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ARE YOUR MEALS GETTING MONOTONOUS? HERE'S 3 WAYS TO PEP 'EM UP

Fried Cucumbers, Macaroni Loaf, and Mushroom Rarebit Lend Variety to the Menu

(By Frances Blackwood)

It doesn't cost a lot of money to have variety in your meals. But it does take a bit of thinking and planning. While you're thinking it over, here are a few suggestions:

Fried Cucumbers: Peel cucumbers (or if they are young and tender, never mind the peeling). Cut them in 1/4 inch slices lengthwise and the cut the slices into strips. Let them soak about 15 minutes in cold salt water. Pat them dry between two clean cloths. Roll in beaten egg, then in cracker crumbs seasoned well with salt and celery salt and a little pepper. Fry them in fat to cover. Use bacon fat, chicken fat or butter or oil as you prefer. When browned delicately, lift out, drain well and serve. You can do the same thing with eggplant but always pare that. Squash responds to the same treatment and a little grated cheese added to the crumbs gives a flavor.

Macaroni Loaf: Cook a cup of macaroni in boiling salted water and drain well when done. Pour 1 1/2 cups hot milk over 1 cup soft, grated crustless bread. Add to the bread mixture 1/4 cup of chicken fat, butter or butter substitute, 1 chopped pimiento, 2 teaspoons minced parsley, 1 table-

spoon minced onion, 1/2 teaspoon of minced chives if they are handy, and salt, pepper and paprika to please your taste. Then stir in 3 slightly beaten eggs and the macaroni. Put this in a generously buttered loaf or if possible (because it's prettier) in a ring mold. Bake 50 minutes in a moderate oven, 350 F. or until it is firm enough to hold its shape when turned out of the pan. Turn it out and serve it with creamed oysters, creamed left-over meat, creamed tuna, a thick cheese sauce, scalloped tomatoes, or mushrooms, or just fill the centre or around the loaf with pretty green peas or your most carefully cooked and seasoned spinach.

Mushroom Rarebit: Melt 2 tablespoons of butter, blend in 2 tablespoons of flour, add 2 cups of milk and cook, stirring until creamy and smooth. Add salt, pepper, paprika or Worcestershire to season well. Then add 1 medium sized green pepper chopped fine, 1/4 cup chopped pimiento, 1/4 pound (generous, please) of grated cheese, 1 can of sliced mushrooms or 1 cup cooked fresh mushrooms and 4 chopped hard cooked eggs and serve it all as a sauce over noodles.

The Travels of A
Fredericton Editor
A Century AgoMr. Gorham Continues His Story of the Travels
Of Edmund Ward In 1833

R. P. Gorham, B.Sc., continues in this issue his interesting sketch of the travels of Edmund Ward in 1837 and 1838.

R. P. Gorham, B.Sc., of this city, who is one of the leading authorities on matters of local as well as of Maritime history is furnishing The Daily Mail with a series of historical sketches dealing with past events in this locality. The sketch which we publish today contains an account of the travels a century ago of the Editor of a Fredericton newspaper, Edmund Ward. Ward describes in this issue conditions on the Nashwaak and on the Miramichi. Many residents of this section will be interested in these sketches.

NO. IV.

In the preceding installments the notes made by Mr. Ward on his journey from Fredericton to Chatham, Kouchibouguas and Richibucto were mentioned and also some of the interesting side lines of historic interest connected therewith. The chief thing Mr. Ward noted at Richibucto was the quality of the soil and the fields of grain but this was probably due to the fact that he was traveling by stage and crossed the Richibucto River on the ferry between the upper and lower villages and saw neither.

"It is probable that before long a road will be opened from Fredericton to Richibucto direct, passing near the head of the Grand Lake. A road is now being opened to that point, which is thirty miles distant, thence to the head of the tide at Richibucto is only forty miles more. And when the hilly nature of the country over which the road passes by way of the Nashwaak and South, West Miramichi rivers, and the circumstance is considered that the distance to Chatham will be about the same by the Grand Lake and Richibucto Rivers, as by that route, and mostly through a level country, it will doubtless supercede the other as a main road."

