

## Of Interest to Women

### HINTS ON PICKLE MAKING

The preservation of food with salt or vinegar, either with or without the addition of spices or sugar is commonly known as pickling. The predominating flavour determines the kind of pickle, sour pickle, sweet pickle or spiced pickle. Green or slightly unripe fruits and vegetables are generally used. The vinegar used must be of sufficient strength to exert a preservative action, and there must be enough of it to cover the material pickled. Pickles have little food value but they make a meal more palatable. They should never be given to children.

Only porcelain lined or granite-ware kettles should be used when cooking pickles. Acid will attack metal utensils, so they should not be used. A granite or wooden spoon should be used for stirring. A perforated agate ladle is a convenient utensil for lifting the pieces of pickle from the kettle. Finished pickles should be packed into sterilized jars or crocks.

There are three main classes of pickles: sweet fruit or vegetable pickles; sour pickles, which include mustard pickles; that large variety of pickle in which the ingredients are chopped finely.

There are many and varied recipes but the following are examples of the three classes of pickles and have been tested in the kitchen at the Central Experimental Farm, Ottawa.

#### Sweet Pickled Fruit

Peaches, pears, sweet apples, crab-apples, etc.

- 1 peck prepared fruit.
- 1 quart vinegar
- 1 cup water
- 2 ounces stick cinnamon
- 1 ounce cloves
- 4 pounds sugar

Boil the sugar, vinegar and spices

20 minutes. Dip the peaches in boiling water and rub off the fur but do not peel the pears and apples. The crabapples may be pickled with the skins on. Stick the fruit with whole cloves. Put into syrup and cook until soft, using a quarter, or half, of the fruit at a time.

#### LARGE WOMEN

Naturally, a slender figure is what every woman wants to have. If for one reason or another this is impossible however, to have a figure which though overweight, nevertheless looks well proportioned, is the goal toward which to strive.

If you weigh more than you think you should and can't or don't wish to lose the extra poundage, at least make sure that your posture is above reproach. The fact that you tip the scales at more than you like to admit gives you no excuse for a protruding stomach or an exaggerated hollow in your back. Posture exercises that correct figure defects are even more important to large women than to slim ones.

To get rid of a sway back and hump which curves ought to be, lie flat on the floor with your arms outstretched and knees bent so that weight of the legs rests on the balls of the feet. Now, taking a deep breath, pull in your stomach as far as possible and flatten all of your spinal columns except the last four vertebrae, against the floor. The last links in your backbone should be turned upward and forward.

If you do this correctly, there will be no space between the centre of your back and the floor. Then relax, exhaling slowly. Repeat several times or until your spinal column feels natural and comfortable when held in a straight line.

When you get up, try to stand the same way, with chest elevated, stomach pulled in, backbone straight and hips carried forward in the position they were in when you were lying on the floor.

Remember too, that a perfectly fitted foundation garment is essential. It should be one of the new two-way stretch varieties that doesn't squeeze your body in any particular spot but which holds you firmly from top to bottom, giving a smooth, unbroken line. Always have your foundation garment fitted by an expert, and be sure to have a careful fitting each time you buy a new one.

#### CANADIAN GUAVA

Closely resembling the rare guava jelly which is rightly considered a great delicacy, a jelly made from Canadian gooseberries is highly prized, particularly as an accompaniment of meat. The Canadian gooseberry jelly has a distinctive flavour and is of a beautiful red colour. Naturally, the correct method of making it is essential to success, and to that end the Fruit Branch of the Dominion De-

## LIGHTNING SAFER THAN MANY THINK

Weather Man Says Only 1 Bolt Out of 100 Hits the Earth

PHILADELPHIA, Pa., August 26—We like the nonchalant air of one George H. Smith, 1722 Vine Street, who has penned his sentiments on electrical storms: When it thunders do not worry; Underneath a bed don't go. To a closet do not scurry; Soon there'll be a bright rainbow.

Lightning is an awesome thing; But don't fear it—dance and sing. There's no need of getting worried; If it strikes you, you'll get buried. This is true, too. Not about getting buried, but the uselessness of hiding in a dark closet.

George Bliss, of Philadelphia's Weather Bureau, reminds all citizens that most of the time lightning breaks between the clouds and doesn't strike earth at all.

Mr. Bliss said people have the idea that lightning always flashes down from the clouds, but it strikes upward just as often as it strikes down.

With only one bolt in every 100 hitting the earth, the chances of being struck are considerably reduced. In fact, it has been figured out the chances that you will be hit by lightning are less than one in 200,000.

You are three times more likely to trip over a rug. And 500 times more likely to be hurt in an automobile accident.

Mr. Bliss said the most recent researches on lightning are being done by the big power companies—measurements of voltage with an eye to reducing the damage to wires during storms.

He was unimpressed by announcement of a South African scientist of an attempt to harness some of the vast wasted electricity during a storm—an estimated leak of more than 1,000,000,000 kilowatts of energy each year.

Lightning goes too fast, you can't catch and bottle it, he said. It would be more to the point to harness the power of the waves.

According to the generally accepted hypothesis of Sir George Simpson, the electrification of thunder clouds is due to the breaking up of raindrops by the wind; especially by the violent uprush of air associated with thunder storms.

