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Your plumbing should be installed as a preventative against sewer gas and its subsequent results, such as typhoid, scarlet fever, etc., coming as they do frequently from no apparent cause, as far as modern science will permit. Every owner should weigh these facts well, and make himself familiar with the dangers arising from poor installation, as the smallest leak will cause sickness and often

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#### 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 forward-

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### BE THRILLED, WHATEVER HIS CHOICE OF GIFTS FOR

Men Look for Appreciation Whether They Send Tea Roses or Orchids; You'd Better Praise Their Candy Even If It is the Wrong Kind

(By Jane Scott) shouldn't. It's too much!"

you, even if it's only the weekly mov- he's oh, so wonderful! ie at the neighborhood theatre.

his tribute, if he's ever going to take His in particular, y'understand. you seriously enough to be a real Don't worry about appearing gold-

own satisfaction, too.

to see you wearing his corsage.

| So he wants you to tell him how If you want your man to make a nice it was of him to think of garfuss over you-and you do if you're denias when you love them so (even human and feminine-appreciate him if you detest the sight of them). Or, When he outdoes himself by sending how did he know that you have a you orchids-well, gardenias, anyway secret passion for chewy chocolates? -do you fall back on the old stand- It was so clever of him! (Even if you by, a mildly reproachful: "But you are on a diet and wouldn't dream of eating one of them).

Don't! It's far from what he wants In other words girls, it's another to hear. Tell him, show him that you A-1, made to order chance for you to appreciate every nickel he spends on convince the light of your life that

You may be tempted to accept his gift with a 'taking it for granted' air, In the first place, why give the im- to give the impression that this sort pression that anything is too good for of thing happens to you every day. you? You're only belittling yourself But, although competition is the spice in his eyes. He must respect you and of romance, he'd rather know you think you are worthy of his orchids, were thrilled by his thoughtfulness.

diggerish. There's nothing 'grabby' And why tell him he "shouldn't?" about sincere appreciation. It isn't You may think he's bringing you gifts gold-digging unless you hint about just to warm your little heart. He is, the candy, or demand orchids when but that's only, part of it. According you know he has a tea rose pocketto psychology, he's doing it for his book. Then prove that you can be thoughtful, too, by suggesting an We all bask unconsciously in the evening at home the next time he reflected glory that comes from do- comes to see you, after the special ing things for others. It pleases his splurge. It may save him the emvanity to make the magnanimous barrassment of having to admit that gesture; it makes him feel important he's a little short of cash at that baked in a moderate oven about 35

## PREPARATION OF A QUICK MEAL

How Codfish Balls are Cooked; They Should Have a Golden Brown Crust

(By Edith M. Barber) The waiter's voice came down the

We don't serve bread with one fish

Probably I shall never eat fish balls without those lines coming to mind. It all goes back to our family custom of bursting into so-called song when fish balls were promised der. Drain, mash potatoes and shred for lunch. It had to be before we sat bad manners but unlucky to sing at by tablespoons into very hot fat, 385

Whether the term 'ball' instead of paper. 'cake' was used for the sake of the rime or not, it is a fact that it describes the soft, fluffy combination of codfish and potato, with its crust of term cake, which brings to mind a firmer product. The mixture used for ing water. Combine with white sauce fish balls should be so soft that it and serve garnished with slices of may be dropped from the spoon into hard-cooked egg and paprika. deep fat which must be very hot in order that the balls will keep some sort of shape. Of course, they should not be too even.

For my fish balls I use salted fish fillets. I use the same type of codfish for creaming and serving with baked potatoes.

Either codfish cakes or creamed codfish will furnish the main item for an occasional quick meal. You may cut the time of preparation, of course by buying the ready to use mixture which is available in canned form.

4-5 medium sized potatoes 1 cup pickled salt cod.

1 tablespoon melted butter Pepper

1 egg.

Prepare and slice potatoes. Put cod in a strainer and rinse with boiling water. Cook cod and potatoes in boiling water until potatoes are ten codfish. Mix together, add butter, egg down to the table as it was not only and pepper and beat until light. Drop the table, according to my mother's degrees F., and cook until light brown Cook a few at a time. Drain on brown

Creamed Salt Codfish

11/4 cups salt codfish 2 cups white sauce Hard-cooked egg

Paprika. Shred codfish and rinse with boil-

Quick Meal Apricot juice, Codfish balls Buttered beets. Cold slaw Sponge cake, chocolate sauce

Coffee

Method of Preparation

Prepare potatoes, cook with fish. Make salad Make chocolate sauce

Heat fat. Finish preparations of codfish balls Open can of beets, heat and dress. Open can of chilled apricot juice. Make coffee.

