

A Most Important Room

With every fixture fastened permanently in its position, the Bath room, once completed, becomes a part of the house. It should therefore be carefully planned and equipped with fixtures which will retain their beauty and efficiency for an age.

The fixtures we use are reliable and the work guaranteed. Ask for an estimate of installing.

D. J. SHEA & SON

Carleton Street.

'Phone 563

Imperial Beef, Iron and Wine

When you are tired, fatigued or over-nervous, IMPERIAL BEEF, IRON AND WINE is the best tonic. It will quiet your nerves, strengthen your physically and give you the vivacity that comes from perfect health. IMPERIAL BEEF, IRON AND WINE is a nerve food and a body builder. There is nothing "just as good." Price 75¢.

C. Fred Chestnut - The Quality Drug Store
572 QUEEN STREET.

HOME CARE OF MILK IMPORTANT TO BABY

The mother who works for this every hour need never worry about infantile paralysis.

Most of baby's illnesses come from some fault in food. Summer trouble between the baby and the bottle is not always the dairyman's fault.

Dr. Paul L. Skoog, chief dairy inspector of the Illinois State Board of Health, says mothers and housewives need education as well as the milk producers. Here are some of the rules Dr. Skoog says mothers should learn about the care of milk after it is delivered.

Caring for Milk.

Milk should be delivered to the consumer in capped bottles at a temperature of 50 degrees Fahrenheit or less.

If left on the porch it collects dust and dirt, attracts flies, and increases in temperature. Dogs and cats may have access to it.

When the milk is delivered early in the morning a box should be provided into which the milk bottles may be placed.

The milk should be taken into the

house as soon as possible and placed in a cool place, preferably in an ice box. The colder it is kept the longer it will remain sweet.

Germs are the cause of the changes which take place in milk. If kept cold the germs increase in number very slowly.

Milk should be kept in the original bottle until needed. The bottle should be cleaned before pouring out the milk. The cap should be removed by a clean fork or some other sharp instrument. Pushing the cap in with the finger is liable to contaminate the milk.

Never touch the lips to the bottle. After the cap has been removed the bottle should be covered with a tumbler. Keep the refrigerator clean and sweet. It should be scalded frequently.

As soon as a milk bottle is emptied rinse it in lukewarm water. Use fresh, clean water. Do not use dish-water that has been used for washing other utensils. Wash the bottles in hot water and drain.

When the bottles have been properly cared for they should be placed where the dairyman can get them without any delay.

Milk bottles should be used for no other purpose than that of retaining milk.

Bottles must never be taken into a sick room, as they may become infected, and may carry infection not

WAR MENUS URGED

CANADA'S FOOD CONTROLLER FIGHTS FOOD WASTE.

The adoption of war menus is one of the planks in Hon. W. J. Hanna's platform of food conservation. In hotels, restaurants, clubs and cafes all over the Dominion, there is still much extravagant use of foodstuffs. The same is true in the homes. It is estimated that enough food is wasted in the average Canadian home to feed a soldier at the front. Such waste must be stopped if the Dominion is to do its duty by Belgium, Serbia, France, Italy and the other Allies. When ten nations of the world are on rations, it is a crime that there should be food waste in the Dominion. Elimination of such waste would further mean saving in dollars and cents. Money is needed for the prosecution of the war.

only to other members of the family but to other families.

Milk bottles must not be removed from a home where there is a contagious disease until after the expiration of quarantine and until the bottles have been disinfected.

Dirty milk is expensive at any price.

PILES.

You will find relief in Zam-Buk! It eases the burning, stinging pain, stops bleeding and brings ease. Perseverance, with Zam-Buk, means cure. Why not prove this? All Druggists and Stores—50¢ box.

Zam-Buk

It is imperative that victory is to be secured. Practice thrift and economy in your business and household expenditures. Invest your savings in War Savings Certificates, D-20.

MARITIME MEN IN CASUALTIES

Ottawa July 26. — Last night's casualties included, infantry, presumed to have died—D. W. McDonald, Antigonish, N. S.; Clarence D. Briggs, care M. T. & T. Co., Halifax, N. S.; Thomas Stocknall, Halifax, N. S. Wounded, Tommy W. Lewis, Steeves Mountain, N. B.

