

Children Cry for Fletcher's

CASTORIA

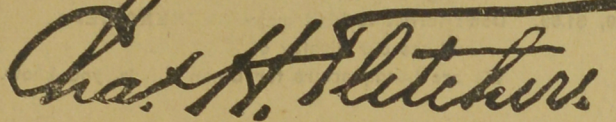
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger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

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Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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The Kind You Have Always Bought

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BUSINESS COLLEGE

Fredericton, N. B., on NOVEMBER 20, 1918.

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

START EVEN.

Make a Special Effort to Use Up the Wheat Substitutes.

If you have any flour substitutes left in your larder, you ought to feel that it is your duty to get rid of them as quickly as you economically can do so. It is a good plan to begin the winter on a basis that is fair to yourself. If you have a lot of substitutes left over you will not reap the benefit of the new regulations and you will have the consciousness that they are in your larder hanging over you like a black cloud.

Many of the substitutes deteriorate more rapidly than wheat flour and in order to make quick work with these substitutes just resolutely make up your mind to use them at a rate so that you can get rid of them say in two or three weeks.

Have corn muffins two or three times in a week. One good way to use barley flour is in gingerbread or spice cake. You can use more than 50 cent barley in these.

There are housewives who would hesitate to dispose of surplus substitutes by giving them away for fear that it would seem they were shirking their duty, or that they had admitted themselves less capable of adapting their methods of cookery to the situation than other women. And in some cases these women simply let the substitutes accumulate in their cupboards begging the question somehow and feeling that a solution of the problem will present itself at another time.

Don't do this. Use up to advantage every bit of the old stock of substitutes.

HINTS FOR HOME DRESSMAKERS.

It is sometimes hard to put in a sleeve so that it looks just right, but if you follow these directions you will have but little trouble. When the sleeves are finished, fold them along the forward seam and crease at the top of the fold at the opposite.

This crease marks the point of the seam that is to be sewed to the shoulder seam. After this, measure one inch back of the shoulder seam and crease the waist at a point exactly opposite. On this crease the forward seam of the sleeve is pinned.

HEAD AND NOSTRILS
STUFFED FROM COLD

Don't stay stuffed-up! Quit blowing and sniffling! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken will end gripe misery and break up a severe cold either in the head, chest, body or limbs.

It promptly opens clogged-up nostrils and air passages; stops nasty discharge of nose running; relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

"Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores.

Society Women
At Luncheon

(Boston Record)

Covers were laid for 12, and for \$2.24 a group of women from the first families of Boston lunched on whale steak, stuffed potatoes, braised hanger rear flank of beef, squash muffins and baked apples at the formal reopening of National Civic Federation Cottage No. 4 on the Common Monday.

Mrs. Aubrey Hilliard, expert dietitian, who is in charge of the Home Economics Bureau, planned the menu for the luncheon, and, with Miss Minnie S. Turner, cottage hostess, assisted in serving. Portia Smiley, who has become famous for the excellence of her cuisine during conservation days, cooked the luncheon and wrote the following apropos little verse, which amused the guests greatly:—

Dey is time in life when Nature seems to slip a cog and go Like the Whale Steak a la Po. Then your cup of oy is brimmin' When you see a new creation Of Stuffed Potatoes—Federation. When de oven do' is opened Um-m-m-m! dot smell is sholey wel-come

From dot Braised Beef a la Malcolm. Then you sit down to de table To discuss consum-ation Of Squash Muffins—Conservation. White folks think dey know 'bout eaten

An' I reckon that dey do Sometimes get a little idee Of a middlin' dish or two. But dey ain't a thing dey knows of That I reckon can be finer

It is then an easy matter to baste in the under part of the sleeve and, gathering the upper part of the sleeve baste that in even with the edge of the armhole. If any is to be cut off from the sleeve it should be done at the bottom rather than at the top. See that the armhole is loose, but of course not too loose. A tight armhole will spoil the set of any sleeve, no matter how well it is put in.

INTERESTING PHILOSOPHY
OF THE TEA CUP

(New York Sun)

The Englishman who was gassed at Loos met the Hoover Worker on the street and made her go with him and get a cup of nice, hot, fragrant tea.

