



## CASTORIA

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of

*Chas. H. Fletcher*  
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THE CENTAUR COMPANY, NEW YORK CITY.

### OF INTEREST TO WOMEN

MAKE READY-MADES FIT YOU

Women sometimes say, when they are shopping for ready-made clothes: "When I buy a thing ready-made and pay for a finished garment I want to be able to put it on at once and wear it." And so they shop and shop and shop, rejecting many a garment just because of some very easily remedied deviation from a perfect fit, and they accept the first dress that goes on without misfit, whether it is really what they want or not. Sometimes they despair of getting the garment that fits perfectly and they wear it as it is anyway, with the result that what might be a very smart frock or blouse looks misshapen and badly cut.

There is, for instance, the woman with arms just a trifle longer than normal; they are not long enough to be bad in proportion but they are long enough to look frightfully awkward when the sleeves are not long enough. Those women, if they wear ready made blouses and do not take the few minutes necessary to lengthen the sleeves, go through life actually handicapped as far as appearances go, whereas the woman with arms that are just right looks smart in any blouse she may put on. One woman wins the reputation of being awkward until she thinks she is herself, and the other woman of being of good proportions, whereas the actual difference in anatomical proportion is almost inconsiderable.

There are other places where you should look to the readymade garment. Sometimes the underarm seam needs taking in, the neck line needs a little adjusting, often cuffs need to be made smaller. All these things are easy to do, and they surely do make the garments you buy ready made look a hundred per cent. better.

#### BEST YET GEMS.

One cup of graham flour, one-third cup of rye, two-thirds cup of white flour, 2 teaspoons of bran, 3 table-spoons molasses, 1 level teaspoon of salt, half teaspoon soda, also 2 rounded teaspoons of baking powder, one cup sweet milk. This makes one doz.

#### EGGLESS CAKE.

Two cups sugar, 1 cup buttermilk, four cups flour, 1 teaspoon each nutmeg, cloves, cinnamon and allspice, two cups raisins, chopped fine, 1 cup butter, 1 cup cold coffee, 2 level teaspoons soda, 1 cup nuts, chopped fine; mix all together; add nuts and raisins last.

#### DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

#### On the War Path.

Mrs. Consumer is out to hunt for fish possibilities. It is one of the ways in which she can help the men at the front in their pursuit of the Kaiser and his Hun hordes. She is "potting" them assiduously, day after day, as she buys and cooks and serves fish to her family.

The standard that the Food Board has set for Canadians is one pound of fish per capita each week. Have you figured out your fish ration? How nearly do you live up to it? The need for the conservation of meat is as great as ever. True, the stringency in Europe has been somewhat relieved, but there is urgent need to pile up reserves. We are faced with the problem of producing 50 per cent more food stuffs in 1919. The time to prepare is now.

#### THROUGH OUR SIEVE

The hen is now doing a skip-stop stunt on the nest circuit.

Spanish influenza is the latest fashion in disease. If you cannot sneeze in Spanish, you're not in it.

What has become of the old-fashioned girl who could make fudge without defying the food administrator?

The emperor of Austria regrets to report to the Kaiser that he is having no luck in fishing for suckers.

#### The Saxby Gale.

The Amherst News says: Our good friend Samuel Freeman called us up today to remind us of the fact that this was the anniversary date of the big Saxby gale an tide, which wrought such havoc with hay, dykes, bridges and things in general on that notable day.

## Partial List of Automobiles Registered in the Province

The following list of Automobiles registered with the Provincial Public Works Department is in addition to the list published last week. Further additions will be published each week until complete.

