

## 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

#### ESCALLOPED POTATOES.

Pare and slice six or eight medium sized potatoes; mince 1 large onion and cut up 1 cupful of celery in ¼ inch pieces. Place the sliced potatoes in a layer in a greased baking dish and cover with a layer of the minced onion and celery mixed. The celery should be parboiled until slightly tender, before using. Dot the celery-onion layer with butter and sprinkle with salt and paprika. Repeat the layers until dish is full, pour over it 1 cupful of hot milk, covering the top with grated cheese and bits of butter. Bake until the potatoes are done, covering the dish for the first 15 minutes to allow thorough cooking before browning.

#### ONION SANDWICH.

Cut brown bread very thin, chop green, tender onions fine, mix with chopped nut meats, thin with mayonnaise dressing, spread between the bread and press together.

#### TIMELY TIPS.

Save all of your worn silk gloves, kid gloves and belts and pieces of net. They are quite worth their room in the catch basket.

Cut away the worn parts and seams from the gloves and use the pieces of kid to paste in the heels of shoes if the lining gets worn out; if the shoe is ripped at the back, take a few stitches to draw the sides together before glueing in the piece of kid; always use glue, for it lasts longer than any other adhesive.

The net is very useful in darning stockings, laces, embroideries and silks; it reinforces the thin places; and it requires less thread to the darning. Draw the net over the darning ball, then draw on the stocking and darn in the usual manner, cutting away the superfluous net after darning.

#### WAR CANNING BULLETIN. (Issued by Canada Food Board.)

##### Well Done!

Before we say good-bye to the war garden, let's say "Well done" to the gardeners and her juvenile satellites. They have nobly done their duty and stuck at it through the hottest summer days. Even yet they give the hoe occasional exercise. Their work has contributed in no small measure to the sum total of Canada's 1918 war garden produce.

Speaking of storing, did you know that 75 per cent. of garden produce can be successfully stored? Properly stored vegetables have all the qualities of those freshly gathered from the garden and from a health standpoint are invaluable. If you want to know all about it, write to any of the provincial committees of the Canada Food Board for the booklet on the canning, drying and storing of fruit and vegetables. Enclose five cents for same.

#### FOOD BOARD FLASHES.

Ten chances to one you have never thought of using glucose in your kitchen, but the time has come when you are specifically asked to give it a trial. There is no question of the scarcity of sugar and glucose and its counterpart, white corn syrup, are among the best and most inexpensive substitutes at hand. The British Board of Agriculture and Fisheries has been recommending its use by private householders for some time past. It should be used along with can sugar in the proportion of one part of glucose to two of sugar. Practical experiment has shown that it can be successfully utilized in jam and jelly-making, for canning and also for general cooking purposes. Give it a trial.



SEALED TENDERS addressed to the undersigned and endorsed "Tender for Temporary Barracks, Fredericton, N. B." will be received at this office until 12 o'clock, noon, on Tuesday, August 27, 1918, for the construction of Temporary Barracks, Fredericton, N. B.

Plans and specification can be seen and forms of tender obtained at the offices of the Chief Architect, Department of Public Works, Ottawa, Superintendent of Dominion Buildings, St. John, N. B., and the caretaker of the Public Building, Fredericton, N. B.

Tenders will not be considered unless made on the forms supplied by the Department and in accordance with conditions set forth therein. Each tender must be accompanied by an accepted cheque on a chartered bank, payable to the order of the Minister of Public Works, equal to 10 per cent. of the amount of the tender.

By order,  
R. C. DESROCHERS,  
Secretary.

Ottawa, August 7, 1918.  
Department of Public Works,

#### THE REAL CHAMPION.

Now that Jack Dempsey has sent Fred Fulton "to the cleaners," as they say at the ringside, people are claiming him as the world's champion—Jess Willard, of course, to the contrary.

There is a husky fighter in France, the pride of that country, who is the real champion—Georges Carpentier.

He is handy, very handy, with the gloves, but he gave up his chance for the fame and fortune of the acknowledged championship to fight for his country and for civilization. He has won a greater honor thereby, and when the war is over Carpentier will be hailed as the real fighter. He will be the world's favorite.

Everybody should be in this war—if not fighting in the field of battle in France, fighting to save the crops in the harvest fields.

There is the chance for the fighting spirit to show itself with honor.



VIVIAN MARTIN in "Unclaimed Goods"  
A Paramount Picture

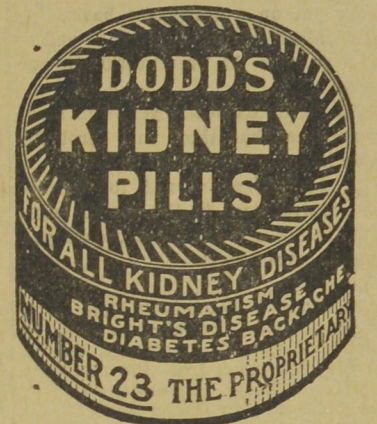
AT THE GAIETY THEATRE FRIDAY AND SATURDAY

### MUST SELL SUBSTITUTES WITH FLOUR

Ottawa, Aug. 21.—The Canada Food Board has received reports that flour dealers are not complying with the regulation which forbids the sale of white or standard flour to any persons for private consumption who does not purchase from him substitutes in the proportion of not less than one pound of substitutes to four pounds of white or standard flour.

The board in a statement tonight reminded dealers that this regulation applies to all parts of Canada and that

the dealers who fail to govern themselves accordingly are liable to a heavy fine and also to cancellation of their licenses.



### 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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TWENTY YEARS' LONDON, ENG., EXPERIENCE.

King Street, . . . . . Opposite Boyle's  
Telephone 574.

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Opp. Soldiers' Barracks and Next Door to Bank of N. S. Building, Queen Street.

OFFICE HOURS—10 a.m. to 1 p.m.,  
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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,  
Fredericton, N. B.

#### Choice Roses and Carnations

Wedding Bouquets and Floral  
Designs a Specialty.

Good Assortment of Ferns,  
Palms, etc.

Bedding Geraniums.

All orders receive careful  
attention.

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Cabbage, Tomato

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Shrubs for Cemetery

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BEBBINGTON GARDENS

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Leave Orders at

THE BARBER SHOP,

Carleton Street,

'Phone 88-41.

Hire by mile, hour or day.

Prices Reasonable.

HARRY LIFFORD.



#### MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon on Friday, the 20th September, 1918, for the conveyance of His Majesty's Mails on a proposed contract for four years, 3 times per week on the Taymouth Rural Route No. 1, from 1st January next.

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 Office of Taymouth and at the office of the Post Office Inspector.

H. W. WOODS,  
Post Office Inspector.

Post Office Inspector's Office,  
St. John, N. B., Aug. 5th, 1918.

# Have Your Job Printing Done At Home

The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send their orders out of town.

Give us a trial order and be convinced.

We have a new office and up-to-date machinery, all run by electric power, and can turn out work promptly and efficiently. If you have a job of printing call up No. 67 and we will do the rest.

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327-329 Queen Street, Up Town

## The Very Latest

### "THE MAN FROM BAR--20"

By Clarence E. Mulford.

Mr. Mulford's story is of those days when the law of the strongest prevailed, and the gun was the arbiter of disputes. In short, its the old West.

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