

**Wear a Corsage  
— TO —  
Match Your Gown  
— AT —  
the Ball**

Let us help you to look your best at the coming dance and parties.

**BEBBINGTON'S  
GARDENS**  
PHONE 254  
834 CHARLOTTE ST.  
"The Home of Beautiful Flowers"

**95c**

**PERMANENTS  
Electric Dressing  
Hair Dyeing**

**Parisian Beauty  
Parlor**

MADAME JAC. VERMEEREN  
Phone 908-11 337 King St.

**IT'S TIME  
to think of  
Mitts, Gloves and  
Hunting Jackets**

You can be Sure of  
the Best for Less in

OVERALLS, WORK PANTS  
and  
HORSE BLANKETS

at our place

**H. A. Burt**

TEL. 1234

**Headquarters For  
Wabasso Goods**

OUR WHITE SALE IS NOW  
IN FULL SWING

100% and Free Hemming

Bleached and unbleached sheet-  
ing in all widths.

PILLOW COTTON, 40 x 42 in-  
BATH TOWELS  
ROLLER TOWELING  
PILLOW SLIPS  
SHEETS, ETC.

**J. Stanley Delong**  
Phone 68-11 63 Carleton St.

**Do It  
Now ...**

The earlier you start on the  
right road to advancement the  
farther you will go. Get the best  
commercial training while it is  
easy for you to do so, rather  
than postpone it until later and  
be forced to acquire it under  
difficulties.

Write for full information re-  
garding our Business Courses.

**FREDERICTON  
BUSINESS  
COLLEGE**

F. B. OSBORNE, Principal,  
Fredericton, N. B.

**POULTRYMEN**

CALL AND SEE THE NEW

**Model Incubators and Brooders**

This hot water incubator is made in many sizes from 75 egg  
to 2,800 egg electric.

The popular models are priced as follows:

	Depth	Length	Weight	Price
150 egg	28 1/2"	23"	115 lbs.	\$21.00
250 egg	33 1/2"	40"	125 lbs.	27.50
300 egg	39 1/2"	33"	130 lbs.	30.00
450 egg	39 1/2"	57"	185 lbs.	36.00
600 egg	52"	54 1/2"	220 lbs.	46.50

MODEL BROODERS—COAL BURNING—1,000 CHICK, \$17.00

Ask for a copy of the 50th annual catalogue put out by the Model  
Incubator Company.

**J. Clark & Son, Ltd.**

FREDERICTON, N. B., AND BRANCHES

... OF ...

## Interest to Women

### DESSERTS ARE NOT THE LIMITS FOR GELATIN IN ITS NEW USES

**There Are Salads, and Jellied Chicken Loaf and  
Molded Sea Food, Among the Dishes Not So  
Difficult of Preparation**

(By Edith M. Barber)

When I was a little girl, there was always much discussion in regard to the choice of desserts. We were allowed to choose, in turn, our favorites. The one upon which we all agreed and which usually appeared on the table at least once a week was known in our household parlance as "shaky."

For your information it was merely lemon jelly which had been molded, then cut into squares and piled in a glass bowl. It was topped with whipped cream and garnished with cherries, if there was company. Coffee jelly was another favorite, and for party use or for a pampered convalescent, sherry might be used as a flavoring. We were much impressed when a kindly neighbor arrived one day bearing gifts designed especially to tempt the appetite of a recovering invalid. An orange had been halved the pulp removed and replaced by a wine jelly. After this was set, the two halves were put together again and tied with blue baby ribbon.

Today we have discovered so many new uses for gelatin, in its flavored or unflavored form, that we do not limit its use to desserts. The clear jellied salads or those of the mousse type when used as a foundation for meat and vegetable combinations of ten serve as main luncheon dishes. A ring of tomato jelly or of that gelatin with a meat-like flavor is attractive to both eye and palate when filled with a vegetable, meat or fish salad. A jellied mixture of crabmeat or chicken with mayonnaise and whipped cream may be molded, chilled, and turned out on a platter and garnished with lettuce, sliced tomatoes and green pepper. A molded cheese jelly may furnish the central note for a buffet platter. Stuffed, hard-cooked eggs, cold sliced ham or sardines, tomatoes stuffed with a meat or fish salad may be arranged on lettuce leaves around the mold.

