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## CASTORIA

For Infants and Children.

**Mothers Know That  
Genuine Castoria**

**Always  
Bears the  
Signature**

of

*Chas. H. Hutchins.*

In

Use

For Over

Thirty Years

## CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

### 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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Opp. Soldiers' Barracks and Next Door  
to Bank of N. S. Building,  
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Best and Most Modern Funera  
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#### HARRY R. ADAMS, SUCCESSOR TO THE LATE JOHN G. ADAMS UNDERTAKER

610 Queen Street.

'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  
N. J. OSBORNE, Principal,  
Fredericton, N. B.

#### JUST ARRIVED

A NEW SHIPMENT OF

### PALMS

LARGE and SMALL

A LARGE VARIETY OF FERNS.  
WEDDING BOUQUETS and FLOR-  
AL 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

POINTED PARAGRAPHS.

Never judge a maxim by the man  
who repeats it.

It hasn't been actually stated that the schooner load of overripe potatoes which Brother Daggett shipped to Cuba in 1915 was a decoy cargo intended to destroy a U-boat; but we mustn't give away naval secrets.

#### MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

MR. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I used MINARD'S LINIMENT and in six days I was out to work again. I think it the best liniment made."

Minard's Liniment  
always gives satisfaction. For any  
ache or pain. It  
gives instant relief.Minard's Liniment  
Co., Limited  
Yarmouth, N. S.

#### OF INTEREST TO WOMEN

APPLE SHORTCAKE

Apple shortcake is made with a baking powder crust, using half corn meal flour. Bake in two half-inch layers, buttering the lower before placing in the oven. Bake until brown. Just before serving remove top and fill liberally with rather thick, unstrained apple sauce, sweetened with maple syrup or honey and flavored with a little lemon juice; add a small piece of butter. Place more of the apple on top and serve with or without whipped cream.

SQUASH CUSTARDS

Press dry cooked squash through a sieve and to each cupful of the pulp add two tablespoonfuls of melted oleo, four tablespoonfuls of milk, salt and paprika to taste and the yolks of two well-beaten eggs. Let the mixture cool, fold in the stiffly whipped egg whites and turn quickly into buttered moulds. Set in a pan of hot water and bake in a moderate oven. Serve as hot as possible.

COTTAGE CHEESE SALAD

Mix thoroughly one pound of cheese, one and one-half tablespoonfuls of cream, one tablespoonful of chopped parsley and salt to taste. First fill a rectangular tin mold with cold water to chill and wet the surface, line the bottom with waxed paper, then pack in three layers of the cheese, putting two or three parallel strips of pimento, fresh or canned, between the layers. Cover with waxed paper and set in a cool place until ready to serve then run a knife around the sides and invert the mold. Cut in slices and serve on lettuce leaves with French dressing and wafers, or thin bread and butter sandwiches. Minced olives may be used instead of the parsley and chopped nuts may also be added.

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

Fish Cheap Everywhere

There is no excuse for any house-keeper failing to serve fish several times a week. It can now be secured at singularly low prices all over the Dominion and no matter how isolated one may be from the rest of the world it should be possible to have on hand a supply of frozen fish either from the Pacific or Atlantic coasts.

FOOD BOARD FLASHES  
FOR FEMINE FOLK

For the small restaurant keeper or the woman who has a few boarders the following recipes for pie fillings, using sugar substitutes, will prove useful:—

Pumpkin Pie Filling.

Sufficient for 5 pies.

3 cans pumpkin  
7 ozs. corn syrup  
7 ozs. molasses  
½ teaspoon nutmeg  
½ teaspoon cinnamon  
2 eggs  
2 tablespoon corn starch  
¼ teaspoon salt

Apple Pie Filling.

Sufficient for 6 pies.

1 gallon sliced and pared apples  
½ teaspoon nutmeg  
½ teaspoon cinnamon  
4½ cups of white corn syrup

Raisin Pie Filling.

Sufficient for 10 pies.

4 lbs. seeded raisins  
3 quarts water  
½ package corn starch  
12 ozs. molasses  
12 ozs. white corn syrup  
1 teaspoon nutmeg  
Cook for half an hour before putting in pastry shell.

TELLING THE TRUTH

Los Angeles Times

Recently one of our western country journals was forced to suspend publication because of the high cost of print paper and a long delinquent list of subscribers. Before entering the journalistic graveyard this mirror of the lights and shadows fired a parting broadside of truth. These shafts of light were culled at random:

Bill Jones, accompanied by a suitcase, went up to the county seat this morning. Both Bill and the suitcase will return full of booze as usual.

Tom Huggins says that his wife is certainly doing her part in the conservation of food; but, as Mrs. Huggins is never home long enough to cook a meal, Tom is probably telling the truth.

Mr. Joseph Rich, our enterprising banker, tells us that he has bought a \$50 bond every time the government has called for a loan. He says he feels proud of being an American citizen every time he pays the instalments.

Mrs. Seth Thomson has returned from a two weeks' outing at the seashore. Seth raised the dough for her vacation by standing off his creditors.

Miss Bess Highflyer who can be seen on Main street any afternoon, never misses a jazz dance; but she is always too busy to work for the Red Cross.

Lemon Juice is  
Skin Beautifier,  
Also a Whitener

Many women use just the juice of lemons to bleach or whiten the skin, but pure lemon juice is acid, therefore irritating, and should be mixed with orchard white.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothen and beautifier.

Just try it! Get three ounces of orchard white and any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It should naturally help to bring back to any skin the whiteness, the sweet freshness and flexibility of which it has been robbed by carelessness or trying atmospheric conditions.

A husband's promises are like the weather reports. You never put any reliance in them, but somehow that doesn't prevent you from listening to them just as hopefully next time.

Wholesale Dry Goods and Woolens

## House Furnishings For Everybody

Lace Curtains  
Scrim Curtains  
Curtain Muslin and Drap-  
eries of all kinds  
Cottonies 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  
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

As long as a gown isn't too small, a woman can build herself up to fit it. The telephone girl manages to get on speaking terms with everybody.

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Tell the buying public what  
you have for sale.

You know your stock --- the  
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know about it if you do not  
advertise.

The Mail has a large and  
splendid class of readers. People  
who pay their bills.

Get our rates.

# BOOKS

We have now a large stock of books, dear to the  
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The Meade Books, The Dorothy Books. The Ruth  
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And a lot of others, to suit the many different tastes  
See them in our down town window.

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

Booksellers, Stationers and Printers