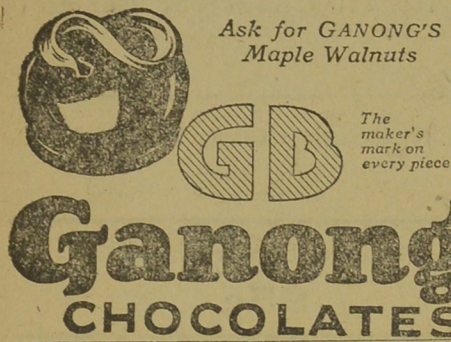


Maple Walnut

Like a trip to the woods in maple sugar time! And the fresh flavour is enhanced with tender walnut meats from France. Too dainty for anything but its own "G.B." chocolate coating.



RACING STABLE DAY BEGINS AT FOUR O'CLOCK; TRAINERS AND JOCKEYS HAVE LONG HOURS

It's 4 A. M. and the first streaks of dawn are beginning to lighten the sky. The place may be Churchill Downs or Latonia; Aqueduct or Hawthorne; Kenilworth or Derbyshire—anyone of the tracks where fast horses gather for the "Sport of Kings." No matter what the track, the scene is the same says a writer in Popular Mechanics.

On one side the vast, deserted grand stands, silent save when an occasional sleepy watchman makes his rounds. On the other, the long row of low white-painted stables, just awakening for the day's business.

The day starts at dawn on the "other side" of the track, the side where the stables are, and it ends with the evening twilight, for horses keep suntime hours, and the trainers and jockeys and stable hands who care for them must, perforce, keep the same.

Live With Horses.

Four A. M. and the first stable hands roll out of their cots in the tack rooms, stalls fitted up for light, very light, housekeeping. They live with their horses by day and sleep beside them at night.

Down the side of the long stables thoroughbred heads are poked out over the tops of the half doors, and a chorus of stamping and neighing greets the arrival of the first attendants. The stable side, sheltered by a wide overhanging porch roof, to keep out the rain and the direct rays of the sun, is lined with rows of neat little medicine and supply cabinets, watering and washing tubs, all painted in the stable colors, and neatly coiled bandage rolls.

Stall doors are opened and the morning cleaning begins. Currycombs and brushes ply, fresh straw remakes the trampled night's dust from slim, fleet legs.

Breakfast time, for the horses, not the men, and the morning's ration of oats is distributed. Each stable hand has from one to three or four horses to care for, depending on the size of the stable and the wealth of the owner. Horses, like people, differ greatly, some requiring the almost undivided attention of a personal valet, and others getting along with a third or fourth the care.

Jockeys Help.

With the morning meal out of the way, the day's limbering up begins. Stable boys and jockeys turn out and lend a hand. Carefully blanketed, the racers are led round and round the well-trodden dirt path beneath the overhanging porch roof, stretching and easing muscles cramped by the

night. For a quarter or a half an hour, as long as the trainer thinks necessary, the exercise walk continues, then the animals go back to their stalls, and decks are cleared for the serious business of the day.

It is now half past five or six o'clock, and light enough to take to track. The horses that are entered for the afternoon's races come first, usually for a brief exercise gallop, since their schooling is complete and only a workout is necessary. It is important that it be finished soon, to give as long a rest as possible.

Despite the earliness of the hour, a goodsized gallery has already gathered, the professional race followers and bookmakers' touts, men of all sizes and races, but each wearing the two badges of his calling, a good pair of binocular field glasses and a stop watch.

Before this critical and professional audience, the afternoon's racers take their gallop, usually ridden "under

Critics on Job.

wraps," that is, with a turn or two of the reins around the riders' wrist to give a good strong pull by which a too-eager horse can be kept from showing off more than necessary before the "clockers." Occasionally a willing performer is put through a stiff gallop, and then the stop watches come into play. Usually an occasional spurt for a furlong or so, coupled with the general behavior of the horse, is all the watchers have to go by.

As quickly as possible the afternoon's entries are led off the track, blanketed and walked up and down the side lines to cool them out slowly, then given a good rub-down and wash and returned to their stalls.

Next come the horses being groomed for future races. The trainer, mounted on his pony, a scrub of indeterminate breeding, watches critically, orders walks and gallops, and keeps a close eye on the work.

The "rail birds" are still on the job, getting an eye on future possibilities.

Finally only the youngsters are left in the stable, and then school starts for the day. The youngsters include all those who have yet to start in a race. They must be trained to respond to the jockey's desires, to race with other horses and try to win, to get away to a flying start when the barrier is sprung, to keep their feet in the thick of a galloping tangle, and to take no fright whatever may happen. Skittish and full of fire, their workout usually start with a walk around the mile of track, interspersed with a few short gallops. If they are very young and inexperienced, or easily frightened, the trainer on his pony or another jockey on a well-broken horse may ride alongside, possibly with a leading strap to teach obedience.

Finally 9 o'clock comes. Barrier school has been called by the starter for nine, and must be over before ten to clear the track for the teams with scrapers and drags, who will level and work the dirt ready for the last ounce of speed in the afternoon meet. At the head of the back stretch lies the "chute," a short, straight stretch leading into the track just where the turn straightens out.