While jellied soups, since their use has been initiated, have been considered hot weather specialties, a number of restaurants are offering them throughout the year. Molded fish is also served as an appetizer. Sometimes a glaze of gelatin is used as a final touch for a cold appetizer.

Among the newer uses in which gelatin has a part at dessert time is in the chiffon pies, which have become so popular in the last few years. Fruit, chocolate, coffee or even pumpkin are combined with eggs and whipped cream and bound together with a small amount of gelatin before the mixture is poured into a pastry shell. The fillings are merely variations of whips, Bavarian or Spanish creams, Charlottes or mousses which we know in molded form. There has never been any real line of demarcation among these desserts. Generally a whip is made by beating partially set gelatin of any flavor and folding in beaten egg whites into this. Most recipes for Spanish cream call for yolks as well as whites of eggs. The Bavarian creams, mousses and Charlottes, usually have egg whites or whipped cream, sometimes both, and occasionally egg yolks are used with them. Whatever you call them, the desserts of this sort furnish a light and delicate finale to a meal.

**Jellied Chicken Loaf**

2 tablespoons granulated gelatin  
1 cup cold water  
1 onion  
1 stalk celery  
2 cups stock, well seasoned  
2 cups chopped cold cooked chicken  
1-3 cup pimientos, cut in thin strips  
1 tablespoon minced parsley

Soak gelatin in cold water about five minutes. Add sliced onion and chopped celery to the stock and bring to the boiling point; strain and pour over the soaked gelatin. Cool and when mixture begins to stiffen, add chicken, pimientos and parsley. Turn into a wet mold and chill. Unmold on platter and garnish with watercress.

**Shrimp and Ripe Olive Salad**

1 package lemon-flavored gelatin  
1 cup boiling water  
1 cup cold water  
1/2 teaspoon salt  
3/4 cup shrimps, cut lengthwise  
3/4 cup ripe olives, sliced  
Dissolve gelatin in boiling water, add cold water and salt. When gelatin begins to thicken, add shrimps and olives. Put in small ring mold. Chill until firm; unmold on round dish and garnish with lettuce and mayonnaise.

**Molded Sea Food**

3/4 tablespoon gelatin  
2 tablespoons cold water  
1/2 cup celery, cut fine  
1/4 cup pimento  
1/2 tablespoon sugar  
1 teaspoon salt  
1/2 tablespoon flour  
1 teaspoon mustard  
Cayenne  
2 egg yolks  
1 1/2 tablespoons melted butter  
3/4 cup milk  
1/4 cup vinegar  
2 cups lobster or crabmeat  
Cucumbers  
Sour cream dressing

Soak gelatin in cold water five minutes. Add celery and pimento. Mix dry ingredients, add egg yolks, butter, milk and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatin mixture and stir until dissolved. Pour over fish and mix well. Fill mold; chill in refrigerator several hours, and serve with cucumbers dressed with sour cream dressing.

**Tomato Aspic Salad**

2 cups tomato juice  
1 package salad gelatin  
1/2 teaspoon Worcestershire sauce  
Heat one cup tomato juice to boiling. Pour over salad gelatin and stir until dissolved. Add remaining tomato juice and Worcestershire sauce. Pour into mold and chill until firm. Unmold and garnish with lettuce and mayonnaise.

**Chocolate Chiffon Pie**

1 tablespoon granulated gelatin  
1/4 cup cold water  
1/2 cup sugar  
2 squares melted chocolate  
1 cup hot milk  
1/2 teaspoon salt  
1 teaspoon vanilla  
1 cup cream, whipped

Soak the gelatin in water five minutes. Make a syrup of the sugar, chocolate, hot milk and salt. Add the softened gelatin to this mixture, stirring thoroughly. Allow to cool, add the vanilla, and as the mixture begins to thicken, fold in the whipped cream. Fill a baked pie shell with this mixture and chill. Before serving garnish with whipped cream.

**Fruit Whip**

1 package strawberry gelatin  
1 cup boiling water  
1 cup canned cherry juice  
1 cup white cherries, stoned  
6 marshmallows, cut in pieces.  
Dissolve gelatin in boiling water. Add cherry juice. Cool. When gelatin is almost set, beat to very stiff froth. Fold in fruit and marshmallows. Pile in glasses. Chill.