The amount of the electrical charge resulting from this process is greatly affected by the purity of the water. It also depends on the size of the drops and on the force of the air current.

Experiments recently reported by Professor of Physics John Zeleny of Yale University, indicate the warmer the drops the more readily they break up and hence the greater the amount of electricity produced. It may be at least three times as great when the

partment of Agriculture has prepared the following recipe:

Select firm green berries, remove ribs and wash thoroughly. Allow 1-4 cup water to 2 quarts of fruit. Mash with a potato masher and press them through a fruit press. Heat slowly to boiling point and boil five minutes. Strain through a jelly bag. Boil ten minutes. Measure and allow ¾ cup sugar to 1 cup juice. Boil five minutes. Strain and pour into sterilized glasses. When cool, seal with paraffin. Gooseberries can be employed in other ways, as for example in gooseberry relish, for which the following is a recipe: 6 cups gooseberries, 2 cups vinegar, 1-8 teaspoon cloves, 1-8 teaspoon ginger, 6 cups sugar, ½ teaspoon cinnamon, 2 teaspoons salt, 1-8 teaspoon pepper. Boil all together ten minutes, being careful that it does not burn. Pour into sterilized jars and seal while hot.

## PLAN TO REBUILD GREAT BRITAIN

152 People Agree Upon Economic Changes—Making Revolution in 300 Pages of Print.

LONDON, England, August 26—

Some people think that we can bring back complete prosperity to all Britain without spectacular departures from the present system, with its freedom for private enterprise in industry, banking, and investment.

Other people think that we need a new order, with State regulation and control in many fields where there is now free play for competitive and industrial adventure.

The 152 part authors and supporters of "The Next Five Years" (an essay in political agreement by many influential signatories of all shades of thought, published by MacMillan), just published, belong to the second group.

Their analysis of the situation and their ideas for dealing with it cover 300 printed pages. They advocate what amounts to an economic revolution.

Committees, commissions, boards, and councils would exercise wide powers of initiative and of supervision and regulation which would virtually harness industry and finance to the State.

The new State machinery which is proposed includes:—

A Government Planning Committee, composed of Ministers without departments, which would set going great schemes of expansion.

An Economic General Staff to work out plans referred to it by the Cab-

net Planning Committee.

A National Development Board, without a "general oversight of the planning of the face of the country".

A Housing Commission, with a Central Organization to control the cost of materials.

A Banking Commission to see that credit is plentiful and cheap.

An Advisory Council for the Bank of England, representing industry, labor, economic science, etc.

A National Investment Board to co-ordinate and supervise the issue of loans and to see that the capital available for investment is "sensibly distributed".

A Planning Authority to deal with the "socialisation" of industries, such as milk and coal supply, and other branches of the distributive system.

An Industrial Advisory Committee to supervise the schemes of industries which might desire, under a general Enabling Act, to organize themselves corporately.

Regional Planning Authorities to form new geographical units, comprising several counties to facilitate the working over large areas of big new services, such as, possibly, socialized coal and milk services.

This is an "immediate plan of action".

The signatories to the book, who accept its broad outline and character but not necessarily each detail of the proposals, include:

Sir Henry Hadow, Sir Basil Black-

ett, Mr. Harold MacMillan, M. P., Lord Rutherford Lord Allen of Hurt-

wood, Sir Arthur Salter, Sir Raymond Unwin, Mr. H. G. Wells, the Arch-

bishop of York Mr. G. N. Barnes, Mr. John Bromley Sir Arthur Pugh, the

Bishop of Birmingham, Mr. Geoffrey Crowther, the Master of Balliol Mr. H. A. L. Fisher, Mr. Isaac Foot, M. P.

Miss Eleanor Rathbone, M. P., Mr. Noel Lindsay, M. P., and Mr. Mander, M. P.

The book was drafted by Lord Allen, Mr. W. Arnold Forster, Mr. A. Barratt Brown (Principal of Rus-

kin College, Oxford), Mr. Geoffrey Crowther, Mr. Harold MacMillan and Sir Arthur Salter.

Their inspiration is a conviction that the democratic system of Govern-

ment is on its trial; that a special responsibility rests upon informed men of moderate opinion of whatever

party to secure the acceptance of a policy of this kind; that if they fail, the probabilities are that we shall

drift on till the next shock of crisis strikes a weakened system and a des-

pondent population with, maybe, a despairing lapse into tyrannical and barbaric methods.

A high conception of their mission and a sombre conclusion which many people will not accept.

As an example of how the "principle of recoupment could be applied with rich results", the area on the South

bank of the Thames, between Westminster Bridge and London Bridge, is mentioned.

"A thorough construction of this area, potentially one of the finest sites in Europe, combined with the

Charing Cross Bridge scheme could probably be made to pay for itself entirely, if only it were possible to levy tribute for the purpose on the values that would thus be created".

Unlike Mr. Lloyd George's proposals, "The Next Five Years" has no Council of Action, or any propaganda organization behind it.

It exhibits much research and thought and unquestionable sincerity; and it may be read, whether or not, with enlightenment and profit.

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