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WARNING!

Your plumbing should be installed as a preventative against sewer gas and its subsequent results, such as typhoid, scarlet fever, etc., coming as they do frequently from no apparent cause, as far as modern science will permit. Every owner should weigh these facts well, and make himself familiar with the dangers arising from poor installation, as the smallest leak will cause sickness and often death.

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WHOOPS—DOWN HE GOES! Broken bones are bad enough, but WORRY about loss of earning power, hospital and medical bills and increased household expenses cause far greater suffering. . . .

ACCIDENT INSURANCE . . . cannot prevent accidents, but it will eliminate financial worry and keep the home fires burning.

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**A MESSAGE TO
INVESTORS IN THE
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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.

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...OF...

Interest to Women**OLD FASHIONED PEARL TAPIOCA MAKES
A DELICIOUS PUDDING****Either Apple or Cream Recipe Will Produce A
Dessert To Tickle the Palate**

(By Frances Blackwood)
"Please tell me," comes the plea, "a recipe for pudding, using the old fashioned pearl tapioca."

Of course there are a great many tapioca puddings, but apple tapioca is good to start on.

You will need ½ cup of pearl tapioca, 4 cups of boiling water, ½ teaspoon of salt, ½ cup of sugar, brown or white (maple sugar is very good too), the grated rind and juice of one lemon and 6 or 8 small apples.

Wash the tapioca well and let it soak. Then drain and cook in boiling water until transparent. Add the salt and lemon rind and stir in half the sugar.

Pare the apples. Core or slice as you prefer. Arrange them in a buttered baking dish and fill the centres with the remaining sugar (or sprinkle sugar over slices). Sprinkle with the juice of the lemon. Pour the tapioca mixture over all and bake in a moderate oven until apples are tender. Cut a teaspoon of butter into

tiny slivers and dot these over the pudding just before taking from the oven.

Another pudding that used to be an old favorite is cream tapioca. For this soak half a cup of well washed pearl tapioca in warm water, just enough to cover it, for three hours. It should absorb most of the water. Then pour over it 3 cups of sweet milk into which 3 well beaten egg yolks have been stirred with ¾ cup of any type of sugar that you like.

Stir in a dash of nutmeg and ½ teaspoon of salt. Put all this in top of double boiler over boiling water and cook, stirring as needed, until mixture is as thick as a good custard. Put in a buttered pudding dish. Set in a slow oven for ten minutes.

Beat whites of the eggs stiff, then gradually beat in 6 tablespoons of sugar. Drop this meringue thickly and roughly over the pudding and return to oven to brown delicately and serve cold with cream or any sauce desired.

RED MENU FOR VALENTINE PARTY**Red-Hued Foods Enhance Spirit of Seasonal
Merriment**

(By Marjorie Mills)
What colors do you usually think of when you're starving hungry? Isn't it red? Think of the red juices of a heavy beef roast done to a rare perfection. Think of the gay red of ripe tomatoes and then go on to dessert time. What about ripe cherries? And juicy strawberries and the smooth red of raspberries. It may be because nature has given us so many glorious reds in the food world that we like this month of parties best. Valentine parties flaunting red hearts and heart-shaped cakes and sandwiches. Beaus sending heart-shaped boxes of violets or sweet-smelling frezias and sweet peas. Who wouldn't like to plan a red menu for a Valentine party?

Try serving halves of peaches in a lake of red raspberry juice. Or a great silver bowl of well-washed sweet cherries in a bed of cracked ice. Or let the cranberry filling of tarts bubble up around a rich glazed crust, placed lattice gashion over the top. Oh, light foods make a merry world, these last-of-winter days; and make a party a success.

Valentine Buffet Supper

Tomato juice cocktail
Valentine canape
Jellied ham molds
Potato stix Cranberry muffins
Ripe olives Celery
Cheese and Crackers
Cherry sherry ice cream
Coffee

Valentine Canape

Toast bread on one side and cut with a small heart-shaped cutter. Spread untoasted side with a layer of mayonnaise and sprinkle with a layer of India relish. Over this sprinkle a layer of finely chopped cooked beet. Outline with chopped hard-cooked egg

white. Serve on a platter covered with heart-shaped paper doilies.

Jellied Ham Molds

2 cups diced cooked ham
1½ tablespoons plain gelatine
¼ cup cold water
¾ cup boiling water
½ teaspoon salt
2 hard-cooked eggs
1 can beets
½ cup fine celery

Soak gelatine in cold water, then dissolve in boiling water; add salt, vinegar and let cool. Add ham, celery and sliced eggs. Cut beets in slices, then, using a tiny heart-shaped cutter cut at least two hearts for each mold. Cube remaining beets and mix with ham.

Place one beet heart in bottom of each individual mold, add ham mixture and allow to set. Turn molds out onto garnished chop plate and garnish with beet hearts and sprigs of parsley.

Cherry Sherry Ice Cream

2 eggs
2 tablespoons sugar
1 cup evaporated milk
1-3 cup sugar
Dash salt
2 tablespoons sherry wine
1 cup whipping cream
2-3 cup green and red candied cherries, chopped fine.

Beat egg whites until slightly thick but not stiff, then sprinkle in extra two tablespoons sugar. With the same beater, beat egg yolks, sugar, salt, milk and sherry together until well blended. Fold in the egg whites, cherries and finally the cream which has been whipped until it is thick, but not stiff. Freeze in mechanical refrigerator, when half frozen stir with a wooden spoon and return to the refrigerator. Serves eight.

