

Children Cry for Fletcher's

# CASTORIA

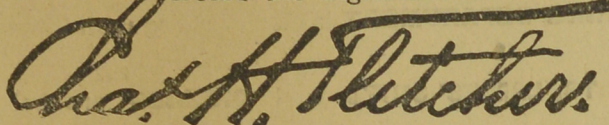
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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### FREDERICTON BUSINESS COLLEGE

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We trust that all our old students will be able to return on that date. Information regarding our courses of study will be furnished on request.

## OF INTEREST TO WOMEN

SOUPS FOR LUNCH.

Especially Desirable for Cold Days, and Especially at the Midday Meal for Children.

Authorities agree that soups, if well made and not too hot, are an excellent form of nourishment for children as soon as they are off an all milk diet.

Soup is especially desirable for cold days in winter and should be included in the dishes served to the child for the midday meal. And if there is but a limited time for the meal soup is then more especially desirable because easily digested.

For children up to six years old no meat should be given and besides the nourishing soup all they need for the midday meal is bread and butter and milk with slightly sweetened rice or other pudding.

The very best sort of soup for the youngsters and the grown-ups is a milk soup. To make a vegetable milk soup any leftover vegetable will answer, such as onion, spinach, celery or carrot. It should be cooked very tender and pressed through a colander. Now thicken the milk with a very little flour, allowing a little less milk than you will want of the finished soup.

Let the milk cook thoroughly for five minutes after the flour is added, now add the vegetable pulp, season slightly with salt and let it come to a boil and serve at once. If it is going to be given to younger children it is better not to add any pepper in cooking, as the older folk can add this to suit themselves.

## TWO CANDY RECIPES.

### Fig Candy.

Take 1 pound of sugar and 1 pint of water, set over a slow fire. When done, add a few drops of vinegar and a lump of butter and pour into pans in which split figs are laid. Can substitute raisins in place of figs.

### Molasses Candy.

Use 1 cup of molasses, two cups of sugar, 1 teaspoon vinegar, a little butter and vanilla; boil ten minutes, then cool it enough to pull.

## SEWING MACHINE HINT

Sewing machines should be kept immaculately clean. Kerosene is a good thing to use for taking off "bummed" oil.

## KITCHEN KINKS.

A pinch of horseradish added to a bottle of milk will keep it sweet for several days.

Doughnuts will not absorb so much fat if you put a quarter teaspoonful of ginger into the dough. The spice will not affect the taste.

Food that is cooked too quickly loses its flavor. The successful cook regulates the heat in all her cooking.

If your navy blue serge skirt becomes shiny, dampen it with ordinary bluing water and while still damp press it.

The annoying feature of fish breaking in the frying pan can be avoided if you put the fish into the hot fat with the skin side uppermost, and let it brown thoroughly before turning.

Salt can take the place of fat in making pancakes. Make a small bag, fill it with salt and rub the griddle with this instead of grease. There will be no smoke nor odor and the pancakes will not stick.

The cereal left over from breakfast can be converted into a pudding for dinner. Scald two cups of milk and pour this over one cup of leftover cooked cereal. Mix thoroughly and add half a cup of molasses, one and a half tablespoonfuls of butter or substitute and one and a half teaspoonful of salt. Pour into a greased pudding dish and bake one-hour in a slow oven.

Whatever traditions may have been upset by the war, that one pertaining to slippers as the standard Christmas gift for men persists.

So tame has the male citizen become that if somebody approaches him waving a bit of paper he digs immediately into his pocket and leans forward to be tagged.

## PREDICTS A REVOLUTION IN IDEAS

(Philadelphia Bulletin).

The French Revolution is significant compared to the revolution in ideas and ideals to come within the next ten years.

This is the prediction of Coningsby Dawson, author of "Out to Win," and "Carry On," who spoke Saturday evening at Bryn Mawr College.

The soldier will come back a changed man, he says. He will have an insight, a religion, denied as yet to those who stayed behind. He will know that "every man and every woman is capable of heroism, and cowards are the exception." He will feel for humanity no matter how stunted, repulsive or weak, a new respect and a new duty. "At the front," said Mr. Dawson, "a man was either white or yellow. Facing death nothing else mattered—money, a good education, or social position. It was the man's spirit that counted, the attitude he brought to life."

"And men came to know each other thoroughly, the good in each other as well as the bad. A man wasn't ashamed of his past, no matter what he'd done—and many a 'bad hat' jailbird and failure played as brave a part as any. He was being put to the supreme test and held up his head."

"Sharing is the law of the army, and when a man went into battle, he thought not so much about killing the Hun, as helping all the chaps on his side. The men who fought in France have learned to be generous and forgetful of self. They offered their all."

