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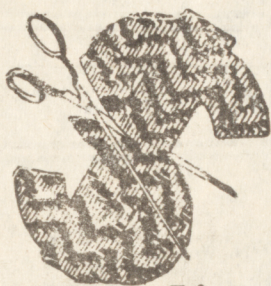
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Interest to Women

WELCOME BACK, COUNTRY SAUSAGE

Now Is Revived The Old Question, "What's Best: Link Sausage or Sausage Meat?"

(By Edith M. Barber)

There are so few seasons as far as foods are concerned these modern days. For this reason, we are ready to give a royal welcome to any one of them which takes a vacation and then returns to the market. Country sausage, varieties of which are now with us again with the cooler weather, will get a special greeting from the business woman housekeeper. She will not let the fact that sausage is generally considered a breakfast specialty deter her from putting it on the menu for the evening meal.

There is always discussion as to whether link sausage or sausage meat which can be formed into cakes for cooking is the most desirable. Actually it is a matter of taste. Most of us are more interested in the way the meat is seasoned in its making and will choose after various trials the one which has the most taste appeal. Whichever kind is chosen, the method of cooking is important. I get the best results by one of two methods. I either bake the sausage in an uncovered pan in the oven or I cook it in a covered pan on the top of the stove over a slow fire. Either method prevents shrinkage and bursting of the links which need not be pricked.

Apples are closely associated with sausage. Sliced apples may be fried in some of the fat taken from the

pan as the sausage cooks, or they may be baked separately with only a small amount of sugar. Some people think that potatoes should be in mashed form when served with sausage. Instead of potatoes, you may like to provide griddle cakes or waffles, even if the meal will then duplicate breakfast more completely.

Sausage with Poached Egg

6 English muffins
½ pound sausage meat
6 eggs
1 cup tomato or mushroom sauce
Split the muffins and spread with the sauce. Place under the broiler for five minutes. While broiling poach the eggs and place an egg on each muffin. Pour tomato or mushroom sauce over them and serve at once.

Savory Sausage

Cook small sausages until they are light brown. Remove from pan, pour off all but two tablespoons of fat and add one tablespoon butter, two tablespoons minced celery and one-half cup tomato catsup, to three-fourths pound sausage). Stir until hot and serve with sausage on buttered toast.

Quick Meal

Vegetable soup
Sausage
Mashed potatoes Fried apples
Lettuce salad Pickle dressing
Crackers Cheese Coffee

WHO CAN BE A DIETITIAN

Here, In Brief, Is A Summary Of Qualifications As Approved By The Dietetic Association

(By Edith M. Barber)

Dietitian! The word is so new that it is not to be found in all the abridged editions of dictionaries. In some, the preferred spelling is dietician, although the members of the profession all use "t." At Richmond this week, by the way, the American Dietetic Association will hold its 20th annual meeting. At one of the sessions Dr. W. T. Sanger, president of the Medical College of Virginia, has chosen as his subject "The Importance of the Trained Dietitian."

Because I have had in the last few months several inquiries as to what training is necessary for the dietetic profession, it may be well to state that every member of this association must have a B.S. degree with specified courses in nutrition, chemistry and the other sciences as well as courses in food preparation and selection. All graduates who plan to become hospital dietitians must have courses in hospital administration, and serve six months as student dietitians in hospitals where courses have been approved by the American Dietetic Association. Only students of accredited colleges are accepted for these courses.

There are, however, teachers, food writers, social workers and home economics women who have entered the business field, eligible for membership in this association. They must, however, have just as much scientific training and a certain amount of practical experience to obtain this membership. It is needless to say that I am proud that I am among the chosen.

It should be noted that no course which guarantees to turn out dietitians in one year should be considered by any one who wishes to earn a living through a profession. Hospitals and other organizations which employed trained women use the standards of the American Dietetic Association.

Mushroom Sauce

2 tablespoons butter
1 cup sliced mushrooms
1 teaspoon minced onion
2 tablespoons flour
½ teaspoon salt
Pepper1 cup milk and mushroom stock
Melt butter, add mushrooms and onion and cook in butter five minutes. Stir in flour and seasonings and when well blended, add milk and mushroom stock, stirring over a low flame until smooth and thick. The mushroom stock is made by cooking the tough portions of the stems in water.

Mexican Salad

½ cup olive oil
1 clove garlic or 3 slices onion
1 cup diced bread
½ cup diced celery
1 pimento
1 cup sliced potato
½ cup sliced onion
½ cup finely shaved raw carrot
2 tablespoons green pepper
1 cup cooked beans
1 teaspoon salt
1 teaspoon chili powder
2 tablespoons vinegar

Heat one tablespoon of olive oil and add the clove of garlic or three slices of onion. In this cook the diced bread until light brown. Remove garlic and add the rest of the oil, the vegetables seasoning and vinegar. Serve in a large salad bowl with lettuce or water cress.