**FOR ST. VALENTINE'S DAY
FASHION EDITOR SUGGESTS ORCHID**

It is a comforting thing in this world of change to remember that good Old St. Valentine, who really has nothing to do with the occasion at all but was a swell old saint, hasn't failed us.

When times are troubled we turn in to ourselves, our families, our dear friends and our sweethearts. It is through these periods that we learn to value our personal relationships, and to cultivate and cherish friendship. So maybe in the long run all of these upheavals and declines are good for our souls, and teach us many worth while lessons. Anyhow, I love Valentine's Day, and all the fete days and special occasions that require special attentions from the men we love—and aren't we all alike?

Of course, for Valentine's Day I suggest an orchid. It has all the sentiment of a Valentine, comes in a heart-shaped, beautifully made transparent box, and makes anyone who receives it feel important, as well as favored.

There are fine sturdy Cattleyas for Valentine's Day—flowers that stand cold weather and give service.

We haven't an orchid service station yet, but certainly a great deal can still be learned about wearing

and caring for orchids. We are still asked, is it true that it takes seven years to grow an orchid? We now refer these questions to You Can't Take It With You. Mr. Martin in this play truthfully relates that it took him fifteen years to grow his favorite hybrid.

Our fine, strong, beautifully formed perfect flowers require seven years to flower. They deserve the place in the world of luxury and beauty that they hold, and they also deserve care, and should be always worn right side up. Standing on their heads is certainly beneath their dignity, and also the beautiful rich coloring that lies in the heart of an orchid is lost by wearing the flowers so that we may not look into them.

We suggest you send her an orchid for Valentine's Day because it is beautiful; because it is the last word in flower elegance and distinction; because it is popular to send flowers to the lady of your affection, and because she will be wearing romantic, picturesque and truly feminine clothes and will need an orchid to complete them. So orchids to all you Valentine swains, and orchids to all you fair ladies who hope to receive them!

TRY THESE TO SLIM YOUR WAIST**Just Four Simple Exercises, Girls,
And They'll Work Wonders**

(By Antoinette)

You are asking for a slimmer waist line and you are smart about getting in early on the truly feminine figure.

From the advance word on spring collections, you are going to be glad you got a few inches off the waist, for the wide sash belt is to be very popular.

Now you can get a slimmer waistline by exercise and don't believe that you have to go on a rigid diet for it.

Give yourself two months of exercise morning and night and I'll guarantee you results. I am going to give you only four exercises. Wonder workers, I call them. But, because you are given only four, you have to promise to repeat them 20, 30 and on up to 50 times as you get along with them.

Exercise No. 1 is done in both standing and reclining positions. You might begin to do it lying down on the floor on your back with hands overhead. Now stretch your right arm

up, stretching to fingertips and from the waist. At same time, stretch right leg down to toe tips from waist. Alternate, stretching left side same way. You can stand up later and go through the same stretching motions rising on toe tips for the standing motion.

Exercise No. 2: Stand with feet apart, arms at sides. Raise arms to front and keep on raising them overhead and rearward, bending knees, and stretching down from the waist through knees and up from waist to finger tips.

Exercise No. 3 will refine the middle-body thickness. Sit on the floor, but sit stretched tall from waistline. Now, do a forward rowing movement with your hands, trying to reach the toe-tips. Go forward and back ten times at start, increasing gradually.

Exercise 4 you can omit unless you are young and agile. Face down on the floor, bring your legs back at the knees and grasp ankles with hands.



Now you simply ride 'hobby horse.' Just rock back and forth on your diaphragm, waist and abdomen.

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SPECIAL
Five Roses Flour
24 lb. bag
\$1.14
98 lb. bags at attractive prices

2 pkgs. Minute Tapioca and 1 pkg. Coconut
29c
FOR

St. Charles, Nestles or Carnation Milk
10c
TALL

Scott's Emulsion
Large
98c
BOTTLE

Small
53c
BOTTLE

Red Clover Salmon
22c
½'s TIN

Rankine's Ginger Cookies
18c
POUND

Club House Stuffed Olives
8 oz. bottle
30c

SPECIAL
Aymer Choice Peaches
16 oz. TWO TINS
25c

SPECIAL
Aymer Tomato or Vegetable Soup
1's
25c
THREE TINS

SPECIAL
Aymer Pineapple, Sliced or Crushed
16 oz.
19c
TIN

SPECIAL
Prunes
50, 60 3 LBS.
29c

SPECIAL
Aymer Cut Golden Wax Beans
21c
17 oz. TWO TINS

SPECIAL
Aymer Golden Ban-tam Corn
23c
2's TWO TINS

VACUUM PACKED
RED ROSE COFFEE
39c

MINA'S STORES
HOME OWNED

HAWES' Lemon Oil
12 oz. bottle
25

Seeded Raisins
16 oz.
17c
PACKAGE

Seedless Raisins
2
25c
POUNDS

Kellogg's Bran-flakes
TWO PKGS.
25c

Robertson's Pure Fruit Marmalade
20 oz.
29c
BOTTLE

Kraft Cheese
½'s PKG.
18c

Canada Corn Starch
1's PKG.
12c

SPECIAL
Jaffa Dates
2 lb. PKG.
19c

Fry's Hot Chocolate
½'s TIN
25c

Ivory Soap
TWO CAKES (Medium)
15c

Brasso, Silvo
EACH
25c

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