

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

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

KNOW YOUR MEASURES.

It is a time saver and a muscle saver and nerve saver to have a memory trained to remember some of the simpler tables of weights and measures that are called into play so often in the course of cooking. Remember, for instance, that:

There are four teaspoons in a tablespoon and sixteen tablespoons in a cup, two cups in a pint and two pints in a quart. Incidentally remember that a gill, a measure which appears in some old fashioned recipes, is just half a cup.

Now it is really worth while to have scales in your kitchen so that when you use recipes calling for certain weights of materials you can get them accurately. However, if you have no such scales it is possible to get very good approximate results if you remember that:

With flour, two round tablespoons equal one ounce, two cups of sifted flour are one pound.

With butter if you pack a cup of butter solid the contents will weigh one-half pound.

With sugar, it takes two cups to make a pound if the sugar is granulated, while if it is powdered you will need two and one-half cups.

Remember that the old rule, "A pint's a pound the world around," applies only to liquids that have about the same weight as water—thus you might weigh water and milk by means of a pint cup if you wished. In some canning rules you have to allow a certain amount of sugar in weight according to the weight of fruits or liquids used. It is almost impossible to estimate the fruit saved by the scales but when fruit juice is concerned this rule to allow a pint for a pound is accurate enough.

"MAKE A NOTE OF IT."

Do not butter sandwiches when using mayonnaise.

Have the oven hotter for layer than for loaf cakes.

Brown sugar gives a richer taste to the breakfast cereals.

A delicious dessert can be made of frozen rice pudding.

Rice griddle cakes make a nutritious breakfast dish.

Drain fried potatoes on brown paper to absorb grease.

Honey mixed with chopped nut meats makes a delicious filling for sandwiches.

A mixture of cream cheese and finely chopped celery makes a good sandwich.

Rub window screens with cloth moistened with kerosene and the small mosquitoes will not come through. Repeat every few days.

FUDGE FILLING.

Here is a good way to make a fudge filling for layer cake. It is also good for the fudge sauce to use on ice cream. Mix together two cups of sugar, two cups of rich milk, four squares of chocolate and four tablespoons of butter. Melt it and then boil until a soft ball is obtained when dropped in cold water. If this is to be used for filling it should then be taken from the fire and beaten until creamy and then spread on the cake. If to be used for ice cream sauce, as soon as it forms a soft ball place the dish in hot water and keep hot, without allowing it to boil any longer.

OATMEAL KISSES.

Cream one cup of butter or fat with one cup and one-half of sugar. Add three beaten eggs, and two cups and one-half of flour mixed with two cups of rolled oats, ground in coffee grinder, one cup of raisins, one-half a cup nuts, one teaspoonful of baking powder, and one teaspoonful, each of powdered cinnamon and a grating of nutmeg or a little mace.

Loafers never talk about what they are going to do tomorrow.

WOOD'S PHOSPHODINE.
The Great English Preparation. Tones and invigorates the whole nervous system, makes new blood in old veins. Used for Nervous Debility, Mental and Brain Worry, Dependancy, Loss of Energy, Fainting of the Heart, Failing Memory. Price \$2 per box, 3 for \$5. Sold by all druggists, or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT.

CANADIAN PACIFIC

Change Time AUGUST 29.

TRAIN No. 112 leaving Fredericton at 5.35 p.m.
TRAIN No. 111, arriving Fredericton at 5.30 p.m.

CANCELLED.

TRAIN No. 110 will leave Fredericton at 4.55 p.m. instead of 3.45 p.m. as at present.

For other details of train changes apply to Local Agent.

N. R. DesBRISAY, Dist. Pass. Agt.

APARTMENTS WERE SPACIOUS

By Cross-Atlantic Newspaper Service.

London, Sept. 28.—Women who live below ground all the days of their lives in apartment so spacious that they accommodate even camels, was one of the finds of Mrs. J. R. Forbes, the woman traveller who has returned to London after wandering for several months from Morocco to Syria.

"These togolodyte (cave-dwelling) women of the Tripoli mountains come up only once in the course of their lives," says Mrs. Forbes, "and that is when they marry and change their abode for that of their husband."

"Being continually in their underground caves, a most remarkable change takes place in their appearance. They become very white in the face and their eyes become very dark and brilliant. As they grow older they become seized with a passion for dyeing their hair with henna."

"In the daylight these women are almost blind; in fact they stagger enough for them to keep all their live about as though under the influence of stock below ground including their liquor. Their houses are spacious camels."

MR. PINDER WAS WITHOUT INFLUENCE

Could Not be Trusted to Handle
Patronage Under the Old
Government—McLeod
Faction Ruled.

