

**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

## BARGAINS

The reduced price sale of the past few days was successful, but there are a few pieces left, to which we have added "Seats for Bathtubs" reduced from \$1.65 to \$1.15.

Door Mats from 85c to 69c. There is also a piece of plated ware, which is discolored, at reduced price.

**D. J. Shea**  
80 CARLETON ST.

**New Spring  
Merchandise  
Arriving Daily**

SEE OUR NEW  
WABASSO PRINTS

Piques, plain and printed  
broadcloths  
Silk Prints  
Silk Draperies  
Monk Cloth  
Poplin, Rep, Shadow Cloths  
Tapestry  
Also large stock of curtains  
by the pair and by the yard.  
Draperies measured, made  
and put up—no charge.  
Largest stock of yard goods in  
the city

**J. Stanley Delong**  
Phone 68-11 63 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

## Believe It Or Not!

Your Fire policy covers about 50% of the actual hazards.

The Additional Coverage endorsement increases the percentage to about 99 44/100, and, in the city, the cost of this necessary protection is only one dollar per thousand for three years.

Call or write this office for further information concerning this coverage.

**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 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.

**IRVING, BRENNAN & COMPANY, LTD.**  
J. G. BADCOCK, Manager.

Fredericton Office Suit 1, Loyalist Building --: Phone 454  
Fredericton Charlottetown Halifax Saint John, N. B.



"I'm not taking as big a risk as you think . . ."

"Yes you are, if you're the one who swiped the boss's Sweet Caps!"

**SWEET CAPORAL CIGARETTES**

"The purest form in which tobacco can be smoked."

## ...OF... Interest To Women

### THE HOMEMADE ROLLS

**Should be Served Oven Hot and Tender; How To  
Make the English Muffins and Brioche**

(By Edith M. Barber)

In bygone days, the word lady was synonymous with that of loaf giver. Perhaps that was because on feast days, the lady of the manor distributed fine white bread to servants and tenants who must be content throughout the year with the coarser kind of a loaf. Today, the word lady has been supplanted almost entirely by the finer word, woman, and the loaf giver is more likely to be the loaf buyer.

There are few households in which the supply of loaf bread is made regularly. It is no longer considered shiftless to buy bread ready-made. Most of us buy just enough for one day, so that the bread will always be fresh for the table. Left-over yesterday's bread is reserved for toast. While any one who has made bread at home is certain that there is nothing like it when it is fresh, we generally prefer a daily fresh loaf made by commercial bakers to third-day homemade bread. Most of the yeast bread made today in the home kitchen goes into rolls, which are planned so that they will come out of the oven hot and tender just in time to serve at a meal.

With modern recipes which allow liberal quantities of yeast to be used, the whole process of making rolls is short. When the shortening is added, after the flour has been mixed in, the kneading will be a short process and it should be noted that the dough will never stick to the board.

As bread is largely composed of flour, it is naturally the most important ingredient. The type suitable for yeast bread is known as bread or all-purpose flour. It is made from hard wheat and contains enough gluten to allow it to rise well and to be handled easily. Soft wheat flour which is often known as pastry, or in its finer form as cake flour, may be used for baking powder breads, but is not suitable for those made with yeast. While bread is rising, it should be kept at an even warm temperature. I like to place the bowl containing the dough on a cake cooler, placed across a kettle which contains water hot enough to steam. As necessary the fire may be lighted under the water for a moment. The bowl containing the dough should be kept covered to prevent a crust forming on the surface. When the bulk has doubled, the dough will be ready to knead and shape into rolls.

The mixture itself may be varied by increasing the amount of shortening, and sugar and by the addition of a varying number of eggs. The foundation mixture may be used for Parker House and clover-leaf rolls. The richer mixture is suitable for buns of various sorts, and for coffee cakes. Part of the dough after it has been kneaded the first time may be covered and put into the refrigerator to use another day, if a little soda is added to the original mixture.

Just a word about baking temperature. For most rolls, a moderately hot oven, 400 degrees F., should be used. The time of baking will be from fifteen to twenty minutes, depending upon the size of the rolls.

