PAGE FOUR

carrier; \$2 per year by mail.

Telephone 67.

information to the public. A man who

seeks direction from the people as he

passes along usually gets a mixture of

confused misinformation which is par-

ticularly puzzling to the weary travel-

books are apt to give only part of the

hotels whose proprietors have some

SOME GOOD RULES.

school children presented in the Com-

chusetts State Board, is exceedingly

timely just now with the opening of

are sixteen of these rules, every one

of which is of importance in the pre-

servation of the health of the young

and not by any means to be neglected

1. Begin the day by drinking a glass of water; and drink at least six glasses during the day.

2. Do not go to school without break-

Eat regularly three times a day.

5. Drink milk every day-four glasses are not too many. 6. Eat some breakfast cereal every

Eat slowly and chew all food

by the adult.

fast

well

day.

candy

*

idea of the meaning of service.

its ground, and that already it has been joined by a large number of anti-Bolshevikists. Published every afternoon (except

Sunday) at 327-329 Queen Street, There has been some spasmodic THE MAIL PRINTING COMPANY. fighting on the Balkan front, but noth-Subscription Price, \$4 per year by ing of importance has transpired since the advance of the Italians and French in Albania, whereby the Allied line was made continuous from Salonica to the Adriatic and 500 square miles of WEDNESDAY, SEPTEMBER 18, 1918 Albanian terrain were captured from the enemy. It is stated that there are now 350,000 well armed and appointed SIGN BOARDS WANTED.

plied in every way to enable it to hold

Greek troops in the Allied line. The Busy East of Canada in the July issue says: "The provincial govern-Mr. J. K. L. Ross, of Montreal, who for some time has acted as chairman ments of the Maritime Provinces of the Pensions Board, has tendered should spend some money on sign his resignation to the government. He A few thousand dollars expended in this way would be greatly gave his services to the country free appreciated by the stranger and would of charge.

do much to encourage tourist travel to President Wilson's reply to the Austhe east. Every cross road over the tro-Hungarian peace feeler, although Maritime Provinces and every point where going astray is easy should be short and to the point, voiced the sensafeguarded with a sign board giving timents of all the Allied nations.

THROUGH OUR SIEVE ler far from home and friends. Guide It looks like an early Hohenzollern

information which the traveller needs; sign boards are welcome and should This is to be the winter of Gerbe placed everywhere. There is little many's discontent. . . use in catering to tourist travel unless

The French have taken Ham! On we have more sign posts-and more to Eggs la Chapelle! If we could see ourselves as others

see us—we would deny it. It takes an awful lot of money

buy an ordinary \$4 pair of shoes these days. A little group of health rules for

It takes two farms of the kind you grow things on to support one of the monwealth, the bulletin of the Massa- kind you rest on.

Starched collars now are practically unknown in England. Freemen's necks schools for the coming term. There endure no yoke!

The Hindenburg line that bids fair to hold is the line of worry on that doughty warrior's brow. Conscience is the thing that makes

wish you had another chance not to do it again.

Every woman believes her dress-maker has the material for endless patchwork quilts, and that she helped to buy the pieces.

The cost of living has increased 50 to 60 per cent. since 1914, but we have got to live long enough to see the bubbles come up where the Kaiser goes down.

7. Eat some vegetable besides po-Of course Eve listened to the sertato every day. 8. Eat bread and butter at every pent when he flattered her! Hadn't she been married long enough for a thing like that to go to her head and 9. Eat some fruit every day; spend the pennies for apples instead of for

THE TRAFFIC LAW

the end of a regular meal. 11. Do not drink tea or coffee; nei-To the Editor of the Mail. Fredericton, 17th, Sept. ther do the body good, but harm. 12. Do not eat or touch food without first washing the hands. 13. Do not eat fruit without first washing it. 14. Do not eat with a spoon or fork which has been used by another person without first washing it. 15. Observe the same rule with re-14. Do not eat from the same dish 15. Observe the same rule with re-16. Do not eat from the same dish with any other person. 14. Do not eat from the same dish 15. Observe the same rule with re-16. Do not eat from the same dish with any other person. 16. Do not eat from the same dish

LOCAL NEWS

Form Partnership

Mrs. Lilian Peters of Kedgwick Restigouche County, and Alphonse Thibault of the same place have form ed a partnership to carry on a lumber ing business under the name and style of The Gulch Lumber Company with head office at Peters Siding, Res tigouche.

