



CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

Always

Bears the

Signature

of

Chas. H. Fletcher

In

Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Exact Copy of Wrapper.

OF INTEREST TO WOMEN

FOR RED HANDS.

It is very difficult to keep the hands white and smooth when doing all kinds of housework. Why not wear rubber gloves when washing dishes and white cotton gloves when dusting? You have no idea how much this saves the hands. Another thing—always use a pure soap for the work of the house, instead of strong lye soap which is always hard on the hands. Rinse the hands well in clear tepid water after washing them and rub in the last thing at night this lotion:

Glycerine 2 ounces
Rosewater 5 ounces
Tincture of benzoin... 1 drachm
Borax 11-2 drachm

IN FAVOR OF BATHING.

Keep sponges clean and sweet. Never neglect the bath for the children.

If sea bathing is a fad, it is a sensible fad.

Try ammonia for perspiring feet. Ten minutes is long enough to be in a bath.

Have both soft and rough towels for the bathroom.

A daily plunge bath is one of the preventives of a cold.

Use a good soap for the bath—never the uncertain laundry article.

A good hot bath means more than bodily cleanliness; it means refreshing the entire system.

The shock of the cold bath will naturally be followed in a few seconds by a strong reaction; a chill is quite a different thing; and is dangerous.

CREAMED CARROTS.

The carrot is valuable as a vegetable and a flavorer. As the carrot grows old only the outer layers are desirable for food. Here is a recipe for creamed carrots from one of Uncle Sam's cook books:

Scrape the carrots, then cut into dice or slices. Put into a stewpan with salted boiling water, allowing a teaspoon of salt for a quart of water, and boil until tender. Drain, season with a little salt, put them in a vegetable dish, and pour the white sauce over them.

Or the carrots may be cut into dice before cooking and boiled and drained, then put them back in the stewpan, and for every pint add one tablespoonful butter, one teaspoonful sugar, half a teaspoonful salt, and one cupful of water. Cook over a hot fire until the carrots have absorbed the liquid.

Marriage is a lottery in which many a girl doesn't even get a chance to take a single chance.

Doctor Tells How to Strengthen Eyesight 50 per cent. in One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home.

Philadelphia, Pa., Sept. 6.—Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to hear that, according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses, and my eyes do not hurt any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able

to strengthen their eyes so as to be spared the trouble and expenses of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Bon-Opto tablets. Drop one Bon-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start, and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

A prominent City Physician to whom the above article was referred, said: "Bon-Opto is a very remarkable remedy. Its constituents are well known to me. It is a powerful eye and throat remedy and is one of the best I have ever used."

You can order Bon-Opto by mail from the Valmar Drug Co., Toronto, if your druggist has none in stock.

Slants of Humor

The burglar had just begun his term and was assigned to work in the broom factory. Near him was an oldish man who studied him intently and seemed to be waiting an opportunity to say something. It came when the overseer was at the ice water tank. "How long are you in for?" he whispered. "Twelve years," replied the new-comer. The veteran looked around nervously and thrust a letter in the burglar's hand. "I'm in for life," he said "mail this when you get out."

FRUIT OF ABSENCE

Madge—Have you really found that absence makes the heart grow fonder?
Marjorie—Indeed I have! Since Charlie went away I've learned to love Jack ever so much more.

PUBLIC HEALTH

The public health is the foundation on which reposes the happiness of the people and the power of the country. The care of the public health is the first duty of a statesman.

WHY THEY LIVED LONG

Native—There are the Oldboy twins. They are ninety-eight years old.
Stranger—To what do they credit their long lives?
Native—One cause he used terbacker and one 'cause he never used it.

HE TOLD HER

Wife—John, what is the difference between direct taxation and indirect taxation?
Husband—Why, the difference between your asking me for money and going through my trousers while I'm asleep.

A SURE WAY

The easy mark who sent a half dollar to the fellow who advertised "A sure way to prevent swimmers cramps" received this answer:
"Don't swim."

