

Exact Copy of Wrapper.

## 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**

THE CENTAUR COMPANY, NEW YORK CITY.

## OF INTEREST TO WOMEN

COOK JUST ENOUGH.

A Better Plan Than Testing All the Ways to Use Leftovers.

When the American housewife learned to make use of left-overs she was taking great strides in domestic thrift. An even more important lesson she masters if she learns to eliminate left-overs—so to plan and so to cook that there will be practically nothing to put into the icebox when the meal is over. This is the method that the economical French housewife is employing. In fact, she has to manage that way, for whether she wants to or not she would have trouble in purchasing any more than enough for a meal at a time, for she is not allowed to buy more than the size of her family will warrant for each meal.

Now, while it is an excellent thing to make use of left-overs, you must realize that the food that is used as a leftover is not worth as much as that food before it was a leftover.

For instance, you may buy a beef-steak of three pounds at 30 cents a pound, and use two pounds and then assure yourself that it doesn't matter, because the leftover can be used for stuffed peppers, hash or stew. Well, while this is a good enough plan, remember that if you were buying stew meat or hash meat you would not pay as much a pound for it as for steak.

One very good way of cooking just enough is through the use of individual dishes. This is especially good in the preparation of desserts. Cook a custard or a pudding in individual ramekins or cups and then make just enough to go around. The one for good measure that you may be tempted to make will go to waste nine times out of ten.

In making soup, gauge exactly; find out how much each soup dish will hold, somewhat less than an ordinary cupful. Multiply this amount by the number in your family, add a tablespoonful a cup for evaporation and then make just enough soup.

## DICTATES OF FASHION.

Knitted wool dresses are trimmed with bands of silk jersey.

Forty-two inches is a favorite length for fall suit coats.

Velvets are combined, oddly enough, with wool velour.

The semi-collar is much seen on blouses with panel fronts.

Draped bodices are best developed in soft charmeuse.

Set on sleeves for wraps retain the kimono effect.

Bead bags are pulled up with strings or ribbons.

Metal thread embroidery is smart on satin or velvet.

Square collars edged with beads are very attractive.

Some of the newest nightgowns have pockets in them.

Many gowns of black satin have collars of pink satin.

The waistcoats of the new tailored suits are often of fur.

A young girl's suit of black velvet looks well with gray georgette crepe collar and cuffs.



## MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon on Friday, the 29th November, 1918, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, 6 times per week, on the Fredericton Rural Route No. 2, commencing at the pleasure of the Postmaster General.

Printed notices containing further information as to conditions of proposed Contract may be seen, and blank forms of Tender may be obtained at the post offices of Fredericton and St. John, N.B., and at the office of the Post Office Inspector.

H. W. WOODS,  
Post Office Inspector,  
St. John, N.B., Sept. 23, 1918.

## Wood's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worries, Impediment, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (In Canada, U.S.A.)

## SUNDAY SCHOOLS OF CANADA

UNITE TO HELP

## VICTORY LOAN

BY

## WAR MEMORIAL



ONE MILLION SCHOLARS!  
ONE MILLION DOLLARS!

A million Sunday school scholars and members of Young People's Associations of the Anglican, Presbyterian, Baptist, Methodist and Congregational churches are co-operating on a plan which has the three-fold purpose of helping to boost the Victory Loan over the top; assisting the churches to extend their mission work, and commemorating the heroism of church members who have fallen at the front.

"Every school at least one bond," is the cry that will help to carry the 1918 Victory Loan to the Sunday schools' million dollar objective. Above is a reproduction of the shield to be presented to each Sunday School subscribing a bond.

## Cleanses Your Hair, Makes It Beautiful, Thick, Glossy, Wavy

Try this. All dandruff disappears and hair stops coming out.

Surely try a "Danderine Hair Cleanse" if you wish to immediately double the beauty of your hair. Just moisten a cloth with Danderine and draw it carefully through your hair, taking one small strand at a time; this will cleanse the hair of dust, dirt or any excessive oil—in a few minutes you will be amazed. Your hair will be wavy, fluffy and abundant and possess an incomparable softness, lustre and luxuriance.

