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CASTORIA

For Infants and Children.

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Genuine Castoria

Always
Bears the
Signature

of

Chas. H. Pitcher

In

Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

CONSERVATION MORE URGENT
THAN EVER.

The campaign for increased food production should not be allowed to interfere with the utmost efforts for conservation in the Dominion until the next harvest. The situation overseas is perilously serious and the fate of Europe, so far as food supply is concerned, depends on conservation on the North American continent during the next four months. In Canada important measures have already been taken and additional measures are receiving very careful consideration.

The exports of wheat from this continent since January 1 have been far below the 18,000,000 bushels monthly which were promised, and increased export of wheat substitutes has not been sufficient to make up the deficiency. Every pound of food that is saved from normal consumption in this country will increase by that amount the supply available for export.

Some people doubt the importance of the food saving of a population of seven and one-half million people, but Canada's saving added to the saving of the United States, will be very large and if food conservation is practised to the utmost on the entire North American continent, the amount saved will be sufficient to support the Allies until their next harvest.

SAVORY STEWS.

The Best Way to Make a Little Meat
Go a Long Way.

Beef Stew.

1 pound beef,
4 potatoes cut in quarters,
¼ peck green, unshelled peas, or
1 can,
1 cup carrots cut up small,
2 tablespoons salt,
4 tablespoons flour.

Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water for 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them ten minutes before serving. Serve when potatoes are done.

Different Stews.

Here is the way you can change the stews to make them different to suit the season:

1. The Meat—This may be any kind and more or less than a pound may be used. Use the cheap cuts, the flank, rump, neck or brisket. The long, slow cooking makes them tender. Game and poultry are good.

2. Thickeners—Barley, rice, hominy, macaroni, corn starch, flour or bread crumbs.

3. Vegetables—Potatoes, carrots, turnips, onions, peas, beans, cabbage, tomatoes are good, canned or fresh. Use one or more of these, as you wish.

4. Parsley, celery tops, onion tops, seasoning herbs or chopped sweet peppers add to the flavor.

5. Many left-overs may be used—not only meat and vegetables, but rice or hominy.

How to Cook Stews.

All kinds of stews are cooked in just about the same way. Cut the meat in small pieces and brown with the onion in fat cut from the meat. Add the salt and pepper, seasoning vegetables (onion, celery tops, etc.) 2 quarts of water and the rice or other cereal, if it is to be used. Cook for an hour, then add the vegetables except potatoes. Cook the stew for half an hour, add the potatoes cut in quarters, cook for another half hour, and thicken if necessary, then serve.

The fireless cooker may be used, putting meat and vegetables in at the same time.

Left-overs or canned vegetables require only to be heated through. Add them 15 minutes before serving.

Dried peas or beans should be soaked over night and cooked for three hours before adding to the stew; or, better, cook them over night in a fireless cooker.

ISLAND LAND FOR SALE.

I am offering for sale fifty-four acres of choice island land located in the lower part of Sugar Island, in the Parish of Kingsclear. Will cut between 80 and 100 tons of hay annually. I am prepared to sell this land at a bargain.

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Roses, Violets, Carnations, Daffodils, Snapdragon, etc.
Lettuce, Celery and Parsley

'Phone 217

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is what Mrs. C. A. Campbell, of Powassan, Ont., says in describing Zam-Buk. She writes:

"I blistered my heel badly by wearing new shoes. Some dye from my stocking got into it and caused a poisoned sore. It was extremely painful and for a week I could not put a shoe on. Then I heard of Zam-Buk and commenced using it. It was just wonderful the way it drew out the poison and inflammation, ended the pain and healed the sore. Zam-Buk is certainly the finest balm in existence—everyone should know of it."

Zam-Buk is also best for eczema, boils, pimples, ringworm, ulcers, old sores, piles, burns, scalds and cuts. All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

Zam-Buk

RUSSIA HAS PROTESTED TO ROUMANIA

Moscow, Apr. 18 (By the Associated Press.)—A strong protest has been made by M. Tchitcherin, Russian foreign minister, to the Roumanian premier, concerning the announcement that representatives of Bessarabia had proclaimed the union of their country with Roumania and that Roumania would hereafter regard Bessarabia as an integral part of Roumania. This, says Minister Tchitcherin, is not only in defiance of the Russian Soviet republic, but is a flagrant violation of an agreement previously concluded with Russia for the evacuation of Bessarabia.

