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... OF ...

Interest To Women

THOSE MUSCLE BULGES MAY BE KICKED AWAY

Fashion Demands Curves This Season, And Here
Are Some Exercises That Will Preserve
The Feminine Figure

Keep those curves under control! Fashion demands curves this season, but that doesn't mean you can indulge in bulges! So climb out of bed even if it is a dull gray morning and take a few limbering exercises.

Knees will soon make their spring debut in tennis shorts and bathing suits. Sonnets may have been written about dimpled knees, but poets weren't picturing them buried in mountains of fat.

You can pinch the fat away, of course, but to accomplish results you really have to hurt. Personally, we prefer kicking our figure problems away.

Try this one for your knees! Lie flat on your back, arms at your side, legs straight, toes pointed down. Bend your right knee, kick hard, straightening your leg upward, perpendicular with your body. Hold this position for a minute, then slowly lower the leg to the floor. Feel the pull on your tummy! That means that the abdominal walls are being strengthened too. Alternate legs, first right, then left, and repeat the exercise fifty times. If you're late for breakfast, you can save twenty-five for your evening workout.

Perhaps you're one of those energetic persons who skied and skated all winter, and plays a champion brand of tennis. Hard, masculine looking muscles are no more attractive than soft, flabby legs. For one thing, they make you look too able to take care of yourself.

Preserve your femininity by improving the contour of your legs. Long, lithe limbs have been a beauty asset since Caesar courted Cleopatra. If you're looking for bargains in exercises, here's one especially for the legs, yet calls for the complete control of all the muscles of the body.

Lie face down on the floor, head resting in arms. Keeping your legs straight, raise the right one slowly back stretching it ceilingward. You won't be able to lift it very high the first few times, but if you keep at it, you'll soon remind yourself of a graceful ballet dancer. Repeat the exercise with the left leg. Alternate stretching each leg five times.

The fine silken cords that are your muscles will respond to these exercises, and if you keep faith, that means a daily routine, you'll be rewarded with Dietrich-like limbs that you admire and envy. Isn't it worth the time it takes?

CUCKOO PARTY FOR APRIL FOOLS

(By Cynthia Proctor)

There's much to be said for a real April Fool party if you have no too thin-skinned individuals in your gang. The invitations might go in very large envelopes, one inside the other and each succeeding one smaller. The last and tiniest says:

"Here's foolishly inviting you to a party that is foolish too. Come like a fool—could you? You wouldn't fool us—would you?"

If the guests come in costume, so much the better, harlequins, pierrot, court jester and circus clown. If they aren't the dress-up sort, give each one a cap and bells as soon as they arrive, so no one will think of taking himself seriously. Placards in the hall should dispel any idea of sobriety; such comments as, 'You were foolish to come,' 'Hang your silly hats upstairs,' and on a table near the front door place a lighted candle in a can labelled 'Dynamite.'

Decorate the living room with lots of balloons—huge and small. If you want to make your house look particularly 'cuckoo,' hang Christmas wreaths at the windows, put a jack-o'-lantern on the living room table, deck the mantel with flags and red, white and blue bunting and put a coy Easter bunny and a basket of eggs on the fireplace.

Two of the 'clowns' hold, tilted, a large hoop which has tissue paper fastened securely over it by means of a long strip of gummed paper extending around the hoop. Each person, in turn must run the length of the room and jump head-first through the hoop. For each new jump, a fresh sheet of paper must be used. The jumper who goes through the paper and makes the smallest hole wins a prize. A toy monkey on a string is an appropriate prize.

Hoop Rolling Contest

Tie the contestants' hands behind

their backs and put sticks in their mouths. Then see which one can win in rolling a hoop a certain distance.

Foolish Race

A life-sized figure dressed in red and yellow crepe paper is pasted and sewn on an old sheet and hung in a doorway. A round hole is left where the clown's face should be. Each girl goes behind the sheet and makes a funny face for the men to guess her identity, and then the girls guess the identity of the men.

Simple Simon

In the dining room, for a centerpiece on the table, use a Simple Simon with jester's cap. You can make him out of a large, hollow, rubber ball. Cover it with crepe paper, and paste silly, grinning features on it. By cutting the top off the ball, you can fill it with trick novelties, those match boxes that go off with spring when opened, rubber chewing gum, a glass that leaks, etc. For favors, make lollypop dolls, with dumb faces and gum-drop pedestals.

Movie Jigsaw

If you want a game for the table, try Movie Jigsaw. Give each one an envelope containing a movie comedian's face clipped from a magazine and cut in pieces, jigsaw fashion, to be put together. Use Charlie Chaplin, W. C. Fields, Jimmy Durante and others.

The food is no joke. It must be real stuff and good, but disguised. You could serve a backward menu, for example, a first course that looks like ice cream and cake might be brown bread spread with cream cheese on the side of a plate with a sherbet cup containing a chicken and mushroom croquette served with a cream sauce. When the real ice cream comes it can be disguised as a salad served on crisp lettuce hearts and covered with fruit.

PICK CLOTHES TO SUIT YOUR NEED

So Advises Mme. Vina Bovy, Soprano
Of the Metropolitan Opera

(By Antoinette)

A singer facing her concert audience has to solve the same clothes problems as does the average woman who must make a few frocks serve several purposes, says Mme. Vina Bovy, Belgian soprano, of the Metropolitan Opera.

'For the two hours or more than a singer is before her audience,' Mme. Bovy explains, she has to be as pleasing to the eye as possible, lest she be confronted with a vast sea of faces, all with closed eyes!

"Thus, choosing a gown for a concert appearance is one of the most difficult problems which a woman artist has to solve.

