

Wait, Mother—Ask Your Doctor First



Never Give Your Children Unknown "Bargain" Remedies To Take—Unless You Ask Your Doctor. Unknowingly You May Be Risking Their Health—Just To Save A Few Pennies

A MOTHER may save a few pennies giving her children unknown, unproved preparations. But the life of a child is precious beyond pennies. So—ask your doctor before you give any remedy you don't know all about. When giving the common children's remedy, Milk of Magnesia, never ask for "Milk of Magnesia" alone—but always ask for "Phillips'". Because for three generations Phillips' has been favored by many physicians as a standard, reliable and proved preparation—marvelously gentle for youngsters.

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'PHILLIPS' Milk of Magnesia

Turning Cheaper Meats Cuts Into Most Appetizing Dishes

The Butcher Can Be of Help in Choosing Satisfactory Cuts for the Method of Cooking That Has Been Selected

Man is naturally a carnivorous animal. The formation of his teeth is the proof of this nature, however, evidently meant man to discover fire and the art of cooking meats, as his teeth are not suitable for devouring raw flesh. Early man, however, was not particular about the tenderness of his cooked meat. Tough bull's meat was supposed to produce strong bodies and brave spirits and that tender meat was thrown scornfully to women and children.

The development of the meat industry in this country has provided us moderns with products of high quality. What we now call the tougher cuts are generally more tender than the choicest cuts of years ago. The demand, however, for roasts, chops and steaks from the forequarters has resulted in a generally high price for these portions. The drought of two years ago has brought an increase in price, however, to meat in general. We are now paying much more than we did a few years ago for all kinds of meat. The rise in price is particularly noticeable in pork which is used so much in this

country and which previously had been so inexpensive.

Because of the fact that meat demands so much of our food budget, there has been an increased interest in the use of the cheaper cuts. Savory dishes can be prepared from them if clever methods are used. They begin with the butcher who will help you choose a satisfactory cut for the method of cooking which you have chosen. He will, for instance, score round steak with his "cubing" machine. Certain cuts of round, if cut thin for minute steak will not even need this treatment. If the steak is marinated in French dressing overnight, it will be tender enough to broil to that rare stage which so many people like.

From other of the less tender cuts appetizing pot roasts may be prepared. Beef should generally be well browned in fat whether it is left in one piece or cut into small pieces. A clove of garlic or a few slices of onion will improve the flavor. Other herbs and spices may be put in the small amount of liquid which is added before the dish is finished by a long slow cooking either in the oven or on top of the stove. In any case the dish should be covered. The liquid may be water or tomato. A little wine or vinegar added later will improve the flavor.

Lamb and veal are usually cooked without searing. Flavor is given by the use of vegetables as well as seasoning, with them. Shoulder cuts of lamb and veal from which the bones have been removed and which have been stuffed may be roasted by the same methods which are used for the legs and ribs. This means the use of an uncovered pan and a hot oven for fifteen minutes, after which the temperature should be lowered.

There is a great variety of dishes with foreign names, all of which are made with meats cut into pieces and seasoned in typical fashion. A Hungarian goulash, for instance, demands allspice and paprika, as well as the usual seasoning. A curry demands a seasoning which the name implies. And nothing is better than boeuf en daube with garlic, wine and herbs. Typical and delicious meat dishes, Swedish meat balls and veal scallopini came from Sweden and Italy. And, of course, there is that stew which is known as Irish, although rumor tells us that we, not the Irish, gave it the name. With sauerbraten from Germany and veal paprika from Austria or Hungary, your meat dishes may be cosmopolitan.

ARISTOCRAT IRISH STEW

2 pounds lamb shoulder, cut in pieces
1 pound rack of lamb, cut into pieces.
Salt, pepper
1½ quarts water
½ teaspoon mixed spices
1 stalk celery
1 cup diced carrots
¾ cup small white onions
½ cup butter
1-3 cup flour
Mashed potatoes
1 cup cooked peas
Season lamb and then stew tightly covered in water until tender. Remove meat from stock. To the stock, add the spices, diced celery, diced carrots, onion and cook until vegetables are tender, about thirty minutes. Strain stock. Melt butter, stir in flour and when well blended add the stock and stir until thick and smooth. Cover a platter with mashed potatoes, place lamb and peas range on this and garnish with carrots and onions. Pour the sauce over this and sprinkle with peas.

BOEUF EN DAUBE

6 strips bacon
3 pounds round steak, cut into 2 inch pieces.
Flour
1½ cups cold water
1½ teaspoons salt
2 cloves garlic
9 onions
9 carrots, sliced
12 peppercorns
8 cloves
4 bay leaves
Cook bacon in skillet until light brown but not crisp. Drain and cut into one inch pieces. Sprinkle the beef with flour and brown on all sides in bacon fat. Add water and salt, bring to a boil, and turn into large casserole. Add remaining ingredients and bacon, cover and bake

Items of Interest to Women

Gathered From Here And There

Scalp Care Helps Fight Acne

Diet and Soap and Water Scrubbing Also Beneficial to Ailing Skin

Let's devote another day to the troubled skin, since I am hearing so many, many complaints on the subject.

