

CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria

Always
Bears the
Signature

of

Dr. H. H. Fletcher

In

Use

For Over

Thirty Years

CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

THE WOES OF MRS. NEWLYWED.

"Look what a collection I have of stale bread," remarked Mrs. Newlywed. "I wish I knew of some way to use it up."

"Stale bread, freed from crust and pressed through a sieve, is always better than dried crumbs for covering any article that is to be cooked in deep fat," returned Mrs. Neighbor. It takes little longer to brown and makes a much prettier covering. Stale bread is used for dressing for poultry, meats and fish, in stuffing onions, tomatoes, squash and pepper; it is also used in scalloped oysters, fish, eggplant and in making bread crumb grid-dle cakes. It is the chief ingredient in bread sauce, and is useful in cheese souffles and puddings, while "Queen of Puddings" and plum pudding are dependent upon stale

bread for their existence."

"Look at these hands," I demanded Mrs. Newlywed as she held them out to Mrs. Neighbor.

"How did you get them so stained?" asked the latter.

"Oh, from peeling potatoes."

"But I know a way to take that out," smiled the more experienced woman. "A piece of lemon peeling rubbed on your hands just before you wash them will make them as white and pretty as before."

FOR CHAPPED HANDS.

Careless washing and imperfect drying are the reasons for more red, unsightly hands than anything else. The slightest dampness of the skin is apt to make the hands chap and crack. Hot water

should not be used more than once a day at most for washing the hands, and then they should be rinsed in cold.

At night before retiring, when the hands have been well washed and dried, rub in a fair quantity of a good cold cream or camphorated ice. Then powder them lightly with a fine talcum and slip on loose old gloves reserved for this purpose. This will whiten the hands and keep them soft and smooth.

Slants of Humor

EMOTIONAL ACTING

"You acted Juliet as if you were really suffering."

"I was. I played the part in a pair of very tight shoes."

A MODEST AMBITION

"Working hard these days, I see."

"Yep."

"Trying to climb the ladder of success, eh?"

"Just high enough to catch up with the cost of living."

A company of very new soldiers were out on a wide heath, practicing the art of taking cover. The officer in charge of them turned to the newest of his men.

"Get down behind that hillock there," he ordered sternly. "and, mind, not a move or a sound!"

A few minutes later he looked around to see if they were all concealed, and, to his despair, observed something wriggling behind the small mound. Even as he watched the movements became more frantic.

"I say, you there," he shouted, angrily, "do you know you are giving our position away to the enemy?"

"Yes, sir," said the recruit, in a voice of cool desperation, "and do you know that this is an anthill?"

NO HURRY

An old farmer who had been henbecked all his life was about to die. His wife felt it her duty to offer him such consolation as she might, and said:

"John, you are about to go, but I will follow you."

"I suppose so, Maria," said the old man, weakly, "but as far as I'm concerned you needn't be in any blamed hurry about it."

A LESSON IN HISTORY

Who was this 'ere Nero, Bill? asked a coster of his friend as they gazed into the picture shop, according to the Youth's Companion. "Wasn't 'e a chap that was always cold?"

"No, that was Zero," was the answer, "Another bloke altogether."

The judge's decision in a case in Mill nocket, Me., probably will not serve as a precedent, but no exception to it was reported.

An Italian laborer was killed while at work on a dam at the pulp mills. At the hearing before the local justice there was found in a pocket a roll of bills containing \$15, and hidden in one of the bootlegs was found a dirk knife.

As there was no probate court within many miles of the town, the judge was at a loss to know what disposal should be made of the money. Finally he hit upon the solution. The court took charge of the money and fined the dead man \$15 for carrying concealed weapons.

TAKE "CASCARETS" IF HEADACHY, BILIOUS, AND CONSTIPATED

Best for the Liver and Bowels, Bad Breath, Bad Colds, Sour Stomach.

Get a 10-cent box. Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach. Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue, it causes congestion and that dull, throbbing, sickening headache.

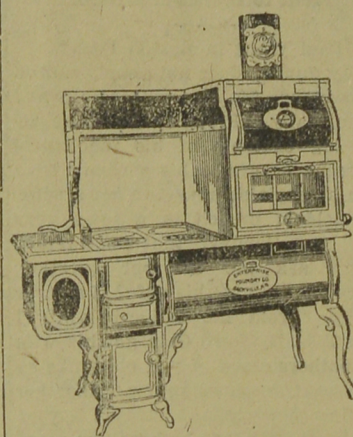
Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a ten cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

All else about a man may be fickle, but his methods of love making are as changeless as the stars.

If we could only just get our hands on the high cost of living we'd choke the animal.

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



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

It has two large ovens that can be used at the same time with the same fire, for 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 oven 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

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

Abredeen 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.

We Sell the Famous

Sherlock-Manning Player Piano

All the Latest Sheet Music on hand

E. O. MacDonald

Music Store 560 Queen Street

FURS! FURS!

NO NEED TO SUFFER WITH THE COLD when FUR COATS can be bought at such low prices from us.

WE HAVE REAL GOOD FUR COATS FOR MEN, none better to wear.

SOME GOOD VALUES IN LADIES' COATS. LADIES' NECK FURS AT BARGAIN PRICES.

J. Clark & Son Ltd.

Corner York and King Streets

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.

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VANCEBORO, ME. Send for Price List.

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COATS, SUITS, DRESSES, SKIRTS and WAISTS.

COATS—Ladies', Misses' and Children's Cloth Coats. Nice heavy materials and excellent styles. Prices ranging from \$5.00 to \$50.00.

SUITS—Ladies' Suits in nice Tweeds, Corduroy, Gabardines and Serges. Lovely styles and wonderful values, from \$13.00 to \$33.50.

DRESSES—Ladies' Silk and Serge Dresses. Beautiful styles in all the newest colors. Prices ranging from \$8.75 to \$22.50.

SKIRTS—Lovely styles in Ladies' Skirts in all the newest materials. Prices ranging from \$3.75 to \$14.25.

WAISTS—Ladies' Blouses in Voile, Habutae, Pongee, Crepe de Chine, Ninon,orgette and Shadow Lace. Lovely styles. Prices ranging from \$1.89 to \$8.25.

A. Murray & Co.

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.

