

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

Looking Ahead To
Spring Renovations

You'll want the Bathroom remodelled, a new sink in the Kitchen, an extra toilet or lavatory in Dressing Room, with cold and hot water through rust-proof copper pipes. Furnace pipes to be cleaned or renewed. Eave spouts and down pipes repaired. All of which will have prompt attention by capable workmen. Call 563-11.

D. J. Shea

80 CARLETON ST.

Sole Agents

FOR

Wabasso Cottons

Direct from the Mill.

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

J. Stanley Delong

Phone 69-11 63 Carleton St.

HERE ARE
SUITS

Made for Your Individual Measurements!

Tailoring of the Highest Order

ALEX. INGRAM

BOSTON TAILORS
376 King St. Phone 1164-11

That Icy Sidewalk

WHOOOPS—DOWN HE GOES! Broken bones are bad enough, but WORRY about loss of earning power, hospital and medical bills and increased household expenses cause far greater suffering.

ACCIDENT INSURANCE . . . cannot prevent accidents, but it will eliminate financial worry and keep the home fires burning.

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

Greater Revenue
Through Experience

Estates are sure of maximum revenues if the management is placed in our hands.

May we have the opportunity of explaining this service to you?

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

ST. PATRICK'S DAY RECIPES MENU
GIVEN BY FRIENDLY KITCHEN

(By Marjorie Mills)

The Edison Friendly Kitchen has been giving thought to a St. Patrick's day party where the foods wear as much green as the folks who come to the party. We're printing the menu and recipes today along with other decorative and easy St. Patrick's day dishes you may want to try.

Bridge Luncheon Menu

Erin Fruit Cocktail
Shamrock Salad Scallops Epicure
Lobster Salad
St. Patrick's Bread
Petit Fours
Chocolate Pudding with Mint Sauce
Coffee

Erin Fruit Cocktail

This is to be served in double cocktail glasses. The outer glass is filled with colored ice made of water tinted green and frozen in the electric refrigerator. The inner glass is filled with grapefruit sections sweetened and garnished with green cherries.

Shamrock Salad

Cut shamrock shapes out of canned pear halves. Place the shamrocks in a shallow pan. Add several drops of green coloring to the pear juice to make a bright emerald green. Add three drops of mint flavoring. Allow 'shamrocks' to remain in this juice for about half an hour in electric refrigerator to color them evenly. Arrange lettuce on a plate and place on it a piece of drained pineapple and spread with cream cheese. Lift each 'shamrock' out of juice, drain and place on top of cheese.

Lobster Salad in Pepper Rings
1 pound fresh lobster meat
2 cups diced celery
4 tablespoons French dressing
½ cup mayonnaise
4 green peppers
Lettuce, parsley, paprika
Cut lobster in half-inch pieces and combine with diced celery, French dressing and mayonnaise to hold salad together. If desired, season with salt, pepper and lemon juice. Wash and seed peppers, cut in rings one inch wide and arrange each ring on an individual bed of lettuce. Fill with salad, mix once, garnish with parsley. Place in refrigerator to chill before serving.

Scallops, Epicure

4 tablespoons butter
1 small onion, sliced
4 tablespoons flour
1 tablespoon flour
Dash pepper
1 cup cream
1 cup milk
1 pimento, diced
½ green pepper, diced
1 pint scallops
Melt butter in saucepan over low heat, cook onion in it five minutes. Remove onion, add flour, salt, pepper, add cream and milk gradually, stirring until mixture thickens, add pepper and pimento.

Put scallops in pan with enough water to cover and cook five minutes. Strain, add to cream sauce. Place mixture in scallop dishes, garnish with potato rosettes and brown under broiler.

Frozen Mint Sauce

Whip one cup of cream, add one-eighth teaspoon salt, ¼ cup confectioner's sugar, three or four drops oil of peppermint and enough coloring to obtain a light green. Freeze in a tray of electric refrigerator.

