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CASTORIA

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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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Phone or Telegraph Orders Shipped on all trains or boats at short 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.

OF INTEREST TO WOMEN

ECONOMY IN THE HOUSEHOLD.

How Grandmother Made Soap Out of Kitchen Leftovers—What Not to Put in the Garbage.

Grandmother knew how to keep her kitchen supplied with home made soap by using left-over fats and greases. Save the drippings, put them into a large kettle, cutting up a large potato into it to purify it. Let the fat cook slowly until all the water evaporates, or until it stops sputtering. Strain through cheese cloth. Make a soda solution of one pound of pure caustic soda dissolved in five pints of water; mix 14 ounces of this solution with each pound of pure warm fat and stir the mass until smooth. Pour into pans or boxes lined with greased paper, and put to harden in a dry place.

To save meat, prepare relatively small quantities of it, so as to extend its flavor to other and cheaper foods. bread-crumbs, etc., to form croquettes; Grind it and combine it with rice, make it into pies with large quantities of pastry; cook it with dumplings, serve it with macaroni or rice in casserole dishes, or in stews or vegetables; or grind it and use it with bread crumbs as a stuffing for vegetables, such as tomatoes.

Can you avoid waste? Maybe your garbage can. Put in egg-shells (after being used to clear coffee), banana skins (unless there are no tan shoes to clean), tea leaves (after being drained, such drainage being used to water cucumbers, asparagus ends after being cooked for soup); bones (after being cooked in the soup kettle). Watch your garbage.

Substitute condensed milk for fresh cream in cooking vegetables and making soups. A half-pint bottle of cream costs about the same as a one pound tin of condensed milk; the latter will go three times as far and make an equally rich dish.

If you have part of a bottle of milk left from which the top has been used and there is danger that it may spoil, make it into a nourishing gravy and serve it for a luncheon or supper dish with slices of toast.

DAILY FISH BULLETIN.

(Issued by the Canada Food Board.)

Watch the Fish Counter.

Everyone who lunches at the downtown cafe comes up against this problem every day—meat or fish? It is a sign of the times that the fish counter gets so much attention now. Once it was little more than a Friday institution; now it is an all-the-week-round affair.

Watch the man who swings up regularly for a plate of fish. He's a good food conservationist and he is more in pocket than the other fellow who keeps to a meat diet, in spite of all he is hearing about the advantages of using more fish.

driven. The dense population of France makes prompt agricultural restoration necessary to relieve the food situation. Preference will be given to farmers who originally lived in the invaded regions.

The women who have kept the men of France fed for four years will help in restoring the shell-torn agricultural areas from which the Germans have been driven.

Grand Complexion Improver! Better Than Cosmetics

When it's so easy to bring back the bloom of youth to faded cheeks, isn't it foolish to plaster on cosmetics?

Go to the root of the trouble—remove the cause—correct the condition that keeps you from looking as you ought. Use Dr. Hamilton's Pills and very soon you'll have a complexion to be proud of. How much happier you'll feel—pimples gone, cheeks rosy again, eyes bright, spirits good, joyous health again returned. Never a failure with Dr. Hamilton's Pills, get a 25c. box today.

SOLDIERS BACK FROM OVERSEAS

An Atlantic Port, Oct. 1—There arrived at this port today a party of Canadian returned soldiers, consisting of forty-eight officers and six hundred and forty N. C. Os. and men who will go forward to their homes today.

WOULD SEIZE GERMAN PLANTS

Baltimore, Sept. 30—A Mitchell Palmer, alien property custodian, in a liberty loan address here tonight, said that a law should be enacted by congress to confiscate the German owned industrial plants in the United States at the termination of the war, as well as the products made by them.

THE BIG Horse Races

EVENT TAKES PLACE AT
FREDERICTON

OCTOBER 2, 3, 4.

\$1900 PURSES \$1900

Two classes each day. Over fifty entries for the big event. Don't pass this up. Get in on the swellest races of the season. The final argument.

H. O'NEILL, Sec.

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Tell the buying public what you have for sale.

You know your stock --- the public cannot be expected to know about it if you do not advertise.

The Mail has a large and splendid class of readers. People who pay their bills.

Get our rates.

IT HAS ARRIVED THE ZEPPELIN'S PASSENGER

By E. Phillip Oppenheim.

Another German Spy Story, more audacious than Mr. Oppenheim has heretofore written.

Other Late Books are:

Virtuous Wives	By Owen Johnson
The Amazing Interlude	" Mary Roberts Rinehart
The City of Masks	" George Barr McCutcheon
A Daughter of the Land	" Gene Stratton Porter
The Rider in Khaki	" Nat Gould.

The McMurray Book & Stat'y Co., Ltd.

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ENID BENNETT in 'The Biggest Show on Earth'

AT THE GAIETY THEATRE OCTOBER 2nd and 3rd.