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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 you physically and give you the vivacity that comes with perfect health. IMPERIAL BEEF, IRON AND WINE is a nerve food and a body builder. There is nothing "just as good." Price 75c

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Prices Lowest Possible. Goods sold to the Trade only.

Vassie & Company, Ltd.
WHOLESALE DRY GOODS and WOOLENS
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

TOO MUCH ADVICE NOT GOOD

(Chicago News.)

"I hope the farmers realize their responsibilities," observed the druggist. "Now that war is a condition rather than a theory they should make good use of every foot of ground."

"I'd hate to be a farmer," observed the horse doctor. "Everybody's always handing him good advice and the surprising thing is that he takes it so good naturedly. As a general thing we take it for granted that the other fellows know their business and govern ourselves accordingly, but we assume that the farmer doesn't know enough to come in out of the wet, and when we have no pressing engagements on hand we call around and tell him how to run his farm."

"It makes the ordinary man as mad as a moist fowl when some aleck undertakes to tell him how to do his business. I lost one of my best customers because my temper flew off the handle under such conditions. When Jake Anchor was in the live stock line he sent for me whenever an animal was indisposed."

"Jake had one exasperating fault. He would call me in to doctor his sick stock, and then stand around, while I was doing it, telling me what I ought to do. One day I was administering a pint of tabasco sauce to a mule that was under the weather. It was a beastly day, and I had been missing sleep for a week, and was in a bad humor. Jake told me that he just knew I was doing the wrong thing, and he fully expected the mule to die as a result of my prescription. The proper medicine for that critter, he said, was tincture of aconite and not pepper sauce."

"He kept on chattering while I was pouring the dope into the mule, and when that was done I couldn't control my indignation any longer. I sailed in and groomed Jake's head with both hands, and then rolled him down an embankment into the creek, and it was a great relief to my jaded spirit. But it was a fool thing to do. Jake has never forgiven me to this day, and another veterinarian sits up with his sick cows and hands in a bill the first of every month."

"No man enjoys being told how to do his own stunt. Few of us will stand for that sort of thing, but the farmer has to. All his acquaintances take every opportunity to counsel and instruct him, and he can't punch all their heads."

"Nowadays the colleges and universities have broken into the game, and they send out earnest young men to tell the farmers what kind of cows they ought to keep, and how to vaccinate their hens against influenza, and how to analyze the soil and know just what to plant."

"And agents go around the country selling books which explain in words of one syllable for the benefit of the farmers, how to dehorn cows without the use of anaesthetics, and how to add to their incomes by shearing their swine and selling the bristles to the brush makers, and all sorts of useful things."

"The magazines are forever lecturing the farmers, denouncing their criminal waste, and telling them how to make \$5 where they now are making less than \$1. Every once in a while you hear of a farmer setting fire to his barns and haystacks and then drowning himself in the well. He has been driven to it by counsel and admonition. A man can stand a certain amount of free advice, but there is a Rubicon, and when that is passed something desperate happens."

Slice into one-eighth inch pieces and dry.

Rhubarb—Choose young and succulent growth. Prepare as for stewing by skinning stalks and cutting into pieces about one-fourth inch to one-half inch in length and dry on trays.

All dried products should be turned into clean containers and mixed daily for three or four days. Pieces found moist should be dried a second time.

POTATO PANCAKES.

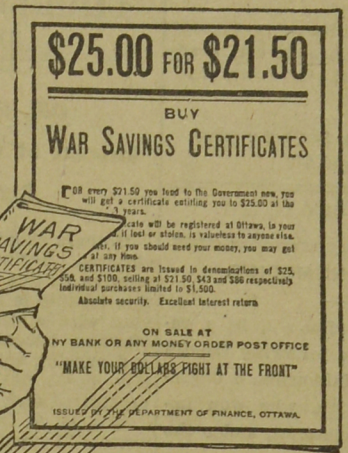
Six large potatoes, 1 onion, 1 egg, enough flour to make a batter, salt and pepper, yeast powder in proportion to flour used, one teaspoon to an cup.

Grate the potatoes into a large bowl and add onion (grated) and pepper and salt to taste. Break the egg in and beat all up together; while stirring, add flour and yeast powder until it drops rapidly from the spoon, like pancake mixture. Fry in plenty of lard or vegetable fat and serve very hot with apple sauce on the side.

CASTORIA

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Help Canada Maintain Her Financial Freedom !

Do Your Share towards Financing the War with Canadian Savings Rather than with Outside Capital.

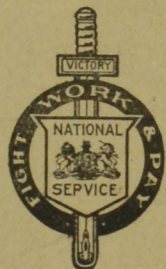
THE problem of meeting the enormous cost of this war is two-fold. Not only must Canada get the money—most of it, of course, as loans—but she must get as much of it as possible here in Canada.