St. Patrick's Bread

2 cups flour
5 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
4 tablespoons butter
½ tablespoon caraway seed
½ cup currants
½ cup seeded raisins
Sift flour, measure and sift together, with other dry ingredients. Cut in butter with a knife or pastry blender. Add milk, caraway seeds, raisins and currants. Bake in greased eight-inch pan at 350 F. ½ hour. Cut in wedge-like pieces and serve garnished with a tiny shamrock.

"Under the Sea" Lime Jelly

1 package lime flavored gelatin
1½ cups boiling water
½ cup fruit juice
1½ cups cocktail fruits
1 teaspoon vinegar
½ teaspoon salt
2 packages cream cheese
2 teaspoons ginger syrup
Dissolve gelatin in boiling water. Add fruit juice, vinegar and salt. Put one-third in bottom of loaf-shaped pan. Let rest of gelatin partly congeal, and beat until light. Add cheese which has been creamed, with ginger syrup. Add fruit last. Place on top of first portion which has already congealed. Serve with mayonnaise thinned with whipped cream. Serves six.

Shamrock Canapes
Open-faced sandwiches, cut from white bread in the shape of shamrocks are spread with chopped olives and bacon.

Shannon Swirls

Remove crusts from loaf of white bread and cut slices lengthwise, about five slices to a loaf. Spread with cream cheese, tinted green, and roll around a pickle. Cut in slices so the pickle looks like a shamrock in the centre.

St. Patrick's Centrepiece

Blarney Castle is the name of the realistic castle, which is the basis of a St. Patrick's Day centerpiece. Arrange pots of shamrock around the edge or, to be really effective, remove shamrock plants from pots and 'plant' them in the crevices of the castle. Stretch green ribbons to the edge of the table and anchor them with miniature pots of growing shamrock. If you are using a buffet table, set the individual dishes on shamrock dollies.

Spiced Raisin Cookies

1 cup butter
2 cups sugar
3 well-beaten eggs
½ teaspoon soda
½ tablespoons milk
3 cups bread flour
1 teaspoon cloves
1 teaspoon cinnamon
½ teaspoon nutmeg
1 cup raisins
Cream the butter, add sugar, eggs and soda dissolved in milk, the flour mixed with spices and the raisins stoned, chopped but not too fine and mixed with a little of the flour. Add flour to roll out, it will probably take ½ cup more. Roll out a small portion at a time about ¼ inch thick and cut with a round cutter. Bake on a buttered baking sheet in a rather quick oven about 12 minutes. This makes about 3½ dozen cookies.

GIRLS CAN WIN FAVOR
WITH FLORAL SCENTS

If You've Overlooked that Wily Feminine Trick of Allure You Haven't Your Sense-Appeal Quota

(By Jane Scott)

Men love perfume. They really do, if it's used correctly—ask 'em. Otherwise why is perfume so often their favorite gift for the girl they love?

If you've overlooked that wily feminine trick of allure, you haven't your quota of sense-appeal for that man you are trying to bewitch.

But men are particular about perfume. They like it to be used sparingly and carefully, as it should be—just enough to create a delicate aura of fragrance and leave a lingering, provocative memory behind you.

If you reek of your pet perfume, you may give him a bad headache or cause him embarrassment instead of setting his heart a-flutter.

As for the type of perfume to use, you can usually count on floral scents they usually win masculine favor because they're light, fragile and feminine (he likes to think of his dream girl in those terms). Heavier perfumes—the exotic ones and orientals—are more likely to be overpowering unless they're used very cleverly.

Try to choose one that fits your personality. It probably will if it is

the fragrance you love best.

Do you know where to wear perfume when?

Try putting a touch of it on your wrists when you're lunching or dining with your newest heart interest. The intimacy of hands across the table involved in the prosaic business of roll-buttering and water-drinking will waft a faint, delectable scent to your companion that he'll find irresistible.

Or if you know you'll be dancing all evening, spray your hair lightly with a heady flower fragrance, and sprinkle a dash of the same perfume in the crook of your arms. The reason is obvious. Your head will be approximately under your partner's nose and your left arm will be curved about his shoulder—he gets the full benefit of the perfume!

Even if it's a movie date you can intrigue him. You'll be sitting shoulder to shoulder with the men of the moment, so spray your perfume on the curve of your shoulder or at the nape of your neck.

