DR. J. B. CROCKER, E . Marrow Barrow Barrow and Marrow M OF INTEREST TO WOMEN. DENTIST FHEDERICTON, N. 5. and Barrow and the second and the second the second TELEPHONE 345--41 CARE OF FOODS IN PANTRY Residence 419--11 Ice Chest and Closet Should be Kept Carefully in Condition. warm water, in which some washing DR. GERRARD For the "battalions of the hearth' there is patriotic service in the proper DENTIST care of food, as well as in wise buyfrequently flushed. ing, careful cooking and constant When anything is spilled in the re-Twenty Years' London, England guarding against waste. Experience. The refrigerator, as the place where the most perishable foods are kept, entire contents of the ice chest may KING STREET, OPPOSITE BOYLE'S should be gone over every day in or- be contaminated by the presence of a PHONES-Office 574, House 2600-41 der that the housewife may know bit of putrid meat or a mouldy vegewhat there is on hand to be used in W. J. IRVINE, Watch the Pantry. MAKE YOURSELF STRONG DENTAL SURGEON Oop. Soldiers' Barracks and Next Door to Bank of N. S. Building. People with strong constitutions Queen Street. cape most of the minor ills that make fife miserable for others. Don't you from outdoors freely circulating all OFFICE HOURS-10 a.m. to 1 p. m. 2 p.m. to 5 p.m. Phone-338-11 envy the friend who does not know through. what a headache is, whose digestion is Flour and meal should be kept in a perfect, and who sleeps soundly at night? How far do you come from this description? Have you ever made DR. L. R. DAVISON, an earnest effort to strengthen your constitution, to build up your system constitution, to build up your system to ward off discomfort and disease? Unless you have an organic disease it is generally possible to so improve your physical condition that perfect health will be yours. The first thing to be done is to build up your blood as poor blood is the source of phy-sical weakness. To build up the blood Dr. Williams' Pink Pills is just the medicine you need. Every dose helps DENTAL SURGEON Graduate of R. C. D. S., Toronto, Ont. OFFICE: Inches Building, Queen St. Lately Occupied by Capt. F. W. Barbour. Telephone 261-21. medicine you need. Every dose helps air in occupied rooms. Butter be to make new blood which reaches ev ry nerve and every part of the body J. A. M°ADAM, bringing color to the cheeks, bright-ness to the eyes, a steadiness to the As to Meat. hands, a good appetite and splendid energy. Thousands throughout the UNDERTAKER country whose condition once made them despair, owe their present good phere. The habit many people follow REGENT STREET nealth to this medicine. If you are one of the weak and ailing give Dr. Williams' Pink Pills a fair trial and its wrapping paper is a very bad one. Best and Most Modern Funeral Equipment in the City. note the daily gain in new health and the juices are drawn out by the way bounding vitality. You can get these pills through any ter. It is not the ice but cold air that

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A GERMAN UNITED STATES taste.

stantly making new allies until now there are 1,450,000,000 against Ger many's 150,000,000 and declares the Great Britain's greatest gain in th is America. Nothing is mo mate America's entry into the war he says. Economically, politically and financially on Anglo-Saxon circle has mosphere. Fruit should always fee now been formed and threatening to dry to the touch. rule the world unless we oppose a Central European and Asiatic combi nation against it. The military impor

see that the refrigerator is always sweet smelling and scrupulously clean. A good washing with soap and luke-

soda has been dissolved, once a week will keep the ice chest in condition. The drain pipes should be watched and

frigerator it should be wiped off immediately with a clean cloth. The

The pantry also should be watched, so that no vermin or insects may get particular foe of the housewife. Keep the pantry cool and dry with fresh air

onions, fish, etc. Flour and meal ab-

comes rancid with long exposure to Oh those little those little blue shoes!

Meat requires a dry, airy place; it

Never allow milk, cream, butter salad oil, or any food containing it to stand for a minute in the sunlight. Oils and fats of every kind should be kept away from air and sunlight. The chemical action of the sun's rays and even long exposure to light is deleterious and gives to fats a "sunburned"

There is serious waste in many Zurich, Aug. 2 .- The military critic households due to careless handling of the Munchener neuste Nachrichten of fresh vegetables. If the stalks are regrets that British diplomacy has cut and placed in water the vegeta been more clever and successful than bles will become fresh and crisp. The the German. He says it has been con- whole vegetable should not be sub merged. The stalks draw up enough water to keep them fresh and soaking

Salad greens should be washed thoroughly and wrapped in a clean. damp cloth.

