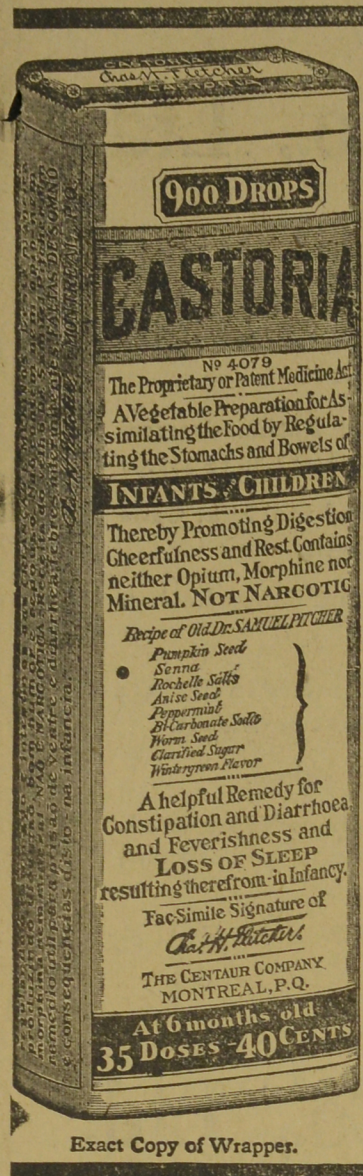




CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

Chas. H. Hitchcock

In Use For Over Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Exact Copy of Wrapper.

At 6 months old 35 Doses 40 CENTS

Thereby Promoting Digestion Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Recipe of Old Dr. SAMUEL PITCHER

Pumpkin Seed
Senna
Rochelle Salts
Aloe
Peppermint
Bittern
Clarified Syrup
Wistaria

A helpful Remedy for Constipation and Diarrhoea and Feverishness and LOSS OF SLEEP resulting therefrom in Infancy.

Facsimile Signature of *Chas. H. Hitchcock*

THE CENTAUR COMPANY MONTREAL, P.Q.

DEVON AND NASHWAAKSIS

Electric Light and Power Consumers

TAKE NOTICE

That all accounts for same, if bills are presented, are payable from the fifth to the tenth inclusive, of each month, at the DEVON branch of the CANADIAN BANK OF COMMERCE.

If you forget or lose your bills you will be obliged to pay same at the office of the Maritime Electric Co. Ltd. or at the Royal Bank at Fredericton.

THE MARITIME ELECTRIC COMPANY

FREDERICTON — — NEW BRUNSWICK



PALMER'S

Moose Head Brand Summer Packs & Plow Shoes

SLIP on a pair of Palmer's Summer Packs or Plow Boots, and you will realize what Firm Foot Comfort really means. Added to that you have strength and durability, making a combination of good features seldom found in one pair of boots.

Palmer's Summer Packs and Plow Boots are hand made and hand sewed by expert workmen. The bottoms and uppers are made from Palmer's Famous Skowhegan Waterproof Leather, rich dark brown in color, very soft and pliable. Bottom part of uppers runs clean under, a great advantage over the lasted under boot.

Soles are attached by special clincher nailing process or sewed by lock stitch process.

A splendid boot for plowing or any kind of hard outdoor work.

Get a pair from your dealer, or order direct from us. Write us for our catalogue No. 43.

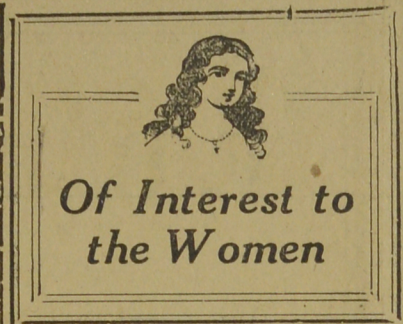
JOHN PALMER COMPANY Limited
Fredericton, N. B., Canada

SEEDS

Timothy
Alsike Clover
Red Clover
Mammoth Clover

At lowest market rates

G. W. HODGE



Of Interest to the Women

FASHION HINTS.

