

## Ripe Cherries

and

Lantic  
Sugar

"Pure and Uncolored"

make delicious and  
economical preservesIn 10, 20 and 100-lb. sacks,  
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gummed labels toAtlantic Sugar Refineries Limited  
Power Bldg., Montreal 145

## OF INTEREST TO WOMEN.

## SEASONABLE HINTS.

## Oatmeal and Figs.

Steam figs, open and fill them with  
hot oatmeal, then serve with cream.

## Apricot Float.

Soak a quarter of a pound of dried  
apricots over night and cook until they  
are tender. Drain and rub through a  
sieve. Cool. Beat the whites of two  
eggs stiff and add four tablespoonfuls  
of powdered sugar gradually, beating  
all the time. Then add slowly, a tea-  
spoonful at a time, the fruit pulp, beat-  
ing constantly. Chill and serve a  
spoonful piled up on three or four  
spoonfuls of whipped cream in a de-  
sert glass.

## Chocolate Blanc Manger.

Mix five tablespoonfuls of cocoa  
with half a cupful of sugar, and melt  
in a double boiler. Beat two eggs  
thoroughly and add five tablespoonfuls  
of cornstarch, mixing well. Scald a  
quart of rich milk in a double boiler  
and gradually add the sugar and cocoa.  
When this is dissolved, add the corn-  
starch and eggs, adding the milk slow-  
ly to the cornstarch and then putting  
all back in the double boiler. Thenbeat thoroughly and cook for ten min-  
utes. Remove and pour into dampen-  
ed molds. Cool and serve with cream.

## Rhubarb and Raisins.

Stew rhubarb and when it is about  
half done add a quarter of its measure  
of seeded raisins.

## Carrots and Peas.

Scrape the skin from young carrots  
and boil until tender. Then cut them  
in cubes and mix with an equal amount  
of cooked peas, canned or fresh.  
Season with salt, pepper and butter  
and serve very hot.

## Lobster Salad.

Boil and separate a lobster and cut  
into inch lengths. Mix them with a  
little French dressing and let it mar-  
inate for a couple of hours. Just be-  
fore serving mix with mayonnaise  
dressing and serve on lettuce leaves.  
The custom today is to make lobster  
salad as near the time of eating as  
possible.

## Graham Puffs.

Two cupfuls of graham flour, sifted  
with a teaspoonful of salt, add a cup-  
ful each of water and milk and a well  
beaten egg. Beat until smooth and  
fill hot muffin pans three-quarters full.

## 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 of  
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food and a body builder. There is nothing "just as good." Price 75c

## C. Fred Chestnut

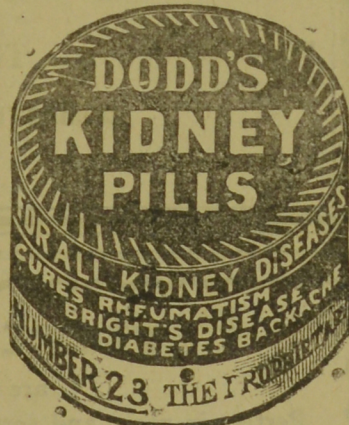
The Quality  
Drug Store

572 QUEEN STREET.

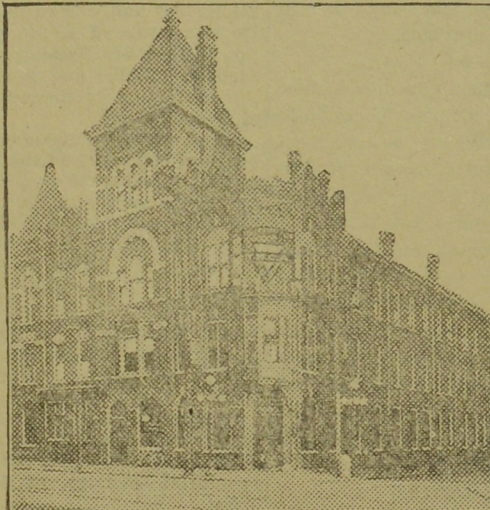
## Custom Tailoring

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  
TAILORS

QUEEN STREET, WEST END.

