

Children Cry for Fletcher's

## CASTORIA

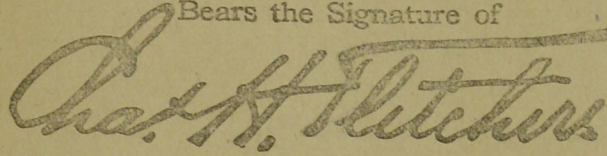
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of Dr. H. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

## What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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Bears the Signature of



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The Kind You Have Always Bought

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## OF INTEREST TO WOMEN

## SOME SEASONABLE RECIPES.

## Meat Turnovers.

Almost any kind of chopped meat if the quantity on hand is small, may be mixed with potato or cooked rice. The filling should be seasoned to taste with salt and pepper, onion or whatever is relished, and laid on pieces of short biscuit dough, rolled thin, and cut into circles about the size of an ordinary saucer. The edges of the dough should be moistened with white of egg, the dough then folded over the meat and its edges pinched close together. If desired, the tops of the turnovers may be brushed over with yolk of egg before they are placed in the oven. About half an hour's baking in a hot oven is required. Serving with a brown sauce increases the flavor and moistens the crust.

## Brown Bread (with Rye)

One cupful rye meal, one cupful of cornmeal, one cupful graham flour, three-quarters teaspoonful soda, one teaspoonful salt, three-quarters cupful molasses, two cupfuls sour milk or one and three-quarters cupfuls sweet milk. Mix and sift all the dry ingredients except soda. Stir soda into the sour milk then add milk and molasses to the dry ingredients. Stir until well mixed, turn into a well buttered mould and steam three and one-half hours. The mould should not be filled more than two-thirds full. Cut with a string when hot.

## Macaroni With Tomatoes.

Cook together one teaspoonful of chopped onion with one tablespoonful of butter and stir into this till very smooth one tablespoonful of flour.

Pour over this one and one-half cups of strained tomato, adding a little salt, and cook until it has thickened. Pour this over cooked macaroni and bake till brown.

## To Boil Onions.

White onions are more delicate and more desirable than red or yellow. If strong onions are used they should be thoroughly blanched.

Peel and cut off the roots, dropping the onions into cold water as fast as

## Prepare for Winter

I wish to inform my friends and the public that after a busy season my services as a plasterer and brick mason are now available. Those who want cellar walls repaired, chimneys topped out, or odd mason jobs in general promptly attended to, please notify me at once. Cost estimates supplied and satisfaction guaranteed. Am prepared to go into the country if necessary.

G. W. HOLMES,  
192 Northumberland Street.

## Important Meeting

Department of Agriculture and Representatives of County Councils to Meet in Fredericton, Tuesday, November 20th.

The serious situation in the Allied Food Supply has forced definite and immediate action upon the people of New Brunswick. The production of food next year must now be considered and definite arrangements for seed made. Transportation difficulties make it imperative that all supplies move eastward at an early date. The problem is rapidly growing and to meet this properly the Department has decided to discuss the matter with representatives of the County Councils. Premier Foster and the Hon. J. F. Tweeddale will be present. Every Council has been communicated with and it is expected that three members of every Council will attend.

## NOTICE.

A meeting of the Workmen's Compensation Act Commission will be held in the City of Fredericton on the evening of Tuesday, November 27th, at 8 o'clock, in the Council Chamber, City Hall.

All manufacturers, employers of labor and workmen interested in changes in the Workmen's Compensation Laws, are cordially invited to attend for the purpose of giving evidence.

(Sgd) F. J. G. KNOWLTON,  
Chairman.

TUESDAY,  
SEPTEMBER FOURTH,

is the day on which classes will be resumed at

FREDERICTON  
BUSINESS COLLEGE

Write for information as to our courses of study. We must have a large number of graduates next year to supply the great demand for office help. Address

W. J. CSBORNE, Principal,  
Fredericton, N. B.

peeled. Drain and put in stewpan with boiling water, adding teaspoonful of salt for each quart. Boil rapidly for 10 minutes with top partly off pan. Drain off water and cover onions with hot sweet milk, a pint to each quart of onions. Simmer for half an hour. Rub together 1 tablespoonful of butter and 1 level tablespoonful of flour. Add 1 teaspoonful of salt and quarter teaspoonful pepper. Beat in half a cup of milk in which onions are cooking; when smooth, add mixture to the onions and cook ten minutes longer.

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 its 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 stomachache, 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 bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups on the bottle. Remember there are counterfeits 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.

## Cockerels For Sale

I have for sale a limited number of Barred Plymouth Rock cockerels from stock procured at the Ontario Agricultural College. The poultry department of this college is under the direction of Prof. W. R. Graham, who is recognized as America's foremost poultry expert. The egg record is 310 and the average 175. This is undoubtedly the class of bird for those who want egg production. Read what Mr. J. W. Clark of Cainsville, Ont., said in an address delivered before the Toronto Poultry Association on Oct. 11th of this year:

"At the Ontario Agricultural College they have Barred Rocks and several other breeds which are the best on this continent. That is saying a lot and I know from experience." I also have for sale a number of White Leghorn cockerels from my prize winning stock. They belong to a splendid laying strain.

J. N. FERGUSON,  
336 York Street,  
Fredericton, N. B.

## Board of Health Notice

Public notice is hereby given that by order of the Provincial Board of Health of the Province of New Brunswick all persons residing in the Health District of York County in the parishes of Douglas and Bright are hereby required to be immediately vaccinated.

Dated Nov. 15, 1917.  
Sins CLARENCE GOODSPEED.

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