

Mothers Know That

Genuine Castoria Bears the Signature Thirty Years

ADVERTISE ON THIS PAGE OF THE MAIL

Each day we meet with conclusive evidence that our advertising pages are as spoonful of black pepper, one-half teach faithfully scanned by our readers as the news columns. Necessity has com- spoonful of paprika, one tablespoonful pelled the people to seek all the information possible before buying

FREDERICTON, N. B.

TELEPHONES:

*DR. GERRARD,

FWENTY YEARS' LONDON, ENG., EXPERIENCE.

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Radish, Lettuce and Rhubarb. Shrubs for Cemetery Planting at

BEBBINGTON GARDENS

UNLUCKIEST STONE "What is the unluckiest stone?"

"The diamond," replied young Cub-"I've never heard the diamond called

unlucky before." "It seems to be in my case, I've area twice as great as that now under bought engagement rings for three active agricultural operations.

girls who married other fellows and forgot to return the rings.'

OF INTEREST TO WOMEN

CARROT MARMALADE.

Carrot marmalade is easily made Scrape the carrots and run through the food chopper, using the fine knife. Weigh the pulp and add to each pound one thinly sliced lemon and orange Then place in a graniteware kettle with sufficient cold water to cover Cook until the carrots are tender and for each pound add one teaspoonful of vinegar and one pound of brown sugar Boil down to the consistency of mar malade and pour into jelly tumblers This is excellent to use with hot bis cuits in place of butter.

CHOW CHOW.

Four quarts of green tomatoes, four green peppers, two onions, three table spoonfuls of celery seed, one table spoonful whole cloves, one teaspoonful of paprika, four tablespoonfuls of salt one tablespoonful of mustard seed, one tablespoonful horse radish sauce, two cups of chopped cabbage, one cup of chopped cucumber, half cup of sugar. Remove seeds from tomatoes, peppers and cucumbers, chop all fine, sprinkle over with four tablespoofuls of salt Let stand all night; throw away the liquor; mix all ingredients thoroughly Fill sterilized jars (glass tops must be used) nearly full. Pour over cold vin egar. Be sure that jar is very full. Seal and keep in the dark.

TOMATO CATCHUP.

Four quarts tomatoes, one-half tea of cloves and one tablespoonful of all spice (whole, tied in a bag) two large onions minced. Cook until thoroughly tender. Strain through a sieve. Return to stove, boil until thick; seal in sterilized jars.

WHEATLESS GINGERBREAD.

One cup molasses, one-third cup of shortening, half cup hot water, 1 level teaspoon soda, 1 teaspoon ginger, salt and about 11/2 cups rye flour. Bake about one-half hour.

> WAR CANNING BULLETIN. (Issued by Canada Food Board.)

Slice Them Off.

There is nothing the youngsters enjoy more on a cold winter day than a dinner which allows them a liberal helping of corn. While the season is on, as much corn as possible should be canned. It will result in a saving of wheel during the winter weather

be canned. It will result in a saving of wheat during the winter months.

To can it, blanch the corn on the cob for five minutes. Cold dip it for one minute. Then cut off the tops of the kernels and scrape off the pulp with a knife. Pack and press firmly into jars so that the corn juice may fill all spaces. Add one teaspoon of selt to each curt jar and if the mills. salt to each quart jar and if the milk of the corn is not sufficient to fill the jars, add water. Partly seal and ster ilize for three hours.

FOOD BOARD FLASHES.

At a time when there is a greate. demand on the world's food resource than ever before, it is interesting note that with all of her teeming m lions, only 18 per cent. of Asia's land 12 per cent, of that of North and South America, 27 per cent. of that of Europ and 5 per cent. of that of Australia have ever felt the touch of the plow.

Without encroaching at all upon the world's fewests but taking into the second s

world's forests, but taking into account only the steppes, pampas, savannas and prairie lands, there might be added to the earth's farming lands an

Russia may prove to be a practical joke at Germany's expense.



ELSIE FERGUSON in The Lie

An ARTCRAFT Picture

AT THE GAIETY THEATRE FRIDAY AND SATURDAY

EVERY WOMAN'S RIGHT

To every woman belongs the right to enjoy a healthy, active, happy life, yet nine out of every ten suffer years of agony, usually from some form of bloedlessness. That is why one sees on ever side pale thin cheeks, dull eyes and drooping figures—sure signs of headaches, weak backs, aching limbs and uncertain health. All weak, suffering women should win the right to be well by refreshing their weary bodies with the new, rich, red blood that promptly transforms them into healthy attractive women. This new, rich, red blood is supplied in abundance by Dr. Williams Pink Pills which reaches every organ and every nerve

ance by Dr. Williams Pink Pills which reaches every organ and every nerve in the body.

Through the use of these pills thousands of women have found a prompt cure when suffering from anaemia, indigestion, heart palpitation, rheumatism, general weakness, and those allments from which women alone suffer There is no part of this broad Dominion in which you will not find some former sufferer who has regained health and strength through the use of Dr. Williams' Pink Pills, and this is the reason why these pills have been a favorite household remedy for more than a generation. If you are alling and will give the pils a fair trial you will find renewed health and happiness in their use.

You can get Dr. Williams' Pink Pills through any dealer in modicing or hyperical products any dealer in modicing or hyperical products of the pills and products or hyperical products of the pills and products or hyperical products of the pills and products or hyperical products of the pills and pills pill

You can get Dr. Williams' Pink Pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams Medicine Co., Brockville, Ont.

A woman of uncertain age is one who doesn't like it if you remember her birthday, and gets cross if you do

THUR. SEPT. 4th and 5th. "GEM" THEATRE, WED. and

SPECIAL ATTEACTION

Walker Whiteside and Valentine Grant



FREDERICK ARNOLD KUMMER'S SENSATIONAL DRAMA OF MARTYRED BELGIUM

CAMOUFLAGE SOUP.

One tablespoonful of pearl barley, en, veal or mutton). Chop two med- Very tasty with crisp croutons. ium sized white onions and put in a cup of hot water or broth to cook until tender. Onions should always be cooked in salted water. Then combine the barley and onions and add half a cup of nice bread crumbs and simmer for half an hour. Cream a spoon of butter and flour and stir in the barley to keep it from settling. Add a cup of pep to put it over

milk or a little thin cream at serving time. Allow to boil up and serve. Add a dusting of paprika and dash more then add to two cups of broth (chick- salt if needed to give nice seasoning.

The Hero-Worshiper-There goes Mrs. Tompkins's 'usband-'e's one of the old contemptibles."

The Cynic-All 'usbands is contemp-

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Market year sandrase November of November