The reference to road making in this paragraph would appear to be to the old "Richibucto Road," from Barker's Point to the head of Grand Lake and the projected extension of the same to the present Harcourt. Gesner, writing in 1840, mentions that the extension from Grand Lake to the head of the Richibucto had been laid out but, in his opinion, such a route through a wilderness without inhabitants could not be kept free from windfalls or open for traffic in winter.

Please, local historians, look at the opportunity for a nice paper on the history of this road and the settlements made beside it. In the troubled times of 1837 and 1838 Sir John Harvey advocated the need for better

means of military transport in time of war. It would seem from Ward's and Gesner's notes, that it was opened through to the Richibucto during the next two years. Some settlement was made along it in places and then, in later years, parts were allowed to go back almost to a state of nature. In 1920 the writer walked over the portion from Burpee Brook to Little River, then an excellent place for deer hunting. Later he travelled the portion from Chipman to Harcourt through the remains of a fire devastated forest with blackened remains of once fine trees and plenty of windfalls. That portion is now a good road. Improvements have been made on the Fredericton end and it seems possible that at the close of the century after it was begun it will be a through road to Richibucto as Mr. Ward mentioned as desirable in 1839. Who will look up the old survey records and settlement records and write a nice paper on, say, The First Century of the Richibucto Road?

"There is a stage running from Miramichi to Dorchester and the Bend of the Petitcodiac—the fare through is thirty shillings; the country is generally level in many places bordering upon the ocean. If an abundance of good oysters will be any inducement we would advise our friends to travel through this interesting part of the province. A great proportion of the inhabitants are French, their places of worship are large and well finished; and the country in that direction having been long settled, there is much cultivation and appearances are indicative of plenty and contentment."

"About two o'clock the coach arrives at Shediac at which place it will be recollected the 65th regiment embarked last autumn for Quebec, having been conveyed in a steam boat from St. John to the Bend of the Petitcodiac and marched across country, a distance of fourteen miles, to the place of embarkation. Here there are also excellent houses of accommodation, particularly that kept by Mr. Smith, at which the coach stops; and the character of the Shediac oysters are too well known to epicures, to need other recommendations than to say that here they can be procured in abundance and cooked to perfection."

The movement of troops from Fredericton by way of the St. John River, the Bay of Fundy, the Petitcodiac and overland to Shediac has received scant notice from historical publications. In Hannay's history mention is made that the regiment went overland to Quebec and this seems to have been quoted by later writers.

Mention is found in the New Brunswick Royal Gazette of Oct. 3, 1838, that a few days before that date the

regiment had been reviewed on the Church Square or green by Lieut. General Sir Colin Campbell and His Excellency Sir John Harvey. This was a more or less formal inspection of the troops which were to be sent soon to the scene of anticipated trouble in Quebec and they were put through some evolutions to demonstrate their fitness. Mention was made that the regiment had arrived in the previous January from the West Indies, a very trying test of men in that they were moved abruptly from a temperature of 90 degrees to one of -20 degrees. There had been but little sickness, however, and all were in vigorous condition.

In the Gazette of Nov. 14, mention was made of the passage of the regiment down the river to St. John on the steamers, Novelty, Water Witch and Nova Scotia. There was also mention that, a day or so later, the detachment of the 11th regiment which had arrived in Fredericton to relieve the 65th, had also been ordered to Quebec and had proceeded to St. John on the Novelty and John Ward, there to join the other portions of that regiment stationed in St. John and to proceed after the 65th to The Bend and Shediac for embarkation on H.M.S. Andromache and H.M.S. Athol for the St. Lawrence.

The Gazette of Dec. 5, told of the arrival of the 65th at Quebec on Nov. 23, five days after embarkation at Shediac. That regiment was transported on the steam frigate Media and the brig Sophia. Mention was also made that due to non-arrival of the ships when expected the troops had been delayed from Nov. 10th to the 18th at Shediac. They had experienced "Indian Summer" weather and had been most hospitably entertained by the inhabitants of the Bend and Shediac, for the successful organization of which the commanding officer had mentioned Mr. Bliss Rotford and Mr. Hannington in despatches to the Lieut. Governor.

