

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

ADVERTISE ON THIS PAGE OF THE MAIL

Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has compelled the people to seek all the information possible before buying.

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Need Pressing and
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SEND THEM TO

H. L. ROGERS

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

OF INTEREST TO WOMEN

WAR TIME RECIPES.

Spider Corn Bread.

Mix and sift half a cup cornmeal, a half cup white flour, half cup of sugar, 1 teaspoonful salt and half a teaspoon baking soda. Add two eggs well beaten and a cup of sour cream and turn into a buttered spider that has been heated. Over all pour three-quarters of a cup of milk. Bake for 30 min.

Potato Omelet.

Add salt and pepper, two teaspoonfuls melted butter and one-third cupful of milk to two cupfuls of cold mashed potatoes. Beat with an egg-beater until light, then turn into a hot greased omelet pan, brown and fold. Serve very hot.

Hamburg Steak.

Have a couple of pounds of beef from the round run through the meat grinder and spread it out into a cake an inch and a half thick, the shape of a small steak. A strip of suet may be arranged in it like the bone of a steak. Then cook in a very hot frying pan without other grease than that made by the melting suet.

Rice Muffins.

Beat the yolks of two eggs slightly and add a cupful of milk and a half teaspoonful of salt. Then add a cupful of cold boiled rice and after beating this stir in one and a half cupfuls of flour sifted with a teaspoonful of baking powder. Fold in the two egg whites, beaten stiff, and bake in 12 greased hot muffin pans.

Squash Croquettes.

Put a pint of squash through a vegetable press and add a half cupful of breadcrumbs, a teaspoonful of melted butter, and salt and pepper to taste. Mix thoroughly and when it is cool, form into croquettes, dip in beaten egg and bread crumbs, and fry brown.

Baked Cabbage.

Cook the cabbage until tender. Put in a flat earthen dish, cover with bits of cheese and crumbs and put in the oven long enough to melt the cheese.

Cereal Pancakes.

Mix an equal quantity of cold cook-

USEFUL HOUSEHOLD INFORMATION.

A table of information which the housewife needs to be constantly reminded of is as follows:

- 4 quarts make a gallon.
- 3 quarts make a peck.
- 4 saltspoonfuls of liquid make one teaspoonful.
- 4 teaspoonfuls of liquid make one tablespoonful.
- 4 tablespoonfuls of liquid make a quarter of a cup.
- 8 teaspoonfuls of dry material make a tablespoonful.
- 16 level teaspoonfuls of dry material make a cupful.
- 8 heaping tablespoonfuls of dry material make a cupful.
- 2 cups or 4 gills make a pint.
- 4 cups of liquid make a pound.
- 4 cups of flour make a pound or quart.
- 2 cups of solid butter make a pound.
- Butter the size of an egg equals 2 ounces or a quarter cupful. One heaping tablespoonful the same.
- 2 cups of granulated sugar make a lb.
- Two and a half cups of powdered sugar make a pound.
- Three cups of meal make a pound.
- 1 pint of milk or water equals a pound.
- 16 ounces make a pound.

COMING SOON

D. W. GRIFFITH'S
COLOSSAL SPECTACLE
INTOLERANCE
LOVE'S STRUGGLE
THROUGHOUT THE AGES

—WITH BIG—

Symphony Orchestra
and Choir.

WATCH FOR THE DATE.

Military Drill

UNIVERSITY OF NEW BRUNSWICK
CONTINGENT CANADIAN
OFFICERS' TRAINING CORPS.

The regulations of the C.O.T.C. provide that "Membership need not be confined to students of the University, but may be open, at the discretion of the Military Committee, to gentlemen who, though not students of the University, are desirous of gaining the certificates of proficiency obtainable in the Canadian Officers' Training Corps."

Young men who may desire to take advantage of this opportunity to undergo a course in Military Training should make immediate application to Professor Adam Cameron of the University staff.

Hours for Drill and Lectures: four to six Tuesday and Thursday afternoons.
C. C. JONES,
Chairman, Military Committee,
University of N. B.

ed cereal and flour, salted to taste, with milk to a smooth batter. Add an egg or two, slightly beaten, and bake on a hot griddle, in pancakes.

Green Tomato Preserve.

Scald a quarter peck of green tomatoes and remove the skins. Cut into quarters and put in a preserving kettle. Parboil 8 lemons until tender; cut lemons in half and remove all the seeds. Chop fine and add to the tomatoes and also the following: Two cups of water, 2 pounds of sugar, one tablespoonful of ginger, one tablespoonful of cinnamon and 1 cup raisins. Cook until very thick. Seal in sterilized jars. Cover with paraffine and store in a cool dry place.

IN FIVE MINUTES! NO
INDIGESTION, GAS OR
SOUR, ACID STOMACH

The moment "Pape's Diapepsin" reaches the stomach all distress goes.

"Really does" put bad stomachs in order — "really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes — that — just that makes Pape's Diapepsin the largest selling stomach regulator in the world. It what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing — almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction or your druggist hands you your money back. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home — should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach regulator in the world.

Notice to Contractors.

Lump sum tenders, addressed to the undersigned will be received at the office of the Works Branch Military Hospitals Commission, Old Government House, Fredericton, until 4 p. m. October 24th, for the electrical work of the Fredericton Military Convalescent Hospital.

Plans and specifications can be seen and forms of tenders obtained at the above address. The lowest or any tender not necessarily accepted.

J. H. W. BOWER,
General Supt. Works Branch, M. H. C.
41ns Ottawa, Ont.

Old False Teeth

Bought in any condition. \$1.00 per set or seven cents per tooth. Cash by return mail. R. A. Copeman, 2579a Esplanade Avenue, Montreal, P. Q.

TUESDAY,
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is the day on which classes will be resumed at

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CRUSHED OATS	\$2.40 bag
OAT BRAN	1.35 bag
OAT CHOP	2.85 bag
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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 perfect health. IMPERIAL BEEF IRON AND WINE is a nerve food and a body builder. There is nothing "just as good." Price 75 cents.

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ASK US how much or rather how little, it will cost to make your house comfortable this winter.

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We have in our Store a complete list of WARM WEARABLES. STANFIELD'S UNDERWEAR, MACKINAW, WOOL PANTS, HEAVY BOOTS, JOHN PALMER "MOOSEHEAD BRAND" SHOE-PACKS — for every wear everywhere.

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