

## Of Interest to Women

### WHAT ABOUT PANCAKES FOR SUPPER ON AN AUTUMN EVENING

With the coming of cold weather, our appetites crave foods that are more substantial than those to which we were accustomed during the warm weather. We are ready now for nourishing cream of vegetable soups, such dishes as roast beef with Yorkshire pudding, steamed puddings—and pancakes. Both breakfasts and luncheons become more substantial now that winter is approaching.

For those who enjoy pancakes (those who don't are the exception) the following suggestions—clipped from Better Homes and Gardens—will be found interesting.

#### Quick Turns on the Griddle

Snow outdoors on the window sills, steam coming up in the radiator, coffee bubbling in the percolator, and the tantalizing odor of cakes baking on a sizzling hot griddle! Howdy Boy! It's Sunday morning with pancakes for breakfast.

The boys fall down the front stairs three at a time. Dad comes in rubbing his hands and hitching up his belt, and baby runs around like a frolicsome puppy teasing for a "toeny" cake the size of a silver quarter which mother always drops on the griddle for him.

But pancakes are not by any means confined to the breakfast variety with syrup. One cold noon I made chicken pancakes with gravy, and at least ten neighbors have asked for the recipe.

It was one of those recipes hard to repeat, for I just used the prepared self-rising pancake flour, added a beaten egg and milk and a little melted butter, then a generous amount of chopped left-over chicken, a little chopped green pepper, some grated onion, and celery salt, and pepper to taste. With them I served chicken gravy with the minced giblets in it—and were they good? I can hardly bear to write about them without eating them again!

#### Left Overs and Pancakes

Pancakes are an answer to prayer when it comes to using up left-overs. The cup of left-over minced vegetables with a grating of onion added to plain pancake batter causes it to blossom out like Cinderella. Served with meat in gravy, or with creamed fish, they are just too good to be true?

Left-over fish chopped up in batter cooked on the griddle to a delicate

brown, and served with a crisp green salad and a little pickle or chili sauce is another trick with left-overs. Ham is equally delicious in pancakes, either alone or in combination with corn—half ham and half corn—or ham in combination with a little minced green pepper. And minced lamb pancakes served with gravy, green peas and mint jelly are good, too.

#### Unusual Pancakes

Green pea pancakes are fairly well known now and are delicious. But they are doubly delicious when served with creamed salmon or shrimp for luncheon. Try them some time for a ladies' luncheon.

Then there are the fruit pancakes which fit in so nicely for dessert or for a luncheon dish served with sliced ham or tongue—pineapple pancakes with ham, or prune pancakes with tongue. Apple pancakes are delicious with hot or cold roast pork or with sausages for breakfast.

Potato pancakes are usually made in small skillet and are not strictly a griddle product, but they are certainly a member of the pancake family and are most enticing when served with hot roast and gravy or veal cutlets and gravy. They just naturally shriek aloud for gravy, as much as the proverbial apple pie shrieks for cheese. Shrieking for cheese reminds me that grated cheese added to the batter is a happy thought—and combined with a little green pepper, a still happier one.

#### Winter Salad

- 1 cauliflower
- ½ cabbage
- 1 cucumber
- 1 quart onions
- 1 quart green tomatoes
- 2 heads celery
- 2 quarts vinegar
- 1 cup flour
- 5 cups brown sugar
- 1 teaspoon turmeric
- 1 teaspoon celery seed
- ¾ cup mustard

Prepare all vegetables by putting through the food chopper. Allow to stand in salt brine over night. In the morning boil for ten minutes in brine and strain. Boil vinegar, mix flour, brown sugar, mustard, turmeric, and celery seed in enough cold vinegar to make a paste, add to hot vinegar and

## W. F. BULL, TRADE COMMISSIONER WEST INDIES, HON. A. P. PATERSON HEARD

Canadian Trade Commissioner Describes Prospects of Trade with West Indies — Hon. A. P. Paterson Urges Board of Trade to Promote Organization to Secure Maritime Rights

A splendidly enthusiastic supper meeting of the Fredericton Board of Trade was held last evening at a local restaurant at which about eighty were present to hear the principal speaker of the evening, W. F. Bull, Canadian Government Trade Commissioner at Port of Spain, Trinidad, who shared with Hon. A. P. Paterson, president of the New Brunswick Executive Council, the speaking honors of the evening. W. W. Hubbard, president of the Fredericton Board of Trade, occupied the chair.