Would Be Choirine—All my friends say I have a beautiful voice. Practical Manager—Bring me a recommendation from your neighbors and I'll give you a trial.



Of Interest to the Women

CLOTH DRESS FALL FASHION

The cloth dress as well as the tulle—cloth, of course—is singled out for fall. There are interesting developments in crepes, especially those of the crepe satin genre, but nearly all of the style experts are inclined to emphasize the importance of cloth.

Such silks as grograin and moire warrant discussion and velvet has too often been mentioned in fall predictions to be dismissed with a word. Yet for all that, it seems that no woman can be regarded as having a proper wardrobe unless she has several cloth frocks.

It seems unnecessary to add that all wooleens which have a style appeal are soft. They must have proven themselves suitable to such purposes as pleating, let us say, some argue that the smartest wooleens have a two-tone pattern which it is difficult to see at a distance, but it is a pattern for all that. There is of course the fascinating possibility of using silk and wool together even the possibility of substituting velvet for silk.

One has not become familiar with Paris styles notes without having made the arresting discovery that a jacket and skirt need not match. There is, indeed, something to be said for their not matching and a great deal to be said for the chic of the contrasting coat, usually inclined to shortness.

PEPPER RELISH.

18 green and 18 red peppers
12 onions ground fine
Pour boiling water over the above and let stand 15 minutes. Then drain and add 2 pints cider vinegar, 3 cups brown sugar, 2 teaspoonfuls salt, 1 ounce mustard seed. Boil 20 minutes. When cool can it.

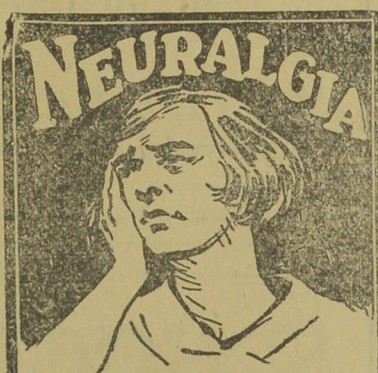
PEPPER RELISH.

1 quart large cucumbers sliced
1 quart small pickles
1 quart green tomatoes
1 quart small onions
1 large cauliflower divided into small pieces
4 green peppers cut fine
Make a brine of 4 quarts of water 1 pint salt and pour over the mixture. Let stand 24 hours. Then heat just enough to scald, then drain mix 1 cup flour, 6 tablespoons turmeric with enough cold vinegar to make a smooth paste. Add 1 cup sugar and vinegar to make 2 quarts in all. Boil until thick, stir constantly. Add vegetables, cook until well-heated and can.

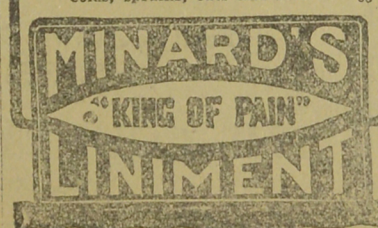
PEAR PUFFS.

Peel medium sized pears cut off the blossom ends and cook in a syrup made of two cups of sugar, one cup of water and the juice and rind of a lemon. When tender, remove and add to the juice a few chopped almonds, half a cup of chopped raisins, and let cook until the mixture is thick. Have pie dough ready, roll it thin and cut into squares. On each square place a pear and some of the raisin mix-

Mrs. Rash—If you had to do it over again would you marry me?
Mr. Rash—Of course if I had to do it over again!



Bathe the affected parts with Minard's in warm water. Quick relief assured. Always keep Minard's handy for colds, sprains, cuts and bruises.



ture. Pinch edges together and bake in a quick oven until nicely browned.

BAKED PEARS.

Butter a shallow baking dish. Lay in alternate rows of peeled halved and cored pears and sliced bananas. Squeeze lemon juice over both fruits. Sprinkle thickly with moist brown sugar, dot with butter and make until pears are tender and the butter and sugar have formed a caramel sauce. Serve from baking dish. May be varied by using peaches and sprinkling with chopped nuts. Serve with whipped cream.

A SOFT CHOCOLATE FROSTING.

This frosting is easy to make and have an unusually good texture and flavor.

1-3 cup grated or shaved bitter chocolate

1/4 cup milk

1 cup granulated sugar

1 well beaten egg

Pour milk over chocolate and sugar and stir. Let stand for a few minutes while you beat the egg and add it to the chocolate mixture.

Beat very slowly, without stirring, until the chocolate and sugar are melted. Let boil gently for about five minutes, until slightly thickened but not quite until it reaches the soft ball stage. Remove from fire, beat until cold and spread on cake.

PER USUAL.

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Again is nigh
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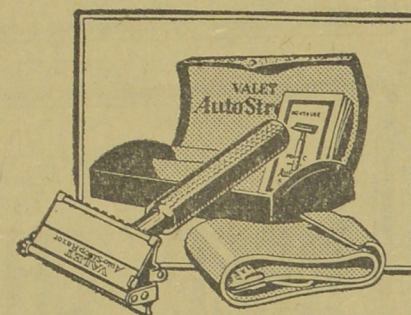
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