KNEW THE GAME

She—On, dearest, let me comb your hair.
Dearest—No.
She—Well, let me rub your forehead with eau de cologne.
Dearest—For heaven's sake, where's the bill? Give it to me and I'll pay it.

CUTTING AN ACQUAINTANCE

The mulatto girl was quarreling with her erstwhile lover, who had become angered at her toleration of another's suit.
"I heard that you sez as yo' is goin' to cut my acquaintance, pursued the girl.
"Yassum, I sez that," defied the jilted one, and believe me, mum, I'm goin' to cut m' deep."

UP TO THE MINUTE

Constable—But didn't you hear the chicken thieves?
Farmer—Why, yes, I heard 'em, but they had an automobile and was all so intoxicated, I thought they was a party of gentlemen.

VERY SAD TO HEAR

"I heard something very sad this morning," said the mistress to her servant, in explanation of her not feeling well, as the girl commented upon her mistress's appearance.
"Well," said the girl "I can feel for you, mum. I heard something sad this morning too."
"You did?" said the mistress. "Pray tell me, what was it?"
"The alarm clock, ma'am."

DON'T SCOLD, MOTHER THE CROSS CHILD IS BILIOUS, FEVERISH

Look at Tongue! If Coated, Clean Little Stomach, Liver, Bowels.

Don't scold your fretful, peevish child. See if tongue is coated; this is a sure sign its little stomach, liver and bowels are clogged with sour waste. When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" clean and sweet.

Keep it handy, Mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Remember, there are counterfeiters sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand back with contempt any other fig syrup.

No man is ever perfectly sure of a girl's love until she declares that she hates him.

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WORLDLY WISDOM.

A woman's heart makes the music of the world grow sweeter.

You can't bring up a boy anything like as good as nature can.

There is something in a good action that makes you smile all over.

A man is never monarch of all he surveys in the kitchen.

The work that makes the least noise in the world is the work that is making the world go round.

If there are any new kinds of domestic tragedies, the authors of the picture plays haven't yet discovered them.

Shoes are going up in price. Let's be thankful we don't have to eat them.

SEED WHEAT.

WE NOW HAVE IN STOCK a quantity of Old Crop Red and White Fife Seed Wheat, which we offer for sale at \$2.50 per bushel. As this year's crop contains only a small percentage of choice wheat, prices next spring will be extremely high, and we can sell at this price only until this shipment is disposed of.

CUSTOM GRINDING Wheat, Buckwheat, Oats, etc., promptly attended to.

F. H. EVERETT

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

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.

BIG SALE - Friday and Saturday at A. MURRAY & CO'S.

GREAT BARGAINS IN LADIES' DESIRABLE COATS AND SUITS.

COATS—Ladies' New Winter Coats at still greater reductions, from \$7.50 to \$21.00.

SUITS—Ladies' New Fall Suits in the latest styles at very special prices.

COATINGS—Grey Astrachan, Grey Blanket Cloth and other Tweed Coatings:

Reg. \$2.25 and \$2.75 for \$1.75 per yd. Reg. \$1.65 for \$1.35 per yd.
Reg. \$1.90 for \$1.45 per yd. Reg. 75c. for 55c. per yd.

All 54 inches wide.

SPECIAL WHITE BEDSPREADS 98c. each

CHILDREN'S WOOL OVERALLS, reg. \$3.00, for \$1.85

A special lot of GREY FLANNELETTE BLANKETS only \$100. pair, single blanket 50c.

COAT FORMS—Queen Coat Foundations at Special Prices

LADIES' BLOUSES in China Silk, Voile, Pique, Bedford Cords and Vesting, wonderful ful value at 98c.

Just a few WHITE FLANNELETTE GOWNS, Wonderful value for 85c

A Wonderful Line of Ladies' CORSET COVERS, nicely trimmed with lace, special at 35c.

A. MURRAY & CO.

WHERE COURTESY AND QUALITY GO HAND-IN-HAND