Others present included His Worship Mayor W. G. Clark, member-elect for the constituency of York Sunbury, Hon. A. C. Taylor, Minister of Agriculture for New Brunswick and many others including delegations from Florenceville, Woodstock, and St. Stephen. Besides the main speakers the chairman, Mr. Hubbard, called on others to speak briefly and there was general enthusiasm expressed in all of the addresses for the opening up of Canadian export trade with the British West Indies and all other countries where she could market her goods.

#### A General Picture

W. F. Bull, the visiting trade commissioner, gave a general picture of the West Indies, describing its natural setting, what it produces, its commodities to export, and what commodities that the West Indies regularly get from Canada, including prospective commodities which Canada might sell to that country. He enlivened his talk with anecdotes descriptive of the habits and customs of the residents of that country. Prior to his remarks Mr. Bull was extended a welcome to the city by R. L. Phillips, chairman of the Transportation committee of the Board of Trade and president of the City Club, and also a few brief remarks from His Worship Mayor Clark who welcomed Mr. Bull on behalf of the city. His Worship remarking on the possibilities of trade with the West Indies and pointing out that business with the West Indies should be encouraged.

Opening his address Mr. Bull noted that it was his endeavor to assist in helping the exporters secure trade. He dwelt on the geographical details of the West Indies and told of what each island in the West Indian group produced and marketed. Sugar cane is the chief product of the Barbadoes. The largest island in the group, Trinidad, produces sugar cane on a large scale commercially. Conditions are not so good in recent years as they once were. Citrus products grown there should get a bigger market in Canada. The orange is especially good and is even better than the oranges that Canada regularly imports from other countries. The West Indian crude oil is the largest supply in the British Empire. Also there are plenty of minerals and timber and rubber trees.

#### Living Conditions

Living conditions for white people are not altogether without inconvenience. There is an excellent system of fertilizing the fields, this being done by flooding them periodically. It is thus possible to raise two crops in one year.

Mr. Bull described methods of cultivation, the work of tending the soil and raising the crops being done by natives. The natives are either shopkeepers or are engaged in agricultural work.

The speaker stated that mission work is carried on on a large scale and there were a number of churches scattered over the land. Some of the mission workers are from the Maritime provinces.

Turning to Canadian export to the West Indies Mr. Bull mentioned flour, lumber, such as spruce and white pine being sent there from the Maritime provinces by schooners. Fish and potatoes also were sent from Canada to this country. About 125,000 barrels of potatoes are imported into the British West Indies each year from Canada, Holland and Argentina are the competitors.

The unique practice of buying potatoes and other produce in small quantities was described by the speaker. It is common to see a West

boil until it begins to thicken. Pour over vegetables, mix well and bottle. (Quantity about five quarts).

- Conserve, Grape and Apple Butter
- 4 cups grapes, stemmed
- 6 apples
- 2 cups sugar
- ¼ cup water

Cook grapes over a very slow fire 10 minutes, then press through a coarse sieve. Cut apples in small pieces but do not peel or core. Add grapes and water. Cook slowly ten minutes. Then press through a coarse sieve. Add sugar to the pulp and cook 20 minutes. Seal at once in sterilized glasses.

Indian go into a store and buy "one penny's worth" of potatoes, or a spoonful of condensed milk, although a can only costs five cents. The natives wait while a can is opened and a teaspoonful of milk poured out for them. This peculiar habit extends through all their buying habits. They are cautious traders and know a bargain when they see it.

