



CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

**Always
Bears the
Signature**

of

Chas. H. Fletcher.

**In
Use**

For Over

Thirty Years

CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

HOUSEHOLD BUYING.

If the family income assumed the form of a single golden coin, from which bits were chipped away as expenditures were made, we should be more careful to see that each bit brought a full return than we are when we spend our soiled paper and battered metal bits of money. The housekeeper values the money entrusted to her to spend because it represents the earnings of loved ones, but she doesn't always realize its whole value as a medium of exchange. A calm survey of the family's needs or the markets accessible to her and of the amount she can spend will do much to bring her to this realization. Thinking and planning before spending will enable her to visualize her weekly or monthly income as a single coin which she must permit herself to reduce in size only in the proportion that she thereby increases the family supply of necessities and comforts.

It helps in the solution of any problem to bring the imagination to play upon it, and the housewife who will adopt the plan of first spending her money in her imagination will find that the actual spending process is more satisfying in results than when she goes at it without any previous consideration of all the things that must be provided for by a given sum. She will also find herself differentiating between things she can afford and things she cannot afford to have her home deprived of. An occasional round of the shops without spending anything at all will aid her in choosing the dealers who give good values and in saving much time and energy on actual shopping trips. Stores change their policies from time to time and only an occasional survey of one's shopping field will keep one acquainted with its full possibilities.

"MAKE A NOTE OF IT."

Cereals cannot be overcooked.

If the cut end of the ham is wet with vinegar it will not mould.

Hominy with dates or raisins makes a good, tasty breakfast dish.

Fill brown bread sandwiches with honey and chopped walnuts.

Various vegetables combined—leftovers—make delicious salads.

Heavy salads make a meal by themselves with bread and butter sandwiches.

Weight rather than size should govern the selection of cabbage. A small, firm head is best.

A baked spiced ham makes a good Sunday dinner, and what is left may be used in many ways the following week.

*SIMPLE REMEDY FOR A COLD

With the sudden and cold winds of the fall season nearly everyone develops a cold of some kind. A simple and sure remedy for a cold in the head or hoarseness, is to inhale steam from a sponge dipped in boiling water.

Wrap a towel about the sponge so you can hold the ends instead of the scalding sponge. Bury the nose and mouth in the covered sponge and breathe through the nose and mouth. When the sponge loses heat, remove the towel and pour on some more boiling water.

Keep the bowels well open and the body well nourished and the cold will soon disappear. Keep away from people with colds as much as possible and, especially, avoid people who have suffered with attacks of grip or pneumonia.

DUTY.

Could I but do one worthy deed,
Or write one living line
To fill the measure of my need—
Could I but sow one fruitful seed,
Then were contentment mine.
Could I but sing one living song
To banish mortal pain;
Could I but right one crying wrong
Or help one weaker soul along,
I had not lived in vain.

So vast the universe, so cold
The peaks to which we climb,
So gray the skies, the stars so old!
So many sheep strayed from the fold
And so swift fleeting Time!
Strive as I may, somehow it seems,
That each succeeding sun
Finds me yet distant from my Dreams
On paths rock strewn, with swollen
streams
And no day's Journey done!

Yet must I carry on the fight,
Still I must do my best,
So, when I pass from out the Night,
Into the Day, into the Light,
My weary Soul may rest!

Another Royal Suggestion 3-Egg Angel Cake and Mocha Layer From the NEW ROYAL COOK BOOK

AN Angel cake so good that it fairly melts in your mouth. Instead of eight eggs, it can be made with three and the yolks of the eggs can be used for a Royal Sunshine cake.

Here, too, is a Mocha Layer cake which you will want to try, and clip for future use.

Angel Cake

1 cup sugar,
1½ cups flour,
½ teaspoon cream of tartar,
3 teaspoons Royal Baking Powder,
¼ teaspoon salt,
½ cup scalded milk,
1 teaspoon almond or vanilla extract,
whites of 3 eggs.

Mix and sift first five ingredients four times. Add milk very slowly, while still hot, beating continually; add vanilla; mix well and fold in whites of eggs beaten until light. Turn into ungreased angel cake tin and bake in very slow oven about 45 minutes. Remove from oven; invert pan and allow to stand until cold. Cover top and sides with either white or chocolate icing.

Mocha Layer Cake

¼ cup shortening,
1 cup sugar,
2 eggs.

½ cup strong coffee,
2 cups flour,
3 teaspoons Royal Baking Powder,
¼ teaspoon salt,
2 teaspoons mixed spices.

Cream shortening and sugar until light; add well beaten yolks of eggs; add coffee slowly; add half of flour sifted with baking powder, salt and spices; mix and add well beaten whites of eggs; add remainder of flour and mix lightly. Pour into two greased layer cake tins and bake in moderate oven. Spread sweetened whipped cream between layers and cover top with —

Mocha Icing

1 tablespoon butter,
1 cup confectioner's sugar,
1 tablespoon cocoa,
2 tablespoons strong coffee,
¼ teaspoon salt.

Cream butter and sugar; add cocoa, coffee and salt and stir until smooth. If too dry, add coffee; if too moist, add sugar.

ROYAL BAKING POWDER

Absolutely Pure

Made from Cream of Tartar,
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SECOND HAND

WANTED—Ladies and gentlemen's cast off clothing, boots, fur coats, gowns, furnishings, stoves and all kinds of second hand goods. Goods called for. Apply or write, Uncle Sam's Exchange, 106 Regent street, Gieves Building.

NEWS AGENTS IN CITY.

THE DAILY MAIL IS ON SALE in the City of Fredericton at the places of business of the following:

D. LENIHAN, 522 King St.
D. H. CROWLEY, 612 Queen St.
MISS QUINN, 147 Westmorland St.

ALONZO STAPLES, 100 York St.
E. A. EARDLEY, 704 King St.
A. J. HANLON, 83 Regent Street.

