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A Woman's Best Friend is Her Mirror -If it isn't She Ought to Make It So.

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-a hard fact to get from friends or ready to serve cut chilled tomatoes in relatives. KING STREAT OPPOSITE BOYLE'S PHONES-Once 574, House 2600-41 There are many kinds of mirrors-

those that hide the blemishes, those that distort them, and a true mirror, which reflects what is there, no more, no less. To it she should go morning, noon evening-every time she has a chance But she must not let the mirror habit grow upon her. There is nothing so

op. Soldiers' Barracks and Next Door disagreeable as to be in the presence

 DFFICE HOURS—10 a.m. to 1 p. m.;
 of a woman who looks at her reflection

 2 p. m. to 5 p. m.
 tion every time a mirror of even a

 Phone—338-11
 tion every time a mirror of even a

plain glass is passed.

Every woman must study her face her figure, her poses. The shading of her complexion, the lights in her hair the color of her eyes, the texture of her skin. She must watch for the great bugaboo of womankind, wrinkles! When she discovers any defects she must set about remedying them at once.

If she discovers big pores, roughness under the skin, blotches, lines from drawing the face in certain positions, wrinkles, frown lines, hollows under the eyes, or any of the many hundred signs of ill health, or age, or 'receipts" for past worries and nerves -the next thing to do is to spend a few minutes in quiet communion. The trend of the communion should be: "Is my health suffering from anything I eat or do? Are my nerves being overtaxed? Have I exposed myself to any injurious fumes or gases? What is it I frown at? What thoughts do I have that make the deep lines about my mouth? Why should my pores be large and blackheads appear If a solution can be found, the cure s going to be quicker and surer. When combing the hair the mirror should be carefully watched. Every strand should be laid just so, the part must not vary an eighth of an inch Phone or telegraph orders from the place where it gives the best shipped on all trains (r boats line. Every hairpin should count for something as it is placed in the hair either to hold the hair up or to adorn the head. Only the mirror can tell

School Book Notice

Pursuant to the provisions of an Order - in - Council, the Government School Book Business has been placed on a cash basis in lieu of the Vendor-ship system, which has not been satis-

where these pins should be placed.

IF YOU ARE THINKING OF AT. TENDING THE tion by the Department, only on orders amounting to \$5.00 and over. All re-mittances must be made to the Super-intendent of the School Book Depart-FREDERICTON **BUSINESS COLLEGE** NEXT TERM, NOW is the time to ment and only by Post Office Order, send to us for full particulars, which Express Money Order, or Cash by Registered Letter. No order less than will be supplied on application. \$5.00 will be received. There is a great demand for young The present Vendors can return the men and women to take the places of books in their possession, or, if they wish to retain them, will be allowed a reasonable time to settle for same. those who have gone to the firing line. Address The following are the prices of books sold by the Department, and the N J. OSBORNE, Primergial, N B.. Frederict prices at which they are to be sold by Dealers: Copy Books 1st Primer IMPERIAL LUNCH ROOMS Nos. 1, 2, 3, 4, 5 3c. 2nd Primer .. lst Reader. 2nd Reader .. History 3rd Reader ... IS THE BEST PLACE IN THE CITY 200 England and Canada ... 200 4th Reader. 25c for Auto Parties to get a good meal 5th Reader. Geography ... 55c or lunch at all hours. French Readers, Scribblers-No. 1.... 12c Good Dinner Every Day from 12 to Nos. 1, 2, 3, No. 2 2. Don't forget the place-4 ... No. 3..... 23c No. 4..... 25c 64 CARLETON STREET Arithmetics-Nos. 1, 2, 3, 10c French Elementary History of Canada 45c Health Reader, No. 1.... 15c. G. FRED CROWLEY Augsberg's Draw-Health Reader, No. 2.... 25c. ing Books, Nos. 1, 2, 3, 4, 5, 6, 7, 8, 10c. PROPRIETOR Geometry, 1 to 4.... 40c. EXTRA STRONG CELERY Practical Spell-Geometry, 1 to 6.... 55c. ers.. .. .: 15c. PLANTS CABBAGE AND CAULI-A. D. Thomas FLOWER SUPT. SCHOOL BOOK DEPARTMENT. Fredericton, N. B. August 2nd, 1917. CUT FLOWERS and POTTED PLANTS WANTED At Reasonable Prices. WANTED-Peeled Spruce and Balsam Pulpwood. Correspondence in-vited. Address Fraser Limited, Ed-All Telephone orders will receive our prompt attention. mundston, N. B. WANTED - To buy hardwood any lengths. Highest cash prices paid. Thos. Fulton. Ada M. Schleyer WANTED — A second class female teacher for school district No. 3. Ap-ply stating salary to Charles E. Con-FI ORIST Charlitte Street nors, Cork Station, York Co. 1wk

Chop several cucumbers, mix with French dressing and a very small amount of finely chopped onion, cover

SUMMER SALAD.

the bowl and let stand in the ice box The reflector will tell her the truth for half an hour or longer. When two across and arrange each half on several lettuce leaves on salad plates.

