



CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

Always
Bears the
Signature

of

Chas. H. Fletcher

In
Use

For Over

Thirty Years

CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

SAVE THE FATS.

The war has seriously reduced the world's supply of food fats. Even here in Canada fats are high and scarce. Everyone needs some fat in each day's meals because—

1. Fat is a high energy-producing or fuel food. Soldiers and working people especially need generous amounts of fat. An ounce of fat supplies the body with energy to do two and one-fourth times as much muscular work as does an ounce of sugar or of starch.

2. Fat increases the "staying quality" of a meal by increasing the length of time it takes the stomach to digest it. This means that the "hunger pangs" that occur at regular intervals in a completely empty stomach are not felt so early when a meal contains fat.

3. Fat improves the quality of the diet by making possible greater variety in cooking. Frying, roasting, the making of sauces and gravies, all require more or less fat.

4. Certain fats contain substances that are believed to be essential for growth and for life itself. The most important of these fats are milk fat, egg-yolk fat, cod-liver oil and beef fat, especially that around the kidneys. Many are eating more fat than is needed. This lavishness may mean robbing our soldiers or some family in Europe. Therefore many of us should reduce our allowance of butter, cream, oil and cooking fat a little each day.

Some are wasting fat by throwing it away. We must use bits of butter, fragments of suet or the fat drippings from cooked meats. It is little less than criminal to waste these now.

Every bit of fat you save by careful management or by self-denial (1) helps make the world's supply go farther; (2) contributes just that much to some soldier or civilian across the sea; (3) reduces the price of food fats and soaps at home; (4) lessens your own bills.

Insist that all meat trimmings paid for be sent home. Render all meat suets or use them in brown breads or puddings.

Number of Bills

(Continued from page 6.)
ment should be made whereby the Dominion could not charge excessive rates of wharfage for these wharves. HON. MR. VENIOT replied that in the past it had not been customary for the Dominion to charge wharfage, and it was not likely that such would be done in the future. Even if low rates of wharfage were charged, it would be a good thing for New Brunswick to get rid of these wharves. They had cost thousands of dollars and if the province were to undertake to repair them and replace those which had fallen into decay, it would mean an expenditure of \$100,000 in the next three years.

The bill was reported as amended. The House adjourned at 11 p. m.

VERY HEAVY BOMBARDMENT

(Canadian Press direct wire.)
With British Army in France, April 8.—Intense hostile artillery work has been proceeding at various points on the British battle front throughout the night and this morning. North of the river Scarpe and south of the Somme river German guns are conducting an unusually heavy bombardment such as heretofore has indicated an impending attack. No infantry action, however, has been reported up to 8 o'clock this morning.

FOR SALE—A double-seated Beech Wagon but little used, and a second-hand sleigh. Also a McCormick single-horse mower, almost new. Will be sold at a bargain. Address B., care Mail Office.

MINSTREL AND VARIETY SHOW

OPERA HOUSE, APRIL 11th and 12th.

COULD NOT STOP THE HEADACHES

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

112 COBURG 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.

Save all drippings obtained from cooking meats. You can find a good use for every kind of fat, no matter what its consistency or flavor.

To render suet, put it through a food grinder or chop it fine. If it has a strong odor, soak it awhile in salt water and add a pinch of soda to it during rendering. Heat it over hot water or in a pan set in a moderate oven, or on the back of the stove, until the fat can be pressed from the surrounding tissue. Strain off the clear fat and press out as much as possible from the crackling. Fat keeps better if it has not been heated too highly. Store in clean tins or crocks, tightly covered, in a cool place. Burned fat is injurious to digestion. Remove burned particles by pouring through coarse muslin placed over a wire strainer.

To clarify fat, mix boiling water with the cold fat, boil it vigorously, allow mixture to cool and scrape off the impurities that collect on the lower surface of the cake of fat. To remove a slight burnt taste or other objectionable flavor, melt fat, add thick slices of raw potato and heat gradually until it ceases to bubble and the potatoes have become brown. A pinch of baking soda whitens the fat and helps keep it sweet.

Watch for more about fats next week—soap making, etc.

Mrs. Spratt eats all the fat,
And Jack eats all the lean;
For Mr. Hoover's ordered them
To lick the platter clean.

Women Everywhere Use Lemon Juice To Beautify Skin

The beauty lotion which is becoming so popular throughout the country is easily prepared by anyone, and a whole quarter pint of it doesn't cost any more than a small jar of the common, ordinary cold creams.

Add the juice of two fresh lemons to three ounces of orchard white and shake well in a bottle. Strain the lemon juice two or three times through a fine cloth so no pulp gets into the lotion, then it will keep fresh for months. Regardless of what price you pay or how highly advertised, there is nothing else really more meritorious in beautifying, softening and clearing the skin. As a tan and blemish remover, also to remove oiliness and sallowness, lemon juice has no rival. Massage it into the face, neck, and arms once or twice each day, and just see if it doesn't bring out the roses and hidden beauty!