No mention has been found of what vessel or vessels carried the troops from St. John to the Bend other than that passage was made "by Steam." Perhaps some reader can supply this information.

After enjoying the abundant and perfectly cooked oysters of the inn at Shediac, Mr. Ward proceeded on his journey, writing as follows:

"From this point of departure two stages start—the one for the Bend, as we have already said—a distance of fourteen miles over a level country, and where probably at no distant day there will be a railroad connecting the two places.

"We took the coach that proceeds to Dorchester and after travelling six

or eight miles left behind the more even and level portion of the road, thro' which the road had passed since quitting Chatham and its customary tides that do not rise more than five or six feet; and exchanged for its uniform and tranquil appearance, the mountainous, picturesque and precipitous scenery of Westmorland with its tides which rise fifty or sixty feet and the rich alluvial deposit and beautiful valley and stream of the Memramcook.

"Having extended our account to a sufficient length, and as the observations we made in that country may well occupy another paper, we shall reserve till our next number the remarks which suggest themselves and the further details of an extensive and interesting tour."

Mr. Ward then closed the story of his journey from Fredericton to Dorchester and proceeded to write of some St. John News.

"We were present at the opening of the Circuit Court at St. John on Tuesday last (Aug. 6) at which His Honor, Judge Carter, presided.

"After the preliminary ceremonies had been gone through with the learned judge addressed the Grand Jury at some length and called their attention to the state of the calendar by which it appeared that not only was crime on the increase but that it was marked by unusual ferocity, and that two separate indictments for murder would be preferred—a circumstance unknown at any one session ever held in this country.

"His honor recommended the influence of example to meet the evil and the introduction of more efficient police in a large and rapidly increasing community where there is a continually changing population. The parties charged with murder were a watchman who struck a man a blow while ringing the firebell at night, the former considering that no cause existed for giving the alarm. The other case was that of a man who struck another with whom he was at work on the road. In both cases death resulted."

It would seem the members of the city watch had a drastic way of dealing with those who rang false alarms in those days.

Mr. Ward then went on to describe another murder on the Gondola Point Road in which four men and two women were involved. Partially intoxicated they stopped at the house of Terrace Ferguson for more liquor and when it was refused killed one Bernard Coyle. This took place while he was in St. John and he made the most of it from a temperance standpoint. Three of the men had been arrested in St. John and the fourth, Leonard, in Calais. In a later paper

VALENTINE - COLOR

(Continued from Page Six)

Date Bread Sandwiches
Cherry Ice Cream
Valentine Cake

Tomato Stuffed with Cottage Cheese—Cupid Biscuits
(Tea Biscuit, tinted with red vegetable Coloring)

Individual Angel Food
Valentine Squares
Individual Valentine Squares

Bake angel food cake batter in an oblong pan. Cut in squares, cover top and sides with pink frosting. Some little candy hearts may be sprinkled on top.

Date Bread

2 tablespoons shortening, 1 egg, 1 cup sugar, 3 cups flour, 5 tablespoons baking powder, 1 teaspoon salt, 1 1/2 cups milk, 1 cup cut dates, 1/2 cup nut meats.

Cream shortening and sugar, beaten egg, sift flour, baking powder and salt into a bowl, and creamed mixture and milk and combine quickly. Bake in well greased bread pan in a moderate oven, 350 F., one hour.

Jellied Heart

Dissolve one package strawberry or cherry flavored gelatin in 1 1/2 cups of warm water, add 1/4 cup of maraschino cherry juice and pour into heart-shaped mold. Set the pan in a cool place until gelatin is congealed.

When you are ready to serve your Valentine dessert, dip the bottom of the mold in warm water to loosen the gelatin and then turn it out on one of your nicest plates. Garnish round the edges of the red heart with about twenty maraschino cherries, quartered. Put the plate right on the table and serve from there.

he described the execution of three of these men at Kingston, Kings Co., and quoted the gallows address of one of them to the assembled crowd on the evil effects of drink. Our Fredericton editor campaigned for temperance at every opportunity.

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