#### A Steady Market

Green Mountain and Irish Cobblers are the potatoes chiefly in demand, and the buyers will take a potato or two at a time, having no desire for a large potato, but instead preferring the smaller sized potatoes. There is no reason why Canada cannot take this into account and enter to the West Indian trade by sending the smaller variety of potato. There is an increased demand for Canadian manufactured goods, so long as the price is reasonable and not higher than the price of goods imported into the Indies from other places. "There is an immense market open for Canada to the West Indies as long as the articles are sold cheaply." Canada can be sure of a steady market there if overhead, is not too high and additional costs are cut out. There is a market there for cars, too, mostly Fords and Chevrolets, for the roads are bad and these cars stand up better.

Canada should have a market there for box "shooks" used for boxing and packing. The tendency of the islands now is to buy these "shooks" from America, but Canada with its spruce and fir exports should attempt to get part of this market. Canada can secure many advantages in trade with the British West Indies and it can be reciprocal.

#### Quaint Customs

Speaking of the social life Mr. Bull pointed out that there was much entertainment on the islands. The nature of the living conditions and the climate made it almost imperative that there be much entertainment and social calls. It is almost impossible to stay at home, so great is the heat. The customs and superstitions of the natives is a quaint part of life there. Almost a caste system is employed and one white resident there has as many as four to ten servants, each one performing a different service. There are many hotels on the islands, and these cater to a large Canadian tourist trade.

#### Hon. A. P. Paterson

Hon. A. P. Paterson, president of the N. B. Executive Council, spoke next, opening with high compliment on the large attendance of members at the meeting, which he was pleased to note.

He told of his own interest in trade and transportation and of his study of it, especially in connection with the Maritime Provinces. Civilization and trade are closely allied, he said. He cited the British Empire's development of trade. Significant factors in trade are cost of transportation and cost of production. To trade with the West Indies, he said, we must have a continuity of a trade route.

New Brunswick is hampered by not having received its just benefit under the British North America Act. "We are paying too much tribute to the pockets of interests in Quebec and Ontario," charged Hon. Mr. Paterson.

"We are suffering from an injustice which I claim is unparalleled in colonial history," he declared. He severely criticized Upper Canadian interests and said that "transportation costs and costs of production are a handicap which make it impossible for this province to develop its trade."

"If New Brunswick is to trade profitably with the West Indies or any one else unjust transportation cost and cost of production handicaps must be removed."

#### "Unjust Shackles"

Hon. Mr. Paterson characterized the lack of full opportunity to this province as "unjust shackles" and declared that New Brunswick was the "commercial vessels of Ontario and Quebec." New Brunswick was betrayed under the B.N.A. Act by upper Canada not living up to its agreements. Each province has its own rights and should be able to exercise them.

Concluding the minister said that it was important to put aside our political partyism in the cause of this province. He urged the establishment and promotion of an organization to carry out agreements of Confederation. If this is done nothing can prevent this province from rising to great heights industrially and commercially.

W. W. Hubbard spoke briefly after Hon. Mr. Paterson and pointed out the necessity of engendering tourist trade. There was no reason, with our splendid climate, that tourists could not be brought here from the West Indies, Upper Canada, United States and even the Old Country.

Other speakers heard last night included Lt. Col. P. E. McLaughlin of St. Stephen, Charles W. Clark, of

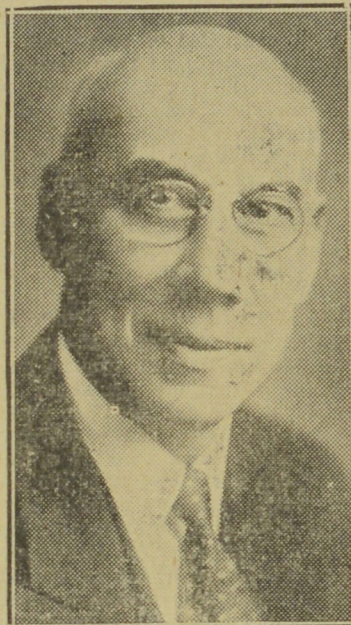
## CANADIAN PREMIERS AND PARLIAMENTS SINCE CONFEDERATION

Since 1867, when the Confederation campaign. The 7th Parliament of the Canadian Provinces became an accomplished fact, Canada has had 18 Parliaments and 16 Prime Ministers, of whom five held office in more than one Parliament; namely, Sir John A. MacDonald, Sir Wilfrid Laurier, Sir Robert Borden, Arthur Weighen and William Lyon Mackenzie King.

