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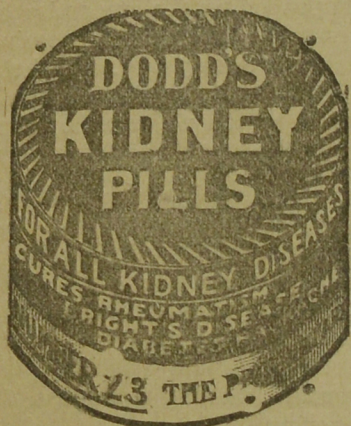
for Children's
COUGHS & COLDS.



FOR TUESDAYS AND FRIDAYS

Variety is the Spice of Life—
That's Why Even Hash Be-
comes Interesting on
Meatless Days.

variety is the spice of life—and the
very novelty of "meatless Tuesday"



makes it interesting to many families.
The charm, of course, depends upon
mother's ingenuity in finding good
substitutes for meat and in serving
the same in an appetizing fashion.

The choice recipes for meatless days
which follow have all been tried.

Vegetable Hash.

Hash is made with cooked vegeta-
bles. Each vegetable must be cut up
separately, then all be mixed. The
vegetables must be well seasoned with
salt and pepper and perhaps a little
minced onion, parsley or green pepper.
The hash must be moistened a little
with milk or water (not more than
half a cupful for a quart of hash).

When the hash is mixed, seasoned
and moistened, put a tablespoonful of
butter or savory drippings in a frying
pan. When this is melted, put in the
hash and spread evenly and lightly in
the pan. Over this put little dots of
butter or savory drippings, using one
tablespoonful in all.

Cover the pan and place where the
hash will not burn, but where the heat
is fairly good, and cook half an hour.

then fold and turn on a hot platter.
A rich brown crust will have formed
on the bottom of the hash if the heat
was sufficient. Serve very hot.

Cottage Cheese and Bean Roast.

One pound of kidney beans or an
equivalent quantity of cooked beans,
one-half pound of cottage cheese,
bread crumbs, salt.

Mash the beans or put them through
a meat grinder. Add the cheese and
bread crumbs, enough to make the
mixture sufficiently stiff to be formed
into a roll. Bake in a moderate oven,
basting occasionally with butter or
other fat, and water.

Serve with Tomato Sauce. This
dish may be flavored with chopped
onions, cooked in butter or other fat,
and a very little water, until tender.

Stuffed Potatoes.

Cut a slice from the top of each
baked potato and scrape out the in-
side. Mash, season with salt and pep-
per, chopped parsley or chopped cel-
ery leaf, or onion juice (if liked) and
butter or savory fat, and heat in a
little hot milk; add two well beaten
whites of eggs. Refill the skins, and
sprinkle with grated cheese or bread
crumbs. Bake in hot oven about six
minutes.

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children, and lasting joy for all the family, in the Kodak and
Brownie pictures the children make—and Christmas day, with its
home pictures, is an excellent time to start.

Come in and see our stock of Kodaks and Brownies. There's
no obligation.

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Mother's Favorite
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Why not give it a trial?

Wholesale by

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New Supply of
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15 cents

—AT—

WILEY'S PHARMACY, York Street

POSSIBILITIES FOR PALESTINE

(New York Evening Post.)

What manner of land is this little
country of Palestine toward which the
Jews have been aspiring for almost
two thousand years, which an English
general is now about to conquer for
them? It has been both maligned as
a patch of mountain rock and desert
and over-exalted as an earthly Garden
of Eden. Palestine has been com-
pared to California, on a small scale.
It has the same narrow coastal strip,
bounded by a coastal range of mod-
erate height, which in turn faces on
the east, the deep Jordan Valley, wat-
tered by streams and lakes, and more
than a thousand feet at points below
sea level. This valley is shut in on the
east by a very high inland range
which tails off into desert still further
east. Like California, Palestine, with
its great variation in rainfall and in
climate, is capable of supporting prac-
tically every kind of agriculture.