Besides beautifying the hair, one application of Danderine dissolves every particle of dandruff; invigorates the scalp, stopping itching and falling hair.

Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. It is exhilarating, stimulating and life-producing properties cause the hair to grow long, strong and beautiful.

You can surely have pretty, soft, lustrous hair, and lots of it, if you will just get a small bottle of Knowlton's Danderine from any drug store or toilet counter and try it as directed.

## THE EPIDEMIC AT WINNIPEG.

Winnipeg, Nov. 7.—Today's toll of Spanish influenza among Winnipeg's civilian population totalled 334 new cases and 21 deaths. In addition to the civilian deaths, three soldiers succumbed to the malady during the day, bringing the death toll among the military up to 18.

## MINISTER OF LABOR RESIGNS.

Hon. T. W. Crothers in Poor Health—G. D. Robertson Appointed.

Ottawa, Nov. 7.—It was officially announced today that Hon. T. W. Crothers, Minister of Labor, who is now en route to California, has handed his resignation to Sir Robert Borden and that it has been accepted. Hon. G. D. Robertson, who has represented labor in the cabinet for some time past has been appointed minister in succession to Mr. Crothers and was sworn in at noon today. Mr. Crothers resigned on the grounds of ill-health.

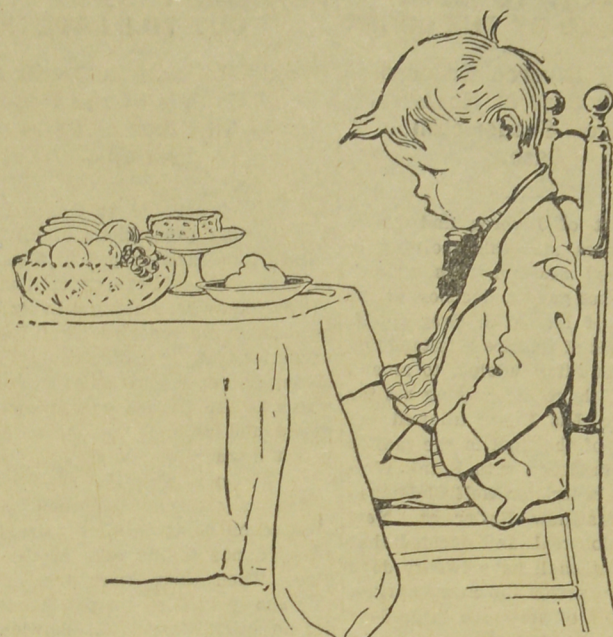
## SHE MIGHT NOT MIND.

A man should never kiss and tell. "I wouldn't mind, though," says one belle. "Things would be simplified, perhaps, in case he told a few nice chaps."

## Mother! Look at his Tongue!

Give Him a Cascaret—Quick!

Won't eat? Don't scold! See if tongue is white, breath feverish, stomach sour.



TO MOTHERS! Nothing else "works" the nasty bile, the sour fermentations and constipation poison so gently but so thoroughly from the little stomach, liver and bowels like harmless Cascarets. While children usually fight against laxatives and cathartics, they gladly eat a candy Cascaret. Cascarets never gripe the bowels, never sicken. Each ten cent box of Cascarets contains directions for dose for children aged one year old and upwards.

## SOLDIERS ARE TAUGHT TO USE BRAINS

Snappy Drill in the Form of Games Liked by the Men Recently Introduced in British Army.

Pittsburgh, Nov. 7.—American soldiers who prize mental as well as physical efficiency, are showing much interest in a "brain drill" recently introduced into the British army. Its purpose is to teach the British soldiers to think quickly and to concentrate his mind on what he is doing.

An officer lines up a company and as a preliminary to the brain drill, puts the men through some simple calisthenics.

"Now," he explains, "when I say 'Do this,' you'll do it, but if I say 'Do that' you won't do it." He carefully illustrates the motions to be done and then motions not to be done.

