

LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quarter pint of the best freckle sunburn and tan lotion, and complexion beautifier, at very, very small cost. Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck arms and hands each day and see how freckles, sunburn, windburn and tan disappear and how clear soft and white the skin becomes. Yes! It is harmless.

BOSTON WON FOURTH GAME

Fenway Park, Sept. 9—Victory perched on the banners of the Boston Red Sox this afternoon, when they vanquished the Chicago National League champions by a score of 3 to 2. Over twenty thousand persons saw the highly exciting game played in which "Babe" Ruth's big black bat figured for the first time in the series. With two red hosed men on the bases passed by Tyler, when he became unsteady in the fourth inning, the "Babe" crashed into one of Tyler's shoots and sent it to the faraway fence. When they all got back to the diamond two Red Sox had raced across the plate and the puffing Ruth was holding third base. The game seemed safely in hand for Boston until the eighth when Ruth lost control, and with a couple of hits by the Cubs, the score was tied. Boston went out into the lead again in their half of the eighth on a single, a passed ball and a lurid heave of a sacrifice hit by Phil Douglas. Ruth went bad again in the ninth and Bush, who was called in the box, stopped the Cubs. The series now stands, Boston Americans three, Chicago Nationals one.

Cowards

That incorrigible bachelor, George Ade, said dismally at a wedding breakfast the other day:

"The single man is worse off than the married man."

The ladies applauded warmly.

"Yes," Mr. Ade explained, "for the married man fears only one woman, while the single man fears them all."

JUDGING THE DISTANCE IS PART OF THE TRAINING

Soldiers Must be Able to Estimate in Units Of Fifty Yards-- Ranges of All Prominent Objects Near Camp Are Carefully Taken--Sound Travels 360 Yards a Second

(New York Sun)
London, Aug. 15—Every British soldier is expected to be able to judge distance approximately, and every non-commissioned officer and officer is expected to do it with fair accuracy. It is an essential part of his training. Without it he cannot give his orders correctly.

Most people have their own mental unit of comparison. Such and such a place a mile away, and they always think of distance in terms of comparison with the mental picture. But though to the ordinary man half a mile or so is close enough reckoning, the soldier must be able, according to Capt. Pollard of the English army, to estimate distances in units of fifty yards or less, and he can only teach himself to do this by hard practice. It is by practice that he gets a store of mental units of comparison which enable him to judge distances in the field.

One of the best ways of teaching men distance judging is on route marches. At a halt the men estimate the distance of objects visible ahead of them along the road. When the march is resumed these estimates are checked by pacing the distances. In this way the men are taught to take an interest in distance judging, and a competitive spirit is encouraging among them.

In the same way the ranges of all prominent objects near camp are carefully taken with a range finder, and the men are taught to hear the various distances. Natural objects such as houses, average sized trees, or roads where men or traffic move are preferred to merely landscape features, for men retain a mental picture of such objects best.

Rifle Bore Range Finder

In addition to the "mental picture" method of estimating ranges there are certain rule of thumb methods. One of these is the observation of objects through a service rifle barrel with the bolt removed and the eye placed immediately above the butt plate. Thus a standing man completely fills the diameter of the barrel at 300 yards distance. If he occupies one-half he is some 550 yards away, and at 800 yards he occupies a third. This system is good for ranges up to 800 yards, but it requires a good light to see a dismounted man through the barrel at this range.

For close ranges the following table is an accurate guide to a man of normal vision.

Mouth and eyes of a man can be seen at 50 yards.

Eyes appear at points at 100 yards.

Buttons and details of uniform can be seen at 200 yards.

Face can be seen at 300 yards.

Shoulders are square at 400 yards.

Shoulders go bottle shaped at 500 yards.

Head is visible as a dot at 600 yards.

Head is invisible at 700 yards.

Man looks like a post at 800 yards.

Poor Light Deceiving.

In a long distance the best way is to select an object which appears to be half way, to estimate the distance to it by one or other of the methods, and then double the estimate.