Motor Parties Today

A motor party arrived from St John today consisting of Mr. and Mrs. W. B. Tennant, Miss Dorothy Tennant and Mr. and Mrs. F. C. Beatteay. A motor party from Doaktown registered at the Barker House at noon It includes Mr. A. Holmes, the Misses Ielen Holmes, Lillian Price and Elsie Murray

Mid-Week Market

There was only a fair sized market t Phoenix Square this morning. But at Phoenix Square this morning, But-ter was scarce but could be had for 50 cents. Eggs sold for 60 cents a dozen, turnips 75 cents a half barrel, potatoes from \$3 to \$3.50 per barrel, yellow bantam corn 25 cents a dozen, apples for \$1.75 to \$2.50 per barrel and green tomatoes 40 to 50 cents a peck. Mutton sold for 25 cents a pound, veal 15 cents a pound and lamb went at \$1.75 and \$2.25 a quarter. \$1.75 and \$2.25 a quarter.

K. of C. Drive Successful

The K. of C. Drive yesterday was very successful in this city. The peo-ple of Fredericton will give in a good cause and they certainly did give till it hurt. Many others have not handed in their contributions yet but can do so to Secretary Gregory T. Feeney. The K. of C. will hold a tag day on Saturday to end the drive. No to the amount collected yesterday but with the concept proceeds on Friday night and the tag day collections on Saturday it will be swelled considerably.

Blindman's Tournament

A Blindman's Tournament will be played this Friday evening at The Palace Bowling Alleys. From 24 to 30 will each roll strings separately. and then the highest will be separated from the lowest so that each low man will be mated with a high man. The highest man will have the privilege of drawing first to get a partner and then the highest of the low will draw The match will be interesting as a ow man will have the support of high one. In this way the scores will be taken so that the two making the highest scores will be presented with prizes by the manager.

Dominion W. C. T. U. President Montreal Star: Mrs. Gordon Wright resident of the Dominion W. C. T. U is in town enroute to the maritime provinces to conduct a six weeks' W. C. T. U. campaign. She will attend the provincial conventions of Nova Scotia and New Brunswick and make Scotla and New Brunswick and make a tour of both provinces. Mrs. Wright is a sister of Hon. N. W. Rowell, pres-ident of the council and has three mons at the front, one of whom was seriously wounded, but has returned to the firing line. Mrs. Wright is pres-ident of the Red Cross Society of London Ont Mrs. Wright is pres-London, Ont. Mrs. Wright leaves to-night for Newcastle, N. B.

Died in California

News has been received of the death at San Diego, California, on Septem ber 5, of Mrs. Sarah H. Knight, widov of Richard N. Knight, formerly a we known druggist, and prominent res lent of West St. John. After the death her husband Mrs. Knight went we to be with her children and has mad her home on the Pacific coast fo some years. She is survived by on on Frank H. Knight of San Diego and two daughters, Mary E. also residen in San Diego and Mrs. W. E. Atwell at Callox, California. Mrs. Knight was a Miss Harrison. of Sunbury County a sister of the late Chancellor Harri son of the University of New Bruns-wick and an aunt of His Honor Chief Justice McKeown. Rod and Gun The September issue of Rod and Gun is full of good things, stories and articles instructive to the sportsmen whether he be a fisherman, gunner, dogman, or just plain out of doors man. Being the September number, "Wild Duck Shooting" by Bonnycastle Dale" very properly has the leading place in this issue, followed by a fishing story. "Belle of the Big Brule" by George Gilbert; another duck ar-T. Martin; "When the Goose Honks" High" by George R. Bolton; "Moon light and Black Ducks" by F. V. Wil liams; "The Wild Pheasant on Van couver Island"; "Three Im Wild Duck Foods"; "Billy Diary," continued, etc., etc. Importan Mink's lustrations throughout are good and include three full page ones of scenes at the recent Grand International trap nooting tournament held at Chomas. Rod and Gun magazine is published by W. J. Taylor, Limited Woodstock, Ontario.

Linen Handkerchiefs Are Going To Be Higher.

We have still a good assortment of prices.

1-2 doz. pure linen hdkfs. . . 88c. 1-2 doz. pure linen hdfk. . . \$1.10 1-2 doz. pure linen hakfs. . . \$1.38 1-2 doz. pure linen hdkfs. . . \$1.65 Pure linen hdkf centres 12c

Our pure linen embroidered hdkfs (white or colored embroidery) at 35c each, is the best value to-day.

John J. Weddall & Son

where the show of the show of the show of the show of the

Hunter's Supp

Come to us for a complete outfit. Rifles, Shot Guns, Ammunition, Tents, Flashlights, Game Bags, Hunters's Knives, etc. Let us sup-

ply you.



10. Do not eat candy between meals eat candy and such sweets only at

meal; dark breads are best.

The St. John Standard, in criticiz- Almost immediately after noting ing the appointment of Mr. James Mc- this, I overtook a middle-aged man County of Westmorland.

