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CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

**Always
Bears the
Signature**

Chas. H. Fletcher

**In
Use
For Over
Thirty Years
CASTORIA**

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

HEALTH HINTS.

In the way a girl carries her body when walking or sitting she can do good or harm to the prettiness of her neck and throat. The chest must always be held high, and this instinctively raises the head more prettily. The abdomen must be held in, and since some intaking of the breath is required for this fast muscular effort, the muscles of the throat and chest are at once benefited.

Muscles, by the way, depend tremendously upon good breathing for health and firmness, so if a girl never does anything more violent than picking a rose, if she simply gives the windmills of her lungs

all the good air they need, the blood will be freshened and the muscles nourished almost as well as if she played golf every day. The value of out-door sports, however playful, is in their action upon the mind.

Eight hours' sleep, eight hours work and eight hours' recreation is a good recipe for the average woman. This may vary more or less according to strength, nerves and occupation.

Better results are had when the head rests low and the windows are wide open, giving plenty of oxygen to the lungs. This creates a new supply of energy for the walking and working.

Tuberculosis Rapidly Increasing Among Children of Belgium and Northern France.

More Food Urgently Needed to Keep up Their Strength

An interview with Mr. W. L. Honnold, American Director of the Belgian Relief Commission, brings to light a new danger threatening the population of the territory occupied by Germany.

Mr. Honnold reports that about 5,000,000 wholly or partially destitute people, who have been dependent on the Commission, generally show diminished vitality. The effects are most apparent among the older children, particularly those in the adolescent stage. Among these there is an alarming increase of tuberculosis, due to the lower power of resistance consequent on an inadequate diet.

To overcome this serious danger, the Commission appeals for extra contributions so that a special meal can be served every day in the schools. Efforts are also being made to provide as far as possible for children outside the schools.

This can only be done—Belgium's children can only be saved—if every one of us who can possibly do so will give something toward the Fund. Whatever you can afford, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

Send Cheques
Payable to
Treasurer

Belgian Relief Fund

59 ST. PETER STREET, MONTREAL.

\$2.50 FEEDS A BELGIAN FAMILY ONE MONTH.



Slants of Humor

FOOLISH MAN.

Can't say that I like that new hat of yours.
"Yet you liked it in the store."
"Well, it did look pretty when the girl tried it on."
Then the trouble started.

WATCHFUL WAITING

A quiet but sorrowful motorist sat one afternoon by the side of a car that was drawn up near the pavement. A man in another car, who had passed the disconsolate one that morning, slowed up on coming level with him again and inquired "How long have you been here?"

"Several hours."
"Can't you find out what is the matter? Inlet valve all right?"

The other smiled. "That's all right," he said.
"Trouble with the spark plug?"
"Think not."
"How are the batteries?"
"All right."
"Got plenty of spirit?"
"Yes, plenty."
"Your tires look all right. What is wrong?"

"Oh," replied the writing motorist. "There's nothing wrong with the car. But ever since 10 o'clock my wife has been in that house. She came to see her sister's first baby."

SAFE

I am above all circumstance,
I am beyond all power to hurt;
No more I shrink from sorrow's lance,
So with all strength I am begirt.

I am above mere circumstance,
I laugh defiance at the fates.
Unarmed I face the North Wind's lance,
Since I put on these heavy weights.

I jeer at every circumstance,
The price of beef and eggs and wheat;
I have enough cash in my pant
To buy myself a circus seat.

QUEER REASON

The lady, shopping, bought six hats
And that brought on domestic spats,
Her explanation, be it said,
Was merely that she lost her head.

A New Blood-Food Has Been Discovered That Works Wonders

**SAID TO PUT NEW LIFE INTO
PEOPLE THAT ARE RUN
DOWN.**

For years doctors have been searching for a combination that would enable them to inject into thin blood the elements it lacked. This can now be done and any weak-blooded person can quickly be made strong and well.

