



Exact Copy of Wrapper.

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.

WOMAN'S COLUMN

NUT CARAMEL ICE CREAM.

Melt half a cupful of brown sugar and stir until it is dark brown in color. Then gradually add four tablespoonfuls of boiling water and cook for three minutes longer. Heat one cupful of milk and thicken by the addition of a scant teaspoonful of cornstarch moistened to a paste with a little cold water. Cook over hot water for eight minutes. Remove from the fire, cool, add the caramel syrup, half a pint of double cream that has been whipped with one tablespoonful of powdered sugar and one large cupful of chopped nut meats. Freeze slowly in the usual way.

GRAPE JUICE AMBROSIA.

Mix together one pint of milk, one quart of water, one can of grated pineapple, the juice of one

and a half lemons, one and three-quarters cupfuls of sugar and one pint of unfermented grape juice. Turn into the freezer and, as it begins to congeal, add the stiffly whipped whites of two eggs and a half a cupful of chopped maraschino cherries with the cordial. Freeze as for other sherbets and fill into tall, slender glasses that have been lined with halved lady fingers.

A FORECAST OF AUTUMN MODES.

For early fall millinery, satin, faille, and felt will be employed. Combinations of felt and velvet and felt with satin are shown. Shapes are mostly medium-sized and large, with emphasis on the large size. The Napoleon and broad-brimmed picture hat are the forms most in evidence. Ostrich quills and ribbons are the

chief favorites for millinery trimmings.

Coiffures continue high, with the hair massed at the top of the head in high puffs. Rhinestones and velvet, or rhinestones alone, mounted on pins, are the new ornaments for this style of hair-dress.

Fall footwear will be made with side-button gaiter tops, in cloth, buckskin, or glazed kid. Tops matching the costumes are favored but the white-topped shoe, with black patent leather toe, is considered equally good.

HOUSEHOLD HELPS.

When you are ironing starched clothes be sure to put a handful of salt onto a piece of newspaper and rub your iron in this from time to time to remove the starch that adheres to the hot metal.

To wash matting wipe off with a cloth wrung from salt and water. This prevents turning yellow.

Add a few minced dates to fudge as it comes from the stove. It will give it a novel and delicious flavor

Slants Of Humor

THE WOODPILE

He had to saw and split the logs
In the back yard.
He nearly ruined all his togs
He worked so hard.
He couldn't get the woodpile down,
Unlucky pup.
Although he labored with a frown
It would pile up.

CAUSE FOR ALARM

Sister Nancy was going the round of the ward in the big hospital for wounded soldiers, examining the medical charts over each bed and taking temperatures.

Reading the side of one hero, in whose mouth she had left the thermometer a minute ago, she was horrified to find, on withdrawing it, that it registered 120, although only an hour ago the patient was normal. Swiftly she summoned the house doctor, but he, on arriving, was seriously perplexed, as there was nothing in the patient's condition to account for the sudden rise.

"Look here," he said to the soldier, "have you dropped this thermometer or been fooling about with it?"
"No, sir. Only been stirrin' me tea with it!"

AQUATIC LIVESTOCK

The catfish play in the back yard
In Venice,
You see the dogfish standing guard
In Venice,
The hogfish travel up and down,
Stray sea cows make householders frown
And things are much like any town
In Venice.

SUSPICIOUS

As Widow Watts bent industriously over her wash tub she was treated to polite conversation by a male friend, who presently turned the conversation to matrimony, winding up with a proposal of marriage.

"Are ye sure ye love me?" sighed the buxom widow, as she paused in her wringing.
The man vowed that he did.
For a few minutes there was silence as the widow continued her labor. Then suddenly she raised her head and asked:
"You ain't lost yer job, are yer?"

THE LAST

Mrs. Nora Mulvaney one day met her friend, Mrs. Bridget Carr, who had in her arms her twelfth child.
"Arragh, now, Bridget," said Nora, "an' there ye are wid another little Carr in yer arms."
"Another it is, Mrs. Mulvaney," replied her friend, "an' it's me that's hopin' 'tis the caboose."

Quickly adjustable forms have been invented for building concrete steps, to save carpenter work.
Peru is steadily increasing its production of gold, which now amounts to about \$1,000,000 a year.

\$1,000 REWARD

For a Case of Incurable Constipation

To any person who cannot be cured of Constipation by Dr. Hamilton's Pills, the above reward will be paid.
No medicine gives such lasting satisfaction or effects such marvellous cures as Dr. Hamilton's Pills. Relief instantly follows their use. That blinding headache goes forever, that feverish feeling in the skin is soothed away, bilious fits and stomach disorders are stopped.
Don't be nervous about using Dr. Hamilton's Pills; they are mild enough for a child to use, yet certain and effective in action in the most chronic cases. Get a 25c. box today.

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.

FOR RETURNED SOLDIERS.

NOTICE is hereby given that a branch of the Provincial Returned Soldiers' Aid Committee has been organized for the Counties of York, Sunbury and Queens, and the City of Fredericton, as a district, with Dr. T. C. Allen Chairman and Judge Wilson Secretary.

All employers of labor in said district willing to give preference to returned disabled soldiers as employees, and all returned discharged soldiers wanting employment residing therein are requested to notify the secretary

JUDGE WILSON,

DR. T. C. ALLEN, Secretary.
Chairman.

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. Edgcombe, City Ticket Agent or write M. G. Murphy, D. P. A., C. P. R., St. John.

Sympathy that begins and ends in lip service is of little help to any of us. A life with the one desire to do good finds no spare room for discontent. When we begin to dig up the virtues of a friend, we soon bury all his faults.

SPECIAL SATURDAY BARGAINS

in the Ready-to-Wear Department

:- AT :-

A. Murray & Co's.

SALE OF LADIES' BLOUSES in nice heavy Habutae Silk, beautifully made, with a nice frilled front, Extra Special Value at \$1.89. All sizes in stock. SALE FOR SATURDAY ONLY.

SPECIAL LOT OF LADIES' NECKWEAR in Collars, Vestees, Ties and Collar and Cuff Sets, Special at 15c. each or 2 for 25c.

SEE THE WONDERFUL VALUES IN LADIES' COATS, SUITS, DRESSES, SKIRTS.

Alterations on our ready-to-wear Garments done free of charge.

Mail Orders Given Prompt Attention.

A. MURRAY & CO.

'PHONE No. 423.

WHERE COURTESY AND QUALITY GO HAND-IN-HAND

Belgians are Starving While Canadians Have Plenty

**Our Heroic Allies Deserve
More Help than We are Giving**

An accident of geography, and the fortunes of war, have subjected Belgium to the cold-blooded, calculated cruelty and attempted starvation of the German conquerors—while we in Canada, secure from danger, are making money out of the War.

Legitimate though our profits are, we surely owe a substantial share of them to our Allies, who are destitute because they dared stand up for their rights and defy the enemy.

We have given much—but barely enough to help keep the Belgians alive. More of them every week are calling for help, as their own resources are exhausted, and every one of the millions should have something more than the three slices of bread and the pint of soup which is all the Relief Commission can supply out of present contributions.

If you have been helping, do more if you can till the war is over and Belgium is free. If you have not given yet, will you make up for lost time with a substantial contribution? Better still, will you give every month, enough to feed one or more Belgian families, at the rate of \$2.50 each per month?

Whatever you can afford to give, 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 St., Montreal.

\$2.50 Feeds a Belgian Family One Month.