## CREAM PUFF DOUGH EASY TO MAKE AND KEY TO CULINARY TREATS

Hollow Shells May be Filled with Appetizers Or Used for Delicious Pastry

(By Frances Blackwood)

Nothing I know of is more fascinating to make than Chou Paste-the Professional name for the cream puff larger than a 50-cent piece and fill

ready in a bowl, 1 cup of flour. In a mixed with cream cheese and moistsaucepan put 1/2 cup of shortening ened with mayonnaise is very good and 1 cup of boiling water. Stand by that way. the stove with the bowl of flour in

As soon as the water-shortening he entire cup of flour into it and begin to stir. Don't have the fire too hot under the pan and keep stirring cases for holding many creamed mixvigorously until the mixture rolls it- tures. Or salad mixtures. Or as a desself into a pasty sort of ball around sert they may be filled with the usthe spoon and free from the bottom ual custard, or with ice cream, or of the pan ..

it stand just a moment. Next, break late or butterscotch. ing them one at a time, break four as thoroughly as you can. Each egg fat by spoonfuls and fried as dough. French doughnut. will make the beating a little easier = and the mixture will get waxy in appearance. Beat the last egg in just as thoroughly as the first.

There you have the dough. Ready for you to do any of a number of things with it.

You may drop if by tablespoonfuls on the baking sheet, fairly well apart. Round the tops up nicely with a spatula. Or you may press the mixture in neat little mounds through tre pastry bag with a large tube and shape them that way. These to be minutes. They swell and become

from the crowding anxieties and fears of people who live on too slender margins.

The worst thing that money can do to people is to make them unsympathetic and hard, make them accept an order in which for some reason they have every right to comfort, and it is inevitable that others must starve. That's what money can do at

hollow inside and are, of course, split Anyone who knows how easy it is after they are cold, and filled with to make cream puff shells, and how any number of fillings. This way you many things may be done with them, can make two dozen good sized shells

wonders why more aren't made at Or, you may shape the dough long and narrow and bake them as for Easter shells.

Or, make them small and round, no them with any salad mixture and First you should measure and have use them as appetizers. Minced ham

che hand and a large spoon in the with a teaspoon of chocolate custard Or make them even smaller and fill and ice all over with mocha icingnixture comes to a full boil, empty making each one just big enough to

They may be topped and used as whipped cream, and served with or Take the pan from the fire then let without a sweet sauce such as choco-

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And last, but not least, the unbaked nuts are fried to puff up there and added, beat it into the mixture just dough may be dropped into deep hot become the most delectable pastry, a

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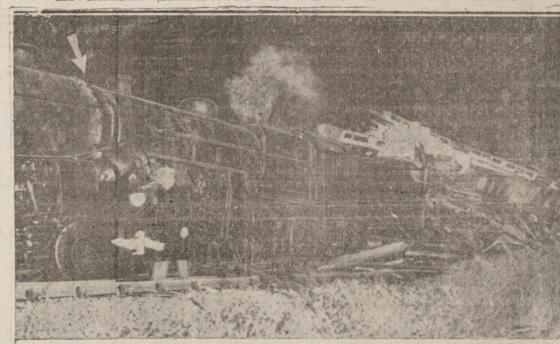
able as VapoRub starts working direct through the skin like a poultice. At the same time, its meditice. At the same time, its medicated vapors—released by the warmth of the body—are carried direct to the irritated air-passages with every breath.

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#### ENGLISH RAILWAY STAGES HEAD-ON CRASH





British railways proudly boast of their accident record, but when they do have a crash it's an good one. However, this mass of wreckage of two trains only took one life. An express from St. Pancras crashed into a standing train at Bradford a few days ago. The luxurious saloon car is good! for little better than the scrap heap, and the engines, locked where the arrow points, are going to bein the shops a long time.

#### HAVING MONEY SETS ONE APART I that, but a car in the comfortable (By Ruth Cameron)

things to people.

I don't mean necessarily bad things, fortable income. sometimes bad, sometimes not, but definite things.

It gives them an air of authority. to fight for things. I saw three women sitting talking Dress a dozen assorted women all in the trolley yesterday. The other in a uniform, strip off all rings so two listened with deference to the that there should be no such distinone who sat in the centre and she ob- guishing dollar signs, and I think you viously accepted that deference as can still tell by their expressions and her due. She was talking and they their manners the women who have were listening. She was gracious ab- to haggle with the butcher and dig out it, asked them questions about around for bargains, from the women their families, said nice things, but who have for years been accustomed there was just something you could to the deference and eagerness to get in the atmosphere between them. please of tradesmen and shopkeepers She was someone with more money of all sorts. and the position money gives than. In a marriage where the woman they. It wasn't that she was dressed has the money it is almost always so much better, perhaps a little but written on her face. There is a more not much. It was just something in dominant look, a look that sets well

and walked away.

got off and a car met her. It was a 'the head of the household' look out very good car. Not a Rolls and not a of her face and her manner. chauffeur. I don't mean anything like Money is a wall that shuts you off

The possession of money does price levels that made it fairly obvious that she was backed by a com-Money gives people assurance and

surety, sometimes it makes them It affects their faces and manners. gentle because they have never had

her manner and in the very set of on male but not so well on female faces. I think one of the extra prob-The other two women left first lems of the woman who had a job during the depression when her hus-At the end of the trolley line she band was out of work, was keeping

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