An overblouse of gray crepe de chine has a tuxedo collar and cuffs of white organdie embroidered in black and white squares.

Black velvet lines a supple evening wrap of silver and is used for the ruche collar. A deep band of black lace is used at the hem.

All-over embroidery in rhinestones is used on a straight frock of heavy white crepe de chine with a narrow sash tying at the side.

Short-sleeved blouses for Summer use wide bands of pleating as sleeves. Often the whole blouse is pleated or a front panel of pleats is shown.

A pretty little frock of black tulle—this material being used for the bodice and foundation—has an overskirt of a great deal of black tulle.

Felt, which was one of the most sought after materials for Spring hats, is promising to continue its popularity through the Summer and Fall. White is being most used and after this the sand tones.

CHOPS

Probably most housekeepers, asked to name the meats preferred by their families, would include chops—lamb, veal or pork.

There are many ways of cooking them besides plain broiled.

The casserole, or covered baking dish, which may be sent to the table is a great help.

For instance, pork chops, browned in a frying pan, then placed on a bed of sliced apples, seasoned and allowed to cook 25 minutes or longer, are delicious.

Stuffed chops are a change from the usual method of cooking. The stuffing may be bread, nicely seasoned, butter and parsnips. The chop is cut extra thick and split to the bone and the stuffing is placed between the layers, and the whole cooked in a frying pan until well browned. Place in casserole and pour over them a gravy made in the pan in which the chops were fried. Or the chops may be cooked in the gravy in the pan.

Lamb chops are good served on thin slices of onions is a good accompaniment for veal chops. Fried apples are the finishing touch for pork chops.

COCOA OR CHOCOLATE.

When a recipe calls for chocolate and you wish to substitute cocoa use two level tablespoons of cocoa for each square of chocolate called for. Increase the amount of fat a little, as cocoa has less fat than cake chocolate.

Mix cocoa and sugar together thoroughly—an easy way is to shake them together in a glass jar—it makes them easier to add to the other ingredients called for in a recipe for a cooked chocolate dessert.

DISCOVERIES

Beets keep nicely packed in sand like turnips.

Finely cut celery is delicious in cranberry jelly.

Eggs are delicious baked in scooped-out baked potatoes.

Sweet potatoes are delicious scalloped with marshmallows.

To cure a bad nosebleed, inject a little lemon juice up the nostrils.

Sweet potatoes are good baked and stuffed with cooked sausage meat.

To prevent pared fruit from turning dark, pour a little lemon juice over it.

After making shallot vinegar, allow to stand for 3 weeks, and shake every day.

An excellent filling for Winter pies is made by combining dried apricots and dates.

When cooking prunes add about ¾ cup of cranberries to each pound and sweeten to taste.

CRIPPLED BY RHEUMATISM

Began to Improve After Taking "Fruit-a-tives"

The Medicine Made From Fruit

You can get rid of Rheumatism. You can be free of pain—of swollen hands and feet—of aching arms, legs and back.

"Fruit-a-tives" will drive the cause of Rheumatism out of the system and give you permanent relief.

"For over three years, I was confined to bed with Rheumatism. Finally I decided to try 'Fruit-a-tives'. Before using half a box, I noticed improvement. I continued taking 'Fruit-a-tives' improving all the time. I can now walk about two miles and do chores around the place'.

ALEX. MUNRO, Lorne, Ont.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or from Fruit-a-tives Limited, Ottawa, Ont.

WORK OF YEAR BY THE WOMEN'S INSTITUTES

(Continued From Page 3.)

the whole twenty-five available hives were bespoken. Fifty-six applications in all were received. Mr. Miller, Provincial Apiarist, has been kept busy this last month delivering the bees and we trust that all those who have taken advantage of this generous offer will be successful in their new venture and that "bee-keeping" will prove an interesting and profitable study.

In reply to our request for contributions towards our Federal Allotment we have received \$371.65 and towards the Public Health Nurse Scholarship Fund \$353.00. Our objective in each case is \$500.00.

First Life Member.

