

## ARTHUR F. BETTS

Plumbing and Heating

QUEEN STREET PHONE 512

## DR. G. R. LISTER

—: Dentist —:

Burchill-Wilkinson Building

QUEEN STREET : Below Regent

HARNESS  
OVERALLS  
WORK PANTS  
GLOVES

H. A. Burt

TEL. 1234

## Your's to Command

Open the door of the Master Plumber's Store and you open the way to modern plumbing comfort.

Consulting the Master Plumber gives you—in minutes—plumbing information that he gained only through years of experience and study.

See us about your plumbing and heating problems.

D. J. Shea

80 Carleton St. Phone 563-11

## HOSIERY

\$100 \$125 \$150

TO CLEAR AT  
69c

Selected from our stock, 500 pairs of discontinued shades of pure thread silk, silk and wool, and all wool Hosiery of the best makes, all full-fashioned. Regular \$1.00, \$1.25 and \$1.50.

Clearing At 69c

J. Stanley Delong

Phone 68-11 63 Carleton St.

Our Choice Line of  
Imported FabricsMeans  
DOLLARSSAVED AND LONGER WEAR  
TO YOU

ALEX. INGRAM

TAILOR

FREDERICTON, N. B.  
376 KING ST.

## ONE OUT OF EVERY EIGHT

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.

ACCIDENT &amp; SICKNESS INSURANCE

HOWARD H. BLAIR

68 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 464  
Fredericton Charlottetown Halifax Saint John, N.B.

## Fawcett Ranges

Make Warm Friends Wherever They Go.

FAWCETT FURNACES, CIRCULATORS and HEATERS have the same reputation. There must be a reason for this popularity.

See us if you need a Range or Heater

J. Clark &amp; Son, Ltd

"A Good Place To Deal."

...OF...

## Interest to Women

SPECIALIST CALLS THEM  
ECONOMICAL FOODSTUFFS

(By Marjorie Mills)

Take it from a famous specialist that "For economy, build your meals around milk and wheat. Milk is man's most important food." It is Dr. McCollum of Johns Hopkins University, Baltimore, speaking.

We've been preaching the gospel of more milk for economy for some time and what better time to rehearse our convictions than National Milk Week? It's also National Potato Week, and we'll try to do justice to both these universal staple foods this week.

What does milk do for you? Well, if you are a woman, you will be interested to know milk is exceptionally good for the complexion and healthy milk-drinkers invariably have lustrous hair and shiny fingernails. If you are a man or are interested in one, you will want to know that milk increases efficiency, vitality and energy. It's a great drink for a 'pick-me-up.' Children owe strong bones and teeth to milk.

Let's see what we can suggest among thousands of recipes to feature milk.

## Onion Milk Soup

1/4 cup butter  
1 cup thinly sliced onions  
1 quart milk  
1 teaspoon salt  
Pepper  
Rounds of buttered toast  
1 hard cooked egg yolk  
Dash paprika.

Melt the butter in saucepan, add the onions, cover and cook over low heat until tender. Add the milk, salt and pepper and allow to simmer for 10 or 15 minutes. Pour into soup plates and place a round of toast on each portion. Press the egg yolk through a sieve, mix lightly with the paprika and sprinkle on the toast. Serves six.

## Cheese Scallop

4 slices stale bread  
1 cup grated yellow cheese  
2 eggs  
2 cups milk  
Salt, pepper and paprika.  
Cut bread in small dice and place in alternate rows with cheese in a baking dish.

Beat eggs, add milk, salt and pepper, pour over bread and cheese, sprinkle with paprika. Bake in moderate oven, 50 degrees F., about thirty minutes.

## Milk Soup

2 tablespoons butter  
4 tablespoons flour  
Speck of sugar  
1 quart hot milk or milk and water mixed1 teaspoon salt  
Brown the butter, add the flour and salt and pour some of the hot milk over the thickening, stirring all the time. Add the rest of the milk. Season to taste. Serve with noodles or lumpings or other soup garnishes. Rye flour may be used in place of the wheat flour and one or two yolks of eggs may be added very gradually, just before serving.