Lemons have always been used to bleach the skin, but pure lemon juice is too highly acid, therefore should never be used except in this manner. If properly prepared, this sweetly fragrant lotion will speak for itself. Any drug store will supply the three ounces of orchard white at very little cost, and the grocer will supply the lemons.

Wholesale Dry Goods and Woolens

House Furnishings For Spring

Lace Curtains
Scrim Curtains
Curtain Muslin and J. Drap-
eries of all kinds
Cretonnes and Casement
Cloths
White Bed Spreads
Towels, Napkins and Ta-
ble Linens
Oilcloths and Linoleums
Carpets, Rugs and Squares

Prices Lowest Possible. Goods sold to the Trade only.

Vassie & Company, Ltd.

WHOLESALE DRY GOODS and WOOLENS

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Our Motto: Promptness, Accuracy, Courtesy, Care.

Bicycle Storage

Now is the time to have your Wheel attended to. We will call for your Wheel, clean all bearings, repair in any way needed, store for the winter and deliver it to you in the spring like new.

Bicycle Repairs and Accessories always in stock.
PRICES REASONABLE.

LANCILLE'S CYCLE SHOP

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E. T. LANCILLE, Prop.

Increased Production is the Patriotic Duty.

As an aid we can furnish the most up-to-date FARM MACHINERY and IMPLEMENTS, including THE IRON AGE (Robbins) Potato Planter, the one that plants 100 per cent.

THE ASPINWALL, the best one man Planter.

Steel Wing and Disc Horse Hoes, Disc, Spring Tooth and Spike Tooth Harrows, the Watson Sprayers, Deering Disc Seed Drills, John Deere Riding Cultivators and Manure Spreaders, De Laval Cream Separators and other leading lines.

J. Clark & Son Ltd.

FREDERICTON, N. B.

Save your Eyes Smoked and Colored Glasses just Received

WILEY'S PHARMACY, York Street

Window Shades

The window is the most important decorative feature of the home. It is the first part one looks at, and stamps the character of the place. An old house will always look smart with nice new window shades.

Come in and let us quote you prices on shades for your home, or phone us and we will send an expert in this line to your home.

Our prices are right. Our work is the best.

The McMurray Book & Stat'y Co., Ltd.

The Piano People

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Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has compelled the people to seek all the information possible before buying.

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Telephone 574.

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Opp. Soldiers' Barracks and Next Door
to Bank of N. S. Building,
Queen Street.

OFFICE HOURS—10 a. m. to 1 p. m.;
2 p. m. to 5 p. m.
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on all trains or boats at short
notice.

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—Large Mail Order House
wants men everywhere to show sam-
ples or mail circulars if preferred. Posi-
tion will pay \$15 weekly. The Con-
sumers Association, Windsor, Ont.

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.

GET OUR PROPOSITION for respon-
sible men and women. Permanent
repeat order business that pays big
profits. Hundreds enjoying big mon-
ey earnings from the business we
have helped them build. Why not you?
Leswerk Manufacturing Co., Foster,
Que.

TO LET:—The restaurant on Re-
gent Street, now occupied by Newton
H. Lindsay. Possession to be given
first of May next.
McLellan & Hughes.

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 be-
tween 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

TENDERS FOR COAL

TENDERS will be received at the
City Clerk's Office, City Hall, until
WEDNESDAY, April 17th, for the sup-
plying of best steam coal, for one year
from May 1, 1918, as required for the
following Departments:
1,000 tons, or more if required, for
Pumping Station.
500 tons, or more if required, for
Electric Light.
100 tons, or more if required, for
City Hall.

Tenders to give prices for both
screened and run of mine f.o.b. wharf
or cars, Fredericton, and also deliv-
ered in bins at either of the above
places.

G. R. PERKINS,
City Clerk.

NOTICE OF ELECTION

NOTICE is hereby given that on
TUESDAY, the Sixteenth Day of April
instant, I will hold a poll for election
of a Mayor and Eight Councillors for
the Town of DEVON.

The places of said polling shall be
at No. 1 Hose Station (South Devon)
for electors of Wards No. 1 and No. II,
and at No. 2 Hose Station (North
Devon) for electors of Wards No. III
and No. IV, and the polling will open
at ten o'clock in the morning and close
at four p. m.

NOMINATIONS for Mayor and Ald-
ermen will be received by me up to
Friday, the Twelfth Day of April in-
stant, at five o'clock p. m. No person
who is not regularly nominated as the
law directs shall be a candidate.

Polling will only take place in the
event of more than one candidate be-
ing duly nominated for Mayor or more
than eight candidates for Alderman.
WM. JAFFREY,
Returning Officer.
Devon, N. B., April 4th, 1918.