BEAUTY'S THREE ARCH-ENEMIES

Keep Care of Neck, Hands and Eyes In Mind If You Would Be An Attractive "40"

(By Antoinette)

No one is arguing today for a woman to try to look 25 if she's 40. Women are too familiar with the 'frankly 40' honors of the day. But it is only the woman, you'll notice, who looks the youngest kind of a 40, who unblushingly confides her four decades and more.

But no bad necklines will you begin among them. No baggy, wrinkled, dark-shadowed eyes. And hands that are magnificent in care.

From 20 on, keep that trio in mind.



We have private doubts, however, if 20 ever sees 40 as other than the age at which to stop struggling and sit in the corner. We may be wrong. Necks and eyes and hands are not youth's beauty problem. But 30 may look forward to 40 with an eye to maintaining it at as young a level as can be arranged.

Don't assume that neck care begins and ends with massage only. Begin at 30 getting into neck exercise habits. Just a couple of minutes morning and night before the skin food application. Men are freer of double chins and crepey underchins, because in daily shaving their heads go up, down, moved from side to side.

You know what to do with your eyes to preserve their youth and beauty and with your head, too. But keep the destructive triumvirate in mind as what may be awaiting you if you don't.

Latest Styles In Velvets

Miss Merle Oberon has just chosen three evening dresses that are very different in style, and it is hard to say which is the most becoming to her.

One dress is made of sapphire blue velvet with an Empire décolletage, the top of the bodice forming a wide band gathered on to a drawstring at top and bottom. The skirt begins to grow wider from the waist down, but is only from a point a little above the knees where it really breaks into flounces, flounces of blue mouseline de soie that immediately make one think of waltzes, and Blue Danubies, and whirling round and round on a ballroom floor.

Brown velvet and filmy white lace as fine as a cobweb forms a striking combination for the second dress, where a corselet of the velvet makes a small waist ever smaller and where the wide band of velvet edging the skirt is encrusted so as to follow the pattern of the lace. Here again the skirt is wide, the weight of the velvet at the hem making it fall in long supple folds.

Velvet again for the third dress; the skirt here is clinging with fullness in front only, in the Egyptian style that Madame Maggy Rouff finds so becoming. A wide belt of penter skin is the only trimming, and the colour of the velvet is a deep ruby red, like a roseleaf.

THEN AND NOW

It used to be buzzy-rides
Walks in the moonlight—
Now it is speed!
It used to be perfumes
Of rose and of lavender—
Now it is "Tweed."It used to be fashions
Just suited to maidens
Both modest and shy!
Now it is shorts and slacks
Overalls—sun-tanned backs
Then it was grandmother—
Now it is I!
—Marguerite C. Tuthill.

FREDERICTON JUNCTION B.Y.P.U.

FREDERICTON J.C.T. Nov. 15—Last night's B.Y.P.U. was the best attended of the season, 40 being present, including six visitors and 34 of the 35 membership enrolled. Group B led by Catherine Alexander gave the programme. Among those who took part were Rosie Redstone, Lois Shearer who presided, Mary Alexander, Principal M. P. Boone, Norman Artes, Margaret Seeley, Andrew Dolan, Floris Nason, Mrs. Lance Allen, Catherine Alexander, Melita Ball, Ivy Tracy and Rev. B. G. Linton who gave the principal address. The Union voted \$10 to the Maritime B.Y.P.U.

Kathleen Stokes Will
Give Organ Recital
This Evening

Kathleen Stokes will be heard in another organ recital on Wednesday, November 17, at 8:45 p.m., AST over the CBC national network. Miss Stokes will feature on this date George Gershwin's world famous composition, "Rhapsody in Blue". Other selections to be presented will be "Don't You Know Or Don't You Care", by Sammy Fain; "My Moonlight Madonna", by Fibich, and "You and I Know," by Arthur Schwartz.

Ask Your Husband to Help You
END A COLD Quicker

Of course, you can really do most of this yourself. But he'll gladly help you end the misery of your cold.

Massage VapoRub briskly on the throat, chest and back (between and below the shoulder blades). Then spread it thick over the chest and cover with warmed cloth.

Already, your VapoRub has begun to bring relief—two ways at once:

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This combined poultice-and-vapor action eases the breathing—loosens phlegm—relieves irritation—helps break congestion.

While you relax into comfortable sleep, VapoRub's two-way treatment keeps right on working. Often, by morning the worst of the cold is over.

Now White—Stainless

Thanks to a new process, VapoRub now comes to you in white stainless form. Only the color is removed; it is the same VapoRub—the same formula and the same effective double action.

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There is something in knowing how to make cigarettes.

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Of course you'd like to get a useful, serviceable Aluminum Whipping Spoon absolutely free. Any thrifty housewife would. And it is yours as a gift when you buy your next pound tin of Barbour's ACADIA Baking Powder. One reason why Barbour's ACADIA Baking Powder is the choice of so many experienced cooks is its double-leavening action—first, in the mixing bowl and again in the oven, ensuring lighter, fluffier cakes and biscuits. Bake with Barbour's ACADIA to-day. Your grocer has it. And—while they last—you will receive free with every pound tin an attractive Aluminum Whipping Spoon.

Both for 25 CENTS!