However, conditions are generally
so favorable that the land can be de-
voted to sub-tropical crops, oranges,
almonds, figs, etc. Under this form
of cultivation the country will support
a great population. Three million peo-
ple can easily find homes there. Hope-
ful Zionists point also to Palestine's
possibilities as a tourist resort.

SUFFERED TERRIBLY WITH HER HEART Would Wake Up Smothering.

The terrible smothering and chok-
ing up sensations and sinking spells,
the feelings of dizziness and faintness
that come over those whose heart and
nerves are deranged causes the great-
est distress of both mind and body.

Milburn's Heart and Nerve Pills
give prompt relief and effect a com-
plete cure in cases of such severity.

Mrs. A. M. Powell, Norval Station,
Ont., writes: "I cannot speak too
highly of Milburn's Heart and Nerve
Pills. I suffered five years with my
heart and nerves, but the last two
years I have suffered terribly. If I
went to bed I would wake up as if I
were smothering. I did not get one
night's sleep out of seven. I got so
very weak that the doctor was called
in, and he said it was my heart, and
that I must take great care of myself.
I saw your advertisement in your al-
manac for Milburn's Heart and Nerve
Pills, and said I would try them. I
have taken only two boxes of them
and I feel a new woman. I will rec-
ommend them to anyone afflicted with
heart trouble."

Milburn's Heart and Nerve Pills are
50c a box at all dealers, or mailed di-
rect on receipt of price by The T. Mil-
burn Co., Limited, Toronto, Ont.

Let Us Help You Decide What To Give

The entire store is brimful of the best suggestions in Ladies' Wear and just the
things that are most suitable for Gifts.

Coats from \$13.50 to \$39.00
Suits from \$19.00 to \$35.00
Dresses from \$12.75 to \$28.00
Blouses from \$1.25 to \$6.50
Sweaters from \$3.15 to \$7.50
Skirts from \$5.00 to \$10.25
Underskirts from \$1.25 to \$7.50
Raincoats from \$5.00 to \$14.50
Whitewear from 25c. to \$3.00.
Corsets from 25c. to \$4.75.
Underwear from 25c. to \$2.00.
Camisoles from \$1.25 to \$3.75.
Shell Goods from 15c. to \$1.50.

Hat Pins, 12 in box, 25c.
Ties, from 25c. to 75c.
Kimono, from \$1.75 to \$7.50.
Umbrellas from \$1.00 to \$3.75
Infants' Vests from 15c. to 25c.
New Neckwear from 25c. to \$2.
New Handkerchiefs from 5c. to
30c.
New Silk Hose from 50c. to \$2.
New Gloves from 25c. to \$1.00.
New Hair Ribbons, 12c. to 75c.
New Wool Goods from 40c. to
\$2.75

Gloves from 25c. to \$1.00.
Mitts from 40c. to 50c. pair.
Wool Caps from 50c. to 75c.
Tams from \$1.00 to \$1.25.
Scarfs from 90c. to \$1.50.
Scarfs and Cap Sets from \$2.00
to \$2.75.
New Linens from 18c. to \$1.50.
New Handbags, 25c. to \$4.50
Cashmere Hose, 25c. to \$1.25.
Puffs from \$2.65 to \$9.00.
Baby Puffs \$1.50 each.
Baby Blankets, 75c.

Reverse the order of your day. Do your shopping in the morning and leave your
other duties until the afternoon.

All goods put up in Fancy Xmas Boxes.

Wm. R. FRASER & Co.

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430 QUEEN STREET.

Telephone 423

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ONE DOSE RELIEVES A COLD—NO QUININE

Takes "Pape's Cold Compound" every two
hours until you have taken three doses, takes
all gripe misery goes and your cold will be
broken. It promptly opens your clogged-up
nostrils and the air passages of the head; stops
coughing, sneezing, or nose running; relieves the
headache, dizziness, feverishness, sore throat,
sneezing, soreness and stiffness.
Don't stay stuffed-up! Quit blowing and
sniffing. Ease your throbbing head—nothing
else in the world gives such prompt relief as
"Pape's Cold Compound," which costs only a
few cents at any drug store.

