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Goodbye — Hello!

Here we are, all of us, ready to wave "Goodbye" to Old Year 1937—Smile "Hello" to Young Year 1938.

Before we leave the one and turn to the other, let's pause a minute or so — '38 shows this: People are now living longer than ever before, their health is better, their "pep" greater.

During '37 our Friends have been good to us, and we have tried to be good to them.—Thanks, and may '38 bring you increased health and prosperity.

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At 10 per cent. discount on Made-To-Measure Suits and Overcoats, Tux and Full-Dress Suits.

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A MESSAGE TO INVESTORS IN THE MARITIME PROVINCES —

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Importance to owners
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(No Personal Liability)

Owners of these shares who hold certificates in the name of others are urged to have them placed in their own names, so that receipt will be had promptly of a new circular letter describing an important and favorable development in the Company's affairs which will mark a milestone in its history.

HALLIWELL GOLD MINES LTD.
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...OF...

Interest to Women

KNOW YOUR BEEF AND HOW TO PICK THE BETTER CHEAPER CUTS

Pay in Time and Attention For What You Save When You Buy Less Expensive Portions

(By Frances Blackwood)

What do you know about beef? Presumably you know that only meat from good beef animals give satisfactory results when cooked we will go into the matter tonight.

Remember that if the beef offers a tender and flavorful sirloin roast it will also offer delicious roasts and steaks from the cheaper cuts.

If you are willing to pay in time and attention for what you save in cost when you buy those cheaper cuts you will be richly rewarded.

The beef animal is cut in half along the back bone. Since all meat is muscle, those portions that are the least used are almost the most tender, cooks the quickest, are in most demand and cost the most.

Beginning with the forequarter there is the neck. This, when slowly stewed with seasonings and proper vegetables added at the right time, makes more excellent stew.

Immediately back of the neck is the 'chuck.' Some of the ribs are here and the butcher can cut a steak or two from it. But mostly this part supplies meat for pot roasting or braising and stewing.

Just back of the chuck are the 'prime ribs' which supply tender meat for quick roasting.

Below the neck cut and taking in what would be the top of the beef's foreleg is what some butchers call the 'rattle rand' and immediately

back of that the 'brisket.' These are used for corned beef and are good boiled. The front shin is used for stewing meat sometimes but most often for soup.

Working backward along the backbone we come to the sirloin which takes in expensive steaks, roasts, tenderloin and porterhouse.

Immediately under this is the flank for boiling beef or a mighty good steak. Stuff the steak with a bread stuffing, roll it up, season it well, put it in the roasting pan with about a cup of hot water and let it braise gently in the oven for about two hours and you will find you have a dish like grandmother used to make.

Back of the sirloin are the rump and the round which make up the hind leg. The rump gives us rump steaks, good but not so tender as sirloin and needing slower and longer cooking. Pot roasts come from the rump, oven roasts, too, and some of it is used for corned beef.

Down from the rump is the round. This is used for steaks that require long slow cooking, pot roast and Ham Burg. There is a great deal of flavor and nourishment in the round and very little fat to make it tender, so, except when ground it should be cooked long and slowly with liquid added to keep moist and help make it tender.

That finally brings us to the tail and the hind shin which make excellent stews and most delicious soup.

IF YOU'D BE AS FRISKY AS FIDO JOIN HIM IN HIS EXERCISE

New Gadgets Will Keep You Both In Shape—A Novel Sharpening Post for Kitty, Too

(By Blanche Krause)

That frolicsome pup you got for Christmas needs exercise. You'll enjoy it with him if you equip yourself with the dog exercises consisting of a leather wrist strap, handle and a metal spring to give resiliency to the long tassel of cords at the end. You flourish the cords at Fido, who grabs them in his mouth and pulls, and then you both have fun!

Before the Christmas kitten gets round to sharpening claws on your best furniture and draperies, she should be provided with a catnip scratching post. It's a small, carpet-covered post designed to absorb kitty's clawing instincts, scented with catnip to attract her to it.

A five year plan for keeping your silver tarnish free without benefit of

polishing is the chest lined with fabric guaranteed to keep silver bright. Comes in a shallow style to fit the silver drawer, and in sizes to accommodate varied numbers of pieces.