Fredericton Junction has the honor of being the first Institute to create a Life Member under our Women's Institute Act, having recently made their first President a Life Member of the New Brunswick Women's Institute on her removal from Fredericton Junction to Woodstock. Inquiries have been received from other branches in regard to creating Life Members. Life Membership Certificates are being engraved at the present time and we feel that there will be a good number of Life Members in our N. B. W. I. when we gather together for our 12th Annual Convention 1924.

In closing allow me to repeat,

"A Club Woman's Creed"—Which I consider particularly good:

"Keep us, O God, from pettiness; let us be large in thought, in order, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away pretence and meet each other face to face without self-pity and without prejudice.

May we never be hasty in judgment and always generous.

Let us take time for all things; make us grow calm, serene, gentle.

Teach us to put into action our better impulses, straight-forward and unafraid.

Grant we may realize it is the little things that create differences; that in the big things of life we are one.

And may we strive to touch and to know the great common woman's heart of us all, and O Lord God, let us not forget to be kind."

ELIZABETH NUTTER.

SELF-CONFIDENCE.

Breen—He's what they call a golf optimist." Green—What's that?

Breen—That's a man who, when he loses a ball looks for it in the hole before any place else.

System Run Down Blood Out of Order

Many people become run down, but don't know just exactly what their trouble is, when, as a rule, it is improper circulation of the blood.

All they need is a good tonic to build up the system and put the blood into proper shape.

For this purpose there is nothing on the market today to equal

Burdock Blood Bitters

It regulates the stomach, liver and bowels, purifies the blood and tones up the entire system.

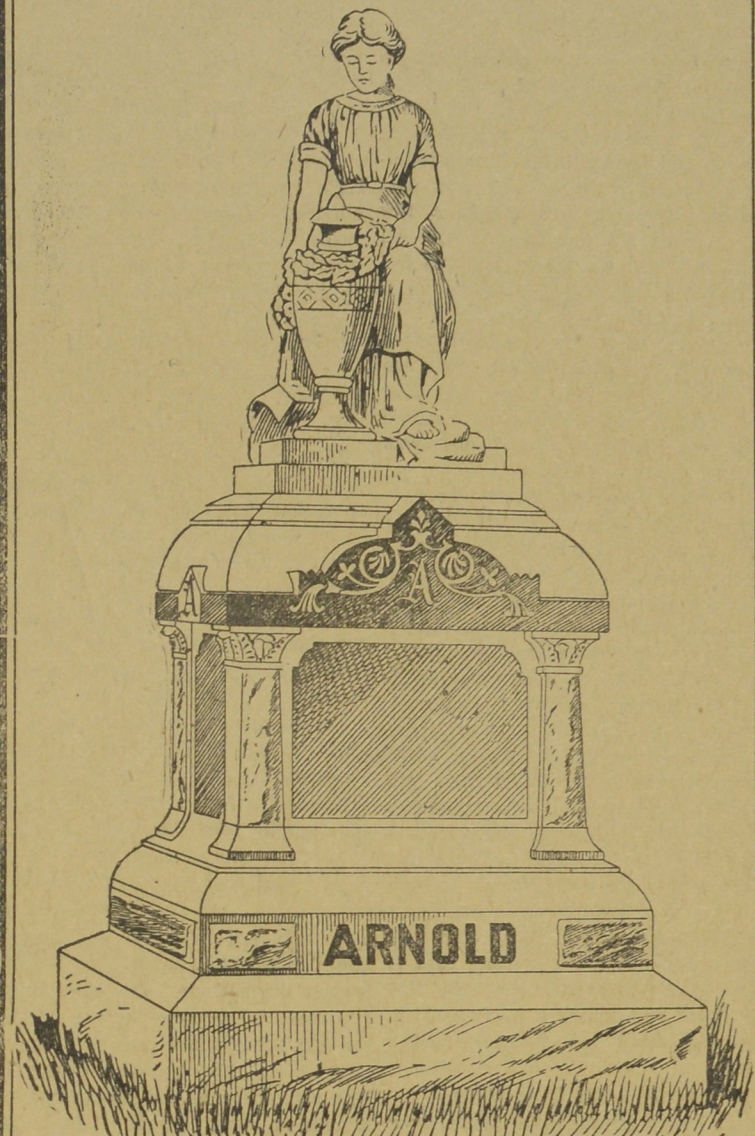
Mrs. H. Poole, Port Dover, Ont., writes: "My system was run down and my blood out of order, and I suffered a great deal from pains in my head which made me feel very miserable. A friend told me to try Burdock Blood Bitters, so I got a bottle and before it was used I found it was doing me good. I kept on until I had taken three, and now I feel like a different woman.