"Ready! Do this. Do this. Do this." The men obey. Suddenly his arms shot down by his side. "Do that," he commands. Unthinkingly half the men fall into the trap he has set. Amid the laughter of the rest they are ordered to fall out and stand aside.

When all but two or three have been eliminated the game is changed. The men are formed into two lines, facing each other and about six yards apart. A cap is tossed on the ground midway between the lines, and then the men in couples, one from each line, walk slowly up to it and try to snatch it before the other can touch him. If while the cap is held by the snatcher the other manages to put his finger on

him before he can jump away, the cap must be dropped and the contest renewed. At last one whisks the cap away and is off.

"Crows and cranes" is another feature of the drill. Again the men are lined up about 10 yards apart, and the officer standing between.

"Those on my left," the officer says "are cranes and those on my right are crows. If I shout 'crows' the cranes will dash off and the crows will chase them. Now, are you ready?"

Then for nearly a minute he stands giving an imitation of an automobile engine running free at full speed. "Cr-r-r-r-r." Both lines stand tense and eager, awaiting the word.

"Crows!" he enunciates at last. Half the crows bolt instead of dashing after the cranes. Inattention again. However, the quick witted among the crows were after the cranes in a jump.

"This is all to teach you to act on the spur of the moment," the officer tells the men. "It may be a case of life or death whether you or the German moves first. You may be the quick or you may be the dead."

Panting the men march off. They like the brain drill.

## UNCONDITIONAL SURRENDER.

Woman of the order new. If all they say of you be true, Unconditionally to you I surrender.

In the new and larger life In the present days of strife, What is "husband, what is "wife?" What is gender?

You desire a fuller sway, Outside work and better pay—Missus, you shall have your way, If you court me.

I will play the idler's role, Loaf and eke invite my soul, If—though meagre be my dole—You'll support me!

## Use No Sugar On Grape-Nuts

In line with effort to conserve all sugar possible, users of Grape-Nuts should use no sugar at all with that cereal.

Grape-Nuts is so processed as to contain abundant sugar of its own—not added, but developed in its making from the grains of which it is composed.

**Eat Grape-Nuts  
and Save Sugar**

Canada Food Board License No. 2-026

## ADVERTISE ON THIS PAGE OF THE MAIL

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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Phone or Telegraph Orders Shipped on all trains or boats at short notice.

## THE FALL TERM of the FREDERICTON BUSINESS COLLEGE

Will Open on MONDAY, AUG. 26, 1918

There is a greater demand for our graduates than ever. Get particulars regarding our courses of study, tuition rates, etc., and prepare to enter on our opening date. Descriptive pamphlet on request. Address  
W. J. OSBORNE, Principal,  
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## JUST ARRIVED

A NEW SHIPMENT OF

## PALMS

LARGE and SMALL

A LARGE VARIETY OF FERNS. WEDDING BOUQUETS and FLORAL DESIGNS A SPECIALTY.

All orders receive careful attention.

## ADA M. SCHLEYER, FLORIST.

## Cabbage, Tomato

Cauliflowers, Celery, etc.

Flowers, Asters, Stocks, Phlox, Balsams, etc.

Radish, Lettuce and Rhubarb.

Shrubs for Cemetery

Planting at

BEBBINGTON GARDENS

## BURTT & CATERER

Wagons and Sleds Made and Repaired.

T. J. BURTT. H. CATERER  
All Kinds of Jobbing Repairs.  
281 KING STREET



## MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on Friday, the 8th November, 1918, for the conveyance of His Majesty's Mails on a proposed Contract for four years, 3 times per week on the route Nictau and Plaster Rock, commencing at the pleasure of the Postmaster General.

Printed notices containing further information as to conditions of proposed Contract may be seen, and blank forms of Tender may be obtained at the post offices of Nictau and Plaster Rock, and at the office of the Post Office Inspector.

H. W. WOODS,  
Post Office Inspector,  
St. John, N.B., Sept. 23, 1918.