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Need Pressing and
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SEND THEM TO

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And Have Them Done in First Class
Style—"The Old Made New."
83 REGENT STREET.

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. OSBORNE, Principal,
Fredericton, N. B.

IMPERIAL LUNCH ROOMS

IS THE BEST PLACE IN THE CITY
for Auto Parties to get a good meal
or lunch at all hours.

Good Dinner Every Day from 12 to
2. Don't forget the place—
64 CARLETON STREET

G. FRED CROWLEY
PROPRIETOR**EXTRA STRONG CELERY**
PLANTS
CABBAGE AND CAULI-
FLOWER

CUT FLOWERS and
POTTED PLANTS
At Reasonable Prices.

All Telephone orders will re-
ceive our prompt attention.

Ada M. Schleyer
FLORIST

Charlotte Street

OF INTEREST TO WOMEN.**THE WORTH IN BANANAS.**

Bananas, long considered a stand-
by food with high nutritive value, can
now be turned to account as a means
of economical nourishment. Of course
while summer reigns we can find en-
ough fruit of the perishable sort to eat
and it is well to eat it and rely on the
banana next winter when perishables
are either in cans or wasted.

Efforts have been made to make use
of the starch in bananas in the form
of flour and in Kingston, Jamaica, it is
used to a considerable extent. It was
made there because of the big surplus
of bananas after exports were sub-
tracted from the native crop. And
the natives found the meal well worth
utilizing. It is used there in equal
quantity, mixed with wheat flour for
bread and cake. The meal is very nu-
tritious.

However, for most of us, just plain
ripe bananas are the most accessible
form of this cheap and useful food.

Admirable in Fruit Salads.

Bananas are admirable in many
kinds of salads. They can be mixed
with other fruits, such as oranges,
pineapples and grapefruit in both sal-
ads—with French or mayonnaise dress-
ing—or in a dessert, in which case
they are sweetened slightly and thor-
oughly chilled before serving.

The following banana beverage is
nourishing and is well liked, usually
by children. Be sure that your own
child can digest bananas. They are
considered wholesome enough by the
most physicians and are easily digest-
ed by some children. If your child
thrives on them, use them occasion-
ally as a nutritious and highly tempt-
ing war food.

Mash half a ripe banana and push
it through a colander. To the pulp
add a cupful of rich milk and sugar
to the taste. Then pour into a couple
of glasses and over the top sprinkle a
little grated nutmeg. A little grape-
juice or even charged water may be
added to lighten this beverage for
grown-ups.

TIME SAVING JELLIES.

If jelly makers would leave out all
water for all berries, grapes, currants,
etc., heating the fruit in a saucepan
over hot water and straining through
a bag, they would save hours of labor
and have a finer quality of jelly.

Measure juice and put on to boil,
measure same quantity of sugar at the
same time and put in shallow pans;
set in a moderate oven. Boil juice 20
minutes, skim, add heated sugar. Stir
well, let boil up, and if these direc-
tions are followed the jelly will form
as it is poured into the glasses. Al-
ways cover with paraffine wax.

ROYAL
YEAST
CAKES

Some women hold to
the idea that bread-mak-
ing is a long and difficult
operation, but this is a
mistake, for with Royal
Yeast Cakes, light, sweet
bread can be made in a
few hours with but little
trouble.

FREE: Our new Royal Yeast Bake Book
will be sent free upon request. It con-
tains full instructions for making bread
and rolls with Royal Yeast Cakes. Send
name and address plainly written and
this valuable little book will be mailed
promptly.

E. W. GILLET CO. LTD.
WINNIPEG TORONTO, CANADA MONTREAL

The most remarkable case of rapid
promotion in the British army is that
of General Freyburg, who enlisted as
a private in the very early months of
the war, and at twenty-seven is now
a general of brigade, wearing the Vic-
toria Cross.

LINES SUGGESTED BY AN
ANTICIPATED VICTORY.
(Boston Record.)

After Germany is
Walloped and
A halter wrapped
Around the Kaiser's
Neck, we'll all
Take big sweet
Inhalers of new
Mown peace
And we'll all
Grin an' get
Back to business
As per before.
But what we're
Worrying about
Most of all
Is whether
The patriotic
Kid who lives
Next door to
Us will know
How to play
That bugle he's
Been gargling on
For the last
Six months, or
Whether he'll
Stop, regardless
Of how he's coming
On it, when
The big noise
Stops.

For every dollar a man wins on fast
horses he loses two on slow ones.

STATION HOUSE TENDERS.

The Directors of the St. John and
Quebec Railway Company will re-
ceive sealed tenders up to 12 o'clock
noon of Tuesday, August 28th, 1917,
for supplying the material and con-
structing the stations and outbuild-
ings of the St. John and Quebec Rail-
way between Gagetown and Westfield.
Plans and specifications can be seen
at the offices of the Company in Fred-
ericton and at the Provincial rooms
in St. John.

Tenders to have attached certified
cheques for 5 per cent. of the amount
of same.

The Directors do not bind them-
selves accept the lowest or any ten-
der.

E. S. CARTER,
Secretary.

Fredericton, August 14, 1917.

HELP THE WOUNDED**SOLDIERS**

BY ATTENDING THE

GARDEN PARTY

ON THE

PAK OF ASHBURNHAM'S
GROUNDS

THURSDAY, AUGUST 30th,

Proceeds for Red Cross Work.

The Great Importance
of Prohibition!**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
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 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
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 \$4,244,090.22. Add to this the immense loss of trans-
portation facilities, clogged and hindered by carrying the grain to
destruction, and again conveying the product of the breweries and distil-
leries 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 back-
slide 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**NEW BRUNSWICK BRANCH**

DONALD FRASER, President
Plaster Rock, N.B.

REV. THOS. MARSHALL, Vice-President
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W. G. CLARK, Treasurer
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