

CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

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of

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In
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For Over
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CASTORIA

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THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

LEFT-OVER DISHES

The term left-over dishes no doubt signifies to most housewives those war-time necessities, which we concoct to-day out of yesterday's dinner or to-morrow out of to-day's. But it may also mean the dishes, plates and cups and saucers and spoons, knives and forks, that we are too weary at night to wash and put into place and so stack up or leave in disorder in the kitchen, to be a nice little reminder in the morning that woman's work is never done.

Now left-over dishes of this sort are a bad idea in summer, because any bits of food left exposed breed flies and quickly generate unpleasant odors and they are a bad idea in the winter because food left around attracts mice and roaches in cold weather. On the whole the left-over dish habit is a very easy one to acquire and very difficult to break. But if you must leave dishes occasionally—for instance, when you are going out in the evening and have no time for such work—or when you are actually too weary to attempt to undertake the work, then remember that there is a good way and a bad way to go about it. Whatever you do or don't do, all food should be put away. Garbage should also be disposed of and well covered if not actually put into the proper receptacle. It is not necessary to stack the dishes, but you should take care that no silver pieces remain in a liquid. For instance, don't leave a spoon in the gravy boat or the salad dressing. And don't leave the silver in the dish pan. It is a good plan, however, to put cold water in cooking dishes which have contained starchy substances.

CARE OF THE HANDS

The busiest housewife need never be ashamed of her hands if she will remember a few simple precautions.

Do not use dish water or washing water scalding hot. Have as warm as can be comfortably borne. And do not use strong, coarse soaps. A little observation will show which soaps injure the hands and which do not.

Never let soapy water dry on the hands. Rinse them thoroughly and wipe dry. It will be worth the trouble.

A plain, pure white soap is much better for all toilet purposes than the most expensive scented or medicated soap on the market. And never neglect to rinse it off and wipe thoroughly.



Wood's Phospholine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, 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 in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly, Windsor, Ont.)

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

Ubiquitous Pacific Fish.

Pacific fish is gradually finding its way into homes all over Canada.

Three steam trawlers are engaged in catching soles, flounders, brills, plaice, skate, red, grey and ling cod, and as this fishery develops other trawlers will be placed in commission.

Halibut is caught in the North Pacific and up in the Gulf of Alaska, but more and more is it establishing itself in the luxury class of food. Canadians have used halibut until they have depleted the supplies available, and the long distance to and from the fishing grounds has further contributed to putting it beyond the pale of common use.

FOOD BOARD FLASHES FOR FEMININE FOLK

"Everybody works but father," runs the old music hall ditty, but the more up to date version is "Everywoman works while father fights," as the following figures go to prove:

2,000,000 women are at work in the industries of England.
820,000 in commerce,
819,000 in metal and chemical works
644,000 in munition factories
270,000 on the farms
163,000 in the civil service
63,000 in banking and finance.
41,000 employed by railways
16,000 building ships
17,000 in hospital service.

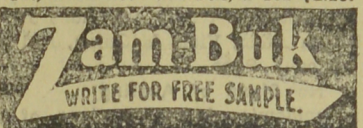
BAD SCALD

"Such relief I felt when I applied Zam-Buk to a badly scalded hand!" writes Mrs. A. Riseley, of 416 Timothy St., Montreal.

"I was standing near the stove when the kettle boiled over on my hand. I applied some ointment which I had in the house, but it did not ease the burning. The skin peeled off and the pain was so bad that I got no sleep for two nights."

"Then I commenced using Zam-Buk, and the first application gave me wonderful relief. It seemed to cool the burning so that I was able to sleep, and from then the scald began to heal. Zam-Buk grew new skin over the sore place and before long my hand was quite all right again."

Zam-Buk should always be kept in the house for cuts, burns and knocks, and for eczema, ringworm, boils, pimples, blood-poisoning, ulcers and piles it cannot be equalled. All dealers or Zam-Buk Co., Toronto. 50c box, 2 for \$1.25.



A concrete keg said to be almost indestructible has been patented by a Wisconsin inventor.

The largest gold mines in the United States east of the Black Hills are in North Carolina.

Wholesale Dry Goods and Woolens

House Furnishings For Everybody

Lace Curtains
Scrim Curtains
Curtain Muslin and Draperies of all kinds
Cottons and Casement Cloths
White Bed Spreads
Towels, Napkins and Table Linens
Oilcloths and Linoleums
Carpets, Rugs and Squares

Prices Lowest Possible. Goods sold to the Trade only.

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WHOLESALE DRY GOODS AND WOOLENS

ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

Good intentions can wind the alarm. German soldiers are likely to have a clock, but it takes will power to get difficulty with their paper trousers out of bed in the morning. when they swim back across the Rhine.

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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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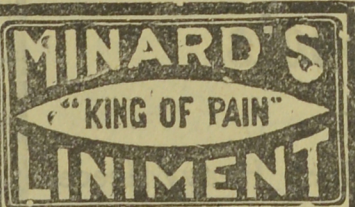
Planting at

BEBBINGTON GARDENS

MORE LIKE IT

"They say the way to a man's heart is through his stomach, so I'm making some cake for Algy."
"Does he eat this stuff?"
"Certainly. Why do you ask?"
"It's only because he loves you. The way to his stomach is through his heart."

A coin-in-the-slot machine has been invented by an Englishman for cleaning smokers' pipes.



The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

MR. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

Minard's Liniment

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Yarmouth, N.S.

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If you write your letters on this paper, your friends will recognize your taste in choosing it, and will identify the paper as the famous Eaton's Highland Linen. We always have it in stock, always fresh and clean.

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