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For Everybody

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Cloths
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Towels, Napkins and Ta-
ble Linens
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Vassie & Company, Ltd.

WHOLESALE DRY GOODS AND WOOLLENS
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table-
spoon.
4 tablespoons of a liquid equal 1/2 gill
or 1/4 cup.
1/2 cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1
quart.
2 cups of butter, solid, equals 1 lb.
1/2 cup of butter, solid, equals 1/4 lb.
or 4 ounces.
2 cups of granulated sugar equal 1 lb.
2 1/2 cups of powdered sugar equal 1 lb.
1 pint of milk or water equals 1 lb.
1 pint of chopped meat equals 1 lb.
10 eggs, shelled, equal 1 pound.
4 tablespoons of flour equal 1 ounce.
8 eggs with shells equal 1 pound.
2 tablespoons of butter equal 1 ounce.
2 tablespoons of granulated sugar
equal 1 ounce.
4 tablespoons of coffee equal 2 ounces
or 1/4 cup.
4 tablespoons of butter equal 1 ounce.
1 tablespoon of liquid equals a half-

TIME FOR BAKING.

Beans—8 to 10 hours.
Beef—Sirloin, rare, per lb., 8 to 10
minutes; well done, per lb., 12 to 15
minutes; rolled rib or rump, per lb.,
12 to 15 minutes; long or short fillet,
20 to 30 minutes.
Bread—Medium loaf, 40 to 60 min.
Cake—Plain, 20 to 40 minutes.
Biscuit—10 to 20 minutes.
Sponge Cake—45 to 60 minutes.
Chickens—3 to 4 lbs weight, 1 to
one and a half hours.
Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.
Duck (tame)—40 to 60 minutes.
Fish—6 to 8 lbs., 1 hour.
Gingerbread—20 to 30 minutes.
Graham Gems—30 minutes.
Lamb—Well done, per lb., 15 min.
Mutton—Rare, per lb., 10 minutes,
well done, per lb., 15 minutes.
Pie crust—30 to 40 minutes.
Pork—Well done, per lb., 30 min.
Potatoes—30 to 45 minutes.
Pudding—Bread, rice and tapioca,
1 hour; plum, 2 to 3 hours.
Rolls—10 to 15 minutes.
Turkey—70 lbs., 3 hours.
Veal—Well done, per lb., 20 minutes

BRIEF BUT USEFUL RECIPES.

Restore Glit Frames.—Rub with a
sponge moistened with turpentine.
Drive Away Anns.—A little quick
lime placed in the infested places.
Remove Tar from Cloth.—Rub it
well with turpentine till every trace
is removed.

Make Leather Waterproof.—Satur-
ate it with castor oil; to stop shoes
squaking, drive a peg into the middle
of the sole.

Clean the Hair.—Wash well with a
mixture of soft water, 1 pint; sal soda
1 ounce; cream tartar 1/4 ounce.

Egg Stains on Spoons.—Rub with
common salt.

Clean Gloves.—Pour a little ben-
zine into a basin and wash the gloves
in it, rubbing and squeezing them un-
til clean. If much soiled, they must
be washed again through clean ben-
zine and rinsed in a fresh supply.
Hang in the air to dry.

Clean Hair Brushes.—Dissolve a lit-
tle soda in warm water and pour in a
small amount of ammonia. Hold the
brushes with the bristles downward
and avoid wetting the back as far as
possible; shake until the grease is
removed; then rinse in cold water and
put in the air to dry.

Remove Mildew from Cloth.—Put a
teaspoonful of chloride of lime into a
quart of water, strain it twice, then
dip the mildewed places in this weak
solution and lay in the sun. If not ef-
fective the first time repeat.

How to Remove a Rusty Screw.—
Apply a red hot iron to the head for
applied immediately while the screw
is hot.

Cure Mosquito Bites.—Put ten drops
of refined carbolic acid into an ounce
of rose water; shake well and apply.
(If you hold your breath while a mos-
quito has its bill in you it cannot
withdraw it until you breathe again).
ounce.

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Corner Westmorland and King Sts.
Good accommodation and service.
Coach and Auto Service to all trains
and boats. Stable in connection.

DANCING CHECKS CRIMINALITY
SAYS THE DEAN OF MANCHESTER

Manchester, England, July 11.—The Dean of Manchester believes in dancing as a means of leading the young into paths of rectitude. He thinks dancing had a great deal to do with saving him from being a criminal, for which in his boyhood he had all the potentialities, he recently told a meeting of the Manchester Recreative Evening Classes committee.

The Dean continued: "Had I lived in a crowded commu-
nity I have no doubt I should have fallen into the hands of the
police. When I particularly wanted to do something there was
always an older person to dissuade me."

"I believe in dancing as a civilizing agency and one of the
best methods of developing subnormal children."

"I was early compelled to attend dancing lessons, but the
stables had more attraction for me. My mother however insisted
that I was not do be allowed to be brought up as a stable boy."

"One of the particularities of the war was that the govern-
ment sent out to the rest billets in France dancing mistresses
to teach the soldiers how to dance. It was taken up with the
greatest spirit by officers and men alike, and had a beneficial
effect on their health."

AROUND THE CITY

The advent and the departure of the
circus recalls to mind the custom now
honored in the breach and not the
observance, of organizing parties to
wait for the arrival of the first train.
These parties used to gather near the
"Y" and a chicken stew was the chief
item of entertainment to while away
the long hours. Poultry yards in the
eastern section of the city supplied
the chickens without the owners nec-
essarily having any knowledge of
their contributions till afterward.
Gardens furnished the vegetables
which are necessary to make a good
stew. Fuel easily was obtained and
with skillful cooks the result was very
appetizing at about 3 a. m. This cus-
tom has gone into the discard but the
younger generation still waits until
early morning for the first circus
train.

