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...OF...

## Interest To Women

## THE PERMANENCY OF CHOCOLATE

Used By Soldiers, Explorers, Hikers and Myriads Of Other People; Cocoa Is Also Popular

(By Edith M. Barber)

"The devil has erected a new university," stated Roger North, in criticizing an English public house of the day—and not because of the spirits which were served there, but because of a new-fangled drink known as chocolate, which had been introduced from Mexico by way of Spain. It was probably Ferdinand Cortez who introduced chocolate into Europe.

It is said to have been a boon to Spaniards and Mexicans who established the custom of having it brought to them in hot beverage form in church in order to stimulate wakefulness during long services. The monks allowed themselves a mixture of ground chocolate and water before an early mass as in this form it was considered a beverage without food value.

Actually, chocolate in contrast to tea and coffee, is a food with a concentrated value which often proves useful to restore failing energy. Soldiers, explorers, and hikers consider sweetened chocolate a necessary adjunct.

The rest of us are likely to use chocolate more for the sake of its fine flavor than for its food value. In cakes, in candies, and in desserts, it provides what is probably our favorite flavor. We occasionally use it for that beverage which we call hot chocolate and which we generally serve with whipped cream. Oftener, however, we serve cocoa, which is actually chocolate from which most of the fat which is called cocoa butter, has been removed. Nothing is better on a chilly day than a steaming pot of cocoa which the children will be sure to acclaim. Made with milk, it provides just what the doctor would order if he were consulted.

The Mexicans are accustomed to using ground vanilla bean with the ground chocolate. The two flavors accentuate each other, and you may like to add a bit of vanilla extract when the beverage is ready to serve. A dash of cinnamon is also good with chocolate.

When chocolate is used in cooking, it should be melted over hot water, as too high a temperature changes the flavor. Instead, it may be cut in pieces, to which a little cold water may be added and the two stirred together over a low fire until a smooth thick syrup results. If cocoa is used to replace chocolate in a pudding, cakes or candies, it should be blended with the sugar or flour used in the recipe. When it is used as a foundation for a beverage, cold water should be added and the mixture stirred over a low fire until smooth and thick. The cold milk may then be added as it is for chocolate. When the mixture begins to foam, while being heated over a low fire, it must be beaten with an egg beater in order to prevent a scum from forming over the top. By this method either cocoa and chocolate can be made with only one utensil.

## Chocolate Souffle

1/2 cup flour  
1 cup milk  
4 eggs  
2 squares melted chocolate  
1/4 teaspoon salt  
Mix flour with half a cup of cold milk and stir this mixture into 1/2 cup of hot milk. Add half the sugar, stir over fire until mixture thickens and boils. Remove from fire, beat in egg yolks, one at a time. Add remaining sugar, melted chocolate and salt. Fold in beaten egg whites. Fill baking dish, greased with softened butter and sprinkle with sugar. 3/4 full, and bake twenty minutes in a hot oven, 425 degrees F.

## Chocolate Angel Food

3/4 cup sifted cake flour  
1/4 cup cocoa  
1 1/4 cups egg whites (10-12 eggs)  
1/4 teaspoon salt  
1 teaspoon cream of tartar  
1 1/4 cups sifted granulated sugar  
1 teaspoon vanilla  
Sift flour once, measure and sift with the cocoa three times. Beat egg whites and salt on a large platter with a wire whisk. When foamy, add cream of tartar and continue beating until the eggs will stand in peaks. Fold in sugar carefully, two, table-spoons at a time, until all is used. Fold in vanilla. Sift a small amount of flour over the mixture and fold in carefully, continue until all is used. Pour batter into ungreased angel cake pan and bake in a slow oven beginning at 275 degrees F. and increasing to 325 degrees F. after the first half hour of cooking. Bake one hour all together. Remove from oven, invert pan for one hour or until cold.