Already a small army of ailing people has proved the merit of taking after each meal with a sip or two of water, two chocolate-coated Ferrozone Tablets. This is easily done, and even one week's use of this wonderful blood food will prove how nourishing and strengthening and flesh-building the treatment is.

Just think of it—Ferrozone uplifts the entire nervous system, removes the blood, makes it rich and red—gives the sort of aid that's needed in throwing off weakness and languor.

Tens of thousands enjoy the advantages of renewed health through Ferrozone. If you'll only use it, you'll surely grow strong too; its beneficial action is noticed even in a week. You see it goes right to work, removes the causes of the trouble and then quickly makes a cure.

For those who sleep poorly and have nervous apprehensions, Ferrozone is a boon; it is a specialist in such cases.

Where there is paleness, poor appetite, and languor, Ferrozone makes the patient feel like new in a few days.

In tiredness, nerve exhaustion, in spring fever and debility, the power of Ferrozone is known from coast to coast and universally used with grand results.

Let Ferrozone build you up, let it win you back to robust health—it will do so quickly if you give it the chance. Sold by all dealers. 50c. per box or six boxes for \$2.50. Remember the name, Ferrozone.

PRESIDENT AND THE HYPHEN.

(Literary Digest.)

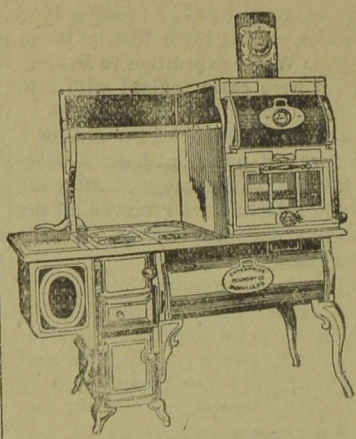
President Wilson's stinging retort to an offensive telegram from Jeremiah O'Leary, head of an organization calling itself the American Truth Society, brings the issue of "hyphenism" sharply to the front in the Presidential campaign. To Mr. O'Leary's allusions to "your pro-British policies," "trucking to the British Empire," "your leniency with the British Empire, your approval of war loans, and the ammunition traffic, are issues in this campaign," the President replied:

"I would feel deeply mortified to have you or anybody like you vote for me. Since you have access to many disloyal Americans and I have not, I will ask you to convey this message to them."



Wood's Phosphorine,
The Great English Remedy.
Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkgs. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Wills's.)

We Want Everybody to See the Enterprise Perfect Double High Oven Range



The Range that appeals to every woman. No more stoves to bake or cook.

It has two large ovens that can be used at the same time with the same fire, hence a great saving in fuel. Both ovens are at the right height to work; are fitted with thermometers, have doors to drop level with oven bottoms, and the top is fitted with a glass door, so contents can be seen at a glance without opening. The warming closet is double the usual size.

The cooking surface is surrounded with Porcelain Enamel, keeping it beautifully clean.

It is full of labor-saving devices, and for comfort, convenience and ease of management surpasses anything ever produced.

We cordially invite everyone, whether considering a purchase or not, to come in and look carefully over this splendid specimen of the Stove Makers' skill.

It's something we are proud of and anxious to show. Let us demonstrate it to you. If you cannot call, send for circular.

Enterprise Stoves always give satisfaction.

D. J. Shea & Son

F. H. EVERETT

Aberdeen Street, near C. P. R. Station,
FREDERICTON, N. B.

WHEAT, OATS, BUCKWHEAT, etc.
PROMPTLY GROUND and satisfactory returns guaranteed.

CHOICE FLOUR MANUFACTURED FROM NEW BRUNSWICK WHEAT by the latest patent roller process.

Shipments by rail received and returned to station free of cartage charges.

"CELESTIAL FLOUR," made from No. 1 Manitoba Wheat, for sale in 98 lb. bags at the lowest market price.

TO THE POLICYHOLDERS OF
THE PRUDENTIAL INSURANCE
COMPANY OF AMERICA.