"So when they return and end what they will look back upon as the happiest period of their lives, they will put the spirit of sharing into civil life."

Otherwise, they would be faithless to their comrades who lie on the bloody fields of France, whose gallant gentlemen, who laid down their lives for them and for the world.

"True, they may 'let down a bit' after they get home, for acute heroism is easier than chronic loftiness, but they will never lose their new belief in human possibilities and the sense of debt to those men of every condition who have gone down."

"The Allies fought to prove there is still a God in the world. They fought for a new heaven and a new earth. They won because God proved himself and justice prevails. Every fighting man knows this."

"And not a single fighting man believes the brown heap he left behind on the ground in the onrush was his friend. His friend had gone on. His spirit had been liberated."

As for the accidents, "not the strategies, certainly," that have turned the tide of the war when the Allied cause was most desperate, Mr. Dawson said he did not know how much foundation there is for the legend of the spectral horsemen at Mons.

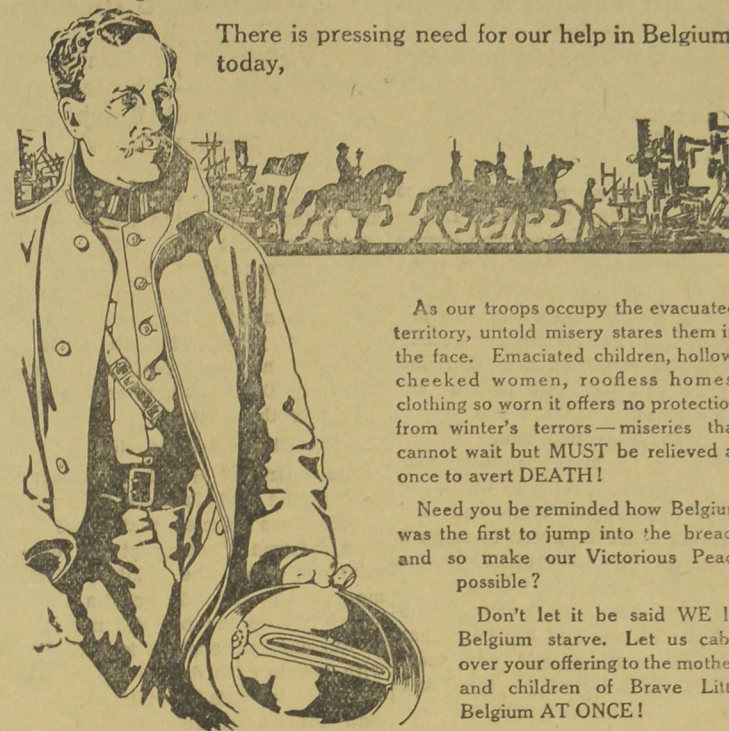
"But I do know from one of the officers in command at Villers-Bretin-eau that the British had no reserves at the most crucial time last spring, and cooks, grooms and laborers had to be put in the front line trenches, which three German planes reported as a shock battalion."

In England, chivalry was dead before the war, Mr. Dawson also said.

## Belgium Starving Under Allied Flags

Immediate Help Needed to Relieve Starvation and Suffering—Cannot Hold Germany Responsible NOW!

There is pressing need for our help in Belgium today,



As our troops occupy the evacuated territory, untold misery stares them in the face. Emaciated children, hollow-cheeked women, roofless homes, clothing so worn it offers no protection from winter's terrors—miseries that cannot wait but MUST be relieved at once to avert DEATH!

Need you be reminded how Belgium was the first to jump into the breach and so make our Victorious Peace possible?

Don't let it be said WE let Belgium starve. Let us cable over your offering to the mothers and children of Brave Little Belgium AT ONCE!

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(Registered under the War Charities Act)

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to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

## RULES FOR THE AVOIDANCE OF INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.

2. Avoid all indoor assemblies, and travel as infrequently as possible.

3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.

4. Keep patient by himself, permitting only the nursing attendant, the

doctor and the clergyman to see him.

5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.

6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.

7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.

8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.

9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, 'chills' followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.

10. Do not be over-anxious. That is do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

Today it is "rampant." And in France mutilations are regarded as decorations. The most mutilated is the most honored, and in every village there are many girls willing to marry a soldier.

## A COMPLIMENT AT THAT.

At the reception in Washington the colored official who looked after the autos was directed to call "the car of the Guatemalan minister. You understand, the Guatemalan minister?" "Yes sah; I undahstand puffedly, sah," he replied, and then shouted: "Car fo de watahmelon minister!"

Another horror of peace! We heard a gibbering jester remark that President Wilson's reception at Brest is likely to make him chesty!

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