## Old Fashioned Ginger Bread

2 cups molasses  
1/2 cup shortening  
1 cup hot water  
1 large teaspoon soda  
1/2 teaspoon ginger  
1/2 teaspoon salt  
Flour

Mix as soft as possible to handle easily. Roll out to 1 1/2 inch thick. Cut in squares, rectangles or any other shape. Bake on greased cookie sheet in quick oven, 425 degrees F. Eat warm or cold with or without butter.

## Caramel Nut Custard Pie

1/4 cup sugar  
1/4 cup boiling water  
3 eggs  
1-3 cup sugar  
1/2 tablespoon melted butter  
1/2 teaspoon salt  
1/2 teaspoon vanilla  
2 cups milk  
1/2 cup broken nuts

Caramelize the one-quarter cup of sugar, add boiling water and cook until caramel is dissolved, cool. Beat eggs well, add one-third cup sugar, butter, salt and vanilla, milk and caramel. Pour into pastry lined pan, bake 10 minutes in hot oven, 425 degrees F., and bake until custard sets.

## Corn Chowder

1/4 cup diced fat salt pork  
1 onion, sliced  
1 cup diced potatoes  
1 cup canned or cooked corn  
2 cups boiling water  
Salt  
2 cups milk  
4 Pilot crackers  
Few grains pepper  
Cook the salt pork in a large aluminum saucepan over a low heat until the fat is extracted, add the onion and cook until the onion is yellow, add the corn, potatoes, water and salt, boil until potatoes are tender. Add milk and reheat. Season. Pour over crisp crackers or crumble the crackers over the soup just before serving.

## Chocolate Meringue Pudding

2 cups brown sugar  
5 tablespoons grated chocolate  
5 tablespoons grated bread crumbs  
1/4 teaspoon salt  
1 quart milk  
4 eggs, separated  
1-3 cup sugar

Place brown sugar, chocolate, salt and crumbs in double boiler top. Cook until thickened, add slightly beaten egg yolks, turn into a buttered pudding pan. Cover with a meringue made of the beaten egg whites and sugar. Bake 20 to 25 minutes in a moderate oven, 325 degrees F.

## Pineapple Egg Nog

1 egg  
2-3 cup milk  
1/4 cup pineapple juice  
Few grains salt, nutmeg.  
Beat egg, milk and pineapple juice and salt thoroughly. Pour into tall chilled glasses and sprinkle nutmeg over top.

## Try Salada Orange Pekoe Blend

"SALADA"  
TEAHOBBIES FILL THE GAP  
IN THE LEISURE HOURS

(By Arthur Dean, Sc.D.)

Nothing gives me more pleasure than to see the increasing interest in hobbies. There are still some folks who hate themselves so much that they can never be alone. Some are at a loss to know what to do with their leisure. Some never seek the opportunity to be themselves.

A hobby can do wonders in keeping young children out of mischief. It can give adolescents ideas about various vocations, keep them interested in staying at home, instill in them habits of wise use of leisure, and broaden their outlook on life.

Hobbies for older people take them out of themselves, make them forget some of the bitterness of life, restore to them lost talents and bring back the gift of second youth.

I want everyone to be interested in a hobby. It is a lifesaver at all times, troublesome or otherwise. Many doctors are taking up sculpture or painting; many writers are trying to paint 'just for the fun of it.' Many office workers and clerks are taking up gardening. Remember that a man is not known by the company he keeps any more than he is known by the hobby he plays around with.

Don't let any one laugh you out of your pet hobby. One of my writing friends was laughed at for his attempts at painting pictures, but the laugh is now on those who ridiculed him, for he has sold a picture at the highest price, brought at an important sale. Benjamin Franklin had hobbies and the brought him everlasting fame.

Never laugh at your child's hobby. Encourage it. Invest in it. For all you know it may save his moral life. It may quicken his intelligence and interest in things. It may lead to a vocation.

Husbands with hobbies need no nitching posts. A hobby riding wife never says, "Oh, I wish I were dead! Shut up in this old place with nothing to do but scrub and dust from morn 'till night!"

If it were not for my special hobby and my work I know that I should be a most unhappy person. Some people can forget their troubles in drink even if they cannot drown them with an alcoholic bath. Some can throw off the load by letting others bear the burdens. Some can make life miserable for others and gain pleasure in it.