My husband also took it and it has built him up."

For the past 44 years B. B. B. has been manufactured only by The T. Milburn Co., Ltd., Toronto, Ontario.

Granite and Free Stone Works

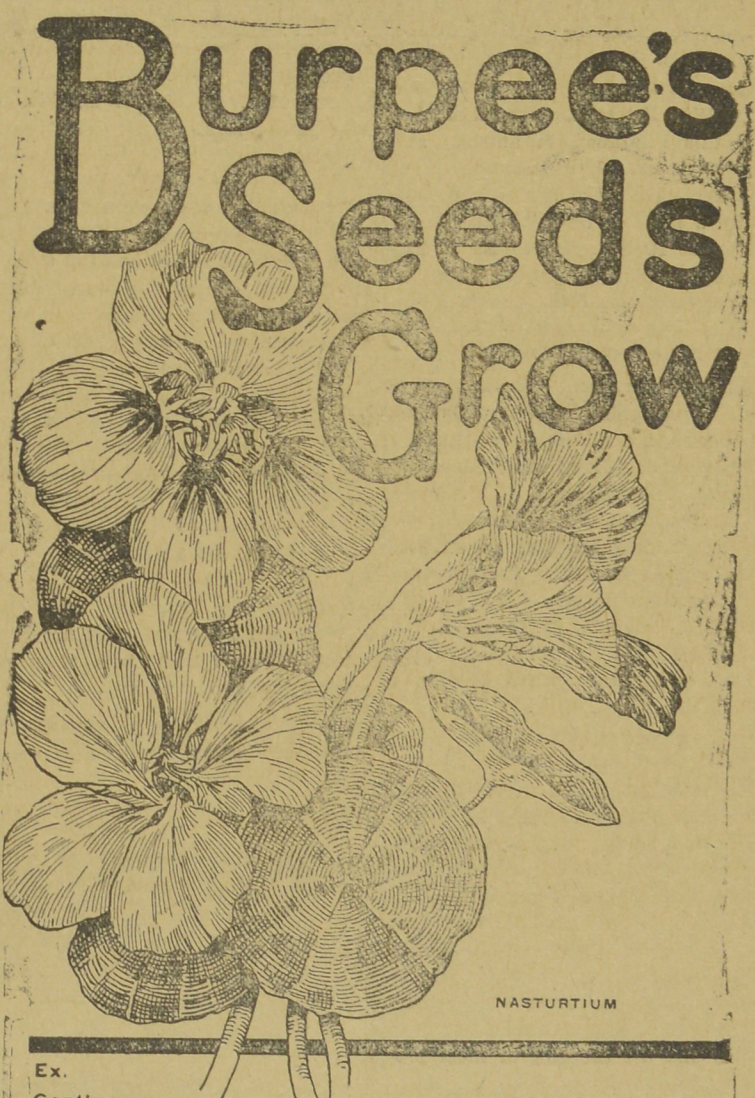
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Open for correspondence in connection with any work along this line. Estimates cheerfully furnished.

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Ex. Gentlemen: Please send me a free copy of BURPEE'S ANNUAL—The Leading American Seed Catalog.

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Address _____

W. Atlee Burpee Co.

Seed Growers Philadelphia

We are sole agents for Fredericton and vicinity for Burpees Seeds that grow. And always carry a complete stock in season.

DIBBLEE'S DRUG STORE, LIMITE D—"THE REXALL STORE."

ARE YOU GOING FISHING?

You cannot expect to have success if you have a poor fishing outfit. Come in and let us fit you up with a good outfit before you start on your trip.

A. E. EARDLEY

Phone 316-11