Place a large spoonful of the chopped cucumber on each piece of tomato and top with a spoonful of mayonnaise or boiled salad dressing. Sprinkle with chopped parsley and garnish with slices of radish.

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The Great Importance of **Prohibition**!

In these critical days when governing bodies the world over are imploring everyone to increase production of food, when our armies are crying for men, munitions, ships-when every resource, however small, is a vital asset-waste is intolerable.

New Brunswick stands second to none in her loyalty to the vital cause of the Empire. Of her sacrifices of precious boys, her wealth and resources she is justly proud. With effective Prohibition laws in force throughout the province, she will tolerate no waste due to lax enforcement of Prohibition. Her resolve, however, demands a united public opinion in favor of strictest enforcement.

Help to Enforce Prohibition

The "PIONEER" (published in 'roronto) is authority for the statement that in Canada the total value of foodstuffs destroyed by the liquor traffic in 1916 was approximately \$4,241,090.22. Add to this the immense loss of transportation facilities, clogged and hindered by carrying the grain to destruction, and again conveying the product of the breweries and distilleries to make precious men less efficient in this solemn hour!



Hon. Nicholas Iserguine Inspector of State Sav-ings Banks of Russian Empire states, in regard to effect of Prohibition: "We have about dou-bled in less than bled three years the amount the outbreak of the war, for our State banks are about seventy-five years

Former Attor.-Gen. Baxter

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in introducing the Prohibition Act said; "I do not think that I need discuss the question of whether Prohibition prohibits. That depends upon you and me. If those in the community who hold the moral forces under their particular care—if they do their duty—if they let petty things go and if they stand back of the men who live under the law and persistently and insistently urge these men to respect the law—for without respect the law—for without respect the law-for sepect this value whatever-to respect this law as they would any other law, if the moral and social law, it the moral and social leaders of our couptry will but rise to the occasion and do their duty, there is no fear but that a prohibitory law, like any other law, can be enforced within the Province of New Brunswick." **Premier Foster**

as leader of the Opposition, in speaking of Prohibition said : "That in his opinion the Tem-perance question is not a ques-tion of party politics. Prohibi-tion, after all, affects everyone directly or indirectly and is therefore too big and broad a matter to be dealt with politi-cally. The law is to-day on the Statute Books, and if we are retarned to power when May 1st comes the Prohibition bill will be put into effect, and we will be put into effect, and we will enforce it as far as it lies in our power to do so.'

Russia-

Some idea of the enormous effect of Prohibition is afforded by the wonderful example of Russia. The whole country is "bone dry." The people declare they never will backslide to vodka. In spite of the fact that millions of producers have been in the army the savings of the people enormously increased. In 1912 and 1913 they were saving, per year, about \$20,000,000. In the first five months under Prohibition they saved \$60,000,000. In 1915 the banks took in \$265,000,000. For the first half of 1916, the Russian people saved \$300,000,000!

The shortage of revenue from the tax on vodka is gradually being made up by increase in other revenue, due to the savings and greater efficiency of the people. In spite of the ravages of war there is less begging and misery. "With vodka on her back, she could never

have held the Germans back. Russia has helped to save Europe.'

On May 1st 1917, the putting into effect of the Prohibitory Act in New Brunswick placed in our hands a powerful instrument. The success of Prohibition depends upon our use of the instrument, just the same as success in battle depends upon the general's intelligent, vigorous use of his forces.

No matter where you live, whether your district is under the Canada Temperance Act or under the new Prohibitory Act, you are urged to use every legitimate means within your power of support and aid the officers of the law in their sworn duty of enforcement.

Use your influence to build up such a weight of public opinion in favor of strictest enforcement of both the Scott Act and the Prohibitory Act that the success of Province-wide Prohibition will be permanent.

Dominion Temperance Alliance

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