Wholesale Dry Goods and

House Furnishings For Spring

Lace Curtains
Scrim Curtains
Curtain Muslin and Draperies of all kinds
Cretannes and Casement Cloths
White Bed Spreads
Towels, Napkins and Table Linens
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WHOLESALE DRY GOODS and WOOLENS
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

Hands Across Border

YOU wouldn't exactly call it hands across the sea, because Canada is only across a lake; but Canada is part of England, which is a long way from South State Street. Anyway, what I'm driving at is this:

Lieutenant Colonel J. S. Dennis, officer commanding the western division of the British Recruiting Mission, recently clasped hands with Captain F. R. Kenney, officer commanding the recruiting district of Northern Illinois for the United States army.

When two beligerent parties shake hands there are only two things which the referee or third party can say—either "Take your corners" or "Bless you, my children."

I said neither. But I held my breath, for it was an impressive moment, the formal enactment in Chicago of immortal history; the physical union of the fighting strength of two great nations. And the spirit of patriotic co-operation in the common cause of justice sanctified the alliance.

Colonel Dennis and Captain Kenney joined in plans. What they want is men to send to the front. Neither has any choice as to whether the men go in Canadian kilts or American khakis.

At every one of the dozens of scattered stations under Captain Kenney's command volunteers of Canadian citizenship are being taken for the expeditionary forces of the Dominion; at every headquarters over which Colonel Dennis has control volunteers of American allegiance are being taken for our own National Army.

Captain Kenney is credited with being a bit of a bearcat on the science of recruiting. But he was immensely impressed with the policies and ideas expressed by the distinguished Canadian man of war.

The solid week of British rallying here will show some fireworks illustrative of the spirit that created and immortalized Canada's first 100,000. A kiltie band will whoop it up, there will be mass meetings and noonday oratory and thousands of direct ap-



LT.-COL. JOHN S. DENNIS, Who has been loaned by Lord Shaughnessy as Commanding Officer British Recruiting Mission, Western Division, for the recruiting of British and Canadian subjects in the United States. Col. Dennis is stationed in Chicago at the present time.

peals by mail and an advertising campaign with no limits determined.

Colonel Dennis says that there are 157,000 Canadians in Chicago. Calgary, with a total population of 60,000, sent 16,000 soldiers to the front. What then might Chicago yield. There are about 350,000 British subjects here, and some sixty-five St. George and Maple Leaf societies. There is no shortage of material hereabout for the British recruiting mission.

A thrillingly interesting man is Colonel Dennis. He is the most versatile individual I have ever met. If one were suddenly to inquire in Ottawa, "Who is Dennis?" one might get back the typically British answer, "Who is he not?"

For years he was assistant to the president of the Canadian Pacific Railway, Lord Shaughnessy. He has fought Indians, is a veteran with honors of the South African expedition, has engineered road building where Indians had to be killed as regularly as flies had to be laid in the progress; but he is more—he is a diletante journalist, a devotee of art, a shabby after dinner talker, an occasional enthusiastic Broadwayite, a raconteur of modest but fascinating personality. Robust and mighty of stature, he rings with military melody all over. The colonel is making headquarters in the Marquette building and his residence at the Blackstone. Welcome to our city!—By Jack Lait.

The Great Importance of Prohibition!



Hon. Nicholas Iserguine

Inspector of State Savings Banks of Russian Empire states, in regard to effect of Prohibition: "We have about doubled in less than three years the amount accumulated in seventy-three years previous to the outbreak of the war, for our State banks are about seventy-five years old."

Former Attor.-Gen. Baxter

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 becomes of no value whatever—to respect this law as they would any other law, if the moral and social leaders of our country 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 Temperance question is not a question of party politics. Prohibition, after all, affects everyone directly or indirectly and is therefore too big and broad a matter to be dealt with politically. The law is to-day on the Statute Books, and if we are returned to power when May 1st comes the Prohibition bill will be put into effect, and we will enforce it as far as it lies in our power to do so."

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 Toronto) 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!

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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