NOTICE is hereby given that a meeting of the policyholders of The Prudential Insurance Company of America will be held at the Home Office of the said Company in the City of Newark, New Jersey, on Monday, the fourth day of December, 1916, at twelve o'clock noon, for the purpose of selecting fifteen persons to be voted for by the policyholders' Trustee as members of the Board of Directors, at the annual election of Directors of the Company to be held on the eighth day of January, 1917.

At such meeting every policyholder of the corporation who is of the age of twenty-one years or upwards and whose policy has been in force for at least one year last past, shall be entitled to cast one vote in person or by proxy. FORREST F. DRYEN, President

CANADIAN PACIFIC EXCURSIONS

From Fredericton

\$14.55 Montreal and Ret.

TICKETS ON SALE.

September 21st, 22nd and 23rd,

Return October 9th.

September 28th, 29th and 30th,

Return October 16th.

\$11.20 Boston and Ret.

TICKETS ON SALE

September 16th to October 14th,

Good for Thirty Days.

For full particulars apply to F. B. Edgecombe, City Ticket Agent or write M. G. Murphy, D. P. A., C. P. R., St. John.

We Sell the Famous Sherlock-Manning Player Piano

All the Latest Sheet Music on hand

E. O. MacDonald
Music Store 560 Queen Street

We have one second hand 4 H. P. Engine and a second hand Moody Thresher in running order. Just the out-fit for a farmer's own use. Only \$100.

J. Clark & Son Ltd.

Sportsmen and Guides!

When you want the best work done on your Game Heads, etc; send them to me. I guarantee satisfaction at reasonable prices.

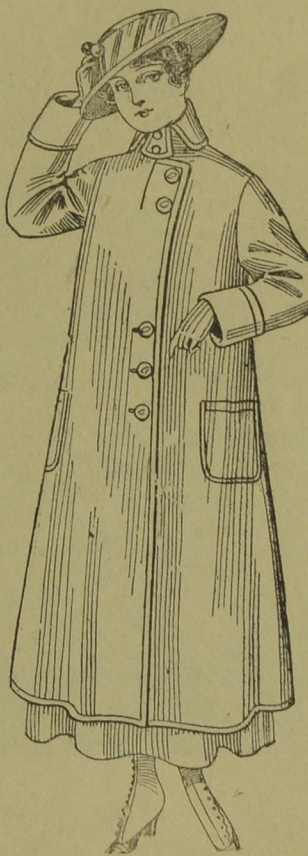
No Duty to pay on American Heads as I mount all these heads at my American Branch.

GEO. A. DAVIS, TAXIDERMIST

281 Queen Street West. Fredericton, N. B. Phone 577-31
VANCEBORO, ME. Send for Price List.

Mail Ads Bring Results

MURRAY'S--The Women's Store--has planned to make This Week a Most Interesting Shopping Week for Fredericton Women.



WOMEN'S and CHILDREN'S APPAREL of INCOMPARABLE SMARTNESS and DISTINCTION.

COATS—Ladies', Misses' and Children's Coats. Beautiful heavy cloths and excellent styles, prices ranging from \$5.75 to \$50.00.

SUITS—Ladies' Fall Suits, latest models and nice heavy materials, in navy blue, black, green, brown and grey. Prices ranging from \$15.00 up to \$37.50.

BLOUSES—Wonderful range of Fancy Blouses in Voiles, Habutae, Pongee, Ninon, Crepe de Chine,orgette and Shadow Lace, prices ranging from \$1.50 up to \$9.00.

BATH ROBES—Lovely range of Ladies Bath Robes in beautiful heavy cloths. Prices ranging from \$1.50 to \$7.25.

SKIRTS—Ladies' Cloth Skirts in nice heavy Serges, beautiful Tweeds, Corduroys and Velours. Lovely styles at extra good values, ranging in price from \$4.00 up to \$7.25.

Alterations done free of charge.

A. Murray & Co.

PHONE 423.

Mail orders given prompt attention.