To bring out the sylvanite in you comes a cushion of sponge rubber which fastens to the back of the bath tub by means of suction cups, so that you may loll back in your bath in comfort. In addition to its luxury use it's handy for those times when you are soaking in a hot tub in an effort to cure a cold.

Somebody felt sorry for the log lugger-uppers who keep the fireplace supplied with fuel. You know what damage dusty, awkward, splintering logs can do to clothes. The solution is a wood carrier made of stout canvas, with rounded leather grips.

THRIFT LESSONS GOOD FOR CHILDREN

(By Arthur Dean, Sc.D.)

When little children put their pennies into home banks they must know what happens when they put them into a real bank. Thrift must be made interesting to children.

'Now, Willie, here is ten cents, your allowance for the week. I have given it to you in ten nice big pennies so you can take one at a time and put it in your bank. Mama will now drop the first penny into the bank for you. Did you hear it go 'chug' when it fell in?'

'Yes, Mama. But where did it go?'

'Why Willie, it went right to the bottom of the bank. By and by there will be lots of pennies there. Then I will open the bank and put the pennies in a big bank downtown.'

'Is the bank downtown just like my bank, only bigger, mama?'

'Yes, Willie.'

'Do I ever see my pennies again?'

'No Willie. If I go down to the bank and take them out, then you can have your pennies back again.'

'Will they be the same pennies?'

'No Willie.'

'What are my pennies good for then?'

'Now you go out and play, Willie, and mama will tell you all about it some other day.'

I don't know, but I suspect that Willie did a little thinking, with the result that he was not interested in any bank. He'd rather keep his pennies where he can see them and can spend them.

Then mother got to thinking. What inducement was there to drop pennies into a little bank at home? What was her child getting out of it? If he went downtown and bought a cent's worth of candy he could at least taste the candy. What particular pleasure was there in banking pennies? What

sort of idea did the child have of this banking business?

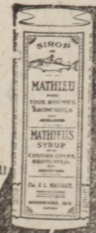
So the next day the mother took Willie and the little bank down to the big bank. The bank president held Willie up high so he could talk through the teller's window. His mother told him to say, 'Will you please tell me about my pennies?'

The understanding teller told him how pennies were put to work, and that they did not stay in this big bank like they stayed in his little bank where they collected no interest. He showed Willie what the bank book meant with the red ink for interest which was just like a good conduct mark that Willie himself sometimes got. It was a reward given to the pennies for the work they did.

'Some day,' continued the teller, 'you will want to buy something big that costs a lot of money. Maybe it will be a steam engine or a Christmas present for your papa.'

'Maybe it will be an airplane,' said Willie, 'then I'll take you and my bank way across the ocean.'

Willie left with a new understanding of why we save our pennies and how they work for us while being saved. There's no better plan than the one given by his mother.



MATHEU'S
SYRUP
COLD
BRONCHITIS
GRIPPE

STOPS COUGHS

PULPIT EXCHANGE FEATURES SUNDAY SERVICES HERE

Rev. Dr. Bartlett Deals With Passing Late Rev. M. D. Oliver

Services in several of the city churches yesterday morning featured a pulpit exchange. Four churches, St. Paul's United, George Street Baptist, Reformed Baptist and Salvation Army Citadel, had guest speakers through the change. With the day offering fine, clear weather, the churches as a whole were well filled at both morning and evening services and each featured highly interesting sermons.

The morning service of Wilmot United Church was broadcast. In the Brunswick Street Baptist Church Rev. Dr. N. A. McNeill officiated in the services in the absence of a permanent minister since the resignation of Rev. G. W. Guion. Another feature of the day was the address of Dr. Fletcher Peacock, director of educational services in New Brunswick, before the Brotherhood of the Brunswick Street Baptist Church.

In his morning sermon, broadcast from Wilmot Church, Rev. Dr. J. W. Bartlett discussed "Keeping Men on Their Feet," pointing out the necessity of keeping men thus and preventing them from slipping, as well as putting one on his feet. He used the splendid example of the ideal of medical practice—that a doctor should be used to keep people healthy while they are so, rather than just being called when health has failed.