CAPT. McNALLY  
HAS RETURNEDTook Part in Boston Recruit-  
ing Campaign—Lt. Steph-  
enson Reports—More  
Recruits Arrive.Nineteen recruits came in Thursday  
from Boston and Capt. T. R. McNally  
returned Wednesday. Lieut. Stephenson  
returned from Aldershot, N. S.,  
and reported at the 236th headquarters  
here Thursday. Fifty-two recruits were  
signed on since Wednesday afternoon.  
seven for the Army Medical Corps,  
six for the Forestry Battalion, two for  
the Divisional Signallers, two for the  
Canadian Engineers and thirty-five for  
the 236th Highlanders. The recruits  
are:Ezra Henderson, Peter Gallant, Geo.  
Wallace, Chas. Murphy, Ritchie Ander-  
son, Alfred Sharples, Bernard Smith,  
Army Medical Corps.Joseph Landry, Wm. Simpson, Syl-  
vere Richard, Jos. Foster, Mack Lyn-  
skey, Edward Filbert,  
Forestry Battalion.Samuel Bridgeman, John McMurray,  
Divisional Signallers.John McIver, Wm. Berry, Robert  
Whalley, Edward Stone, Henry Wal-  
ker, George Paquin, Jas. Schofield,  
Alex. McPhee, Wm. Mein, Jr., Thos.  
Bennett, Chas. Lewis, James Bowser,  
Angus Howson, Leslie Cocks, John El-  
liott, Arthur Connor, Thos. Harrison,  
Wm. Allan, Wilbur Culberson, Harry  
McRae, Damas Daigle, Henry McLeod,  
Daniel Waterhouse, Howland Lombard  
Wm. Lombard, Thos. Tighe, Fred Bar-  
ralt, Melville Cockburn, Angus McKen-  
zie, Harry Armour, Wm. Nichols,  
Enoch Coupe, John Thompson, Hugh  
Coyle,  
236th Highlanders.Frank McKenzie, George Watts,  
Canadian Engineers.BABY'S OWN TABLETS  
OF GREAT VALUEMrs. J. A. Legace, Ste. Perpetue,  
Que., writes:—"Baby's Own Tablets  
have been of great value to me and  
I would strongly recommend them  
to other mothers." Thousands of  
other mothers say the same thing.  
They have become convinced through  
actual use of the Tablets that nothing  
can equal them in regulating the  
bowels and stomach; driving out  
constipation and indigestion; break-  
ing up colds and simple fevers; ex-  
pelling worms and curing colic. The  
Tablets are sold by medicine dealers  
or by mail at 25 cents a box from The  
Dr. Williams' Medicine Co., Brock-  
ville, Ont.Plant mint near a waterspout if you  
would always have plenty of it for  
mint sauce.Clean eggs with vinegar. Dip the  
cloth in the vinegar and rub the soil  
off the egg.A school to teach women to be street  
car conductors is to be established un-  
der the navy league in New York City.