## Chocolate Ice Cream

2 squares chocolate, cut in pieces  
2 cups cold milk  
3 tablespoons granulated tapioca  
1/4 teaspoon salt  
1/2 cup sugar

1/4 cup light corn syrup  
2 tablespoons sugar  
2 egg whites  
1 cup cream, whipped  
2 teaspoons vanilla  
Add chocolate to milk in double boiler and cook until it is melted and beat with egg beater until blended. Add tapioca and salt and cook fifteen minutes, or until tapioca is clear and mixture thickened, stirring frequently. Add 1/2 cup of sugar and syrup and stir until sugar is dissolved. Strain mixture by stirring (not rubbing) through fine sieve. Chill. Add two tablespoons sugar to egg whites and beat until stiff. Fold into tapioca mixture. Fold in cream and vanilla. Turn into freezing tray of automatic refrigerator and freeze three to four hours until set, or pack in mold in equal parts of ice and salt two or three hours.

## Chocolate Nut Fudge

2 ounces chocolate  
1/2 cup cold water  
2 cups granulated sugar  
2-3 cup milk  
1 cup nuts.

Cut the chocolate into five or six pieces and put with the cold water into a heavy saucepan. Stir over a low fire until the chocolate is melted. Stir in the sugar and add the milk. Stir over the fire until the sugar is dissolved. Boil over a medium flame until the thermometer reads 228 degrees F. or until a soft ball will form when a little of the candy is dropped into cold water. Place pan in cold water and cool to 110 degrees F., or until lukewarm. Stir until mixture begins to thicken and lost its shine. Pour into a wet pan upon which the cut nuts have been sprinkled. Cool and cut into squares.

## Chocolate Walnut Dollars

1/2 cup butter  
1 cup sugar  
1 egg  
2 tablespoons milk  
1 teaspoon vanilla  
2 1/4 cups flour  
1 teaspoon baking powder  
1/2 teaspoon cinnamon  
1/2 cup chopped walnuts  
2 squares chocolate  
Cream butter and sugar. Add eggs (slightly beaten), add milk, vanilla, sifted dry ingredients and walnuts. Add the chocolate melted and form into roll two inches in diameter. Wrap in waxed paper. Chill. Cut in 1-2 inch slices. Bake in moderate oven 375 degrees F. eight to ten minutes.

## BLOUSES COME OUT OF HIDING

If you're too young to remember the Gibson girl in her pretty shirt-waist and skirt, you're just old enough to follow her example. For blouses have come out of hiding.

Smart misses everywhere are rushing into flowerlike blouses and the gracefully pleated, flared and gathered skirts that make complete costumes every bit as important as a dress.

For bridging the long, dull gap between winter and Easter they're irresistible. Budgeteer or not, you'll find these completely to your liking.

Gaucho blouses in lustrous rose, powder blue and white satin are newest of all. You'll know them by their fascinating sleeves, ballooning from shoulder to wrist, and the very blousy bodices that slim your hips by comparison. Some have little Peter Pan collars, or V-necks with revers. "Turnabouts" with the fullness gathered into small round yokes and no collars can be worn with the twinkling crystal buttons down the front or back.

If you'd love a gaucho, but long, full sleeves are not for you, look at the lovely Paisley prints, very blousy, but with short sleeves. These are fastened with large emerald-green stud buttons.

Other costume blouses are the striped floral prints that co-operate so well with boleros. You can buy separately the skirt, blouse and bol-

## When COLDS THREATEN-

Used at first sneeze, this specialized medication for the nose and upper throat—helps prevent many colds.

VICKS VA-TRO-NOL

## FASHION ON A COLOR RAMPAGE BUT MATCHING IS A PLEASURE

(By Elinor Williams)

All matches aren't made in heaven; Boston stores are doing a grand job of it, too!

Spring fashion is going color mad, y'know. Tweed suits that used to be sober gray, brown and oxford are blossoming out in soft rose, dusty pink, pale blue, and gold. Schiaparelli is sponsoring violet and more violet in spring bolero frocks, and even navy blue, the good old reliable, has a vibrant purplish cast.

If your suit isn't gay with color (or even if it is), your accessories will be. But that doesn't mean searching high and low and poking about in shops for long, weary hours while you try to match this and that.

Now it's all done for you, the running around and painstaking matching. Suits, dresses, sweaters, blouses, bags, belts, hats and even handkerchiefs match each other perfectly and contrast strikingly. All you have to do is decide on the color, and you'll find it a pleasure to mix 'em and match 'em—all in one store, if you wish.