When the old government was in power Mr. J. K. Pinder of York although a gov. supporter, for some reason or other had little or no say in the dispensation of patronage. One of his colleagues, Dr. Morehouse sided with him, but the other two Messrs Young and Guthrie bucked against him on all occasions. So little attention was made to Mr. Pinder's representations that he was unable to prevent the dismissal of a personal friend from the chairmanship of the Board of Revisors for the Parish of Southampton. It will be remembered that in 1916 he had ex-Coun. J. T. Marsten appointed but on the recommendation of Messrs Guthrie and Young he was dismissed and Ralph Brooks appointed in his place. Here is the proof as furnished in the answer to an enquiry in the House during the session of 1916:

Hon. Dr. Landry in reply to Mr. Pelletier's enquiry.

Q—Who is the Chairman of the Board of Revisors for Southampton Parish, York County.

A—Mr. Ralph Brooks is the Chairman of the Board of Revisors for Southampton Parish, York County.

Q—By whom was he recommended for the position?

A—By Messrs Guthrie and Young.

Q—Was James T. Marsten appointed first and gazetted upon the recommendation of Messrs Pinder and Morehouse members for York.

A—Yes.

Q—Why was he not continued as Chairman of the Board of Revisors?

A—Answered by answer to No. 1.

A garage on the rear end of the lot seems to be getting as necessary as a pup's tail.

"DANDERINE"

Girls! Save Your Hair!
Make It Abundant!



Immediately after a "Danderine" massage your hair takes on new life, lustre and wondrous beauty, appearing twice as heavy and plentiful, because each hair seems to fluff and thicken. Don't let your hair stay lifeless, colorless, plain or scraggly. You, too, want lots of long, strong, beautiful hair. A 35-cent bottle of delightful "Danderine" freshens your scalp, checks dandruff and falling hair. This stimulating "beauty- tonic" gives to thin, dull, fading hair that youthful brightness and abundant thickness. All druggists.

CANDIDATES OVER NORTH

Chatham, Sept. 29.—At the nominating conventions of the labor interest held here last night it was decided to appoint two men to contest the county and Messrs John Vanderbeck, of Millerton, and John S. Martin, of Chatham, were selected. Mr. Martin is the president of the G. L. A. here while Mr. Vanderbeck is the honorary vice president of the Millerton branch. The farmers met in convention here today and practically decided to put two men in the field. Mr. Fred Fowle of Black River, was chosen as one. The other name mentioned was Mr. Brophy, but as yet he has not said whether he would agree to become a candidate or not.

And a little Ford shall lead them.

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STERLING F. LINT, Prop.

Lunches Served at All Hours

MEAL TICKETS FOR SALE

EVERYTHING IN SEASON

NEWSPAPER ADVERTISING IS THE BEST

ALL THE BEST AUTHORITIES AGREE that the most profitable form of advertising is through the daily newspapers. People who have goods to sell must get the fact to the public the quickest and surest way. Local advertisers show their confidence in the Mail and we have every reason to boast that our advertising service is reliable and valuable. A word to the wise.

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'Phone :

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Good accommodation and service.
Coach and Auto Service to all trains
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APPLICATIONS

for office help trained at

**FREDERICTON
BUSINESS COLLEGE**

are continually coming in from
all parts of New Brunswick and
the State of Maine.

We want more young men and
women to qualify for these positions.
Write for full particulars to

W. J. OSBORNE, Principal,
Fredericton, N. B.

NEWS AGENTS IN CITY.

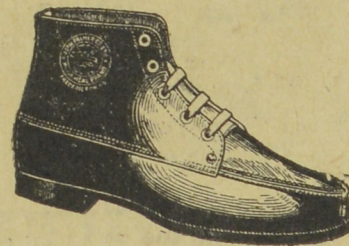
THE DAILY MAIL IS ON SALE
in the City of Fredericton at the
places of business of the following:

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 the men, tightening the lids on the fruit jars is to the canning season what beating the rugs is to the house-cleaning season.

PALMER'S ELK-O BRAND "DRY CHROME" MID-SUMMER FOOTWEAR

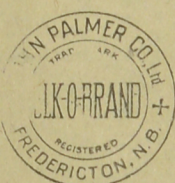


Here is a Boot for Mid-Summer Wear that will give you real Foot Comfort.

Is not oil-tanned, but made from dry!Chrome leather. Colors Smoked Pearl and Dark Brown.

An ideal boot to wear about town, or on a camping trip, the farmer, or the man working out-of-doors, will find this boot just the thing he has been looking for. You see it not only looks well but is light and serviceable.

Your Dealer carries them in stock. Ask to see them.
Or, you can write us direct for catalogue and prices.



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