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## CASTORIA

For Infants and Children.

Mothers Know That  
Genuine Castoria

Always  
Bears the  
Signature

of

*Dr. H. H. Hitchcock*

In

Use

For Over

Thirty Years

## CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

### OF INTEREST TO WOMEN

COMING INTO THEIR OWN

If ever there was a surprised fabric in the world it must be gingham! For two blissful seasons gingham have been taken out of their former lowly environments and have been exalted to the highest place in the world of fashion.

With the need for less extravagant raiment has come the appreciation of the simple beauty of gingham. And they are not always so simple and unsophisticated as they seem. They are not always the cinderellas of the fabric world—as you will readily agree if you seek out some of the gay and brilliant plaids stripes and checks, that are supreme in fashion's favor this summer.

Made into chic little suits and worn with a dainty organdie blouse, the new gingham is lovely beyond words.

### IN FASHION LAND

Novelty skirts are used for sport skirts.

Belted coats are foremost in fashion's world.

Summer evening wraps are edged with fringe.

The sleeveless coat is gaining in popularity.

Tailor hats may be made entirely of organdy.

Tunics have a graceful tendency to fall in points.

The average width of a wash skirt is two yards.

White serge suits are trimmed with yellow kid.

Long ribbon streamers are seen even on turbans.

Velvet and organdy make a fashionable combination.

Leghorn is frequently trimmed with black velvet.

There are blouses of velvet trimmed with organdy.

### FOOD BOARD FLASHES FOR FEMINE FOLK

Couldn't a good many of us eat less than we do at present? There is no need for us to go on actual short rations in Canada, but we managed to consume a good many extra meals that are quite unnecessary and which must therefore be considered as wasteful. Three meals a day are sufficient for anyone.

Many of us eat more than is essential for our physical well being and especially is this true in the summer. Salads, fruit and vegetables are not only wholesome fare, but they spell conservation of the foods needed for export. Once again the old cry is repeated—save meat and bacon. Use plenty of milk, poultry, fish, eggs, fruit and vegetables. Meat is needed as badly as ever in Europe.

### THE WAR GARDEN

Issued by the Canada Food Board.

### Storage of Vegetables.

As a war-time measure, no form of food conservation is more important than the home storage of vegetables for winter use. Included in the list of vegetables to be stored are potatoes, beets, carrots, parsnips, onions, celery, cabbage, cauliflower, brussels sprouts, winter squash, turnips and dried beans.

Good results depend largely upon ventilation, the regulation of temperature, sufficient moisture and the quantity of vegetables stored. For some vegetables the pantry or the attic are satisfactory. For others outdoor storage is preferable.

In some places neighboring families form community clubs to provide storage facilities. In this way complete provision is made for handling winter supplies at slight trouble and expense to each household.

Families might club together and construct an outdoor cellar or share the use of an available building conveniently located.

### POINTED PARAGRAPHS.

There is electricity in a kiss, says a scientist. Shocking!

Perpetual motion: Buying shoes for a ten-year-old kid.

"Johnny get your gun" has changed in France to "Johnny get your Hun!"

After capturing Dammard the Germans are having a Dammard time to hold it.

Everybody agrees that Russia needs a surgical operation to remove the German cancer.

Germany has the same annoying experience with the Britons that Julius Caesar had—they never know when they are licked.

One must go to the movies now in self-defence. If one doesn't one's family and friends insist on telling one the "story of the play," than which nothing is than whither.