Start with a suit or a spring coat as the basis for your wardrobe, then build around it, choosing a contrasting color for at least two accessories. The rest is easy, and you just can't help looking smart with such a perfect ensembling.

Don't miss two lovely new shades in spring accessories. They're as flat-

tering as you could wish, and the kind that combine harmoniously with not one but several costume colors.

One of them is called copper spangle, a new tone in tan, lively as the frolicking pedigreed puppy it's named for. It's a thoroughbred color all dye-pot matched so you can't go wrong—a good spring tonic for a winter wardrobe and chic with spring suits or coats in navy, black, brown, beige, gray, oxford and muted tones in new tweeds.

Which will it be? A Boston bag softly tailored in smooth copper spangle calf with gold color metal bands at the base and convenient top handles? Your spring shoes could be dashing new pumps with twin rolls at the high-cut front and perforation over the toe and instep. Complete the accessory ensemble with a high-rolling breton or casual knockabout felt hat and a giddy print handkerchief in the same copper shade of tan.

The other new spring arrival in the color lineup is a rosy tone called roseberry or Bali rouge. Soft rose with a faintly ruddy, brownish undertone that makes it a perfect companion with brown, beige, navy or black. All colors with a rosy glow are fashion leaders for spring, ranging from pale dusty pink, to this new rose.

If a two-color combination doesn't intrigue you, there's another striking possibility—python skin. It is a rich finishing touch to flavor a spring wardrobe in shoes, good-looking belts and handbags in natural black, white, grayish tones or dyed a rich, vivid red.

It wouldn't be spring without patent leather. Less colored patent, at the moment, however, and more in shiny, dramatic black. It is always new and fresh looking in tailored top-handle or envelope bags, and smart, high cut pumps, with the neat little patent bows and open toes. Red and green patent leather are still in the fashion picture and later you'll see it in luscious pastels.

Accessory notes: Pumps have high-cut sides to make them fit more securely and comfortably. Toe-openings are smaller and more flattering to the foot.

Chunky lines are smart in gloves—short and stubby, nice to wear with suits because they're comfortable with long, rather fitted sleeves.

Pink is the color for your blouse no matter what the color of your suit. Its warm, rosy glow will do lovely things to your complexion, and it combines perfectly with navy, gray black, the classic suit colors.

## NOTICE OF SALE

To the Administrator of the Estate of Annie M. Griffiths, late of the City of Fredericton, in the County of York and Province of New Brunswick, Married Woman, deceased; and to Benjamin J. Griffiths, of the City of Fredericton, in the County of York and Province of New Brunswick, Merchant; and to all others whom it may in any wise concern:

Public Notice is hereby given that under and by virtue of the Power of Sale contained in The Property Act, and under and by virtue of the Power of Sale contained in a certain Indenture of Leasehold Mortgage bearing date the twentieth day of January, A. D. 1919, made between the said Annie M. Griffiths, wife of Benjamin J. Griffiths, of the City of Fredericton in the County of York and Province of New Brunswick, Merchant, and the said Benjamin J. Griffiths, of the one part, and Margaret Grieves, of the City of Fredericton in the County of York and Province aforesaid, Spinster, of the other part, and duly recorded in York County Records in Book 170, pages 49-52, under official number 69278, the twentieth day of January, A. D. 1919, there will, for the purpose of obtaining payment of the moneys secured by the said Indenture, default having been made in the payment thereof, be sold at Public Auction in front of the Post Office in the City of Fredericton, in the County of York, on Saturday, the twenty-sixth day of February, A. D. 1938, at the hour of twelve o'clock noon, the lands and premises mentioned and described in the said Indenture of Leasehold Mortgage as follows:

"All that certain lot, piece or parcel of land situate and being in the City of Fredericton in the County of York, known as Lot Number 385 in Block 24 of the Town Plat of Fredericton, fronting on the northeastern side of George Street."

Together with all and singular the buildings and improvements thereon and the privileges and appurtenances to the same belonging, or in any manner appertaining.

Dated this 21st day of December, A. D. 1937.

(Sgd.) ETHEL M. STEEVES,  
Sole Executrix of the Last Will and Testament of Margaret Grieves, deceased, Mortgagee.

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