We have spoken already of black-head elimination, of oily skin corrective measures and now let's tackle that bane of many an existence, acne.

Curiously, these three distressing skin ailments are a triumvirate stemming from the same basic causes—namely, faulty elimination, improper diet and not the proper face cleaning care.

The three conditions are remedied by regular daily elimination, proper diet and soap and water scrubbing, followed by cold, cold water ablutions, with the shower, as a wonderful aid in reviving the right circulation of blood.

In a slow oven, 300 degrees Fahrenheit for three hours until tender.

One half cup white wine may replace the same amount of water.

KIDNEY STEW

1 large kidney
1 onion
1-2 tablespoons butter
1-4 tablespoons flour
Salt, pepper
2 tablespoons sherry
Remove fat and sinews from kidney. Wash well and put in a sauce pan with enough salted water to cover. Allow it to come to a boil and simmer for five minutes, or until tender. Remove kidney, reserving water in which it has been cooked, and cut into small pieces. Slice onion and cook with butter in frying pan. When light brown, stir in flour and about 1-4 cups of water in which kidney was cooked. Add kidney and heat. Season to taste with salt and pepper, add sherry and serve.

POT ROAST

1 clove garlic
3 pounds top round
2 tablespoons beef drippings
1 large onion, sliced
1 large carrot, chopped
1-2 cup chopped celery
¾ cup tomato puree
1 thick slice rye bread
Salt, pepper.
Rub the clove of garlic well over the meat. Heat the beef drippings, add sliced onion, cook two minutes; add meat and brown on all sides. Add carrots and celery, cover tightly and cook slowly for 2-3 hours. Add tomato puree and bread, crumbled, cook until tender. Season to taste with salt and pepper.

PORK TENDERLOINS WITH SWEET POTATOES

Wash meat and dry, put in casserole, and cook in a hot oven until brown, 500 degrees Fahrenheit. Then reduce heat to a slow oven, 300 degrees Fahrenheit. Parboil sweet potatoes ten minutes and arrange around meat. Cover and bake 45 minutes, basting every fifteen minutes.

VEAL SCALLOPINI

1½ pounds veal steak
Flour, salt, pepper
Olive oil or butter
1 clove garlic
½ cup white wine
2 tablespoons lemon juice
2 tablespoons minced parsley
Have the veal cut thin. Dust with flour, salt and pepper. Brown in olive oil with the garlic. Add wine and lemon juice and let simmer 30 minutes or let bake one hour in casserole in moderate oven, 350 degrees Fahrenheit. Remove garlic. Sprinkle with minced parsley.

KABOBS

Allow one fourth pound beef cut into inch pieces, one slice of bacon and one medium size onion for each person. On a skewer place alternate pieces of meat, onion and bacon. Broil under a hot fire, turning occasionally. Sprinkle with salt and pepper and serve at once.

Tested Recipes

LEIPRIGER ALLERLEI

1 cup peas—stewed in butter
1 small cauliflower—cooked about one quarter hour
1 can asparagus
1 box mushrooms—stewed in butter
1 onion (this can be omitted)
2 kohlrabis—cut in dices and cooked until tender.
6 or 8 carrots—stewed until soft.
Save the water in which vegetables were cooked, and make crumb dumplings, by rubbing two eggs into two spoonfuls of butter, flavored with nutmeg. Add as many bread crumbs as it will take to form little round balls in shape of a big marble. Cook these in the vegetable water for a few minutes. Bind this broth with flour and add chopped parsley, pour this over all the vegetable except cauliflower. The little roses of cauliflower and shrimps are used to decorate the dish. May be served with fried chicken, pork chops or beef tongues.

POLLO EN CAZUELA

Here is a favourite way of preparing Pollo en Cazuela, or chicken in casserole. It's delicious in either language.

Large capon or two small chickens
4 large onions, sliced
6 tablespoons of large raisins
1 teaspoon salt
1-4 teaspoon pepper
6 limes
2 tablespoons blanched almonds—chopped fine.
8 large olives—green or ripe
1-2 lb. butter

Dress the fowl and lard it inside and out with butter and rub in salt. Mix the onions and raisins well together, and stuff the fowl with the mixture. Put the butter in a casserole, set the limes in the bottom and sprinkle over them the almonds, and the olives, and on top place the fowl. Cover the dish and let it cook in slow oven.

LIVER AND MUSHROOMS

1 lb. calf liver
1 slice bacon—cut in pieces
2 tablespoons butter
1-2 cup sliced mushrooms
1 grated onion
1 tablespoons finely chopped parsley
2 tablespoons flour
1 teaspoon lemon juice
1 cup brown stock
Cook bacon crisp, remove from skillet, fry liver which has been well floured—when brown add stock, butter, lemon juice, onion, and mushrooms. Cook five minutes, sprinkle with parsley.

to the surface, indicating their readiness to serve. Three Mils are sufficient for 1 plate, as they are quite rich. The secret is not to have them too soft as they may break during the cooking.

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