FOR SALE—Second-hand Crown Jewell Stove, but little used; hot water tank in connection; will be sold at a bargain. Apply at the Mail Office.

SAYS AMERICA IS BECOMING THE ART CENTRE

Special to Daily Mail. Copyright 1920 by Cross Atlantic News Service (By Sydney B. Cave)

London, Nov. 6 (By Mail)—"America is rapidly becoming the art centre of the world" Frank Brangwyn, the foremost English painter and member of the Royal Academy, told me today. "Because of the advantage in the exchange situation, the flow of works of art from England and the Continent to the United States is steadily increasing."

"The majority of the art works going to America are old masters. Little if any of the products of the modern painters is finding its way there."

During the last nine months, London has been the clearing house for works of art valued at seven million two hundred and fifty one thousand six hundred and fifteen dollars which went to the United States, as compared with only four million and eighty four thousand eight hundred and thirty

ty six dollars during the same period in 1919.

In September alone the value of such exports was nearly a million and a quarter dollars, and it is expected that this figure will be exceeded in November and December.

While New York is the port of entry to the United States for all these art treasures, yet there has been keen competition from buyer from Detroit, Minneapolis, Chicago and other middle Western Cities. It is reported that a number of commissioners representing wealthy Americans have been in Revel, purchasing millions of dollars worth of old Russian heirlooms and art treasures.

"America is beginning to show some interest in modern European art" continued Brangwyn. "The exhibition of war paintings, drawings and lithographs by British artists, which was organized in America as a part of our war propaganda, included works by Sir William Orpen, Augustus John, D. V. Cameron, myself and other British artists. But there has been no really representative collection of modern British art in America since the St. Louis Exposition. It would be an excellent idea if a real representative exhibition of British art could be

shown in America next summer; and if a similar exhibition of American art could be shown here so that the artists could see what those of the other side have done.

A DIVORCE GRANTED

After many years of patient suffering you can be divorced from corns by applying Putnam's Corn Extractor, which acts in 24 hours without pain. Refuse a substitute because "Putnam's" is the remedy that is safe and painless, 25c. per bottle at all dealers.

HE CAN'T BE FOUND.

"I'd like to see the man who'd ask me to sew buttons on his shirt," said the girl who believed in woman's independence and all that sort of thing. "So would I," said the girl who still had hopes—and a hope chest too.

CASTORIA

For Infants and Children
In Use For Over 30 Years

Always bears the
Signature of *Chas. H. Fletcher.*

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Lv SYDNEY	Alt. Time	8:30 p.m.	Fr.	Sa.	Su.	Mo.	Tu.	We.	Th.
Lv HALIFAX	"	8:10 a.m.	Sa.	Su.	Mo.	Tu.	We.	Th.	Fr.
Lv ST. JOHN	"	7:10 a.m.	Sa.	Su.	Mo.	Tu.	We.	Th.	Fr.
Lv CHARLOTTETOWN	"	6:25 a.m.	Sa.	Su.	Mo.	Tu.	We.	Th.	Fr.
Lv MONCTON	"	2:25 p.m.	Sa.	Su.	Mo.	Tu.	We.	Th.	Fr.
Lv MONTREAL	East. Time	9:20 a.m.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
Lv OTTAWA	"	5:00 p.m.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
Lv OTTAWA	"	8:00 p.m.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
Lv NORTH BAY	"	8:20 p.m.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
Ar PORT ARTHUR	"	5:20 a.m.	Mo.	Tu.	We.	Th.	Fr.	Sa.	Su.
Lv PORT ARTHUR	"	6:05 a.m.	Tu.	We.	Th.	Fr.	Sa.	Su.	Mo.
Lv PORT WILLIAM	Cent. Time	5:35 a.m.	Tu.	We.	Th.	Fr.	Sa.	Su.	Mo.
Ar WINNIPEG	"	2:55 a.m.	Tu.	We.	Th.	Fr.	Sa.	Su.	Mo.
Lv WINNIPEG	"	8:45 p.m.	Tu.	We.	Th.	Fr.	Sa.	Su.	Mo.
Ar SASKATOON	"	9:40 p.m.	Tu.	We.	Th.	Fr.	Sa.	Su.	Mo.
Lv SASKATOON	Mtn. Time	11:25 a.m.	We.	Th.	Fr.	Sa.	Su.	Mo.	Tu.
Ar EDMONTON	"	11:45 a.m.	We.	Th.	Fr.	Sa.	Su.	Mo.	Tu.
Lv EDMONTON	"	11:25 p.m.	Th.	Fr.	Sa.	Su.	Mo.	Tu.	We.
Ar JASPER	Pac. Time	12:01 a.m.	Th.	Fr.	Sa.	Su.	Mo.	Tu.	We.
Ar JASPER	Pac. Time	9:10 a.m.	Th.	Fr.	Sa.	Su.	Mo.	Tu.	We.
Ar PRINCE RUPERT	Pac. Time	7:45 p.m.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
Ar MT. ROBSON	Pac. Time	7:45 p.m.	Su.	Mo.	Tu.	We.	Th.	Fr.	Sa.
Ar N. WESTM'ER	Pac. Time	12:14 p.m.	Th.	Fr.	Sa.	Su.	Mo.	Tu.	We.
Ar VANCOUVER	"	8:25 a.m.	Fr.	Sa.	Su.	Mo.	Tu.	We.	Th.
Ar VANCOUVER	"	9:00 a.m.	Fr.	Sa.	Su.	Mo.	Tu.	We.	Th.

For all information, Fares, and Sleeping Car Reservations apply to nearest Canadian National Ticket Agent.