weekly by the Canadian Broad-  
cast Corporation and which have  
aroused widespread interest, through-  
out the Dominion. There will be 42  
CBC stations in the hookup which  
will extend from Sydney, N. S., to  
Vancouver, B. C. For the purpose of  
the broadcast special short-wave  
transmitting sets have been installed  
at Limoges, Ont., and in a car which  
will be attached to the train. A  
special stop will be made at the Lim-  
oges station where R. T. Bowman,  
the commentator in charge of the  
broadcast will interview the engi-  
neer and fireman; he will then board  
the train and the remainder of the  
broadcast will be transmitted from  
the train while en route to Ottawa  
and will include interviews with var-  
ious members of the train crew and  
with passengers. The transmitters  
at Limoges and on the train will  
send the broadcast to CFEO at Ot-  
tawa, which station will relay it over  
the national chain of stations.

**ISLAND VIEW**

ISLAND VIEW, April 2—The maple  
honey season has arrived and sap is  
running well.

Clarence Pickard, of Fredericton,  
has returned home after spending a  
few days the guest of his grand-  
mother Mrs. T. C. Everett.

Mrs. H. H. Everett spent Easter  
holidays with relatives in St. John,  
returning home Monday evening.

Members of the congregation of  
the first Kingsclear Baptist church  
visited Rev. W. A. and Mrs. Harper  
at the parsonage, McKee's Corner,  
on Wednesday evening, presenting  
them with a set of dishes. A pleasant  
time was spent with games and  
music. Lunch and ice cream were  
served during the evening.

Miss B. Armstrong, teacher of Mc-  
Kinley Ferry school, spent the East-  
er holidays with friends at Rothesay.

Mrs. Lewis Jewett of Burden has  
been spending a few days with her  
daughter Mrs. Jas. Dunphy Jr.

Mrs. George Pitcher has returned  
from a visit with friends in Freder-  
icton.

Miss Ethel Burnett has returned  
home from spending the Easter hol-  
idays with friends in Fredericton  
and Devon.

Raymond Hallett has returned to  
his home after a visit with friends  
in Carleton county.

Harry Cliffe of Burden is visiting  
friends here.

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