"You are working too hard to win this war," he said, with a one-sided smile. "Food and women can't win it, but men can. Come and cheer me up so I can go back and fight again!" The Englishman will never fight again. Gas and shrapnel have done their worst for him, but he refuses to believe the doctors.

"I'm not tired a bit," insisted the Hoover Worker. "And I'm not working too hard. It isn't that. It's my Government!"

The Englishman ordered tea and corn muffins and orange marmalade. "Governments are always wrong," he said succinctly. "What has the United States done now to displease you?"

"It allows recruiting to be carried on!" cried the Hoover Worker. "We have conscription. The Government tells a man what he must do for his country and when he must go to do it. It is all most wise and necessary in this most terrible of wars. So in heaven's name why allow recruiting as well?"

"It must be wrong," sighed the Englishman. "If you don't approve of it!" But the Hoover Worker ignored his sarcasm. "I stopped to listen to a recruiting officer this morning," she went on. "I don't know quite what he was—Canadian, maybe. But it seemed so unnecessary to talk about slacking to men whose Government has passed conscription. If the men listening to him were slackers, it must be Uncle Sam's fault. American men are being called as needed. That is the law. No more should be said!"

"Standing next to me was a young man with a nice fresh face and quizzical eyes. Yes, he was stout and young enough to be in khaki, but he wasn't. If he was wanted now he would be in khaki. It seems to me that that is nobody's business but Washington's."

"The recruiting fellow seemed to When dey sit down to de table, To Baked Apples a la Warner.

Among the guests who lunched on conservation rations and pronounced them "most delicious" were Mrs. Nathaniel Richard Bradley, Mrs. Roger Warner, Mrs. Malcolm Donald, Mrs. Roland Baker, Mrs. Frederick Meade and Mrs. John H. Sherburne.

think it was his business, however. He talked to him. Everybody near him knew that he was being singled out. His face flushed and the quizzical look deepened in his eyes. It was as though he said 'For heavens' sake old top, why nag me? My Government knows all about me. It will draft me when it gets ready and then I'll go and do my bit like a man.'

"But the recruiting officer persevered. He descended to personalities. He finally pointed his finger at the man and cried, 'Here you slacker, you come up here and show that you belong to the masculine gender!'

"It was really too much!" cried the Hoover Worker, with tears in her eyes. "The boy's lips quivered. I think he wanted to say, 'For heaven's sake!' out loud, but he didn't. Next to him was a fat, florid man; a German type. He raised his hand like a little boy at school and bellowed, 'He said Go to Hell to you!'

"Bedlam was let loose! The young chap was mauled, his hat and collar torn, a policeman called. I just could not keep out of it! I said, 'Why this is an outrage! The boy never opened his mouth. I stood right there. He can't be arrested.' No one would listen to me. A funny little old man took me by the arm and insisted on leading me away. I was so mad at him! He said, 'You mind your own business, lady. It's no affair for a woman. If he did not say anything he'll be all right with the cop. This is America you know!'

"To think that can happen right here in New York!" finished the Hoover Worker. "What is to become of us, if such things are possible?"

"Nothing smiled the Englishman. "Let me give you some more hot tea. And another muffin. They're delicious aren't they? No; nothing can happen. We'll make blunders and false arrests and die by the thousands because we aren't as quick sometimes as our enemy, but we are a free people; we English, you Americans. We'll come out on top, blunders and all! The little old man was right. Don't worry again about the lad who was arrested. If he's square the cop will know. 'This is America.' What is your slang phrase?" asked the Englishman. "Oh, yes. 'The old man said a mouthful that time!'

We are inclined to cherish the pleasant things of the past and neglect to nourish the good things of the present.

It is hoped that all the bachelor fighting men will be permitted to retain their uniforms and side arms—for marrying purposes.

GEM THEATRE

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"You will do this to aid humanity.

"The idea back of your splendid story is a message to civilization that its fight will not be in vain. Let me be the first to predict that when you have completed your labors you will have produced a masterpiece which will carry a message round the world—a story which will inspire every heart with patriotism, with love of country, with the great Cause for which the civilized nations of the world are now fighting in France.

"This, Mr. Griffith, is the greatest and most wonderful task you have ever attempted. God speed you in your great work and grant that you may accomplish your desires."

MATINEE, 2.15.

EVENING, 8.15

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PRICES—Matinee, 25c. and 50c. Evening, 50c., 75c., \$1.00