We can carry the war-debt if the bulk of the interest goes to Canadians, and so is used again in the country's development. But it will be a serious matter for us if a large proportion of the interest has to be sent outside the Dominion.

For the sake of our own and our children's future this drain on our resources must be avoided! Canada's financial freedom can and must be maintained! An average saving of 15 cents a day, invested by each man, woman and child in Canada in War Savings Certificates, would enable us to carry the whole cost of the war. To approach this average, hard work, thrift, self-denial and sacrifice are required of every citizen.

For each \$21.50 you lend the Government now, you will receive \$25.00 in three years—or you can get your money back at any time. Certificates are issued in denominations of \$25, \$50 and \$100, and may be purchased at any Bank or Money Order Post Office.

The National Service Board of Canada,
OTTAWA.



It's Your Duty!

A DUTY TO YOURSELF--TO YOUR WIFE--TO YOUR CHILDREN--

To Provide a Healthful and Pleasant Home

A Life of Pleasure is Assured when you have your home Heated and Plumbed throughout.

IF WE DO IT - ITS GUARANTEED AND RIGHT

D. J. SHEA & SON
Carleton Street

OF INTEREST TO WOMEN.

SAVING VEGETABLES FOR WINTER.

A New Method Recommended by the Authorities at Washington.

Washington, July 11.—War time necessities require that certain foods be stored this summer after the simple methods used to preserve apples and sweet corn in primitive communities.

SAYS A CORN ACTS LIKE ELECTRIC BELL

Tells why a corn is so painful and says cutting makes them grow.

Press an electric button and you form a contact with a live wire which rings the bell. When your shoes press against your corn it pushes its sharp roots down upon the sensitive nerve and you get a shock of pain.

Instead of trimming your corns, which merely makes them grow, just step into any drug store and ask for a quarter of an ounce of freezone. This will cost very little but is sufficient to remove every hard or soft corn or callus from one's feet. A few drops applied directly upon a tender, aching corn stops the soreness instantly, and soon the corn shrivels up so it lifts right out, root and all, without pain. This drug never inflames or even irritates the surrounding tissue or skin.

Modern science has improved considerably on old ways and vastly increased the number of edibles which can be preserved by "drying."

Here are recipes recommended by experts of the Department of Agriculture:

Spinach—in prime condition for greens should be prepared by careful washing and removing the leaves from the roots. Spread leaves on trays to dry thoroughly. They will dry more promptly if sliced or chopped.

Beet Tops—Tops of young beets in condition suitable for greens should be selected and washed carefully. Leaf, stalk and blade should be cut into sections about one-fourth inch long, and spread on screens and dried.

Beets—Select young, quickly grown and tender beets, wash, peel, slice up about an eighth of an inch thick, and dry.

Turnips should be treated the same as beets.

Carrots—Should be well grown, but varieties having a large woody core should be avoided. Wash, peel and slice crosswise into pieces about an eighth of an inch thick.

Parsnips can be treated the same as carrots.

Onions—Remove the outside paper covering. Cut off the tops and roots,

The Testing Time!



Russia Prospers

During the first eight months of Prohibition in Russia the Savings Banks reports show savings increased 5,000 per cent. (net).

WHEN the test of the world-conflagration called for every ounce of strength in every available man to stem the tide of destruction, one of John Barleycorn's greatest friends, Russia, was the first to abolish the Traffic because it could not meet the test. In good time, when her hour of test arrived, New Brunswick banished the great Drink curse let us hope forever!

After the war, in his turn, John Barleycorn is going to put New Brunswick to the test. Prohibition may again be voted upon after the war.

Every bit of lax enforcement and indifference is just so much ammunition for him to use against us. How does Prohibition meet the test?

Russia—

Some idea of the enormous effect of Prohibition is afforded by the wonderful example of Russia. In spite of the fact that millions of producers are 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 Dakotas—

Town and city population in South Dakota under License increased 168 per cent. in 20 years. In the Prohibition state of North Dakota it increased 494 per cent.!

In "dry" North Dakota, for the year 1909, 2,789 men produced \$19,137,000 worth of manufactured goods. In the "wet" Dakota it required no less than 3,602—**813 more men**—to produce only \$17,870,000 worth of manufactured goods, or \$1,267,000 **less!**

In 1890 commitments to Insane Asylums in "dry" North Dakota were 40 persons per 100,000 **more** than South Dakota. After twenty years of Prohibition they were **forty less!** And the Prohibition State began the period with only about half the population of its neighbor!

South Dakota has since adopted Prohibition.

Help to Enforce Prohibition

Permanent Prohibition in New Brunswick demands strict enforcement between now and the day when Prohibition may again be voted upon after the war. The whole task of enforcement must not be left to the officers of the law alone. Everyone should help. Eternal vigilance is the watchword.

Dominion Temperance Alliance

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