

Children Cry for Fletcher's

CASTORIA

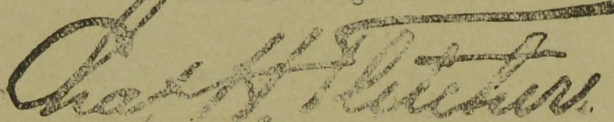
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger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



In Use For Over 30 Years

The Kind You Have Always Bought

OF INTEREST TO WOMEN.

HOUSEHOLD ECONOMY

Although we have talked a good deal of late on economizing at the table, I do not apologize for printing the following letter and discussing it. The subject that is engrossing the thoughts of all housekeepers is the high cost of food and how we are to feed our families well and yet meet expenses.

"I wonder if you could help me out of my trouble. It is the money question, of course, and it is the only one my husband and I have trouble over. He earns between \$60 and \$85 every month. He says I should be able to run the house on a dollar a day. The prices for foodstuffs now make me feel that it cannot be done.

"Our family consists of my husband and myself, a girl of two years, a baby of six months, and my husband's

mother. There is a lunch to put up for him every day. I pay \$15 a month rent; my gas and light bills are about \$1.50 each during the cold weather, but are less in the summer.

"Can you suggest a plan for meals for a week at the price I mentioned or do you think it can be done? We boarded when first married and I have always worked in a department store. So if you will tell me how four people can live well on \$7 a week I shall be glad indeed.

—Mrs. J. E. A.

This is a hard problem to meet, and, as I said before, it is representative of many. A young girl who has had no training in domestic work marries and has thrust upon her the responsibility of cooking and of caring for a family. It is no wonder she cannot achieve success at a pursuit in which many more experienced have strenuously toiled to escape failure.

I am a little handicapped because I know so little of the way in which the correspondent lives and of the prices of food in her locality. On this account my instructions must be more or less general.

Let me say, in the first place, that she must buy with great care. I do not know if she has the pernicious habit of marketing by telephone, but I gather from her letter that she does not know much of food values and of judicious purchasing. These are among the principal things she must learn.

While understanding how to buy food and possessing an assortment of recipes for its preparation will do much for a woman it will not do all. She must acquire skill in cookery and she must learn that most essential lesson for the Canadian housewife—to waste nothing.

I know there are many women who will say that they never allow anything to be thrown out in their kitchen and there may be some who are correct in making this claim. At the same time there are numberless housekeepers who through sheer ignorance waste a

LOWER KINGSCLEAR.

Lower Kingsclear, May 29. — We are having a very backward spring with so much rain and cold weather, but the farmers are making great headway getting the ground ready for planting. Some already have large areas planted to grain and potatoes besides other vegetables. Others have nothing in on account of the ground being too wet.

Mrs. Willis and her two children have gone to Woodstock to live for the present.

Mrs. Webster and her daughter are visiting her father, Mr. Charles Kilburn of this place.

Mrs. Charles Poor, who has been ill for some time past, is in a fair way to recover. She has been under the skillful treatment of Dr. Robertson and also had a trained nurse.

Mr. McLaughlin who has bought the Thomas Fulton place has moved his family here to live.

Mr. Clark of Woodstock, paid a flying visit to this place and spent a few hours with his daughter, who is teaching here.

Miss Clark spent the 24th with friends in Fredericton.

Mr. Rapaport has been buying up unwashed wool at the small sum of forty-eight cents per pound. Two Americans also have been here buying up wool in this place. They could wool to a Jewish dealer of St. John for 48 cents a pound in the dirt. A pretty good price is being paid for wool and lambs, besides the extortionate prices being paid for potatoes.

Miss Grace McGuire recently visited friends in this place.

Mr. Joseph Cliff of Boston, a former resident of Queensbury, who has been away for eighteen years, came to Fredericton yesterday and his only sister went to the train to meet him but failed to recognize him as he had changed so in that time.

GERMAN SUB GETS WORST OF IT

Woodstock Press: Mrs. E. London and Miss Florence London of Canterbury, have gone on a visit to Montreal.

Now we think of it, this seems to be the home coming season. Our old cat came back on Sunday morning, and he is displaying an affection for us of which we feel totally unworthy. — Deloraine, Man., Times.

quantity of good food that could be turned to account.

I have spoken of the way in which cooks turn into the sink the water in which certain vegetables were cooked instead of saving it as a foundation for soup. The second water in which cabbage, onions, turnips and similar vegetables are boiled may be used as a basis to which to add milk and thickening for soup; the water in which rice, macaroni, and spaghetti are cooked is heavy with starch and should always be saved to put with meat stock of some sort or with a vegetable stock for purees or soups.