Flashes of guns at night are useful for range finding. Sound travels about 360 yards a second. A more accurate computation can be made by counting eleven beats to three seconds, each beat between the sight of the flash and the noise of the sound equalling 100 yards. But here again practice is required to estimate the beats correctly.

All the foregoing rules are for good light and level ground. In bad light, in mist, when looking across a valley or when estimating distance lying down, the tendency is to over-estimate distance.

A distinct object will lead to under-estimation, and an indistinct one to over-estimation.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the Signature of *Dr. H. H. Plummer*

A LITTLE GLUE MIGHT HELP

Cavalry Officer—That's the third time you have come a cropper Bliggins. Hang me if I don't think you would fall off your horse if you were a bally centaur.

CHANGE OF WATER

CAUSED

DIARRHOEA

People moving from one place to another are very much subject to diarrhoea on account of the change of water, change of climate, change of diet, etc., and what at first appears to be but a slight looseness of the bowels should never be neglected or some serious bowel complaint will be sure to follow.

The safest and quickest cure for diarrhoea, dysentery, colic, cholera infantum, cholera morbus, pains in the stomach, seasickness and all looseness of the bowels is Dr. Fowler's Extract of Wild Strawberry.

Mr. T. T. Allard, Parry Sound, Ont. writes: "In the fall of 1914 I was working on the new 'Chiclet Gum' factory, on Carlaw Ave., in Toronto, when I had a violent attack of diarrhoea, owing, I think, to the change of water. One of the foremen advised me to get a bottle of Dr. Fowler's Extract of Wild Strawberry, which I did, with the result that I hadn't taken it all before I was completely cured."

Dr. Fowler's Extract of Wild Strawberry has been a national remedy for the past 72 years, and is sold by medicine dealers everywhere at 35c. a bottle. Don't let anyone palm off a substitute on you. When you get your money for the genuine, you've a right to get it. Put up only by The T. Milburn Co., Limited, Toronto, Ont.

PRISONERS TREATED WITH BRUTALITY

Shocking Stories from German Prison Camps—Starvation Rations Served by the Huns.

London, Sept. 9—The brutal treatment of prisoners of war by the Germans is described by a wounded British prisoner, repatriated from Germany, who has arrived at the Hague. All prisoners are badly treated and are virtually fed on starvation rations. The prison camps at Soltau and Crossen, in Prussia, are reported to be in particularly evil condition.

Belgian prisoners, who were the most numerous in the camp at Soltau were approached several months ago by two civilians who claimed to be Flemings. They were introduced by the commandant, with the object of inducing the Belgians to side with Germany. They, however, stoned these emissaries and made things unpleasant for the commandant, with the result that the whole camp was visited with punishment for a fortnight. The condition of Russian prisoners throughout all the German camps from which these British prisoners had come, is declared to be pitiable. There has been many cases of death from starvation among the Russians, some of whom have been shot and beaten when they have been unable to perform the tasks imposed on them. Several of the British soldiers came from Stralkowo, in the province of Posen, where about three hundred British are confined. Three weeks ago thirty Americans arrived there.

Prodded With Bayonets
At the camp at Crossen prisoners working behind the German lines were given little food. Many of these men suffered from dropsy and neurasthenia and numerous deaths occurred. At one time there were in this camp 140 British prisoners, captured in April and ten Americans captured in May. They were compelled to work on the railways carrying heavy rails and pushing trucks for twelve hours at a stretch. Their food consisted of German soup and one slice of bread. If they failed to get up in the morning quickly when the Germans called them to work, they were prodded with bayonets and hit with rifle butts. It is declared that one man so treated was found dead next morning. Most of these men arrived at the Crossen Camp on August 24 in an extremely serious condition. They were inspected after a few days and about ten of them were marked out for work again. They had been working behind the German lines from April until the latter part of August.

