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of

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CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

SUMMER CARE OF BABIES.

Everything of Course Depends on the Matter of Food.

Breast milk is the best milk for the summer. Nurse the baby only every four hours, but give boiled water freely between the nursings. Should the baby refuse to drink plain boiled water, give him barley or oatmeal water.

If breast fed babies vomit or have acute indigestion, it is usually because they are fed too much or too often, or because the mother is so sick or tired that her milk is poor.

For bottle fed babies be sure to keep the milk clean and cold. It should be boiled or pasteurized and the bottles and rubber nipples should be boiled daily and kept clean.

In hot weather dilute the milk with boiled water and give cooled boiled water freely between feedings.

If an acute diarrhoea begins and there is vomiting or fever, stop all food, give only boiled water and call a doctor.

Keep the baby outdoors as much as possible. But in very hot weather take him out only early in the morning and late in the afternoon or in the early evening.

Don't forget to keep the house well ventilated. Impure air has been the death of many babies. During the hot weather, however, keep the shutters closed or shades down in the middle of the day. Give the baby the room best situated for coolness and ventilation.

WARM WEATHER RECIPES.

Frozen Custard.

1 pint milk, 1 cup corn syrup, maple syrup or honey, 1½ tsp. cornstarch, 1½ tsp. cold milk or water, ½ tsp. of salt, 1½ tsp. vanilla. Scald the milk and add the cornstarch mixed with the cold milk or water. Cook the mixture over hot water for 15 minutes. Add the egg, slightly beaten, and cook the mixture for five minutes. Add the corn syrup and the salt and stir the mixture well. Strain it and cool it. Add the vanilla and freeze the custard in the same way as any ice cream.

Pineapple Sherbet.

1 cup corn or other syrup, 1 cup of grated pineapple, 2 cups boiling water, juice of 1 lemon, white of 1 egg. Combine the ingredients with the exception of the egg white. Cool the mixture and freeze it. Add the beaten egg white just before the freezing is completed.

Egg Flip.

1 egg, half cup milk, 2 tablespoons corn or other syrup, ½ tsp. vanilla, salt. Add the syrup to the egg and beat the mixture with an egg beater until it is light. Add the milk and the flavoring. Stir the mixture thoroughly and serve it ice cold.

FIGHTING FOR HAPPINESS

When you get into a frame of mind that makes life seem one tiresome duty after another, with no pleasure in it; when ill-health seems to take all the joy out of life and you worry over things that are really not worth worrying about, then your nervous system is becoming exhausted, and you are on the way to a general breakdown in health. In this condition your health and happiness is worth fighting for and good, rich, red blood is what your system needs. It is a hopeless task to try to restore your health while your blood is deficient either in quantity or quality. And remember that no medicine can be of any use to you that does not build up your weak watery blood.

To build up the blood and strengthen the nerves there is one remedy that has been a household word for more than a generation—Dr. Williams' Pink Pills for Pale People. It is the actual mission of these pills to make new, rich, red blood, which strengthens the nerves and tones the entire system. They give you a new appetite make sleep refreshing, put color in the lips and cheeks, and drive away that unnatural tired feeling that oppresses so many people. If you want to experience new health and happiness give Dr. Williams' Pink Pills a fair trial.

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

No Reply

"They say this fellow Foch goes right ahead on his own account."

"Eh?"

"Don't ask for advice."

"Well what advice would you give, Jabez, provided he asked you for some?"

"EVERYWOMAN" SEAT SALE OPENS ON SATURDAY

At the Opera House next Wednesday, August 14th, Henry W. Savage's splendid production of "Everywoman" will be enjoyed. Mail orders will be filled in the order of their receipt, so Fredericton residents, as well as residents of other places, may obtain seats in this way. The seat sale at Ryan's Drug Store opens Saturday.

"Everywoman" enjoys in its presentation that skill and effectiveness which appeal most strongly to those persons who are stirred and thrilled by this sort of theatrical production. For everybody is stirred and thrilled at times, so "Everywoman" is the sort of play that gives joy to everybody.

Everybody will admire the richness and the completeness of the production, and everybody will see and understand its popular appeal. The simplicity of its allegory renders the play quickly impressive, and the rather unusual pictorial values of the production and the orgiastic drift of the story otherwise capture and hold interest.

The idea upon which the play is based is thus made articulate; that is, in the parlance of the theatre, it "gets over," and it "gets over" very decisively.

Interest in the acting is centred in no one part. Percy Parsons, player of "Nobody," would seem perhaps to be the most impressive of the players, and if all women were as beautiful as Miss Paula Shay as "Everywoman," who in statuesque form and beautiful face is fitted to assume the ideal of all her sex, the feminine world would be rid of many of its problems.

"Everywoman" should be seen by all who champion the ideal and the beautiful in everyday life.

Clothes cards are to be issued in Sweden. If clothes give out the cards can always be worn, plainly labelled to represent a lacking garment. Do not similar bits of paper successfully represent marks, rubles and kronen?

Sha-toak-wah! Easy when you know how!



COMING ATTRACTION AT THE GAIETY THEATRE

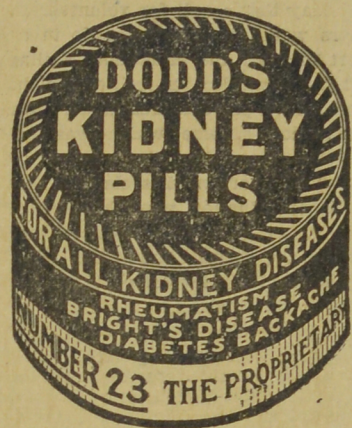
A VICTIM OF HUN PIRATES

A Canadian Atlantic Port, Aug. 6—The crew of the British schooner Gladys J. Holland, have landed at La Have, N. S. reporting that their vessel was sunk by an enemy submarine yesterday morning fifteen miles south east of Iron Bound Island, La Have.

Mother Keeps Count.

"You ate only six olives, girlie."
"Mother limits me to that number."
"You can't love olives so much, after all."
"Oh, I love them, but not sufficiently to swallow the pits."

Speaking of war slogans, "Use one spoonful of sugar and stir like—" is becoming popular in restaurants all over the country.



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"I hear a great deal of Utopia; what and where is it?"
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