

Children Cry for Fletcher's

CASTORIA

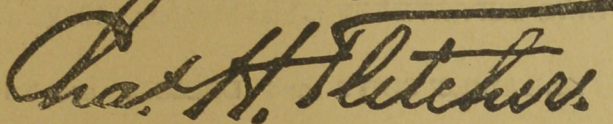
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger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

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Bears the Signature of



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The Kind You Have Always Bought

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Following the removal of the ban against public gatherings by the Provincial Public Health Department, classes will be resumed at the

FREDERICTON 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

WASTE NO BREAD.

Solving the Problem of Stopping the Breadbox Leaks.

Housewives throughout the country are united in their economy of white flour, but still there is an avoidable waste which occurs in many a household—the stale bread waste.

No bread need be actually wasted. Even the hardest of stale bread can be rolled into crumbs and be used in sauces, for making dressing, etc. But we can avoid accumulating stale bread by using up sliced bread or any other hard bread, by serving direct to the table.

A Good Rusk.

Stale, hard bread, can be freshened up so that it is even more crisp and tender than fresh bread. Take the hard bread, dip in cold water, then place in a pan and leave in the hot oven for a few minutes. The moisture will evaporate and the bread be tender, hot and more delectable than some of the freshly baked hot-breads.

Another delicious breakfast bread can be made by the use of cheese. Dip the stale bread in cold water or milk, lightly butter and cover with slices of cheese. The bread is then placed in the oven to heat for a few minutes, until the cheese is melted. Serve hot. This is a wholesome dish, tastes better than eggs and has just as much nutriment.

Breadsticks.

Watch your breadbox. Perhaps it would be better to make a rule not to buy a fresh loaf until whatever stale bread is on hand has been used up.

If most of a loaf has gone stale, you can use it by making a favorite delicacy, "breadsticks."

Remove the crust, then cut the bread in strips about five inches long and one-half inch across. Dip these strips in some melted butter. Then place in the oven to brown.

If doing any deep fat frying, you needn't butter the strips of bread, but simply drop them in the deep fat until browned, like French fried potatoes.

MORE HOUSEHOLD HINTS.

Red meats and highly seasoned dishes are generally believed to be unwholesome for people past fifty.

Never forget the need of salads and fruits all through the cold weather.

To judge a good ham see that the skin is thin. Old hams have thick skin and they are apt to have a strong flavor.

Earth worms in flower pots can be destroyed by mixing a little pulverized tobacco with the earth in each pot.

To prevent carpet from ravelling when cut, run two rows of machine stitching with the machine were it is to be cut.

A few drops of ammonia in the water in which silver is washed will keep it bright for a long time without cleaning.

EVERYBODY CURED.

There was a fellow long ago—you've heard of him, I guess—Who used to peddle to and fro a cure for bashfulness. He must have cured folks, by the way, as doubtless you'll agree. For as we look around today, no bashfulness we see.

New Orleans Times-Picayune: "Why not solve two problems at once by transporting the Hohenzollerns, the Lenines and the Trotskies to some untenanted island in the seven seas and leaving them to indulge in a lifetime debate on the relative demerits of Kaiseristic despotism and Bolshevistic despotism?"

Streets.
36 Corner Charlotte and Carleton Streets.
37 Corner George and Regent Streets.
38 Corner King and Regent Streets.
44 Corner Queen and St. John Streets.
45 Corner Brunswick and St. John Streets.
46 Corner Charlotte and St. John Streets.
51 Corner King and Church Streets.
52 Corner George and Church Streets.
53 Corner Union and Church Streets.
54 Gas House.
55 Intercolonial Railway Station.
56 Lansdowne and Waterloo Row.

BIG DRIVE BY SALVATION ARMY FOR A MILLION

Army Spent Two Million in War Activities but So Far Has Made No Appeal for Help.

The Salvation Army is about to launch a campaign to raise one million dollars for war and demobilization purposes.

The money-getting campaign will be from January 19 to 25.