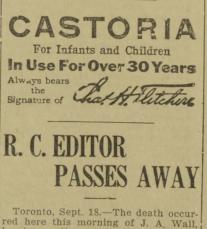
K. C., former Nova Scotian Liberal leader in the House of Commons, has been mentioned as a likely succesor to Sir Wilfrid Laurier in the national Walks ended? K. C., former Nova Scotian Liberal to Sir Wilfrid Laurier in the national walks ended? leadership of the Liberals, with a seat in the province of Quebec. Mr. Mac-

There have been no recent developments in Palestine, and the one incident occurring farther east was the dramatic appearance of a British army at Baku, on the Caspian Sea, this force having penetrated Persia with appar-ently little difficulty. One correspond-ent states that the expedition consist-or money refunded. Positively control to the catholis Regis-ter. Mr. Wall had been in failing ent states that the expedition consist-

Queen as a commissioner to investi-cost perhaps four cents, judging from gate the patriotic potato transaction, gets off the following: "He once held office as sheriff of Westmorland coun-ty, and, it is understood, felt consider-able resentment when he was dis-placed by the lote generation to the side-understood and the second s placed by the late government." From this distance it looks as if the Stand-ard was barking up the wrong tree. The records show that it was Joseph A. McQueen, and not James McQueen, who once held office as Sheriff of the County of Westmorland. a horn. But we don't seem these terribly dangerous violations of Financial Post: E. M. Macdonald, the traffic law that consumed so much legal time in its compilation, do we?

Death of Devon Lady at St. John in the province of Quebec. Mr. Mac-donald stated to a friend the other day that he had no such ambition and would refuse the leadership. He had decided to settle in Montreal and prac-tice law there, turning over his Nova Scotia business to his son, who has re-turned wounded from the front. Mrs. Thomas Staples of North De-von passed away yesterday at the home of her son Alfred G. Staples of St. John from the infirmities of old age. She leaves to mourn one daugh-ter and four sons, Mrs. Harriet For-test of Boston, Alfred of St. John, Edward and Warwick of Boston, and Allen in the west. The funeral will take place at two o'clock Friday af-ternoon from the Advent Church at North Devon. Interment will be made Mrs. Thomas Staples of North De North Devon. Interment will be made at Sunny Bank Cemetery, the Rev. Alfreda Wallace conducting the ser-

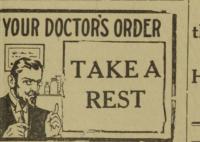
GRAY HAIR



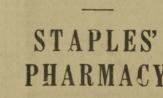
ent states that the expedition consist-ed of 2,800 British and a larger num-ber of Indian troops, and was well sup-

CONSTIPATED CHILDREN

Childhood constipation can be quickly banished through the use of Baby's Oown Tablets. These Tablets are a mild but thorough laxative which never flail to regulate the bowels sweeten the stomach and in this way relieve all the miner ills of little on Concerning them Mrs. Eugene Co ture, Knox Bridge, Que., writes:-"Baby's Own Tablets have been ma vellous in the case of my baby. Sl was constipated and feverish but Tablets soon regulated her bowels an made her well." The Tablets a sold by medicine dealers or by ma 25 cents a box from The Dr liams' Medicine Co., Brockville, On



feeling and don't know what will help you, come to us. The best medicine for a tired man is a few days in the ties, such as Tooth Paste, Iodine, Soap, Tobacco, Pipe, Per- gineer at Oak Point. oxide and Liniment.



ALONZO STAPLES, Prop. Agency for Miller Standard Rubber Goods.

Conservation Recipes

The Women's Food Conservation Committee of Fredericton has issued an attractive book of "Conservation Recipes," which every house wife should have.

The book contains 35 pages and about 160 recipes, besides some very valuable and useful information.

The books will be offered for sale throughout the Province.

In Fredericton the stores of Jas. S. Neill, C. W Hall and McMurray & Co. have them for sale. Only 25c each.

WHEN you have that tired The St. John & Quebec Railway Co.

NOTICE .--- Tenders will be received up to noon Friday, the woods. The Game Season is 13th day of September, for the construction of a Water Station. now open and we sell Game at Brundage Brook, Mile 52, South of Fredericton. Form of Licenses and all other necessi- tender, plans and specifications may be seen at the office of the Chief Engineer at St. John, or at the office of the Divisional En-

> Each tender must be accompanied by a certified cheque for \$100.00, payable to the order of the St. John & Quebee Railway Company. The Company does not bind itself to accept the lowest or any tender.

THE SAINT JOHN & QUEBEC RAILWAY CO., E. S. CARTER, Secretary. Dated at St. John this 5th day of September, 1918.

Mr. S. W. Cole of St. John was in Mr. W. D. Brown of St. John was at the city yesterday. the city yesterday.