Here is a list of hobbies: Butterfly collecting, model boat making, corset poindence with strangers, making bird houses and feeding boxes and studying birds, collecting funny papers, burnt wood etchings, collecting stones, riding horseback, private library, water plants, entomology, raising fish, woodcraft, strange plants, scouting, swimming, arrow heads, autographs, scrapbooks, poetry, hiking, baseball, shooting, reading gardening, model airplanes, coin collecting, fossils, stamps, music, drawing, fishing, diary minerals, aviation, sailing, pets, camping, photography, amateur science, microscopic study, magic, bee-keeping, archery, fencing, boxing, astronomy, chemistry, electricity, astrology, marionettes, cartooning, acting, sculpturing, writing poultry or fruit raising, embroidery, quilt patchwork, home decoration; rug hooking.

## We're All Liars

"My boy tells lies and I want to cure him. How is the best way to go about it?"—Ed harassed.

My leaflet of instruction on "Children's Lies" will help you. Bear in mind that children—and adults—lie for self-protection.

I know a boy who told the truth for

BOY  
SCOUT  
NEWSThe Shadow of George Washington  
and His Hatchet

The shadow of the hatchet in the ghostly hand of George Washington "when he was young," as Mark Twain would have said, gave leaders of the big Scout Jamboree in Washington some concern this summer. Shortly before the 28,000 boys were due to arrive in the capital, camp headquarters was called by phone, and a much concerned feminine voice on behalf of a committee of ladies, implored the Scout officials to do all in their power to prevent the boys chopping the trees with their Scout hatchets. A somewhat similar appeal came from the office of the Fine Arts Commission on behalf of Washington's monuments and public buildings. So there was a final enjoyed laugh at the Scout Jamboree headquarters, after the last boy had left, when the committee of ladies and the Fine Arts Commission called with the good news that not one sign of damage had been found anywhere. A difficult question was left, however: Whether American Boy Scouts do not know their history, or whether they beg to doubt the authenticity of the cherry tree story, or whether, with respect to trees and hatchets they presume to be more moral than the great Father of their country. Whichever way, a difficult decision!

self-protection and got into trouble for it.

"Won't you shake hands with me, Bobby?" asked his sister's head. But Bobby hung back, declaring with terrible frankness, "I don't care to."

"Don't you like me?" persisted the young man.

"No, I don't. The family was shocked."

"Bobby!" exclaimed his mother reproachfully, as she withdrew him from the public gaze, "why did you say such a rude thing to Mary's young man?"

"Because, mother," said her wriggling prisoner, "I got spanked last week for not telling the truth; I'm not taking any risks again."

FREE  
LOCAL  
DELIV-  
ERY

## FRESH FRUITS AND VEGETABLES

Grapefruit  
Full-Of-Juice

Jamaica

Good Size 25c

4 for 25c

Medium 25c

5 for 25c

Large 25c

4 for 25c

Extra Large 25c

3 for 25c

Extra Large and Pink 10c

Each 10c

Marsh Seedless 10c

Each 10c

## ORANGES

Full-Of-Juice

Jamaicas

Med. Size 29c

Dozen 29c

Large Size 43c

Dozen 43c

Dom. Seedless

Extra Large 69c

Dozen 69c

South African

Large Size 43c

Dozen 43c

Sunkist

Small Size 39c

Dozen 39c

## Week-end Specials

## GRAPES

Fancy Emperors

Per Pound 10c

## BANANAS

Fancy Ripe

FOUR Pounds 25c

## APPLES

Good Cookers

Per Peck 20c

## LEMONS

Fancy New Crop

Per Dozen 33c

## LETTUCE

Iceberg, Large Head

Per Head 10c

## CELERY

Fancy Imported

Prices 10c and 15c

## MUSHROOMS

Per Package 19c

## ONIONS

Cookers

TEN Pounds for 25c

## HOME-CANNED TOMATO JUICE

Special

THREE TINS FOR 25c

## Imported

Tomatoes

Fancy Ripe 19c

Pound 19c

Spinach

Fresh Green 25c

2 Pounds 25c

Sweet

Potatoes

Per Pound 5c

Green

Beans

2 Pounds 35c

Cukes

Each 10c

Onions

Spanish

3 Pounds 25c

Melons

Honey-dew

35 CENTS and 40c

Pears

Dessert

Dozen 50c

Olives

Ripe Pickled

Pound 30c

KEYS FRUIT MARKET

72 YORK STREET