Of the Prime Ministers, seven are dead and four survive. Of the former, Sir John A. MacDonald was the only one who "died victorious" his death occurring on June 6, 1891, a few months after he had won his last

Woodstock; A. D. McCain, of Florenceville; G. C. Cunningham, agent of the Eastern Canada Potato Marketing Board here; S. S. Miller, vice-president of the Fredericton Board of Trade; and E. C. Atkinson, ex-M.P.P. for Sunbury.

Mr. Cunningham assured those gathered that one and probably two



HON. A. P. PATERSON  
President of Executive Council

more trade commissioners would be here this fall. He stressed the need of export trade. He said we would always sell at sacrifice prices if we competed in the Ontario and Quebec markets. He said we needed an ocean tonnage from Saint John and a necessity to have co-operative shipping, that is full cargoes of fish, timber, potatoes, etc., and the development of a steady steamship line.

#### S. S. Miller Spoke

S. S. Miller, vice-president of the Board of Trade, moved a vote of thanks to Mr. Bull and Hon. Mr. Paterson for their fine addresses. He pointed out that the past year had been a successful one for the Board of Trade. The object is, he said, to consolidate all western New Brunswick trade bodies to work in union for the good of the province. Mr. Miller noted that good work had been done during the summer by the local trade board. Literature had been got out, there had been a wider tourist trade, many more tourist campers. It was the hope to develop eastern and western New Brunswick auguring for a better tourist trade for the future. He hoped also that there would be a wider transportation and excursion trade carried on during the coming winter from this point and that connections with other trade boards would be maintained.

E. C. Atkinson, ex-M.P.P. for Sunbury in seconding the vote of thanks to the speakers declared that the meetings were of great value and that the exchange of ideas is bound to promote the welfare of the province and of Canada generally. He complimented Mr. Bull on his talk, also Hon. Mr. Paterson and hoped that the talks would result in greater markets and greater relationships.

During the evening J. H. Malcolm obliged the gathering by singing a Scotch song to the great pleasure of those in attendance.

During the evening Lt. Col. McLaughlin of St. Stephen was asked from the chair regarding plans for greater co-operation between the two Boards of Trade and the chairman also queried the gathering for opinion of other outside guests, who were members of outside trade boards. Col. McLaughlin suggested that tentative plans be laid before the St. Stephen Board of Trade by the Fredericton Board with regard to trade and tourist matters and that full co-operation would be given. Mr. Hubbard assured the St. Stephen Board of Trade member that this co-operation would be given, and he urged Col. McLaughlin to make an effort to meet with other members of the St. Stephen Board and discuss matters of tourist trade and trade.

Last night's supper meeting took the form of a business meeting, following the addresses, and while it had been originally intended to meet at the City Hall following the supper, it was decided to hold the business meeting at the restaurant where supper was held. Last night's was one of the most successful supper meetings ever held by the Board of Trade.

Canada was holding its first session at the time.

One of Sir John's successors, Sir John S. D. Thompson, who had shared the victory of 1891 with his chief, died in office on December 12, 1894; Sir John J. Abbott and Sir Mackenzie Bowell resigned on December 5, 1892, and April 27, 1896, respectively; and Sir Charles Tupper's Administration was defeated in the election of 1896.

Sir Charles was succeeded by the Hon. (Afterwards Sir Wilfrid) Laurier who held office from July 11, 1896, to October 6, 1911, when he resigned as a sequence to the defeat of his fourth administration in the election of the latter year.

Sir Wilfrid's successor was Sir Robert Borden who headed a Conservative Administration, from Oct. 10, 1911, to October 12, 1917 and a Unionist Administration from October 12, 1917, to July 20, 1920, when he resigned owing to ill-health caused by work and worry during the War. Sir Robert enjoys the distinction of being the only Canadian statesman who after being elected Federal Prime Minister, was never defeated at the polls.

