



## SOUPS THAT NOURISH.

Although clear soups, which are alists of the United States Depart- fully as much body fuel as a moderate about two inches square. Place two in Look at the tongue, Mother! If ment of Agriculture. Even a thin sized rib chop of lamb. soup, taken at the beginning of a meal, heavier foods are more easily digest-

ed. Appetizing soups may be made ed. Appetizing soups may be would NO TRICK TO LIF One of the purposes which food

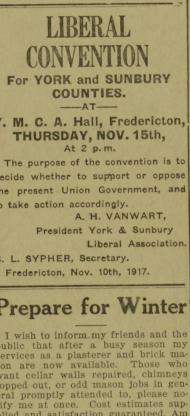
in the body is to furnish energy for its muscular work, and one way of comparing the relative food value of different foods is to compare the amount Says there is no excuse for cutof energy which they furnish, or as physiologists call, it, their fuel values. A cup (one-half pint), or a large soup plateful) ) of milk soup flavored soup plateful) ) of milk soup flavored with vegetables, yields a little more lifted right out with the fingers if you energy to the body than the same amount of milk.

A thick meat soup with pieces of It is claimed that at small cost one meat and vegetables in it, a fish chow- can get a quarter of an ounce of freezone at any drug store, which is suffi-cient to rid one's feet of every corn der, or a rich vegetable soup, such as cream of tomato, yields half again as or callus without pain or soreness or much energy as the milk; while a the danger of infection. This simple drug, while sticky, dries thin soup like bouillon, consomme or the moment it is applied and does not clear tomato soup, yields not quite inflame o reven irritate the surrounding tissue.

two-thirds as much as the milk, and

## NOTICE.

On and after Nov. 15th. 1917, until urther notice milk sold by H. F. Fisher in the town of Marysville will be nine cents per quart.



less than half as much as the thick soup or chowder.

abundant, though it also appears in A generous serving of thick meat fair amounts in the cereal foods. largely water, contain little nourish- soup or fish chowder yields more enment, some thick soups, broths and ergy than an ordinary portion of roast chowders are literally a meal in them- beef, and even a moderate helping of selves, according to the dietary speci- vegetable milk soup usually furnishes

Another thing to be considered beby its warmth and pleasant flavor, sides energy is the amount of sub- sweetened. Add pulp and a little or east heartily full of cold or has sore may stimulate digestion so that the stance called protein, without which ange juice to stiffly whipped cream, throat of any other children's ailment,

CORN RIGHT OUT

ting corns and inviting

Sore corns, hard corns, soft corns or

will apply directly upon the corn a few

drops of freezone, says a Cincinnati

uthority.

TUESDAY,

SEPTEMBER FOURTH,

FREDERICTON

**BUSINESS COLLEGE** 

lockjaw.

Meat and milk soups contribute some

of the needed protein. Meat. poultry.

beans and other legumes are the com-

mon foods in which protein is the most

ORANGE CHARLOTTE RUSSE.

teaspoonfuls of dry material make a

the body cannot build and maintain its MOTHER ! DON'T TAKE CHANCES IF CHILD'S TONGUE IS COATED

fish, eggs, milk, cheese, dried peas, If cross, feverish, sick, bilious, clean little liver and bowels.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with Cut small squares of sponge cake, sour, waste, liver gets sluggish, stomach

each dessert dish or glass, and over coated, or your child is listless, cross, the cake pour orange juice, slightly fever.sh, breath bal, restless, doesn't sweeten to taste and pile on the cake. give a teaspoonful of "California Syrup of Figs," then don't worry, be-USEFUL HOUSEHOLD INFORMATION. cause it is perfectly harmless, and in a few hours all it's constipatd pois-A table of information which the house-wife needs to be constantly reminded of is as follows: 4 quarts make a gallon. 8 quarts make a peck. 4 saltspoonfuls of liquid make one tea-snonful poonfuls of liquid make one table- is offtimes all that is necessary. It tablespoonfuls of liquid make a quar- should be the first treatment given in

any sickness. Beware of counterfeit fig syrups. ul. teaspoonfuls of dry material Ask your druggist for a small bottle of 16 level teaspoonfuls of dry material ake a cupful. 8 heaping tablespoonfuls of dry material al make a cupful. 2 cups of 4 gills make a pint. 4 cups of liquid make a pound. 2 cups of four make a pound. 2 ups of four make a pound. 2 ups of solid butter make a pound. 2 ups of solid butter make a pound. 2 cups of granulated sugar make a lb. Two and a half cups of powdered sugar nake a pound. 1 pint of milk or water equals a pound. 16 ounces make a pound. 16 ounces make a pound. 16 ounces make a pound. 2 ups of granulated sugar make a bound. 16 ounces make a pound. 17 ounces make a pound. 16 ounces make a pound. 16 ounces make a pound. 17 ounces make a pound. 18 ounces make a pound. 19 ounces make a pound. 19 ounces make a pound. 10 ounces m