Possibly the finest sermon of the day was his evening address, inspired by the passing of the late Rev. M. D. Oliver, entitled "When I Die." The sermon dealt with the destiny of the soul in the hereafter, "the last five minutes before death and the first five minutes after."

At the church Brotherhood at 2.30, Dr. Bartlett led the meeting in a discussion of John the Baptist.

Exchange Pulpits

In exchanging pulpits for the morning, Rev. George Telford spoke in the Reformed Baptist Church, on the subject "Judgement and Retribution." Rev. John Linton took the morning service in St. Paul's United Church, his theme being "Discipleship."

Major Kimmins of the Salvation Army spoke in Rev. Mr. Linton's Church, while Rev. P. J. Trafton of the Reformed Baptist Church conducted the service in the Salvation Army Citadel. In the evening, each minister was in his own pulpit.

Rev. Mr. Telford's evening sermon asked the question "Who Am I?" while Rev. Mr. Linton's sermon was a biography of the ideal life of St. Matthew.

Rev. Canon W. T. Clarke preached at the evening service in Christ Church Cathedral, while Very Rev. Dean W. H. Moorhead officiated at the morning services.

In St. Andrew's Presbyterian

WARBLING WARDS OFF WRINKLES

(By Antoinette)

Here's an idea for you to be tried when Dad gets off to work and the youngsters are under the school roof. It is born of the fact that so many singers are amazingly free of face and throat lines. There is a reason, called to our attention by a young radio singer, Anne Jamison.

Singers are taught to use their faces, since one can't trill with her mouth half open. Singers must sing with gusto and feeling, even at the risk of making funny faces. They twist their mouths, puff out their cheeks, do anything and everything in practice hours, at least, to get the full volume out of throats and mouths.

These facial contortions turn out to be fine beauty aids, as Anne observes in singers she knows. They exercise the face muscles, stimulate the circulation, and put resistance into muscles of the cheek and jaw against flabbiness and drooping.

It is commonly observed that men attain middle age, let's say, with fewer underchin lines and wrinkles, and firmer skin on face and neck than do women. This, it is claimed, is due to the morning shaving habit.

We may well believe the singer's facial contortions must have a similar beneficial effect on skin tone and muscle firmness.

If you don't like the sounds you can indulge in vocal calisthenics with out the noise. Hold up your head, take long breaths from the diaphragm and make the faces you think a singer might make were she not on the concert platform.

Sandwich Fillings

These are suggested by "Modern Woman."

Chicken: Chop finely and add equal amount of minced celery and hard-boiled egg. Season with any kind of salad dressing.

Tuna: Make same as chicken, breaking up the tuna flakes well.

Salmon: Mash cold cooked fish to pulp, season with salt, pepper and vinegar—just enough to moisten.

Sardine: Equal parts of sardines and minced hard-boiled eggs. Mix together with a little catsup.

Sausage: Chop fine any good cooked sausage; add one-third as much finely chopped gherkins. Season with any good salad dressing.

Minced Ham: Grind up ham and mix together with chopped egg in any desired amount. Season with a dash of mustard.

Cucumber: Chop fine, drain off extra liquid and mix with thick mayonnaise. Add salt and pepper.

Olive: Large ripe olives, stoned and chopped fine; mix with mayonnaise.

Chicken Livers: Chop together with hard-boiled eggs and a little minced onion. Add dressing.

Cheese: Run mild cheese through the grinder and mix it with relish, or a finely chopped pimento; add dressing.

Cottage Cheese: Mix with chopped ripe olives and some mayonnaise.

Peanut Butter and Grape Marmalade: Mix in equal quantities. This makes an excellent sweet sandwich.

"At last I've caught up with a great cigar!"

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Our Bank's career has been inseparably woven into the career of the nation and every part of it. Founded in 1817, the Bank at once became a financial pathfinder for Canada's pioneers. Through all the intervening, eventful, growing years

of Canadian life, our Bank has kept strong and efficient—by pursuing a policy of safety for depositors and by keeping our services always abreast of modern conditions.

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