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CASTORIA

For Infants and Children.

**Mothers Know That
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of

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In
Use
For Over
Thirty Years
CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

FIRST, MANAGE YOURSELF.

Where the Housekeeper Must Begin
When Arranging a System of
Household Duties.

The housekeeper will have to discipline or train herself if she wishes to systematize her household. The woman who has been accustomed to iron on Tuesday if she feels like it, and on Wednesday if she doesn't feel like ironing on Tuesday, will have to learn to feel like ironing on the day set for that task, or better still, to disregard her feelings and go ahead. Self-discipline is essential if you want to systematize your household, for this involves the disciplining of the entire family.

I have often had visitors go over my work, said an authority on household system, and comment, "Well, you certainly get a lot of work done, but it would never do in our house. My family would not consent to it."

"Then," was the reply, "I would not consent to keep house for my family." In the new order of things mother must cease to be the family factotum and become the family manager, a far more responsible position.

The first thing necessary to system is the sizing up of your job. This is where most women fail. They look hopelessly at the various tasks awaiting them and fall to, helter-skelter. Yet there are certain jobs to be done regularly in every home and the first thing to do is to write them down in list form together with the amount of time it takes to do each one. When this list of essential duties is complete compare it with the work the members of the family do in the home. This is the vital point upon which all systems of household management are silent. Every such list should contain the proper share of work to be done by each person in the household.

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

To Keep Cod Fresh.

When frozen codfish has been purchased and brought home for cooking, it must be placed in cold water for an hour to remove the chill. Then squeeze it to get the water out of the body. Do not put the fish in the pot until the water is boiling, and take care before doing so not to remove the skin or break the backbone, because the skin keeps the flavor in the body of the fish. In serving codfish cut it crosswise as one would a loaf of bread. If these directions are closely followed you will be absolutely certain that you are having codfish just as fresh as if it were cooked directly after coming from the ocean.

FOOD BOARD FLASHES.

Every housewife should make a point of knowing prices. That is to say, she should be able to tell at a glance when they are legitimately and when illegitimately high.

A knowledge of prices comes from careful surveillance of meat and grocery ads and from a study of market fluctuations. Clothing ads are assiduously followed by most women. Why not food advertisements? Buying at a certain store simply because it is convenient is not good business when you can get exactly the same quality of goods at a lower rate somewhere else. Pay more attention to household shopping, encourage your dealer to handle substitutes; display food posters and otherwise help along the cause of conservation.

Do your Christmas shopping early.

COULD NOT STOP THE HEADACHES

Until She Tried "Fruit-a-tives"
—Made From Fruit Juices

112 CONROG ST., ST. JOHN, N.B.

"I feel I must tell you of the great benefit I have received from your wonderful medicine, 'Fruit-a-tives'."

I have been a sufferer for many years from *Violent Headaches*, and could get no permanent relief.

A friend advised me to take 'Fruit-a-tives' and I did so with great success; and now I am entirely free of Headaches, thanks to your splendid medicine."

MRS. ALEXANDER SHAW.

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

Hindenburg should have taken the precaution to patent his line. The Allies are infringing on it.

After a woman has married twice for love her woman friends consider her hopelessly queer.

Why it flatters a woman to be told that she looks like an actress is more than mere man can understand.

Food for thought went to a high price in Vienna the other day. They were willing to pay big money for circulars dropped by the Italian aviators.

THE BIG

Horse Races

EVENT TAKES PLACE AT
FREDERICTON

OCTOBER 2, 3, 4.

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H. O'NEILL, Sec.

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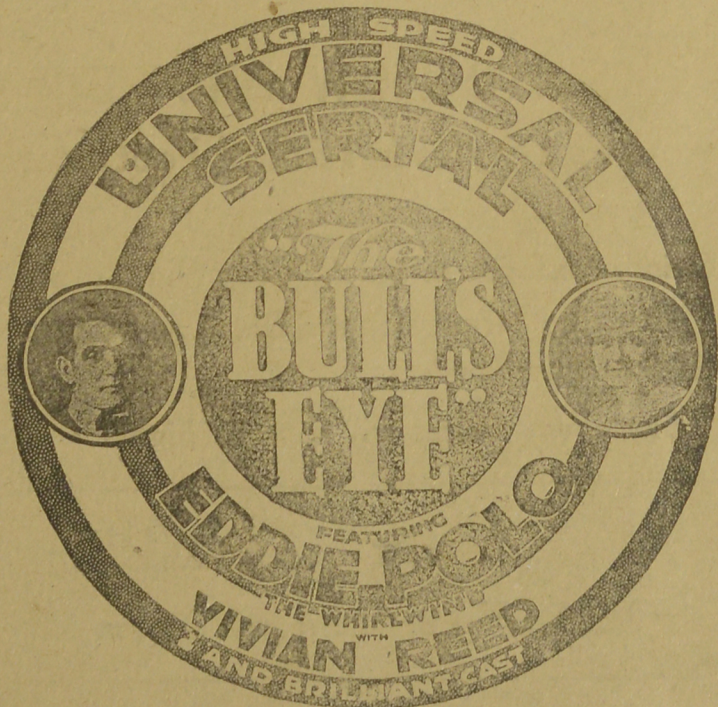
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Planting at

BEBBINGTON GARDENS

With prohibition everywhere, how
can a woman drive a man to drink?

Sometimes when a man tries to sell
us something guaranteed to last a life-
time, we suspect he does not think we
look very healthy.



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