MARITIME MEN IN CASUALTIES

Ottawa, Sept. 10—Among Maritime men in the casualty list are the following:

Died of wounds—F. B. Lafferty, Young's Cove, N. B.; G. C. Thayer, address not stated.

Wounded—E. P. Morris, Newcastle, N. B.; Lieut. W. A. McDougall, Debec, N. B.; Capt. H. G. Wood, St. John, N. B.; W. C. McQuade, St. John; A. S. Thorne, Havelock, N. B.; F. Tonge, St. John; W. G. Matthews, Sussex; J. Gabriel, Stephenville, N. B.; D. Burke, Sackville, N. B.

So They Say

The Hero-Worshiper—There goes Mrs. Tompkins's 'usband—e's one of the old contemptibles."

The Cynic—All 'usbands is contemptibles!



PALMER'S Summer Packs

for the

You can't enjoy farm labor with tired, aching feet. So, boys, slip your feet into Palmer's Summer Packs. Made from durable yet soft, pliable, oil-tanned, Skowhegan waterproof leather—the ideal farm shoe for comfort and wear.

Easy to put on and take off. Large eyelets, quickly laced. Solid leather heel, sole and insoles. Bellows tongues.

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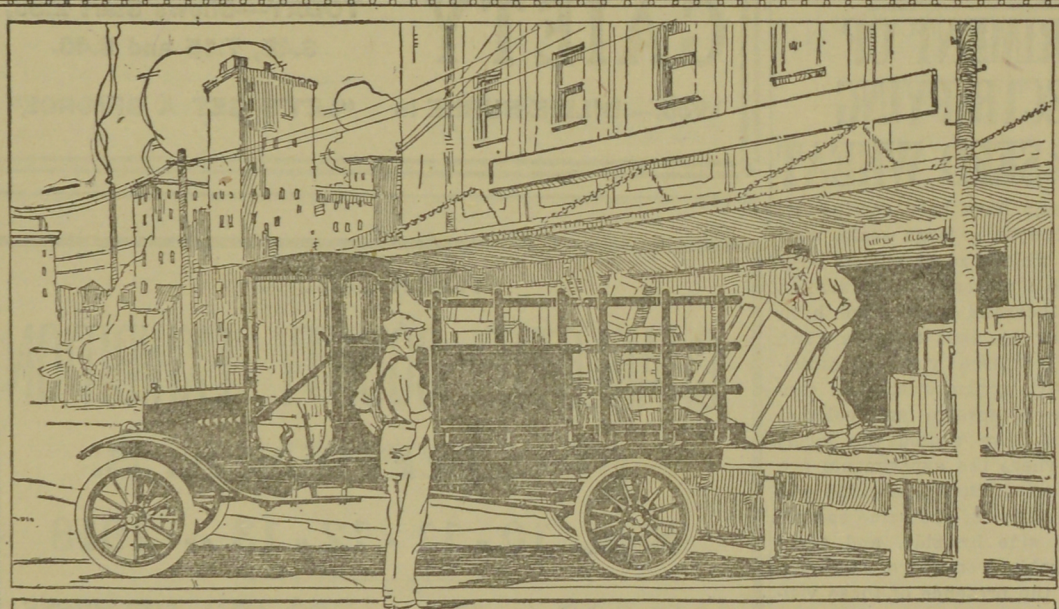
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THAT'S the customer's first question, usually. How do you answer him?

Your goods may be superior, your clerks may be courteous, your store attractive, but, after all, unless your deliveries are prompt and dependable, your customers will be disappointed and trade elsewhere next time. Do you realize how many people judge a store by its deliveries?

Is your delivery system on a par with the rest of your business? Does it draw new trade or lose customers for you? Are your horses as suitable for you as they were at one time? If not, why do you persist in being a little behind the times, when a Ford One Ton Truck would be more in line with your other business standards?

Perhaps your deliveries cost you too much. If you are using motor trucks, they may be too heavy for your line of business and therefore too expensive. The Ford Truck uses less fuel when handling a full load than some trucks use running empty.

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