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Use

For Over
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CASTORIA

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OF INTEREST TO WOMEN

HARICOT MUTTON.

Take a piece of mutton, the middle of the neck is the best to select, remove all skin and fat; boil some butter in a frying-pan, and place therein the chops, and fry them until they present a light brown color; arrange them in a stewing pan with button onions, turnips, and carrots, neatly cut and overlaid; and upon these pour the boiling butter left in the frying pan, to which some water must have been added; season this mess discreetly; cover it close, and let it simmer gently until the vegetables are reduced to a state of pulp. Stew in a little water, in a separate saucepan, the rough pieces, the skin and fat above alluded to, and with these make the gravy, which when ready mix with the chops. Remove by careful skimming all particles of fat.

A DUSTLESS MOP.

Make it yourself. Start with an old broom. Cut the straw off just below the wires which hold it to the handle. Cover this with an old stocking and sew on to this covering the legs of other old stockings cut about twelve inches long and slit into one inch strips up to inches of one end. Sew these around and around the surface in rows about one inch apart until the mop is of the desired thickness.

Then dip the mop into a solution of one-half cup of melted paraffin and one cup of kerosene, and allow the liquid to dry on the strips. The mop may be kept moist by rolling it tightly when not in use and covering it with a paper bag.

KLEANING KINKS.

Rub your nickel stove trimmings with whiting and kerosene and see how nice they look after polishing with dry cloth.

To clean brass, cut a lemon in half, dip in salt and rub over the brass till the stains disappear. Then rinse in warm water and polish with a duster dipped in powdered whiting.

To clean linoleum, rub well with soap, then wipe off with a flannel floor cloth wrung out in hot water. Allow to get quite dry, then polish with any floor polish. After this treatment the linoleum will keep clean and bright for a long time.

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

The Full Cupboard.

Proud? Well, rather! She has a perfect right to be. This is part of her contribution to the Allies' cause—rows of jam and jelly and canned fruit and vegetables. No wonder she wants to show Mrs. Nextdoor the result of her July and August activities.

Her jelly is the finest ever. Early in the fruit season she sent to the Canada Food Board for a booklet on the canning, drying and storing of fruit and vegetables. It only cost her five cents, but it saved her many a dollar and a good deal of time and trouble in the bargain. She got the right methods and she followed them in the right way. The result is that her shelves are—well, just all right!

Savannah News: "Germany's two or three submarines operating off the Atlantic seaboard are creating about as much stir on the front page as would the recital of a Kentucky mountain murder. The performance of Poch, Pershing, Haig and company consumes about all the time one has to spare from the regular business of making all ends meet. And everybody is satisfied except the Kaiser, and he doesn't count."

MAIL CONTRACT

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.

HUN BOMBERS ARE ACTIVE

(Canadian Press direct wire.)

Paris, Aug. 18.—German bombing squadrons have been very active in bombarding towns behind the front during the past two days. There were numerous raids on Rouen, where six people were killed and five wounded. The German gothas flew as far as Havre where no one was killed and do damage done. Several warnings were given at Dunkirk and Calais during the period. At Calais some fifty heavy bombs were dropped Friday.

A scientist states that wearing too much clothing is bad for the health. And our girls want to be healthy.

That machine gun rattle which at times startles the neighborhood is the anthracite hitting the coal chute.



AT THE GAIETY THEATRE WEDNESDAY and THURS

That the girl who could dance like a blue streak can't knit socks for a gent

What has become of the old-fashioned girl who used to put in the summer trying to keep from getting tanned?

A writer wonders what new peace scheme the Germans will be cooking up next. Whatever the Germans cook up it is a safe bet that it will have potatoes in it.

When a man hands friend wife \$10 a week on which to run the house, it is with the consciousness that \$2 is sufficient for necessities and the \$8 is what he would be able to put in the bank if he were in her place.

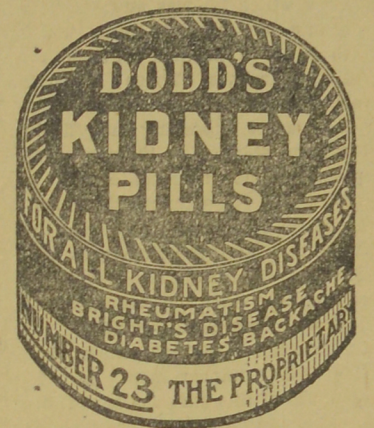
The old hen's natural and commendable assiduity in securing food for her young is often the greatest strain that can be put on neighborliness.

Conclusive Argument.

She—I'm sorry I can't marry you. I had no idea you wanted me to.

He—Well, what do you suppose I've been letting your father beat me at golf all this summer for?

His Name a Drawback
There is cause for meditation on the announcement that Elmer Junk is the agent for motor cars at Washington, Ohio



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HARRY LIFFORD.



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