

INDIGESTION AND CONSTIPATION

Quickly Relieved By
"Fruit-a-tives"

ROCHON, P. Q.

"I suffered for many years with terrible indigestion and constipation. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve and he advised me to go on with 'Fruit-a-tives'."

I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches—try 'Fruit-a-tives' and you will get well."

CORINE GAUDREAU.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

REVOLUTION IN MOSCOW

(Canadian Press direct wire.)

London, July 8.—A serious counter revolution has broken out in Moscow, according to a semi-official Wolff Bureau telegram dated on Sunday from Moscow and transmitted to London by a correspondent at Copenhagen. Fighting of great severity is taking place in the streets.

Several hundred Russians, including the social revolutionary leader Alexandrovitch, have been arrested at Moscow.

We're Not so Sure.

How doth the busy hello girl
Outbuz the busy bee!
Especially betwixt the hours
Of noon and thence.

INFORMATION HANDED OUT BY CANADA FOOD BOARD

An Eating House License Required When Ice Cream is Served on the Premises --- Boarding House Keepers Must Observe the Food Regulations---Picnics May Be Held Without a License---Frosted Cake is Now Under the Bad

Issued by the New Brunswick Committee of the Canada Food Board.

1. A Retail Grocer's License permits the holder to sell to a limited extent ice cream in cones, bricks, or other packages that are carried away from the premises of the dealer, but wherever there is a counter or parlor used for serving ice cream an Eating House License is required.

2. It is not necessary to secure a Public Eating House license unless one is serving to persons other than members of the family, or household at least fifteen meals or refreshments a day; but every boarding house or other eating place where meals or refreshments are regularly sold or served, and all public entertainments must observe the eating house regulations, and these regulations apply also to all private or semi-private parties, luncheons, dinners, or picnics wherever food or refreshments are served to fifteen or more guests.

About Picnics

3. A picnic may be held without a

license, but be careful that you observe the eating house regulations. Of course you understand that frosted cake and home made candy are illegal, that you cannot serve beef at the noon meal, or pork at any night meal, and at noon only Saturday or Monday; that sugar receptacles must not appear on the table, but do you understand that sandwiches cannot be served at the mid-day meal, and that not more than a total of one ounce of standard wheat flour may be served to any person in all products, including bread, buns, biscuits, or pastries at the noon meal? At the evening meal it is not permitted to serve more than two ounces of wheat bread or rolls, or other product, made from standard flour, or four ounces of bread or other product made from the flour of other cereals.

4. Your church or patriotic society must secure an Eating House License in order to serve ice cream regularly. An occasional service is permitted without license, but in any case the

Hurrah! How's This

Cincinnati authority says corns dry up and lift out with fingers.

Hospital records show that every time you cut a corn you invite lockjaw or blood poison, which is needless, says a Cincinnati authority, who tells you that a quarter ounce of a drug called freezone can be obtained at little cost from the drug store, but is sufficient to rid one's feet of every hard or soft corn or callus.

You simply apply a few drops of freezone on a tender, aching corn and soreness is instantly relieved. Shortly the entire corn can be lifted out, root and all, without pain.

This drug is sticky, but dries at once and is claimed to just shrivel up any corn without inflaming or even irritating the surrounding tissue or skin.

If your wife wears high heels she will be glad to know of this. At a corn is a suicidal habit.

NEW OFFENSIVE IS IMPENDING

Paris, July 8.—A new offensive is impending on the Trentino front.

General Ludendorff, says a despatch to the Matin from reliable sources in Switzerland, personally has visited the Austrian headquarters and has hastened preparations for another blow against the Italians. Considerable reinforcements, it is added, are being concentrated at Innsbruck and Trent.

Somewhat.

She—So you've been to Palm Beach. Isn't it lovely there—a perfect Garden of Eden?

He—Yes, but—er—er a trifle more dressy, don't you think?

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. H. H. H. H.*

Ice cream must not contain more than ten per cent of fat, or six pounds of sugar to eight gallons of the cream.

A Food Sale

5. It is not necessary to have a license in order to hold a food sale, unless the food is eaten on the premises, then, if held regularly, an Eating House License is required. If the food is donated the manufacturers do not necessarily require a license, but the society must purchase its food from licensed manufacturers. A license is required to manufacture for sale ice cream, cake, crackers, biscuits, pastry, or confectionery. Do not offer at your food sale cakes or sweet dough products such as doughnuts, scotch short cake, French or puff pastry, or rich cakes that a licensed dealer is not permitted to manufacture.

In view of the great shortage in sweets, meats and fats do you not regard it as somewhat inconsistent for a religious or patriotic society to seek to secure funds by encouraging the consumption of foods.

Customer Liable


6. A grocer who allows an unpatriotic citizen to buy either sugar or flour in excessive quantities is not liable to the fine, although his customer is. However, the Canada Food Board may either suspend or cancel the license of such a grocer and has already taken action of this kind. Send in the names of such dealers to the Food Board.