A good vegetable soup may be made by cooking together carrots, onions, and celery which have been cut into small neat pieces, putting with them a small piece of salt pork for flavoring. The pork is taken out of the water when cooked but the vegetables are left in and make a savory soup. For a soup like this left overs, such as a tablespoon or two of peas or beans or other vegetable that has been sent from the table, may be used to put with the other items.

If I dwell especially upon soups it is because I consider them so valuable as a means of economizing upon more expensive foods.

We all eat too much meat, and a study, such as I have often commended of what can be done in the way of substituting cheese and vegetables for meat would repay the woman who has to feed her family on a small sum.

Let me return for a moment to the topic of waste. I should like to put a few direct questions to the woman who thinks she economizes strictly:

Do you save all the water in which vegetables such as I have mentioned are boiled?

Do you keep the fat from every sort of meat, that which is left in the pan or which floats on the top of the soup, and try it out for fat to use in shortening or in frying.

Do you put aside every scraping of the vegetable dishes and utilize them in your stock pot or in some other way?

Do you always see that the glaze of the meat which has cooked from it and adhered to the inside of the roasting pan is collected and used for soup stock or to mix with water for stews? This glaze is rich in the juices of the meat.

Do you keep every scrap of stale bread—not to convert into bread puddings, which are expensive luxuries if they contain milk and eggs and butter—but to use for croutons, or to make into brews for a breakfast cereal, or to thicken broths and soups, or to mix with chopped meat in Hamburger steaks, or to combine with flaked fish or to employ in other equally helpful ways?

When You Can't Sleep

YOU SHOULD USE

MILBURN'S HEART AND NERVE PILLS

Sleeplessness is caused by the nervous system becoming deranged.

Perhaps too much worry has gotten on your nerves, perhaps you have overworked yourself, or have been excessive in your use of tobacco, but whatever the cause, the nervous system must be built up again before restful sleep can be assured.

Those whose rest is broken into by frightful dreams, nightmares, sinking and smothering sensations, who wake up in the morning as tired as they went to bed, can have their old, peaceful, undisturbed, refreshing sleep back again by using Milburn's Heart and Nerve Pills.

Mrs. John Sloan, Haley Station, Ont., writes: "Over a year ago I was very nervous. I could not sleep at night, and I would faint at the slightest fright. I tried several doctors, but they did me practically no good. I noticed your advertisement and immediately tried Milburn's Heart and Nerve Pills, and I am proud to say they cured me."

Milburn's Heart and Nerve Pills are 50c. a box or three for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Women's Institutes

Respond Generously

Miss Hazel Winter, supervisor of Women's Institutes for New Brunswick, is in receipt of moneys for the Y. M. C. A. military fund from the following Women's Institutes:

Grand Harbor	\$20.00
Queenstown	45.25
Stanley and Cross Creek	50.00
Beersville and Ford's Mills	5.00
Bolestown	12.00
Pokiook	6.00
South Tilley	10.00
Williamsburg	20.00
Woodstock	25.00
South Tetagouche	36.00
Sotnehaven	20.00
Port Elgin	5.00
Chocolate and Cumming's Cove	10.00
St. Mary's and Gibson	20.00
Poodiac and Jeffrey's Corner	10.00
Cody's	5.00
Dumfries	10.00
Chance Harbor	10.00
Fredericton Junction	66.00

Total\$396.25

The Women's Institute organization will be six years old June 11th. Miss Winter has asked the institutes to observe this day as a "money making day" the proceeds to be equally divided between the Y. M. C. A. military fund and the Belgian relief fund. Already the Queenstown Institute has sent in its contribution towards the Belgian relief fund, the sum of \$45.25 having been received by Miss Winter this morning, in addition to \$45.25 from this branch for the Y. M. C. A. military fund. All donations towards these funds are to be to hand by July 1st and it is expected to raise at least one thousand dollars towards the support of Y. M. C. A. huts at the front.

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The Great English Remedy.
Tones and invigorates the whole nervous system, makes new Blood in old veins, cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Wood's.)

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LOVELY NEW SILK SKIRTS at	\$6.75, \$7.50, \$8.25 and \$10.25
NEW BLOUSES in Voiles, Crepe de Chine, Georgette Crepe, Shantung Silk and Habutae, from	98c. to \$10.25
NEW DRESSES in Silk or Voiles from	\$3.25 to \$28.25
NEW MIDDIES, all Styles, from	\$1.00 to \$1.90
NEW WASH SKIRTS in Plain White or Fancy Stripes, from	\$1.00 to \$3.00
NEW SPORT COATS from	\$13.25 to \$27.75

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Now you shan't have to bother with summer sewing for the kiddies, for we are showing a splendid assortment of dainty, durable WASH DRESSES. The designs reflect the smart summer styles. Clever touches of trimming add to their attractiveness. Many bright vivid colors are used. Materials featured are Percale, Gingham, Muslins and Voiles, and the prices range from 50c. to \$5.00.

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