

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

**Sole Agents
FOR****Wabasso Cottons**

Direct from the Mill.

Our Sale is now in full swing.
10% Discount and free hem-
ming on all Wabasso goods.
Sheeting, Pillow Tubing, Pillow
Cases, Sheets, Prints and all
cottons.

J. Stanley Delong

Phone 69-11 63 Carleton St.

WARNING!

Your plumbing should be in-
stalled 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 in-
stallation, as the smallest leak
will cause sickness and often
death.

SANITARY PLUMBING.

D. J. Shea

Phone 563-11 80 Carleton St.

**HERE ARE
SUITS**

Made for Your In-
dividual Measure-
ments!

**Tailoring of the
Highest Order
ALEX. INGRAM**BOSTON TAILORS
376 King St. Phone 1164-11**INCOME**

Something you can't live within or without. Income, Accident
and Health Insurance fitted to your individual needs.

HOWARD H. BLAIR

Phone 291 You Can Rest Assured 68 York Street

**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 Phone 454
Fredericton Charlottetown Halifax Saint John, N.B.

**Trustees — Executors — Adminis-
trators — Financial and Real
Estate Agents**

The great majority of business men are now convinced that
the welfare of their families will best be assured by appoint-
ing a TRUST COMPANY to administer their estates either
alone or jointly with a member of the family or a friend.

You have spent the best years of your life building up a
heritage for the protection and comfort of your loved ones.
Make assurance doubly sure by appointing as your executor

**THE CENTRAL TRUST COMPANY
OF CANADA**

Head Office: Moncton, N. B.

Branches: Fredericton, N. B.; Woodstock, N. B.;
Saint John, N. B.

...OF...

Interest to Women**HEREWITH SOME HINTS
ON COOKERY FINESSE**

(By Marjorie Mills)

Don't you think it's the dressing up
of a menu that takes our time and
energy? Deciding on the first course
and dessert is easy enough, and the
choice of meats is necessarily limited,
but its' the added touches we like
to hear about and try.

How about boiling pineapple slices
which have been dipped in vinegar
and serving them with currant jelly
along with the roast chicken? Or add-
ing those golden brown tender bana-
na scallops to a ham dinner in addi-
tion to buttered broccoli or cauliflower?
And speaking about ham, did you
ever boil half-inch slices, allowing the
edges to cup so that a pile of fluffy
mashed sweet potatoes be nestled in-
side? Then add broiled bananas or
peach halves and finely buttered spin-
ach with Hollandaise sauce.

We're giving you the banana scal-
lop recipe today—see for yourself
how easy they are to make and what
an addition to any meal they are.

Banana Scallops

1 egg
1½ teaspoons salt
6 firm bananas
¾ cup fine crumbs

Beat the egg and add salt. Slice
the peeled bananas crosswise into
pieces ¾ to 1-inch long. Dip into egg
and roll in fine cornflake crumbs,
bread or cracker crumbs, or cornmeal.
Fry 1½ to 2 minutes in hot fat, 375
degrees F., or until a one-inch cube of

bread will brown in 40 seconds. Drain
on unglazed paper. Serve very hot.
Six servings.

Banana Bread

1½ cups sifted flour
¾ teaspoon soda
1½ teaspoon cream of tartar
½ teaspoon salt
1-3 cup shortening
2-3 cup sugar
2 eggs, well beaten
1 cup mashed bananas

Sift the flour, soda, cream of tartar
and salt together three times. Rub
the shortening to a creamy consist-
ency with the back of a spoon. Stir in
the sugar a few tablespoons at a time
and continue beating until light and
fluffy. Add eggs and beat well. Add
flour mixture alternately with banana
a small amount at a time. Beat after
each addition until smooth. Pour into
a well-greased loaf pan and bake in a
moderate oven, 350 degrees F. about
one hour or until bread is done. Make
one loaf, about 8x4½x3 inches.

Banana Peanut Fan Salad

One individual serving—
1 ripe banana
Chopped peanuts
Salad greens

Peel and cut banana crosswise into
halves. Split each half lengthwise and
spread open as a fan. Place banana
on a salad plate. Sprinkle cut sur-
faces with peanuts. Garnish with
greens. Serve with mayonnaise or
cream dressing.

