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Always Bears the Signature of

Dr. J. C. Welch

In Use For Over Thirty Years CASTORIA

THE CASTORIA COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

THE "WHY" FOR SUPPERS.

Canada Food Board Explains Why They Should be Cut Out—Eat to Live, not Live to Eat.

"Why should suppers at parties and lodges be cut out?"

Because these are social gatherings where eating is secondary to entertainment. Hunger does not enter into the subject. The unwanted food could be saved. "Live not to eat, but eat to live." The same rule ought to apply at 5 o'clock teas and card parties.

Lodge meetings have a business feature. Theatre parties are not all luxuries, but the "extra" in the eating is needless. If a meal has to be taken, it should be simple and plain. Restaurants and cafes are not allowed to serve more than one ounce of wheat- products to customers between 9 p.m. and 5.30 a.m. Semi-private parties at home or in lodge have exactly the same moral obligation to help save food as people in these places.

The spirit of comradeship is the essence of a lodge, Masonic or otherwise. The spirit of the "sport" is a joy to any party. First loyalty of comrades is to those at the front and the best "sport" today plays with the Allies in the big teamwork of the Canadian people through food control.

A little thought would save a lot of wheat. The devotion of a Lodge will secure it. The pleasure of a party will be added to if all know "they share and share alike."

SMART SUMMER FABRIC.

Perverse Fashion Has Named Linen as the Most Popular Summer Material—But it is Scarce.

The secret is out! Fashion delights to keep us wondering until the last moment what the really smart summer fabrics will be; but when those who direct style have had their last mysterious meeting they are willing to tell us what shall be worn.

And this summer it shall be—linen! Fashion always was perverse. It may be that very perversity which made her select linen as the most popular of summer materials—because linen is very scarce and very difficult to get—quite the two best reasons in the world for Fashion's choice.

Every lovely delicate summer color will be used this season—rose and lavender being especially in the lead. For general wear, however, nothing is quite so charming as white and nothing gives better service. Tubbing simply improves white linen.

Linen suits once more have come into their own and will be worn by women who know what is the correct in the world of fashion. The coats are made in Norfolk style. They have the advantage of being cool and smart and can be kept fresh and spotless at all times.

SPINACH BALLS.

Press all possible liquid from one cupful cooked and chopped spinach, and reheat with two tablespoonfuls each of butter and flour and one tablespoonful of cream. Season with salt, pepper and sugar, and add a little mace to suit the taste. Take from fire and add two well beaten eggs. Cool and shape into balls with buttered spoons. Simmer in boiling water for five or six minutes, drain and reheat in cream sauce, to which a few capers may be added, if liked.

DOUBLE DAILY SERVICE TO P.E.I.

An All Rail Short Route from Cape Tormentine to Bordentown by Car Ferry.

With the Summer Time Table in effect June 2nd, there will be a double daily service between the Mainland and Prince Edward Island. Passengers by the Maritime Express from Montreal and the morning expresses from St. John and Halifax will be able to arrive at Charlottetown 7.05 p.m., Summerside, 6.05 p.m. and Tignish

Cook's Cotton Root Compound.

Give reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$5 per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO.

A SLUGGISH LIVER CAUSES LOTS OF TROUBLE

When the liver becomes sluggish it is an indication that the bowels are not working properly and if they do not move regularly many complications are liable to set in.

The symptoms are a feeling of fullness or weight in the right side, and shooting pains in the same region, pains between the shoulders, yellowness of the skin and eyes, floating specks before the eyes, coated tongue, bad taste in the morning, heartburn, waterbrash, etc.

Milburn's Laxa-Liver Pills gently unlock the secretions, clear away all effete and waste matter from the system, and give tone and vitality to the whole intestinal track, and are by far the safest and quickest remedy for all diseases or disorders of the liver.

Mrs. A. Cummings, Manchester, Ont., writes: "I have used Milburn's Laxa-Liver Pills some time, and can faithfully recommend them to anyone suffering from heartburn and liver trouble. I tried a great many other remedies, but they only relieved me for a time. I believe Laxa-Liver Pills to be a valuable remedy for all sufferers from liver troubles."

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers, or mailed direct on receipt of price by the T. Mulburn Co., Limited, Toronto, Ont.

9.35 p.m. By the Ocean Limited from Montreal, the Boston express via St. John, passengers will arrive at Summerside at 11.00 p.m. and Charlottetown at 11.20 p.m.

From the Island, by leaving Summerside at 6.30 and Charlottetown at 6.00 a.m., passengers will connect with the Ocean Limited for Montreal, the express for Boston and the Maritime Express for Halifax. By leaving Tignish at 9.30 a.m., Souris at 6.45 a.m., Charlottetown 12.50 noon, and Summerside 1.30 p.m., passengers will connect with the Maritime Express for Montreal.

RECOVERS HIS SIGHT, WILL GO BACK TO THE TRENCHES

(Continued from page 2.)

New Zealanders, with British and French troops landed in an effort to sweep past the defences of the peninsula and take Constantinople.

The world knows the story. For nearly a year the Allied forces strove valiantly to take defences that proved impregnable. Thousands of lives were sacrificed and many bodies were maimed by the withering fire that came from the foe's positions on the hill-tops.

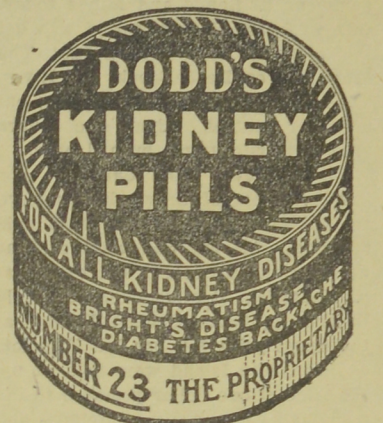
It was in December, 1915, just about a month before the Allies carried out their splendidly successful evacuation, that the light was taken from Skeyhill's eyes.

Months of service had given Skeyhill a deep insight into the motives that had induced his comrades to sacrifice gladly their lives. Incapacitated for further fighting, he sought to preach the gospel of the allied effort from the lecture platform and through the press. Although barely over his majority (he enlisted at the age of 19) he soon became known as a powerfully effective lecturer. His speeches were instrumental in rallying hosts of Australia's man power to the colors, and his verse, published under the title of "Soldiers' Songs of Anzac," caused him to be popularly known

through the Antipodes as the blind soldier poet.

Recently he left Australia, where his name had become a household word, to come to America for a series of lectures in the interests of the Red Cross. His first addresses at San Francisco were heard by more than 150,000 people. He met with similar successes in Reno, Salt Lake City, Denver and finally in the national capital.

For more than a year Miss Joe Wieland has been driving a mammoth motor truck in Louisville, delivering a daily milk supply to 200 customers.



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THE WINTER TERM of the FREDERICTON BUSINESS COLLEGE

Opens on MONDAY, JANUARY 7, 1918. Pamphlet giving particulars of our courses of study, rates of tuition, etc., will be mailed to any address on application. Address: W. J. OSBORNE, Principal, Fredericton, N. B.

WANTED

WANTED—Books and magazines for distribution to returned soldiers en route home, in the Military Hospitals, or going overseas. Telephone Mr. A. Murray, care of A. Murray & Co. Tel. No. 159, or leave at store for Military Y. M. C. A.

Returned soldier or patriotic man or woman to distribute war literature. We will pay you at least \$225.00. Unusual opportunity for money making. Winston Co., Toronto.

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Mixed Motives.

She—I always go to church on Easter Sunday.
He—To pray?
She—Well, to watch and pray.

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The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send their orders out of town.

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