Fruit also requires a dry, cool at

WORTH KNOWING.

Holiday Days are Here

He or she when going on a holiday will need one or more of these new books:

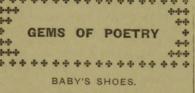
LIDIA OF THE PINES BINDWEED GOOD-MORNING, ROSAMOND Skinner THE LIFTED VEIL THE BROWN STUDY

Gabrielle Vallings Honore Willsie **Basil King** Grace Richmond

The McMurray Book & Stat'y Co., Ltd.

Little

Miss



Those shoes that no little feet use. Oh the price were high That those shoes would buy, Those little blue unused shoes!

For they hold the small shape of feet That no more their mothers' eyes meet, That, by God's good will, Years since, grew still, And ceased from their totter so sweet

And oh, since that baby slept So hushed, how the mother has kept. With a tearful pleasure, That dear little treasure, And o'er them thought and wept!

For they mind her for evermore

Of a patter along the floor; And blue eyes she sees Look up from her knees With the look that in life they wore.

As they lie before her there, There babbles from chair to chair A sweet little face That's a gleam in the place, With its little gold curls of hair.

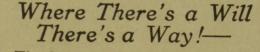
Then oh, wonder not that her heart From all else would rather part Than those tiny blue shoes That no little feet use, And whose sight makes such fond tears start start

tears start start.

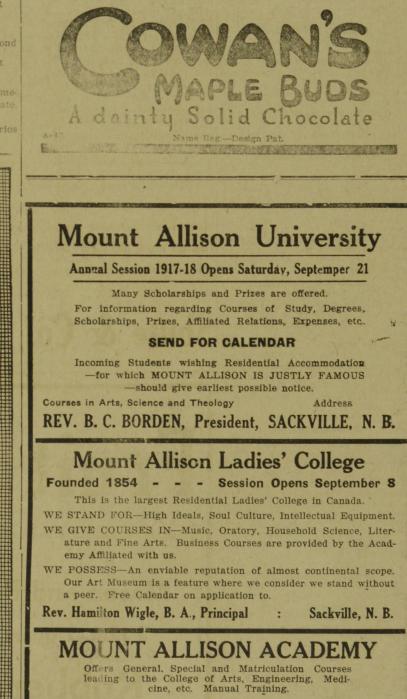
William Jennings Bryan, a Fish stories and movie scenario







MAIDEN The determination with which child-CANADA ren demand Maple Buds is their best Legenned advertisement. Possibly it is because they are delicious and wholesome and may be indulged in plentifully without ill effect, or because the perfect cocoa beans, creamy milk and selected sugar, impart a flavour so appetizing that the mere thought of them stimulates the demand.



NOTICE.

The undersigned is prepared to de-liver cream in the city on Wednesday and Saturday for 35 cents a quart. Celery plants for sale at 75 cents per hundred. Telephone 3300-62. MRS. E. W. DARCUS, Ferr Hill Fern Hill. tf

BETTER STREETS " TENDERS

Sealed tenders addressed to the City Clerk, Fredericton, will be re-ceived until Saturday noon the 4th day of August, for the purchase by the City of Fredericton of the whole or part of the following road plant:

One 5-ton and 3-ton Motor Truck; 2 Trilers; one Grader and Scarifier attachment therefor; suitable Scar ifier to attach to Steam Roller; Re crusher for Trap Rock; one Truck or Waggon Loader; one Drag. R. W. McLELLAN,

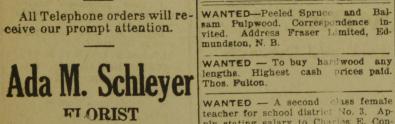
Chairman Roads and Streets Com 12ins

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to all.

tance of America is equally great. S requires only time to become effective.

DANGEROUS

This remedy is not an experiment as Hindenburg: it has been used in thousands of Cana-"It is a ne

Dysentery is one of the worst forms CROSS AND

18

of bowel complaint. It comes on so sud-denly, the pains in the bowels become intense, the discharges occur with

great rapidity, and are very often ac-companied by blood, and the action on

the system so weakening that its termination often proves fatal. When the bowels get loosened up in

this way, and you wish to check the unnatural discharge without bringing

on constipation, there is only one rem-

edy to use, and that is Dr. Fowler's Ex-tract of Wild Strawberry.

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DYSENTER

To whiten handkerchiefs which have become a bad color, soak them for night in a solution of pipe clay and warm water. Wash and boil them the next day in the usual way, and they will be beautifully white.

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class female, trated the British front line trenches

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