**MALE VANITY THRIVES
WHEN FED ADMIRATION**

(By Jane Scott)

Know your man, girls, before you
cast your eyes altar-ward and try to
lead him down the middle aisle. This
doesn't mean just knowing that he
raves about the Red Sox by the hour
and dotes on chocolate pudding; that
he is crazy about murder mysteries
and susceptible to blondes. That's
only the beginning!

Know his weaknesses, for they're
your best weapon if the game is rom-
ance and the goal is matrimony.

Men are even more vain than wom-
en; make him the centre of attention,
admire him, his ideas, his work, and
while you're doing it, he'll discover
that you deserve his respect and ad-
miration, partly because you know a
good man when you see one—him!

They love to talk about themselves.
After all, it's a perfectly normal
human trait, for what interests us
more than ourselves and our affairs?
We girls like it too, and the only dif-
ference is that we seldom give men
the opportunity. Encourage him to
talk over things with you, and before
you realize it, he'll be telling you his
hopes and dreams. And when he can
do that, confide in you, he'll be
pretty sure you're one girl in a mil-
lion. (You must be, since you share
his ideas).

Men like to be important, and the
best way to make them feel that way
is by asking their advice. So make it
a rule, always ask his opinion then
do as you like, but ask him anyway
because it's good psychology.

Ask him to grant you small favors
—nothing troublesome, but little
things that he can do, easily, and
then be oh, so appreciative! There's
some little quirk in human nature
that makes us regard with affection
those whom we feel are indebted to
us. Don't ask me why.

Remember that his boss may de-
flate him, his work may discourage
him, and his pals belittle him, but
you're strictly a builder-upper. Flate
his ego, restore his self-confi-
dence.

The big strong male is a roman-
ticist and an idealist in his heart, and
he shrinks from the cruel realities of
life that we weak (?) women take in
our stride. He must face some, but
not you in curlers when he arrives
early, or you making more than sup-
erficial repairs in your makeup. Yield
your prettiest powder-puff in his pre-
sence, but nothing more lest you of-
fend his sensitive nature and appear
unattractive in his eyes.

Be dainty and modest; it proves to
him that you're utterly feminine and
desirable.

PSEUDO POLITE ARE APT TO SUFFER

(By Ruth Cameron)

Waste motion always irritates me.
And one of the most maddening was-
tes, it seems to me, is the social ges-
ture made by two people, each doing
it because he thinks the other wants
it.

You are invited out to a new
friend's house, you are very tired, hav-
ing been trying to cram more into
your day than any normal day will
hold, you enjoy the evening but would
like to leave at 10 or so. Can you? No.
It's the first time we've been to
their house, you think, 'and they
would be hurt if we left early.' In
fact when you suggest going they in-
sist it is the shank of the evening
and you mustn't hurry.

**CHOLERA INFANTUM
THE FATAL DISEASE
OF CHILDREN**

Is a valuable preparation that has
been on the market for the past 88
years.

It effectively 'off-sets' the vomiting,
purging and diarrhoea of cholera
infantum.

Price, 50c. a bottle at all druggists
or dealers; put up only by The T.
Milburn Co., Limited, Toronto, Ont.

Every cup a delight

**"SALADA"
TEA****YOUR HAIR, AS MEN SEE IT**Unkempt Coiffure, for Instance, Is
Frank Chapman's Pet Peeve

(By Antonette)

It always is interesting to me to
hear men's comments on women.

We had a chance recently to cor-
ner Frank Chapman, whose wife,
Gladys Swarthout, is one of the most
decorative women of our day.

"I have one pet hate," admitted
the well known singer. "It is hair
that looks as if it is not clean and
cared for."

Well, it isn't surprising that a man
should make such an observation for
the well known crown of glory always
has had a particular appeal for men.

We have heard executives speak in
similar terms of distaste for the un-
cared for hair. Office girls should be

aware of this aversion. This type of
neglect has caused numerous losses of
jobs without the young woman being
let in on the true secret of her dis-
missal.

Mr. Chapman brought up a point
about perfume use. To every man he
said, perfume is primarily a matter
of recollection, so that the girl and
her perfume should not be an anach-
ronism as is the blonde who douses
herself with a heavy scent.

