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Thirty Years

CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

"AND FOOD IS LIFE TODAY."

National Council of Women Appeals
to Affiliated Societies.

Mrs. Rhys D. Fairbairn, corresponding secretary of the National Council of Women, has sent out a circular letter to affiliated societies all over the country urging them to refuse to serve food between meals. She writes:

"The fact that the bread is of standard flour and that the cakes contain some recommended white flour substitute does not condone the fact that you are consuming food at a time when there is a shortage in the world's supply, and food is life."

"Let every club not already doing so omit tea at the close of lecture or concert, the profits from which go to provide comforts for soldiers overseas. Let your Society pride itself not on the tea money taken in but on the proceeds of the social hour without tea. Refuse to serve food between meals."

PEANUT COOKIES.

2 tbsps butter,
1/4 cup sugar,
1 egg,
1 tsp. baking powder,
1/4 tsp. salt,
1/2 cup flour,
2 tbsps. milk,
1/2 cup peanuts (a half-pint unshelled peanuts gives half-cup shelled),
1/2 tsp. lemon juice.

Cream butter, add sugar, and well-beaten egg; mix and sift baking powder, salt and flour; add to first mixture, add milk, peanuts and lemon juice. Drop from teaspoon on a buttered baking sheet and place a half peanut on each. Bake 12 to 15 minutes in a slow oven.

Remember, that it is expensive to conduct a one-day-a-week business; get the habit of buying fish as you do meat, without regard to the day of the week.

BEEF STEW.

1 pound beef,
4 potatoes cut in quarters,
1 pint shelled green peas, or 1 can,
1 cup carrots cut up small,
2 teaspoons salt,
4 tablespoons flour.

Cut the meat in small pieces and brown in the fat from the meat. Simmer in two 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 10 minutes before serving. Serve when potatoes are done.—U. S. Food Administration.

Soak 'em in the Bathtub.

(From Ruthless Recipes.)

Soak over night in about two cups of water to each one of the beans; put directly into the bean pot the next morning with the addition of another cup of water.

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.

JAMES B. CAMPBELL,
Fredericton, R. F. D. No. 6.

d&w

HELP WIN THE WAR BY RAISING POULTRY.

When You Want Eggs for Hatching,
Patronize the CELESTIAL CITY
POULTRY YARDS.

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.

J. N. FERGUSON,
York Street, - Fredericton, N. B.

CONSTANT PAIN AFTER EATING

The Tortures of Dyspepsia
Corrected by "Fruit-a-lives"

ST. MARTIN'S, N.B.

"For two years, I suffered tortures from Severe Dyspepsia. I had constant pains after eating; pains down the sides and back; and horrible bitter stuff often came up in my mouth."

I tried doctors, but they did not help me. But as soon as I started taking 'Fruit-a-lives', I began to improve and this medicine, made of fruit juices, relieved me when everything else failed."

MRS. HUDSON MARSHBANK.
50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

SPRING HOUSECLEANING.

(Boston Record.)

Ever year at this time when spring house cleaning is the big howl, makes us think of the time we took a fling helping at spring house renovating. Our job was to Enamel the ice box. We bought a can of white enamel, dusted off the ice box and waded in with elbows and paint brush. The ice box was a wooden one and it was a tough job trying to slap the enamel on slick and smooth like a bathtub. We stuck at it and with it all day and the mess looked like it was done with a street brush and fly-swatter. Well, as we stood off and eyed the wreck, it suddenly dawned on us—WOW!!! And again—WOW!!! The Mrs. meant for us to enamel the insides! P.S.—We don't get in on any more spring house cleaning.

LIVER TROUBLE AND HEARTBURN MILBURN'S LAXA-LIVER PILLS.

When the liver is torpid and inflamed it cannot furnish bile to the bowels, causing them to become bound and costive.

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, tongue coated, bad taste in the morning, heartburn, water brash, 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 tract, 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, 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. Milburn Co., Limited, Toronto, Ont.

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Removal Sale

Call and see our Bargains in Bicycle Accessories, Tires, Chains, Bells, Pumps, Pedals, Handle-bars, Grips, Saddles and Everything needed for the Bicycle.

Call early and have your choice.
Repairing promptly attended to.

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H. Lindsay. Possession to be given
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FOR SALE—A double-seated Beech
Wagon but little used, and a second-
hand sleigh. Also a McCormick sin-
gle-horse mower, almost new. Will be
sold at a bargain. Address B., care
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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 poul-
try shows. Eggs from this pen \$2
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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.

AUCTION SALE

Of reasonable Household Furniture
at 271 Regent Street, on THURSDAY,
April 25th inst., at 10 a.m. consisting
of parlor, hall, dining room and bed-
room furniture, iron beds and mat-
tresses, carpets, linoleums, mirrors,
dishes, pictures, chairs, tables, kitchen
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many other articles.

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