GEMS OF POETRY

NOBODY KNOWS BUT FATHER.

Nobody knows of the money it takes
To keep the home together;
Nobody knows of the debt it makes,
Nobody knows—but father.

Nobody's told that the boys need
shoes,
And girls, hats with a feather;
Nobody else old clothes must choose,
Nobody—but father.

Nobody's hand in the pocket goes,
So often wondering whether
There's any end to the wants of those
Dependent—but father.

Nobody thinks where the money will
come

To pay the bills that gather;
Nobody feels so blue and glum
Nobody—but father.

Nobody tries so hard to lay
Up something for bad weather,
And runs behind to what he may,
Nobody—but father.

Nobody comes from the world's cruel
storm

To meet dear ones who gather
Around with loving welcome warm,
Nobody does—but father.

Nobody knows of the home life pure,
Watched over by a mother,
Where rest and bliss are all secure,
Nobody can—but father.

—Anonymous.

GIRL SHOT BY HER BROTHER

(Canadian Press direct wire.)

Hamilton, Ont., Dec. 16.—With a
32 calibre bullet in her breast, believ-
ed to have been fired accidentally by
an older brother, eleven-year-old An-
nie Fetekow rushed screaming into
the kitchen of her home this morning
and dropped dead at her mother's feet.
The child was playing with her four-
teen year old brother, who is thought
to have fired the shot from a revolver
with which he was playing. He dis-
appeared immediately after the shoot-
ing, and up to a late hour tonight had
not been found.

CONCERT FOR HALIFAX FUND

Boston, Dec. 16. — The Boston Sym-
phony Orchestra, with Dr. Karl Muck
the conductor, and Mme. Melba and
Fritz Kreisler, the violinist, gave a
concert for the benefit of the Halifax
relief fund today. Then thousand dol-
lars was raised, all of which was given
to the fund.

CHALMERS

THE CHALMERS now holds the WORLD'S RECORD for Speed,
Power and Stability. Let us book you for your spring delivery in case
the price advances. We also carry OVERLAND CARS.

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What? A heating system for your garage which will keep
it cosy and warm in all kinds of wintry weather at a cost of
but a few cents a day for fuel.

With one of these systems installed you are assured of a
quick start at any time; no frozen batteries or water cylinders;
dividends from your cars all the year round, and great comfort
and conveniences.

Information cheerfully given on the subject.

D. J. Shea & Son

Picture Framing and Enlarging

We make frames to order. Our prices are very low. Try us.
We also carry a large selection of sheet pictures.
If you have a Son, Brother or Husband with the soldiers, have his
picture enlarged in Water Colors. We do these in any size or shape.
Price for Soldiers' Pictures, \$2.50.

GOLD AND SILVER PLATING.

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57 Westmorland Street, - - - Fredericton, N. B.

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THE NEW IMPORTATIONS for the Coming Season are now on dis-
play. An early inspection will assure you of a large and varied selection
to choose from.

WE ARE ALSO PREPARED to fill all orders entrusted to us for MILI-
TARY CLOTHING at a reasonable price. We are sole agents for the Crown
Tailoring Co. of Toronto, the largest Military Tailoring Co. in Canada.

**WALKER BROS. MERCHANT
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QUEEN STREET, WEST END.



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BEFORE CHRISTMAS!
BUY EARLY! DON'T WAIT!
BUY NOW!

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all its demands. Our showing in use-
ful wearables is replete in all respects.
Select your gifts now in LADIES'
BOOTS, MEN'S BOOTS, BOYS' HOC-
KEY BOOTS, LADIES' SLIPPERS,
MEN'S SLIPPERS and CHILDREN'S
FELT BOOTS, SHIRTS, SWEATERS
and CAPS for boys and men.
Men's Up-to-Date Neckwear, Presi-
dent Brace in fancy boxes, Dress
Gloves and other useful gifts in which
our store is stocked.

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