Make it a rule not to dab perfume haphazardly on your clothes, because most dyes and perfumes don't mix. A touch of fresh fragrance on your

Lr. Queensbury

LOWER QUEENSBURY, March 1—The weather for the past few days has been very disagreeable.

Rev. Mr. Killam cancelled his regular church service here on Sunday on account of the prevailing grippe. The funeral of the late Mrs. Martha March took place on Saturday afternoon from her late home.

Mrs. William Howell, of Jamaica Plains, and Miss Hazel Murch, R.N., of Bar Harbor, Maine, returned to their respective homes on Monday.

Miss May Dykeman who is taking a course in beauty culture in Saint John, spent the weekend at her home here.

Lloyd Edwards of Scotch Lake is spending a few days with Murray Jordan.

Those on the sick list in this place are Ernest Joyce, Neill and Ralph Brown, Mrs. Mellow Pond and little Beatrice Pond and Lena Joslin. We all wish them speedy recovery.

Our school reopened on March 1st with Miss Elizabeth Coburn in charge. Mrs. Amos Jordan returned home on Wednesday, after spending two weeks with Mrs. Karl Smith, Prince William.

A large number of people of surrounding districts enjoyed skating at McNally's Ferry on Sunday afternoon. M. Jordan, C. Jordan and Lloyd Edwards spent Tuesday evening at Stanley Jordan's.

Miss Ruth Moore was in the city on Saturday.

Percy Currie made a trip to New castle recently to visit his sister Mrs. Willard Miller, who has been ill for some time.

FREDERICTON JCT. B.Y.P.U.

FREDERICTON JUNCTION, March 8—The B.Y.P.U. last evening discussed Education, Group A, led by Lois Shearer, giving the program. Devotional services were conducted by Rev. B. G. Linton and Bertha Redstone. Miss Shearer gave a paper on Education, and readings on the same subject were given by Flora Shearer, Ivy Tracy, Josephine and Una Moore. Ruth Boone, Norman Phillips and Mrs. Linton, and two choruses were sung by Flora Shearer, Ivy Tracy, Ruth Boone and Dorothy Blair. The attendance, including 27 visitors, was 60. Roland W. Nason presided.

Handkerchief or sweater are nice, and by all means on furs, for the oils of the perfume blend with the oils of the pelts. Natural affinities.

For the rest of your clothes, sachets are the thing, keeping you subtly perfumed from the skin out. Tuck sachets in drawers and closets with your lingerie, hats and gloves.

Finest Quality Always

"SALADA"
TEA

BIG WAIST LINE HELD HANDICAP

Dr. Heiser Sees Need for Nation-wide Reducing

DALLAS, Texas, March 2 (UP)—Dr. Victor Heiser, for 20 years an associate in research with the Rockefeller Foundation and an authority on tropical diseases, is of the opinion that America's expanding waistline is costing the nation its position of importance in world affairs.

"Americans are becoming overweight and sluggish," Dr. Heiser said. "Excess weight is a disease that is threatening our communities."

"We have conquered or can control most of the environmental diseases," he said. "Typhoid fever, yellow fever, smallpox and cholera were

all community problems. However, the individual felt no particular responsibility for them. It was a problem for the city health departments.

"Our next big advance must be in dealing with changing the habits of the individual, and as I see it, the country that does that thing first will lead the world."

"The Germans," he continued, "forced by conditions, apparently have already started developing a diet that will give a maximum of both health and energy."

"Americans must be taught how to eat as a community health problem."



"He's trying to make a double date for tonight . . ."
"O.K.—but tell him to double-up on the Sweet Caps, too!"

SWEET CAPORAL CIGARETTES

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



FOR A DELICIOUS
HEALTH-GIVING VARIETY

S E R V E
FISH

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

The Department of Fisheries, at Ottawa, a division of the Dominion Government, has prepared a FREE 52-page booklet, "Any Day a Fish Day", containing 100 delicious recipes for the preparation 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 economical Fish Recipes.

Name.....

Address.....

81

D14

ANY DAY A FISH DAY