Of his predecessors, Sir John MacDonald was defeated in 1873; Alexander MacKenzie was defeated in 1878; Sir Charles Tupper was defeated in 1896; Sir Wilfrid Laurier was defeated in 1911; Arthur Meighen was defeated in 1921 and again in 1926; William Lyon Mackenzie King resigned in 1926 and was defeated in 1930; and Richard Bedford Bennett was defeated in 1935.

#### Elections Since 1867

The following figures show the results of the Federal Elections held since 1867 and the standing of the parties in the House of Commons in the Parliaments that followed the elections. They also show the growth of the Dominion from four to nine Provinces.

1867—Ontario, Quebec, Nova Scotia and New Brunswick (the four original provinces in the Dominion); Conservatives, 101; Liberals, 80.

1872—Same Provinces, plus Manitoba; Conservatives, 103; Liberals, 97.

1874—Same Provinces, plus British Columbia and Prince Edward Island; Liberals, 133; Conservatives, 73. In this election Sir John A. MacDonald's second Administration was defeated.

1878—Same Provinces as in 1874; Conservatives, 137; Liberals, 69. In this election Alexander Mackenzie's Administration was defeated.

1882—Same Provinces; Conservatives, 139; Liberals 71.

1887—Same Provinces, with addition of the Northwest Territories as they were before Sept. 1, 1905; Conservatives, 123; Liberals, 92.

1891—Conservatives, 123; Liberals, 92. (Same result as in 1887).

1896—Liberals, 117; Conservatives, 89; Independents, 7; Sir Charles Tupper's Administration was defeated in this election.

1900—Yukon added; Liberals, 128; Conservatives, 78; Independents, 8.

1904—Liberals, 139; Conservatives, 75.

1908—Saskatchewan and Alberta added; Liberals, 133; Conservatives, 85; Independents, 3.

1911—Conservatives, 133; Liberals, 86; Independents, 1. Sir Wilfrid Laurier's fourth Administration was defeated in this election.

1917—Unionists, 153; Laurier Liberals, 82.

1921—Liberals, 117; Unionists, 50; Progressives 64; Labor, 3; Independents, 1. Arthur Meighen's first Administration was defeated in this election.

1925—Conservatives, 116; Liberals, 101; Progressives, 24; Labor 2; Honorable (afterwards Sir Wilfrid).

1926—Liberals, 116; Conservatives, 91; United Farmers 11; Progressives, 13; Liberal Progressives, 9; Labor, 3; Independents, 2. Arthur Meighen's second Administration suffered defeat in this election.

1930—Conservatives, 137; Liberals, 88; United Farmers, 10; Progressives, 2; Liberal Progressives, 3; Labor, 2; Independent Labor 1; Independents, 2. Mackenzie King's second Administration was defeated in this election.

1935—Liberals, 169; Conservatives, 42; C. C. F., 8; Reconstructionists 1; Social Credit, 17; Independent Liberal, 1; Independents, 1; U. F. O. Labor, 1; Labor Independents, 2. In this election the Administration of Richard Bedford Bennett was defeated.

#### Where Premiers Died

Of the Prime Ministers of Canada who have passed away, Sir John A. MacDonald died at Ottawa, June 6, 1891, and was buried in Cataract Cemetery, Kingston; Alexander MacKenzie died in Toronto on April 17, 1892, and was buried at Sarnia; Sir John J. Abbott died in Montreal on October 30, 1893, and was buried in Mount Royal Cemetery; Sir John S. D. Thompson, died at Windsor Castle, December 12, 1894, and was buried at Halifax; Sir Mackenzie Bowell died at Belleville, Ontario, on December 10, 1917, and was buried at Belleville; Sir Charles Tupper, Bart, died at Bexley Heath, Kent, England on October 30, 1915, and was buried at Halifax; and Sir Wilfrid Laurier died at Ottawa on February 17, 1919, and was buried at Ottawa.

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