THE DAILY, MAIL, FREDERICTON, N. B., THURSDAY, OCTOBER 24, 1918

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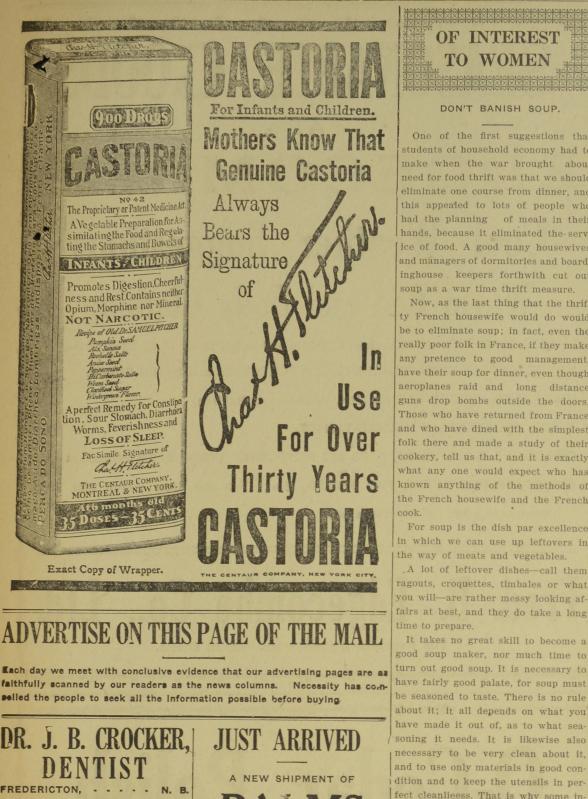
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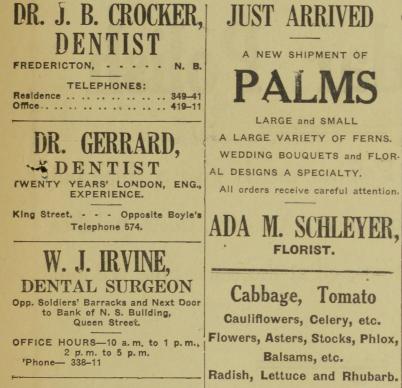
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faithfully scanned by our readers as the news columns. Necessity has comselled the people to seek all the information possible before buying





make when the war brought about need for food thrift was that we should eliminate one course from dinner, and this appealed to lots of people who had the planning of meals in their hands, because it eliminated the service of food. A good many housewives soup as a war time thrift measure. Now, as the last thing that the thrif-

ty French housewife would do would be to eliminate soup; in fact, even the really poor folk in France, if they make guns drop bombs outside the doors. Those who have returned from France and who have dined with the simplest folk there and made a study of their cookery, fell us that, and it is exactly what any one would expect who has known anything of the methods of the French housewife and the French the French housewife and the French cookery, tell us that, and it is exactly

For soup is the dish par excellence the way of meats and vegetables.

ragouts, croquettes, timbales or what you will-are rather messy looking affairs at best, and they do take a long

It takes no great skill to become good soup maker, nor much time to turn out good soup. It is necessary to have fairly good palate, for soup must be seasoned to taste. There is no rule about it; it all depends on what you have made it out of, as to what seasoning it needs. It is likewise also necessary to be very clean about it, and to use only materials in good condition and to keep the utensils in perfect cleanlieess. That is why some inferior cooks always produce soup with a cloudy taste-because they think they can be careless about these matters. And though soup needs long cooking, it needs a very slow and low-tem-WEDDING BOUQUETS and FLOR- perature cooking, and this consumes but little gas and requires no special forcing of fire if you use coal. So don't banish soup from your bill of fare. It adds tone to your diners, gives important nourishment, and uses up material that would otherwise be wasted.

FOOD BOARD FLASHES FOR FEMININE FOLK

Patrons of hotels and restaurants are requested not to ask proprietors to break the regulations of the Canada Food Board. It should be kept in

mind that the proprietors are under

are making themselves liable to the

BLOOD-MAKING MEDICINE It took centuries for medical science discover that the blood is the life. ow, it is known that if the blood Now, it is known that if the blood were always abundant, rich and pure, very few people would ever be ill. It was not until the end of the 19th cen-tury that an instrument was invented for measuring the red part of the blood. Then doctors could tell just how anaemic a patient had become, and with medicine to make new blood the patient soon got well

the patient soon got well. All the blood in the body is nour ished and kept rich and red by the food taken daily, but when, for any reason, a person is run down and cannot make sufficient blood from the food to keep the body in health, then blood-making medicine is required he simplest and very best of blood and managers of dormitories and board-inghouse keepers forthwith cut out soup as a war time thrift measure. proved appetite stronger nerves, sound digestion and an ability to ma For work and enjoy leisure hours. For women there is a prompt relief, of or prevention of ailments which make life a burden. As an all-round any pretence to good management, have their soup for dinner, even though aeroplanes raid and long distance equal Dr. Williams' Pink Pills.

Brockville, Ont.

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the docto, called a very bad sprained ankle, and told me I v ut not valk on it for three weeks. T ot MINARD'S LINI-MENT and in six days 1. Was out to work again. I think it the best Liui-ment made."

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cancellation of their licenses and the payment of heavy fines into the bar-DAILY FISH BULLETIN.

mands of unreasonable patros they

(Issued by the Canada Food Board.)

"Flu" Attacks Fishermen.

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Housekeepers cannot expect to get cod or haddock from now on as cheaply as they did during the summer months. There are many factors to be taken into consideration in the fluctuation of fish prices. During spells of bad weather fish landings fall off to an appreciable extent and the fish that are secured are worth every cent paid for them. as oftentimes the fishermen risk their lives to bring them in.

The recent epidemic of Spanish influenza exacted its price among the fishermen, too. Boats were held up while their crews lay sick. The result has been a decrease of something like 500,000 pounds of fish in the monthly catch.

The Turkish offer of peace was sent through Spain. Spain seems to be sending out a lot of punk stuff lately, including the "flu."

A lot of girls who are marrying soldiers are due for a sad disappoint ment when they see their husbands in civilian trousers with baggy knees

English widows are reported to be remarrying rapidly. Returning sold-er bachelors do not last a moment be ore an assault by these veteran shock

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