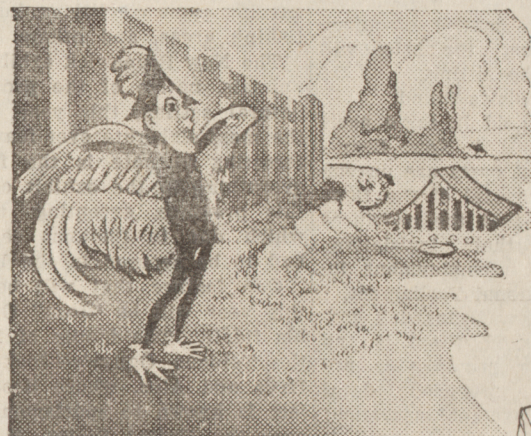
Spring flower odors are for the
blonde. The tall, slinky brunette may
wear the heavier ones without criti-
cism. Lelong once said that a woman
without perfume was like a plane with
out wings.

**Children's Valentine
Dessert**

½ cup sugar
3½ tablespoons cornstarch
¼ teaspoon salt
2½ cups milk
1 egg
¼ teaspoon vanilla
¼ teaspoon almond extract
1½ squares chocolate

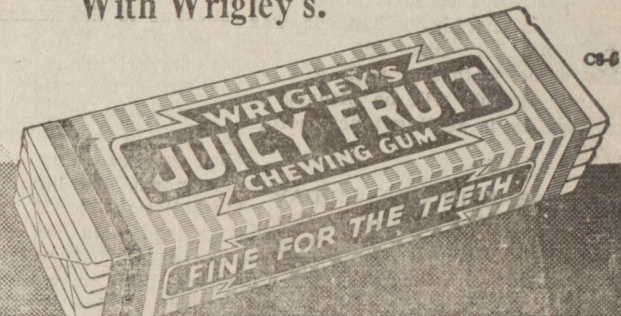
Mix the sugar, cornstarch and salt
all together in a bowl. Heat the milk
in a double boiler and add slowly to
the mixture in the bowl, stirring con-
stantly. Return to the double boiler
and cook for 15 minutes, stirring oc-
casionally. Beat the egg, add a little
of the hot mixture and return to the
double boiler, cooking for one min-
ute, stirring constantly. Remove from
the fire and add vanilla and almond
extract. Rhine six small heart-shaped
molds in cold water, place a little of
the pudding around the edge of the
bottom and chill for several minutes.

Melt the chocolate over the hot water
add to the remainder of the pudding
and mix thoroughly. Fill the molds
with the chocolate pudding and chill.
Unfold on dessert plates. When un-
molded, the chocolate heart will be
outlined in white. This is a simple
dessert and so easy to make that the
young lady of the house might like
to make it for her own party.

FOR Baby's Cold
Help end it quicker
without "dosing".
VICKS
VAPORUB
PROVED BY 2 GENERATIONS

Do not neglect teeth and gums.
Wrigley's Juicy Fruit provides needed
exercise . . . helps keep teeth sparkling.
Write Wrigley's, Toronto, for new
Mother Goose Book.
Copyright—Wrigley's, 1938

Cock a doodle dum!
My dame has lost her gum,
My master's gone to get her some
She'll be all right
When he has come,
With Wrigley's.

**FOR A DELICIOUS
HEALTH-GIVING VARIETY****S E R V E
FISH**

Have you ever realized how many different app-
etizing dishes can be made from the more than
sixty varieties of Canadian Food Fish and Shellfish?

The Department of Fisheries, at Ottawa, a divi-
sion of the Dominion Government, has prepared a
FREE 52-page booklet, "Any Day a Fish Day",
containing 100 delicious recipes for the prepara-
tion of Canadian Fish and Shellfish dishes.

Fish is a wonderful health food . . . it is not only
most enjoyable, but contains the elements and
vitamins that promote joyous, glowing health for
every member of the family. Rich in nourishment,
it costs so little that you can enjoy it often with
new enjoyment every time.

DEPARTMENT OF FISHERIES, OTTAWA

WRITE FOR FREE BOOK

Department of Fisheries,
Ottawa.

Please send me your free 52-page Booklet, "Any Day
a Fish Day", containing 100 delicious and econ-
omical Fish Recipes.

Name.....

Address.....

81

DIS

ANY DAY A FISH DAY