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HELP WIN THE WAR BY RAISING POULTRY.

When You Want Eggs for Hatching,
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The BARRED PLYMOUTH ROCK leads all as a Utility Bird. I have the famous Bred-to-Lay Strain imported direct from the Ontario Agricultural College at Guelph. These birds have been trap-nested for eleven years and are reputed to be the best on the continent. A record of 310 eggs was made at Guelph two years ago by a B. P. Rock hen. Price per setting of 15, \$1.50. Orders will be filled in the order received.

S. C. WHITE LEGHORNS—My first pen is headed by Snowball, winner of the special prize offered at the Fredericton Poultry Show last January for the best male bird of any breed. He also won first prize at Moncton and helped win the silver cup for the four best Leghorns at the show. Price per setting, \$2 and \$3 according to mating.

BUFF ORPINGTONS—Imported from the Owen Farm at Vineyard Haven, Mass. Large blocky birds, weighing from seven to nine pounds. Splendid for the market and good layers as well. Prize winners at every show. Price \$3 per setting.

I can also supply a limited number of game bantam eggs for hatching.

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CHINERY and IMPLEMENTS, including
THE IRON AGE (Robbins) Potato Planter, the one that
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THE ASPINWALL, the best one man Planter.

Steel Wing and Disc Horse Hoes, Disc, Spring Tooth and
Spike Tooth Harrows, the Watson Sprayers, Deering Disc Seed
Drills, John Deere Riding Cultivators and Manure Spreaders,
De Laval Cream Separators and other leading lines.

J. Clark & Son Ltd.

FREDERICTON, N. B.

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is here at last, also Housecleaning time.

Come in now and get some nice new Wall Paper for that room
that looks so shabby.

Nothing else can make such an improvement in a room as a
bright new paper.

Don't put off this job until later on in the season, for Wall
Paper is going to be very scarce this summer.

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route home, in the Military Hospitals,
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TO LET—Two suits of furnished rooms
suitable for light housekeeping. Gar-
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to 222 Waterloo Row.

TO LET—The restaurant on Reg-
ent Street, now occupied by Newton
H. Lindsay. Possession to be given
first of May next.
McLellan & Hughes.

FOR SALE

FOR SALE—A double-seated Beech
Wagon but little used and a second-
hand sleigh. Also a McCormick single-
horse mower, almost new. Will be
sold at a bargain. Address B, care
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FOR SALE—Partridge Wyandotte
eggs for hatching. All the year round
layers and a splendid market bird.
Also fresh hennery eggs at 40c. a doz.
delivered. Charles R. Allen, 164 Char-
lotte street. Telephone 342.

DOG TAXES

Owners of dogs will please take notice
that the Dog Taxes for 1913 are
now due and payable at City Treasur-
er's office. Neglect to pay the tax
leaves the owner liable to fine.

G. R. PERKINS,
City Treasurer.

1wk

EGGS FOR HATCHING

S. C. Rhode Island Reds and White
Plymouth Rocks; prize-winning bred-
to-lay stock, equal to anything in the
province. Pen 1 of my Reds is head-
ed by a cock bird which I imported
from the Owens farm at Vineyard
Haven at a cost of \$25. He comes
from one of the best laying strains in
the world. Eggs from this pen, 20c.
each, or \$3 per setting of 15.

Pen No. 2 is headed by the first
cock at Moncton and Fredericton poultry
shows. Eggs from this pen \$2
for 15.

White Rock Pen No. 1 is headed by
Colonel, a famous prize-winning cock,
and consists of 6 splendid females.
Eggs \$3 per 15.

Pen No. 2 is composed of large
healthy birds with splendid egg record.
Would strongly recommend these for
farmers, utility men. Price \$2 per
setting.

WALTER BAILEY,

77 Argyle St. Fredericton.