#### Standard Rolls

Takes about 2 1/2 hours.  
2 cakes compressed yeast  
1 cup lukewarm milk (scalded)  
1/2 cup sugar  
1/2 teaspoon salt  
1 egg  
4 cups flour  
1-3 cup melted shortening

Crumble yeast into a bowl, add the milk slowly and stir to dissolve yeast. Stir in sugar, beaten egg and half the flour. Stir in rest of flour and the melted shortening and mix well. Turn out on floured board and knead two or three minutes until you have a smooth dough. Put in a bowl, cover and let rise over hot, not boiling water, until double in bulk. Cut down toss on floured board and knead until smooth. Shape, place on baking pans, cover and let rise over the hot water until double in bulk. Bake in a hot oven, 400 F., 15 to 20 minutes until light brown. Remove from oven and brush tops with melted butter.

#### Fancy Rolls

2 cakes compressed yeast  
1 cup lukewarm milk (scalded)  
1/2 cup sugar  
1/2 teaspoon salt  
2 eggs or 4 egg yolks  
4 cups flour  
1/2 cup melted shortening

Crumble yeast, add milk and stir to dissolve yeast. Add sugar, salt, beaten eggs and half the flour. Mix well, add remaining flour and melted shortening. Mix well. Turn out on floured board and knead two or three minutes until dough is smooth. Put in a bowl, cover and let rise over hot water until double in bulk. Form into desired shape, arrange on greased pans, brush with melted butter or milk and let rise again over hot water until double in bulk. Bake in a hot oven, 400 F., until brown. Add 1/2 teaspoon of soda to the mixture with salt and sugar if some of the dough is to be kept in the refrigerator for a few days. The portion reserved for later use should be put in a bowl, greased on top and covered tightly with moistureproof paper.

#### English Muffins

2 cakes compressed yeast  
1 cup lukewarm water  
1 tablespoon sugar  
1/2 teaspoon salt  
3 cups flour  
1 tablespoon melted shortening

Crumble yeast into bowl, add the water and stir to dissolve yeast. Add sugar, salt and flour. Mix, add melted shortening and mix well. Turn out on floured board and knead quickly into a smooth dough. Put dough in a bowl and let rise over hot, not boiling, water until double in bulk. Roll dough into 3/4 inch thickness, let it rise on board until double in bulk and cut into three-inch rounds. Bake on a greased griddle about 15 minutes, turning often. When cool, split, toast and butter.

#### Brioche

2 cakes compressed yeast  
1 cup lukewarm milk (scalded)  
1/2 cup sugar  
1/2 teaspoon salt  
4 egg yolks, beaten  
3 whole eggs, beaten  
1/2 teaspoon lemon extract  
4-5 cups flour  
2-3 cup melted butter

Crumble yeast into bowl, stir in milk which has been cooked to lukewarm. Add sugar, salt and egg yolks and whole eggs. Add flavoring and stir in flour and when well mixed add melted butter. Blend well. Let rise six hours, then chill overnight in refrigerator. Turn out on floured board and roll 1/4 inch thick, brush with melted butter, fold in three layers, cut off 3/4 inch slices, cover and let rise over steam until double in bulk. Shape, put in large, greased pan and cook.

## LEMON BUTTER AN OLD FAVORITE OF GRANDMOTHER'S DAY

(By Frances Blackwood)

One man writes for an old favorite recipe that lingers in his memory of good things his grandmother used to make. Another contributes an idea in the way of a sandwich.

Leaning back in his chair this gentleman said, "I discovered something good the other day, a scrapple sandwich. You just fry scrapple as usual and then make a sandwich of it with plenty of catsup or chili sauce—it's good."

It is good, just like that. Or if you have the time and inclination, use toast instead of bread and instead of plain chili sauce, chop up some onions, fry them tender and mix with a little chili sauce and use that. As a hearty snack it has few equals.

Now for the lemon butter. This is an old-fashioned dish, that used to grace the Sunday supper table just like jelly or jam, for spreading on hot biscuits or bread. To make it, cream 1/2 cup butter and beat in two scant cups of sugar. Then gradually beat in three very well beaten eggs.

Beat until grain of sugar is smooth, then beat in 1/2 cup water and juice and grated rind of three lemons.

Set this in top of double boiler over simmering water and cook, stirring constantly, until it is about as thick as a mayonnaise dressing. Cool before using.

#### How To Powder

You're no economist—judging from the paths of powder you leave! Confess now—don't you slap your puff against your cheeks letting the powder fly hither and yon? You could save half of it by careful application. Begin at the base of the neck and work up gradually, gently pressing the powder on as you go. When you have a thick coating on, dust the excess off with a fresh piece of cotton or puff. Smooth the remainder in with your fingertips, and don't forget to brush the specks of white out of your lashes and brows.