7. In the new regulations dealing with food substitutes, the dealer is directly liable, if, after July 15th, he sells to any person for private consumption any white or standard flour without selling at the same time one-half the amount of a substitute or substitutes. All the coarser cereals with bran, shorts and potatoes are substitutes. Four pounds of potatoes are equivalent to one pound of substitutes.

All persons making bread, rolls, pastry, or other products, that require wheat or standard flour, must now use at least one pound of substitutes to every nine pounds of wheat flour, and after July 15th, one pound of substitutes to every four pounds of wheat flour.

Enforcing the Law

8. It is the duty of the police to enforce the regulations of the Food Board, and the town or municipal authorities are responsible for their enforcement. Are your authorities doing their duty? Some days ago special inspectors appeared at most of the eating houses of the Province, and the unpatriotic dealer or customer is liable to have such a visitor at any time. The Food Board have made many regulations and restrictions in the past few months. A firm enforcement of the existing regulations is imperatively demanded, and a few "examples" will have wholesome educational results. If the local authorities do not find the violators other methods may be employed. It is safe as well as patriotic to know the regulations and to observe them.



PALMER'S Summer Packs

for the **SO**

You can't enjoy farm labor with tired, aching feet. So, boys, slip your feet into Palmer's Summer Packs. Made from durable yet soft, pliable, oil-tanned, Skowhegan waterproof leather—the ideal farm shoe for comfort and wear.

Easy to put on and take off. Large eyelets, quickly laced. Solid leather heel, sole and insoles. Bellows tongues.

Ask your dealer to show you "Moose Head Brand"

JOHN PALMER CO., LIMITED
Fredericton, N.B., Canada

Wholesale Dry Goods and Woolens

House Furnishings For Spring

Lace Curtains
Scrim Curtains
Curtain Muslin and J Drap-
eries of all kinds
Cottons and Casement
Cloths
White Bed Spreads
Towels, Napkins and Ta-
ble Linens
Oilcloths and Linoleums
Carpets, Rugs and Squares

Prices Lowest Possible. Goods sold to the Trade only.

Vassie & Company, Ltd.

WHOLESALE DRY GOODS and WOOLENS
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

Imperial Dyspepsia Tablets

Restores normal digestion. Price 25c.

Sold only by

C. FRED CHESTNUT THE QUALITY DRUG STORE
572 Queen Street.

An Attractive Kitchen

Not alone makes the work seem lighter, but actually makes it so. How much easier to keep clean the white enamel sink, the enameled tubs, etc., than the old style black iron fittings. Ask us how much or rather how little it will cost to make your kitchen one to be proud of.

D. J. SHEA & SON.

Sanitary Plumbing & Heating 81 Carleton Street

"NEW BRUNSWICK GROWN"

ORDERS SHOULD NOW BE PLACED for early May delivery. We make specialty of APPLE TREES, SHRUBS, HEDGING, ROSES and STRAW-BERRY PLANTS. Experts have pronounced our Apple Trees excellent, comprising the leading varieties, including McIntosh Red, Fameuse, Wealthy, Dudley and Bethel. This season's stock will soon be exhausted. Write for terms. Discount for cash with order. Mail orders solicited.

ST. JOHN VALLEY NURSERY

BURTON, N. B.

OVERLAND MODEL 90 THE THRIFT CAR

BEST VALUE IN THE MARKET IN MEDIUM PRICED CAR—25 Miles to Gallon Gasoline.
Have You Seen the NEW CHALMERS ENGINE with the "Hot Spot?" The car that holds the World's records. Come in and look them over.

FREDERICTON MOTOR SALES CO.,

'PHONE 352-11. QUEEN STREET, FREDERICTON, N. B.

Advertise in the Mail
and get results

WRIGLEY'S

Six reasons

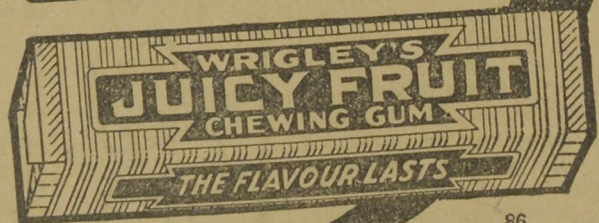
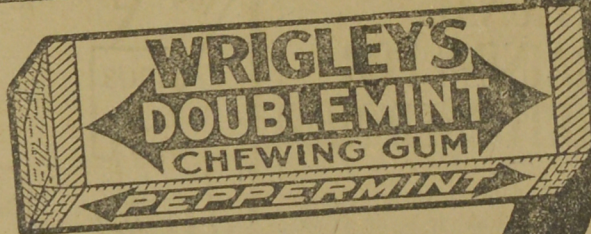
WHY it's a good friend:

- 1—Steadies nerves
- 2—Allays thirst
- 3—Aids appetite
- 4—Helps digestion
- 5—Keeps teeth clean
- 6—It's economical

Keep the soldiers and sailors supplied!

Sealed tight—Kept right

MADE IN CANADA



Chew it after every meal

The Flavour Lasts!