**Bavarian Cream**

1 tablespoon granulated gelatin  
3/4 cup milk  
1-3 cup sugar  
Salt  
1 teaspoon vanilla  
1 pint heavy cream, whipped

Soak gelatin in milk five minutes and dissolve over hot water. Stir in sugar and salt. Cool, and when mixture begins to thicken, add vanilla and fold in whipped cream. Pour into mold and chill until set. Serve with crushed fruit or with chocolate or caramel sauce. Variations: Use strong coffee instead of the milk. Fold in one cup crumbled macaroons with the cream. For chocolate Bavarian cream, melt two squares of chocolate in the milk.

**DR. G. R. LISTER**  
: Dentist :  
PHONE 531-11  
Burchill-Wilkinson Building  
QUEEN STREET : Below Regent

## BOTANICAL NOTES FOR JANUARY

(By E. W. Hart, Central Experimental Farm, Ottawa)

Nature, in all her phases and especially that of plant life, may be studied all the year round with much pleasure and profit.

Vegetable life is apparently fast asleep, but there is underground a wonderful work in progress unseen and unheeded, while the keen eye of the outdoor lover of plants, and observer of their wonderful ways and changing moods, can discern, among many other phenomena, the envelope containing the floral organs making preparations for the great pageant of spring. For example and experiment, cut a twig of lilac, place it in water in the house, and see how soon the buds will burst into leaf.

January is a month of cold, sharp, sunny and crystal air. The evergreen trees are laced with silver frost, or every leaf is coated with transparent ice, shimmering and scintillating in the sun. This superb sight is not easily effaced from the memory of those who can fully enter into the spirit of the winter fairyland when:

"The saddest heart might pleasure take  
To see all nature gay."

Cowper said that:  
"The earth was made so various, that the mind

Of desultory man, studious of change  
And pleased with novelty, might be indulged."

The poet was possibly inspired by the fact that each and every month has associated with it a charming individuality all of its own; some event takes place which is peculiar to one month only. This month is associated with the plants and cut-flowers which play so prominent a part in the New Year's Day festivities in almost all homes:

"But garlands wither; festal shows depart  
Like dreams themselves; and sweetest sound  
(Albeit of effect profound)  
It was—and it is gone."

As Wordsworth quite truly says—garlands do wither—but with care and attention the lives of both cut-flowers and not-plants may be considerably prolonged in spite of the vitiated atmosphere caused by hot-air

heating or otherwise of the average home.

Plants exhale water or vapour by their leaves and stems. The medium in which the plant is placed greatly influences the function of exhalation. If the air is very dry, the exhalation is abundant and rapid. It is less active when the air is charged with humidity; it increases as the temperature rises. The results of the perfect equilibrium which exists between the absorption of water and the exhalation is proof of a normal state of healthy vigor in the plant. If the exhalation exceeds the absorbing powers, the plant must fade, and if allowed to persist, will die.

Cut-flowers—a bunch of American Beauty Roses for example—will retain their original freshness and fragrance for only one or perhaps two days, if the exhalation exceeds the absorbing powers. Therefore as much of the stem of each bloom as is possible should be kept under water; the flowers should never be arranged in a shallow bowl with a maximum amount of each stem exposed to the air. This practice is artistic and pleasing, but at the expense of the life of the flowers.

Once or twice during the day the flowers should be sprayed with fresh water, using a sprayer of the flytox type. The water in the vases should be changed each day, and the ends of the flower stems cut. To give the flowers extra long life, totally immerse them, including the blooms, in a pail of water each night.

Pot-plants, especially ferns, will last for years with a little attention. The soil should be kept reasonably moist, neither soaked nor sodden. Feed the plants periodically, and as directed, with some artificial plant food of repute, and spray once or twice weekly.

The florist, it is feared, is unjustly blamed, when flowers fade and quickly die after they pass from his care.

In the fourteenth century Petrarch said that "A small present may be the testimony of a great love." If such is the case today, surely a little care and attention is due to that floral present, if only out of compliment to one whose kindly thought, and who knows? great love may have inspired the gift.

## AIR MUST BE KEPT MOIST TO RELIEVE ACUTE LARYNGITIS

(By Dr. James W. Barton)

You do not hear or read so much now about "clergyman's sore throat." This condition is called laryngitis because it is an inflammation of the lining or mucous membrane of the larynx or back part of the throat in which is situated the vocal chords, stretched across the windpipe or trachea. The causes are believed to be (a) exposure to cold and dampness; frequently the "common cold" in nose and throat extends down this far; (b) overuse of voice; (c) excessive dust or irritating odors; (d) excessive alcohol or tobacco.