## THE EASTERN FRONT COULD BE RECONSTRUCTED

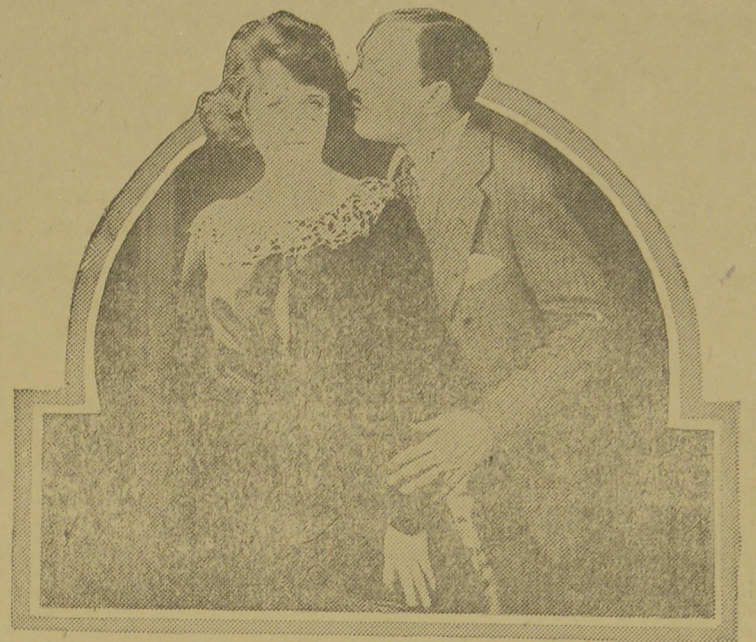
London, July 10.—"With a million men, of whom 300,000 only need be Allied troops, it would be possible to reconstruct the eastern front on a line running through the Ural mountains" is a statement made by Lieut. General Horvath, vice-president and general manager of the Chinese eastern railway, according to a despatch from Harbin.

General Horvath calculates that a formidable army could be placed in the Urals in four months, mostly Japanese, and, as order is restored, Siberian volunteers and other Russians would flock to join the colors until the requisite million is reached. He believes it quite possible for an Allied army to live upon the country.

Austria is bankrupt. The Vienna roll has been used up.

### CONSTIPATED CHILDREN

Childhood constipation can be quickly banished through the use of Baby's Own Tablets. These Tablets are a mild but thorough laxative which never fail to regulate the bowels, sweeten the stomach and in this way relieve all the minor ills of little ones. Concerning them Mrs. Eugene Couture, Knox Bridge, Que., writes:—"Baby's Own Tablets have been marvellous in the case of my baby. She was constipated and feverish but the Tablets soon regulated her bowels and made her well." The Tablets are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.



BILLIE BURKE in "Eve's Daughter"  
A Paramount Picture

AT THE GAIETY THEATRE FRIDAY AND SATURDAY

## N. B. AVIATOR DIES FROM FALL

St. John, July 10.—Official news to his father reports Flight Lieut. Jarvis McLellan, of St. John, dead of injuries in a fall while on coastal patrol in England. He trained at Camp Borden and Texas last year.

Weddings have changed a lot. The papers used to print columns about the bride's gown. Now they describe the groom's uniform.

### BIG APPROPRIATION.

Washington, July 10.—President Wilson today signed the \$12,000,000,000 army appropriation bill to meet expenses of the army programme for the next fiscal year.

*The Great English Remedy.* Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Storm, Loss of Energy, Loss of Memory, Impairment of the Heart, Liver, Kidneys, Bladder, etc. Sold by all Druggists or mail in plain package on receipt of price. For complete details see THE WOOD MEDICINE CO., TORONTO, 1917. (Quoted, 4th ed.)

## 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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### THE FALL TERM of the FREDERICTON BUSINESS COLLEGE

Will Open on MONDAY, AUG. 26, 1918

There is a greater demand for our graduates than ever. Get particulars regarding our courses of study, tuition rates, etc., and prepare to enter on our opening date. Descriptive pamphlet on request. Address

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Wedding Bouquets and Floral

Designs a Specialty.

Good Assortment of Ferns,

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All orders receive careful attention.

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CLEANLINESS REIGNS SUPREME.

Everything new and up to date.  
Regular meals served. First Class service.

Breakfast from 7 to 9; Dinner from 12 to 2; Supper from 5 to 7.

Lunches served at all hours.

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### Cabbage, Tomato

Cauliflowers, Celery, etc.

Flowers, Asters, Stocks, Phlox, Balsams, etc.

Radish, Lettuce and Rhubarb.

Shrubs for Cemetery

Planting at

BEBBINGTON GARDENS