It was commented upon with some
amusement that several of the res-
idents of Waterloo Row who signed
the communication to the City Coun-
cil threatening injunction proceedings
against the city if Robinson's circus
showed on The Flats, were among
the most interested spectators at the
performances. Deed and precept do
not always agree.

It has been many years since The
Flats have been used by a circus or
travelling show. The fact shows that
vacant land within easy reach of the
centre of the city is at a premium and
in fact is impossible to obtain in area
sufficiently large to accommodate a
circus. This in itself shows that the
city is expanding. In recent years
Scully's Grove and Queen's Square fre-
quently were used by circuses but
neither ever will again, the former
because of being cut up into build-
ing lots and Queen's Square because
converted to its proper use as a pub-
lic recreation ground. The field at the
Devon end of the highway bridge also
has been used although far away
from the city. In former years differ-
ent sections of the Old Racecourse
were selected by circuses as the "lot"
where the "big top" and the smaller
canvasses were to be placed.

The Robinson circus went from
Fredericton to Woodstock over the
St. John & Quebec Railway, part of
the C. N. R. Old timers tell of the days
when the country between the two
towns was covered by wagon shows
which would not only give perform-
ances in the two places but at several
intermediate points. Then there were
no railways or very few of them and
small circuses travelled by highways.
Horses were the sole motive power
and that portion of the menagerie
which could be let at large travelled
on its own feet. Elephants, camels and
similar animals were to be seen walk-
ing on the country roads although
much of the travelling necessarily was
done at night. The elephants always
were careful to test all bridges before
trusting their weight to them. If any
structure failed to pass the prelimi-
nary inspection a detour had to be
made until the elephant could find a
fordable place in the brook or stream.
In modern times this is not necessary
and any way under the able superin-
tendence of Hon. P. J. Veniot country
bridges are strong enough to bear the
weight of an elephant.

The recent decision of the York
County Council to have a survey of
the westerly line of Court House
Square in order to ascertain whether
or not there has been trespass in a
recent building operation raises the
interesting point of the claim of the
municipality to the land in question.
The original grant of the land was
from the Crown to the justices of the
province as a site for a court house
for no municipality as it now is un-

derstood existed in those days. The
grant ran from building line to build-
ing line and from Queen street to the
river. All the space surrounding the
court house, however, has been used
for many years as a street without let
or hindrance on the part of the coun-
ty authorities and it is argued that
such use has made that land part of
the streets of Fredericton. Had the
claim of the county been enforced by
the closing of the land to traffic for
one day each year there could be no
such claim, but that was not done

Light sleepers recently have been
aware in the early hours of the morn-
ings of tragedies in bird life being
enacted in their near vicinity, from
the noise of crows and other birds.
The noise is produced by the raids of
the crows upon the nests of other
birds, usually robins, for the purpose
of devouring the young. The robins
seem unable to put up any serious
defence. With blackbirds it is different
and the crows although hunting in
pairs receive severe mauelings from
them. The English sparrow also is
ready to put up a fight and his lack of
size is more than made up by cooper-
ative effort.

The Flats concerning which a con-
troversy which almost developed into
legal action, raged recently, were the
early drill grounds of the militia and
volunteer companies which purchased
their own uniforms and paid part of
the expenses of their training. The
militia came from the country dis-
tricts and theoretically were all the
able bodied male population of mili-
tary age. The Imperial regiment sta-
tioned in Fredericton furnished the
band for the militia muster and Brown
Besses were the arms. The militia
wore a uniform of scarlet flannel. The
volunteers had uniforms varying ac-
cording to the corps. Grey was worn

SPECIALIST SAID
HE MUST OPERATE

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And Is Now in Perfect Health.



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pain in the lower part of my body,
with swelling or bloating. I saw a
specialist, who carefully examined
me and gave me several tonics to
take, which did not help me. Then
he told me I must undergo an oper-
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I heard about 'Fruit-a-lives' and
the wonderful results it was giving
because this medicine is made from
fruit juices, so decided to try it.

The first box gave great relief; and
I continued the treatment, taking
six boxes more. Now, my health is
excellent—I am free of pain and
swelling—and I give 'Fruit-a-lives'
my warmest thanks."

MME. F. GAREAU.

50c. a box, 6 for \$2.50, trial size 25c.
At all dealers or sent by Fruit-a-lives
Limited, Ottawa.

CO-OPERATIVE
ACTION URGED

Winnipeg, July 10.—Co-operative ac-
tion by the Dominion and Provincial
Governments to meet the food short-
age in Alberta was suggested at the af-
ternoon session of the Canadian Coun-
cil of Agriculture, and a telegram was
sent to Ottawa, strongly urging the
Dominion Government to investigate
the matter and take immediate action.

NOT SUCH A NARROW MIND.

"Clothes, clothes, clothes!" growled
Mr. Twobble, "Madam, don't you ever
think of anything but clothes?"

"Of course I do," replied Mrs. Twob-
ble indignantly. "For days at a time
I have concentrated my mind on hats
and boots."

WHO WAS BUNCOED?

"Got gold-bricked, hey?"
"Well, its question as to who got
fooled," said old Farmer Whiffletree.
"I took that brick in exchange for
summer board."

by some. There also was a troop of
volunteer cavalry which manoeuvred
on The Flats.

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Aviator—Come up with me, old chap
—a ride in an airplane is a thing to
remember.

Friend (cautiously)—Very well, if
you guarantee that I shall remember.

WANTED—Two or more rooms suit-
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in your writing paper.

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Newcastle,	Town Hall	874
St. John,	49 Canterbury St.	237
		M. 602