There is a feeling of irritation and "tightness" in the throat, the voice is husky and hoarse, dry cough, difficult breathing, slight fever. The treatment is simple but must be carefully followed if quick results are to be obtained.

The patient should remain in a

warm room with pans of water about to moisten the air, the voice should not be used unless in a whisper, no use of telephone, and Epsom salts should be given to cleanse the blood no alcohol or tobacco.

Some physicians advise an ice collar but hot towels are advised by others; both get results by stimulating the circulation.

The use of the hot foot bath is again being advised by physicians as it stimulates the circulation and gives heat to the body more effectively than any other single physical method.

The old fashioned friar's balsam—tincture of benzoin compound—is still used in hospitals and homes. A teaspoon of friar's balsam is put in a jug or other container and a quart of boiling water is poured on top of it. Formerly a towel was placed on the patient's head and he breathed in the steam laden with healing friar's balsam. As this caused some discomfort, perspiration about the head and the possibility of a further cold when the towel was removed, a simpler method is now in use. The opening of the jug is covered with a towel; a piece of paper a foot long is rolled in the form of a tube and put through an opening in the towel to reach the steam but not the liquid in the jug. The patient draws the steam up into the mouth and lets it out through the nose. This steam should be inhaled for five or ten minutes, four or five times a day.

## Dr. DeVan's Pills

A reliable feminine hygiene regulator,  
on sale in Canada for over thirty  
years. Price five dollars. For sale at

## Ross Drug Stores

## ARTHUR F. BETTS

Plumbing and Heating

QUEEN ST. PHONE 515

## Dr. B. R. Ross

DENTIST

HOURS:—

9-6 or by APPOINTMENT.

404 Queen Street.

**THE KING OF INDOOR  
SPORTS**

**BILLIARDS**

It cultivates the mind, an  
equable disposition, and im-  
proves the physical condition.  
It Spells Health, Entertain-  
ment and Skill.

**The Maritime  
Billiard Hall**  
415 KING STREET  
One Door Below York St. Store

**HAWKINS FRUIT  
&  
PRODUCE CO. LTD.**

WHOLESALE DISTRIBUTORS  
FRESH FRUITS  
and  
VEGETABLES  
PHONE 313  
NORTH DEVON

## Household Goods

APPLIANCE BARGAINS

The Wallglow Shower for the  
Bathroom—installed ... \$34.50

T N One-Piece Water Closet  
Beautiful, Silent  
Installed ..... \$65.50

Vitrious Chins Pedestal Lava-  
tory, installed complete. Just  
what you need to replace the  
old fixture ..... \$45.00

Bath Mats, Bath Sprays, Bath  
Tub Seats, Rubber Mats, Plum-  
ber's Force Cups, and Accessor-  
ies at low prices.

**D. J. Shea**

80 Carleton St. Phone 553-11

**We C-R-O-W about  
our Chicken Dinners  
every SATURDAY  
and SUNDAY at the  
NU-PALMS**

Special 30c Dinner  
served DAILY from  
12-2 p.m.

**THE  
NU-PALMS**

## INSURANCE HOWARD H. BLAIR

RELIABLE BRITISH and CANADIAN  
COMPANIES

PHONES — Office 291  
Residence 345-11

68 YORK  
STREET

YOU CAN REST ASSURED

## FIRST CLASS GROCERIES

MEATS AND FISH

Slipp & Flewelling Sausages

Always in Stock

TRY US WITH YOUR NEXT GROCERY ORDER

**HAROLD YERXA'S**

89 YORK ST.

PHONE 305

## 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 in-  
come—Increase Purchasing Power—Create  
Permanent employment and prove the great-  
est benefit to general business. A list of  
carefully selected offerings will be forward-  
ed on request.

## IRVING, BRENNAN & COMPANY, LTD.

J. G. BADCOCK, Manager.

Fredericton Office, Suite 1, Loyalist Building  
Fredericton Charlottetown Halifax

Phone 454  
Saint John, N.B.

## CORN BEEF and CORN PORK

PICKLED FIDDLE HEADS

Something Different.

## YORK MEAT MARKET

QUALITY AND SERVICE

135 YORK STREET

PHONE 592.

**RED ROSE**

**TEA** "is good tea"

and only fine quality tea  
is really good.