10084	A. H. G. Justason, Pennfield Centre, Ford.	10106	N. L. Richardson, Leonardville, Deer I., Ford.
10085	Mrs. Edith A. Read, Sackville, Overland.	10107	K. M. Steeves, 508 St. John St., Moncton, Chevrolet.
10086	Harold Parlee, Marchbank, P. O., Kings Co., Ford.	10108	H. Lorne Steeves, Lower Coverdale, Chevrolet.
10087	Chas. E. Buckley, Milltown, N. B., Ford.	10109	Noyes Machine Co., Paradise Row, St. John, Ford.
10088	Allen K. Doucette, P.O. Box 421, Campbellton, Ford.	10116	G. E. Barbour Co., North Wharf, St. John, Ford.
10089	Alonzo A. Stuart, Lambertville, Deer Island, Dodge.	10117	Byron Brewer, Charlotte St., F'ton, Overland.
10090	C. F. Kingston, Wayerton, North'd Co., McLaughlin.	10118	James Loudon, Campbellton, Ford.
10091	Fred H. Mersereau, Doaktown, N. B., Overland.	10119	Chas. T. White & Son, Ltd., Sussex, McLaughlin.
10092	Roy A. Good, Centreville, N. B., Overland.	10120	E. L. Conley, Leonardville, Deer I., Ford.
10093	Clement Jones, Upp. Point de Bute, West. Co., Ford.	10127	C. A. Lambert, Lambertville, Char. Co., Overland.
10094	Alvin Porter, Wilson's Beach, Campobella, Ford.	10128	Mrs. H. C. Outhouse, Beaver Har., Char. Co., Ford.
10095	B. J. Thibodeau, Boiestown, N. B., Chalmers.	10129	J. L. White, Grand Falls, McLaughlin-Buick.
10096	Hedley Morgan, Millville, York Co., Gray-Dort.	10130	Adam M. Wilson, Cole's Island, Queens Co., Ford.
10097	H. S. Campbell, Fredericton, N. B., Chalmers.	10131	Wm. H. Anderson, R. R. No. 1, Port Elgin, Ford.
10098	Geo. P. MacNichol, St. Stephen, Studebaker.	10132	S. H. White, Sussex, N. B., McLaughlin.
10099	Geo. P. MacNichol, St. Stephen, Peerless.	10133	Andrew H. Stuart, Lambertville, Deer I., Ford.
10100	A. E. McLaughlin, Hillsboro, Albert Co., Gray-Dort.	10134	Emery A. Lambert, Lord's Cove, Deer I., Maxwell.
10101	Max Ross, 27 Lewis St., Moncton, Studebaker.	10135	Carl Mann, St. Stephen, Gray Dort.
10102	J. B. Nugent, 641 Main St., Moncton, Ford.	10136	Charles Woodbury, Utopia, Char. Co., Gray Dort.
10103	Col. W. J. Osborne, Fredericton, Chalmers.	10137	Mrs. Geo. J. Clark, St. Stephen, McLaughlin.
10104	Col. W. J. Osborne, Fredericton, Chalmers.	10138	D. Smith Reid, 75 Charlotte St., St. John, Chev'r't.
10104	Fred Philips, Tracy Station, Chalmers.	10139	H. R. Carter, Port Elgin, Ford.
10105	Alonzo Tewksbury, Leonardville, Deer Isld., Ford.	10140	Sumner Co., Main St., Moncton, Ford.



#### Wood's Phosphorine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worry, Indigestion, 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 1 lb. plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Forrest, Bklyn., N.Y.)

There is no doubt that the German peace offensive has been launched for military purposes. The Huns are now up against it, and want time in order to get their second wind. The game they are seeking to play is too transparent to deceive anybody.

#### GRAY HAIR

Dr. Tremain's Natural Hair Restorative, used as directed, is guaranteed to restore gray hair to its natural color, or money refunded. Positively not a dye and non-injurious. Price \$1.00. On sale in Fredericton at The Central Pharmacy, Queen and Carleton Sts.

## 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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BEBBINGTON GARDENS

#### FLASHES FOR FEMININE FOLK.

There are those who believe that the Allies are on Easy street in the matter of food supplies now. This is a huge mistake. Listen to one of the most recent statements of Mr. J. R. Clynes, British Minister of Food: "The food difficulties of the world are bound to increase, despite every effort to avoid them. The reserves of food might be described as the final factor in military success, and food reserves can be assured not merely by spasmodic cultivation during one season, but by steady and continuous endeavor in every form of agricultural service."

It is as difficult for some men to see the point of a joke as it is for them to get over it after they tumble.