## BUDGET YOUR EXERCISES FOR SPACE

**In a Very Small Room the Standing-up  
Variety Are Best**

(By Victorine Howard)

"My room is small so that I have only a three by four foot space available for exercising. Yet I have been told by a physician that my body was becoming flabby due to lack of exercise, which she said it was imperative that I get. Would you be kind enough to suggest several exercises for various parts of the body which I can practice in that space," wrote some of our readers.

There are any number of exercises that you can do in a small space without knocking the skin off your knees and elbows on the furniture—exercises which are quite as helpful as any others in either helping to reduce or to strengthen flabby muscles and restore their tone.

Exercises can be classified according to whether they are done from an original standing, sitting or lying position. Which you do is merely a matter of choice. You certainly can't do much about the lying down variety unless you're only four feet tall in a 3x4 foot space. But there isn't any part of the body which can't be reached by exercise in either a standing or sitting position.

Unless you have some particular

part of the body that needs special exercises it's wisest to choose all-round ones to work on the 'large muscle' groups of the torso and improve general proportions and muscle tone. Plan your morning program for a well-balanced exercise diet just as you would a balanced food diet.

For waist muscles—Stand with feet wide apart, hands on hips. Bend sharply to left, circle trunk to left, circle trunk forward and as far to the right as possible. Come to upright. Repeat going the other way.

For thighs and hips—Stand, and balance on one foot, hand on wall, swing one leg forward and backward vigorously ten times, and then do likewise with the other. Keep the trunk upright at all times.

For general proportions—Rest on hands and knees. Slowly raise right leg and left arm, hold for four counts, replace, and do the same with left leg and right arm.

All of the exercises may be done ten or more times, unless they tire you. The important thing to remember about exercises, whether you do them in a tiny space or in a hired hall, is not to overdo them, and to do them regularly.

HOW BIG IS A MAN

A man's no bigger than the way he treats his fellow man! This standard has his measure been. Since life itself began, He's measured not by titles or creeds, High-sounding though they be, Nor by the gold that's put aside, Nor ingenuity. He's measured not by social rank, When character's the test; Nor by his earthly pomp or show, Displaying wealth possessed! He's measured by his justice, right, His fairness at his play, His squareness in all dealings made, His honest, upright way. These are his measures, ever near To serve him when they can; For man's no bigger than the way He treats his fellow man!

**When You Want  
to Alkalize  
Stomach Fast**



**Try This Amazing Fast Way  
—The "Phillips" Way  
Millions Are Adopting**

On every side today people are being urged to alkalize their stomach. And thus ease symptoms of "acid indigestion," nausea and stomach upsets.

To gain quick alkalization, just do this: Take two teaspoons of PHILLIPS' MILK OF MAGNESIA 30 minutes after eating, OR — take two Phillips' Milk of Magnesia Tablets.

Relief comes almost at once — usually in a few minutes. Nausea, "gas" — fullness after eating and "acid indigestion" pains leave. You feel like a new person.

Try this way. Get either the liquid "Phillips" or the remarkable, new Phillips' Milk of Magnesia Tablets. Each one equals a teaspoon of the liquid. Only 25¢ a box at all drug stores.

**ALSO IN TABLET FORM:**  
Each tiny tablet is the equivalent of a teaspoonful of genuine Phillips' Milk of Magnesia.

**MADE IN CANADA**  
**PHILLIPS' MILK OF MAGNESIA**

## BORROWING FOR PROFIT

*"to every Business comes a time  
to borrow," for instance.....*

### To Extend Your Local Trade

Business now restricted to very narrow limits may have in it potentialities for wider markets, larger profits. Wise management must determine business limitations.

If your business possibilities, conservatively appraised, warrant extension to a larger field, conservative borrowing may be a wise and businesslike step.

The Bank of Montreal,  
with branches serving local



business in all parts of Canada, stands ready to discuss with you the potentialities of your business and welcomes your application for a loan.

**BANK OF MONTREAL**

ESTABLISHED 1817

"a bank where small accounts are welcome"

Fredericton Branch: M. A. JOHNS, Manager

MODERN, EXPERIENCED BANKING SERVICE... the Outcome of 120 Years' Successful Operation