## The Transformation

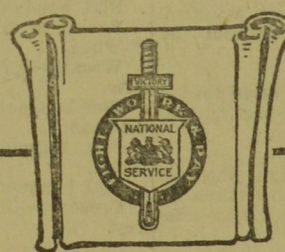
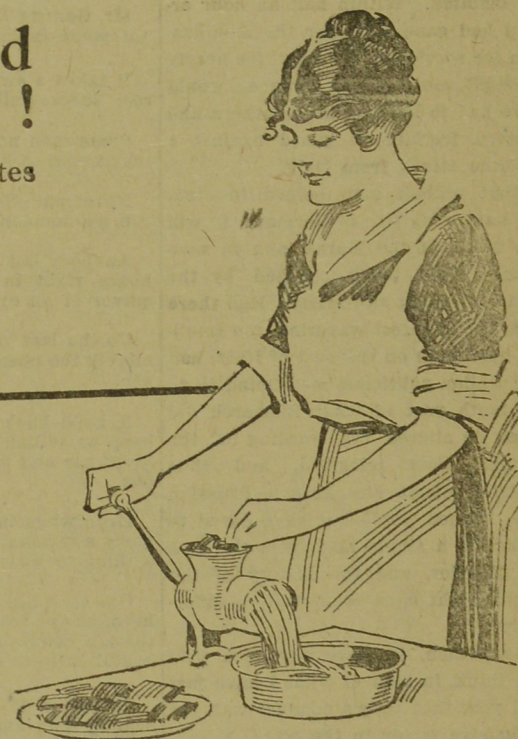
Right in the heart of the great city  
of Toronto, in the centre of the  
principal business district, close by  
the cross-roads of main traffic,  
stands the "second longest bar"  
in all Canada. Observers say they  
used to count hordes of men enter-  
ing this stronghold of the Traffic.  
Were the frequenters of the bar  
better men when they came out?On September 16th, 1916, Prohibition went  
into force in Ontario, and, of course, the  
bar lost its license. On the 16th of April,  
1917, the old bar was busier than ever! But  
what an arresting, beautiful transformation!  
Would that you and your sons could have  
been there to see the sight. The old bar-  
room was a bevy of flowers. Fifty fair ladies  
served refreshments to Toronto's most  
prominent citizens and their wives, and not  
one of them all but was proud to be seen in  
the old barroom.The aching, worrying hearts of the army's  
mothers are relieved now when they see their  
sons enter this building—for the old bar is  
helping to save men now instead of ruining  
them.The hotel is now the "Y.M.C.A.  
Soldiers' Club," one of the Young  
Men's Christian Association's long  
chain of clubs, marquees, huts and  
"dug-outs" extending from Van-  
couver to the firing line in France  
—those helpful sentinel-posts that  
safeguard our precious soldier men  
and boys wherever soldiers are  
congregated. To the Y.M.C.A.  
Canada owes a debt of gratitude  
she never can adequately repay.Like New Brunswick, the Traffic  
in Ontario has the opportunity,  
after the war, of putting Prohibi-  
tion to the test at the polls. But  
Prohibition in Ontario is being  
*enforced*, and the old strongholds  
of the Traffic—the long bars we  
mean—are one by one being turned  
to useful purposes. Many of the  
hotel buildings that depended for  
existence upon bar trade are now  
devoted to commercial enterprises  
—constructive instead of de-  
structive.Does New Brunswick want to return to the  
destructive license system, and again be a  
partner in the old firm of John Barleycorn  
and Company, Limited?Or does New Brunswick want to maintain  
Prohibition for ever? If so, Enforcement  
must be province wide, must be both strict  
and effective.Help to Enforce  
ProhibitionEvery man and woman in this province  
shares the responsibility for the proper  
enforcement of Prohibition—not the officers  
of the law alone. *Your* duty is clear.

## Dominion Temperance Alliance

NEW BRUNSWICK BRANCH

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23

Save the Food and  
Serve the Empire!The Average Canadian Family Wastes  
Enough to Feed a Soldier"The Kitchen must help as well as  
the Workshop and the Trenches"  
Lloyd George.INTELLIGENT economy in  
the kitchen can do much  
to prevent the threatened  
world famine—can counteract the effect of high prices—  
and can replace growing debt with systematic saving.Careful investigations show that before the war the average  
British family wasted 25% of their food—and we Canadians were even  
more extravagant.This waste is not in a few big things, but in many little ones, each,  
we used to think, too small to bother about—such as careless peeling  
of vegetables and fruit—failure to make good use of dripping and "left-  
overs"—and such others as will occur to every thrifty housekeeper.For the Empire's sake as well as your own, hunt up and cut out  
these leaks! You'll be helping to relieve the food shortage—saving  
your own money—and putting yourself in a position to buy Canadian  
War Savings Certificates and help win the war.War Savings Certificates are issued in denominations of \$25,  
\$50 and \$100, to be repaid in three years at full face value. They  
cost \$21.50, \$43 and \$86 respectively, at all Money Order Post-  
Offices and Banks, thus yielding over 5% interest. Should you need  
it, you can get your money back at any time.

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