"Similarly, the average woman is presented with much the same difficulty, the difference being that where as a singer must choose a dress which will be as attractive at the end of a concert as at the beginning,

most women must choose several dresses which will be as attractive at the end of the season as at the beginning.

Most women in choosing their clothes, select them with the immediate need in mind, according to Mme. Bovy. "Do not think of one occasion only when you buy a dress," the prima donna suggests.

"Even if it should be for a dinner party tomorrow night, look ahead and make sure that the dress will fit in with your own particular style picture. Will you be able to make use of it again and again?"

Mme. Bovy is a firm believer in what is called the 'basic dress.' A well designed frock, with simple, adaptable, and becoming lines, is a sound style investment, she says. "First of all, it will probably last you for more than one season. Secondly, it can be made to serve so many pur-

SHOP KEEPERS RARELY HAVE IT EASY

(By Ruth Cameron)

How would you like to stock a shop? I thought of that the other day when a neighbor of mine was indignant because the country general store did not have the little, round stickers which are used to fortify the holes in a loose-leaf ledger.

Do you know the things I mean? It took me some time to understand what it was he wanted.

"You'd think," said he, "that they would have a thing like that."

You would, would you, said I to myself; and how many calls do you think they would have for them in the course of a season?

And then I got to thinking of what a job it must be to stock a store like that properly. Or, indeed, any store.

And by properly, I mean so that you won't get a lot of indignant customers who 'should think you'd have that' nor yet have a lot of articles that are called for once and perhaps not again for five years.

How much dust must gather on articles like that! And worse still, how much money must be tied up in them! Not a lot perhaps in any single article. But \$5 here and \$10 there mount up in the small shopkeeper's budget.

Of course if you had a shop you would be besieged by salesmen who wanted to sell you every kind of an article and were perfectly sure that it would be a wov.

If it were a drug store, there would be not only drugs to consider, but patent medicines and cosmetics and all the similar odds and ends which we expect to find in the modern drug store. You would have to decide what powder my lady is going to put on her nose and what one she is going to turn her nose up at. You would have to keep up with the fads in indigestion tablets and cathartics. You would have to be careful not to get caught with wallflower goods whose vogue has passed.

And at the same time you would have to be sure to have all the side lines, the pencils, the writing paper, hot water bottles, the ink, the pipes that people have come to think they have a right to expect from a drug

poses by merely switching your accessories around.

For example, take that black crepe of yours of which you are so tired, and add a pimento red suede belt, with a matching suede calot or beret. Voila! You have an attractive new ensemble. Color can do for your clothes what lipstick does for your face. It is a tonic for weary outfits.

store and are indignant if they do not find.

If it were a shop for women's gear, of course you would always be on the hot seat about fashions. You'd have to buy in advance, guessing what would take my lady's fancy and being heavily penalized for a bad guess.

I always thought that the seller had the hardest job in the world, but maybe I'm wrong. Maybe the buyer, for all every one caters to him, has it even harder.

MEAT DRIPPINGS—HOW TO USE THEM

Reader Is Answered; Jellied Seafood Recipe

"For the benefit of other readers of your column as well as myself, will you write something as to the use of 'drippings' which accumulate in any household where much meat is used?"

Of course, there is nothing like bacon or sausage fat for hashed brown and other fried potatoes. Any of these fats or beef fat will add touch of flavor to dishes with a basis of fried rice. While lard is not particularly good used by itself, it may be mixed with other fats.

Chicken fat is marvelous when used as a shortening for biscuits which are to go with the fricassee. It is also delicious in gingerbread. If, however, you have more fat than you can use for these purposes, you may clarify it together for use as shortening. The best recipe for this is published below. When fat is clarified by this method it will be hard and smooth and can be used even for pastry.

Another request from a reader is for jellied seafood.

To Clarify Fat

2 cups fat
2 quarts cold water
2 cups potato peelings
½ cup egg shells

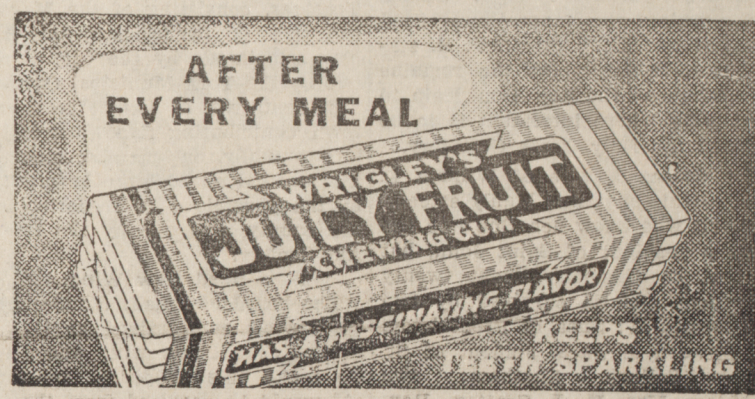


Boil all ingredients together for two hours. Add more water as needed to keep the quantity the same. Strain through cheese cloth, cool and then chill in the refrigerator until hard. Remove cake of fat that forms on top and wipe with a dry cloth.

Jellied Seafood

1½ tablespoons granulated gelatin
2 tablespoons cold water
2 cups hot water
3 tablespoons lemon juice
½ cup vinegar
2 teaspoons mustard
1 tablespoon Worcestershire sauce
1 teaspoon salt
1 tablespoon sugar
2 teaspoons onion juice
¾ cup canned shrimps
¾ cup crabmeat or lobster.

Soak gelatin in cold water and dissolve in hot water. Cool. Add lemon juice, vinegar and seasonings. Mix well. Arrange shrimps around edges of mold and add enough of gelatin mixture to cover shrimps and chill until set. Arrange pieces of crabmeat or lobster over congealed aspic and add remaining gelatin mixture. Chill until set. Unmold and serve with Russian dressing.



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