The Duke of Devonshire, Governor General of Canada; Sir Robert Borden, Sir William Hearst, Sir Wilfrid Laurier and many other prominent citizens, have endorsed the scheme, and strong committees have been organized for the purpose of boosting the objective.

The Salvation Army intends to use the money for three purposes:

1. To establish hostels for returned soldiers who are discharged and in need until they are absorbed into industrial life.

2. To provide emergency receiving and maternity homes for soldiers' wives, widows and dependent children in need.

3. To continue during demobilization in England and France the equipments and comforts already provided by the Salvation Army for the Canadian soldiers overseas.

The Canadian public is entitled to know what claim the Salvation Army has for monetary assistance.

In the first place, the Army has spent \$2,000,000 in war activities.

Here is a summary of some of the operations of the Army directly connected with the war:

Forty rest rooms, equipped with papers, magazines, writing materials, etc., for the use of soldiers.

Forty-five motor ambulances in France, manned by Salvationists.

Ninety-six hotels for use of soldiers and sailors. These are located in France, England and Canada. The Army plans a wide extension of its string of hostels in Canada.

One hundred and ninety-seven huts at soldiers' camps. These are used for religious and social gatherings, and at these huts the fighting men are able to buy what extras they require in the nature of "eats" at the very lowest rates.

Seven hundred and sixty-one Salvation Army officers and members devote their whole time to work at the front.

Twenty-one hundred war widows in the care of the Army, besides two hundred and ninety-eight war orphans.

One hundred thousand wounded



Died of Starvation

Many a Belgian mother could have these words engraved on her child's gravestone—"Died of Starvation".

Perhaps the child has wasted away with Consumption, or has been twisted into a mockery of happy childhood by Rickets, but starvation is at the root of the tragedy.

What else can be expected for a growing child whose daily ration is the bowl of soup and two pieces of bread provided by the United States loans to the Belgian Government?

The only hope for the destitute children of Belgium is that we who can afford three meals a day will be moved to pity and send help immediately. Every small contribution will help to take some child, sinking under its load of trouble, over to Holland, where with good milk, nutritious food, medical care and loving treatment, he or she may regain health, strength and the wish to live.

GIVE—give until you feel the pinch! Don't wait until someone asks you personally. THIS is personal!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

RULES FOR THE AVOIDANCE OF INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.
2. Avoid all indoor assemblies, and travel as infrequently as possible.
3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.
4. Keep patient by himself, permitting only the nursing attendant, the

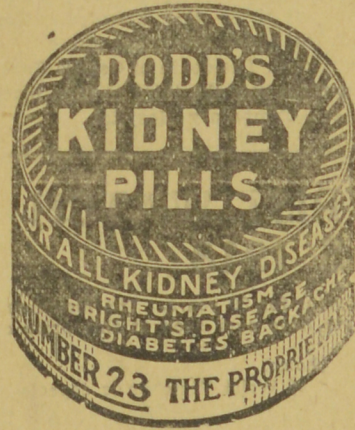
A lawsuit began sixteen years ago for the recovery of a half bushel of sweet potatoes valued at 35 cents, is still in progress in Gregg county, sixty miles east of Dallas, Texas. The litigants have already spent more than \$15,000 in court costs and attorney fees and the county itself has been out something like \$10,000 and justice has not yet been done. The litigants are William Stone and Charles Neynabör, whose farms adjoin.

soldiers taken from battlefields in the Salvation Army ambulances.

These are but a few of the things that are seen and recorded. There are many other activities which count for the S. A., but which cannot be put down in printed form.

In getting the boys back to civil life the Salvation Army has much to do. A vast amount of money will be required. One million dollars will not be too much.

5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.
6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.
7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.
8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.
9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.
10. Do not be over-anxious. That is do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.
11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.



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- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 Corner Charlotte and Smythe Streets.
- 16 Corner George and Northumberland Streets.
- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
- 25 Corner Brunswick and Westmorland Streets.
- 26 Corner Charlotte and Westmorland Streets.
- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 35 Corner Brunswick and Carleton Streets.

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