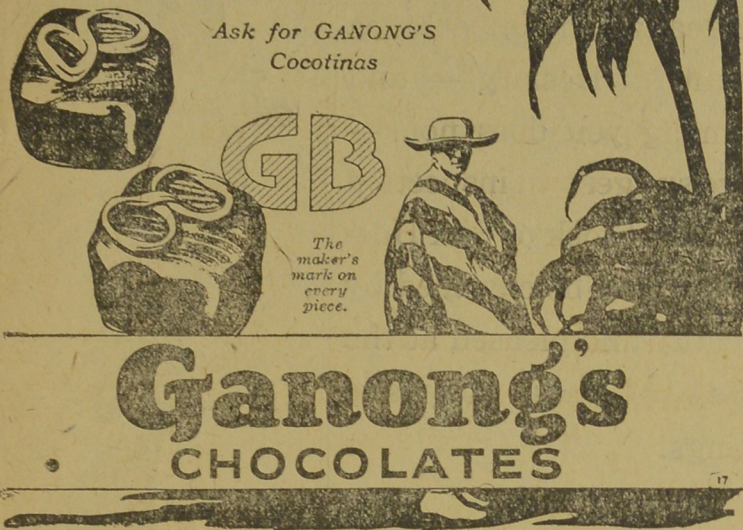


Cocotinas

Smooth, mellow, captivating—the fresh flavour of Trinidad coco in thick silken coating of "G.B." chocolate. The right size for dainty eating.



TEACHERS ARE TOLD OF TRIP TO GREAT BRITAIN, OF BURBANK'S WORK, AND OF CRAFTSMANSHIP

Moncton, Oct. 24—The United Teacher's Institute of Westmorland, Albert and Kent, held their closing session yesterday afternoon. The session yesterday afternoon. The session was opened with the election of officers, followed by community singing led by Miss Alice Harrison. Mrs. George Ross was then heard in two very pleasing vocal solos, entitled "Sunbeams" and "The Second Minute." Mrs. Irvine Malcolm acted as accompanist.

Travelogue.

An interesting feature of the programme was the travelogue by members of the Lord Beaverbrook party that toured the British Isles. W. McL. Barker was the first of the speakers. He told of the party leaving this city, sailing for Quebec, embarking and landing at Glasgow. He gave a vivid and interesting description of the various places visited in Scotland.

Miss Ethel Murphy was then called on and gave a description of other points of interest visited during the tour. She was followed by A. R. Stiles and MacKay Anderson who also described the various spots visited. The travelogue was highly interesting and received much applause from those present.

Craftsmanship.

At the High School and intermediate section in the morning W. McL. Barker led in a very interesting debate on "Craftsmanship in Teaching." In opening his remarks Mr. Barker referred to the narrow view of education and asked his listeners what was being done to remedy this. All teachers should have a proper ideal. The nature of the ideal governs one's work to a large extent. It should include three parts of the human make-up, character, mind and body.

Another essential element was a knowledge of one's work, which included accurate knowledge of the subject matter to be taught. He advocated wide reading to get the experience of others and to learn the trend of the times.

Four things were essential to study: discussion, to exchange ideas with others; observation, to see the methods of others; and experimentation to see if they were doing what they aimed to do. The final point the study of material, was most essential. A good workman must know his material.

In conclusion he gave practical hints in teaching in which he said that

Sour Stomach

"Phillips Milk of Magnesia"
Better than Soda

Instead of soda hereafter take a little "Phillips Milk of Magnesia" in water any time for indigestion or sour acid, gassy stomach, and relief will come instantly.

For fifty years genuine "Phillips Milk of Magnesia" has been prescribed by physicians because it overcomes three times as much acid in the stomach as a saturated solution of bicarbonate of soda, leaving the stomach sweet and free from all gases. It neutralizes acid fermentations in the bowels and gently urges the souring waste from the system without purging. Besides, it is more pleasant to take than soda. Insist upon "Phillips." Any drugstore.

teachers should decide exactly what they wished to do before starting. He advocated working always from general principles to details because, he said, there was a danger of destroying the clarity of the main idea in all the details were introduced at first. He impressed on his listeners the necessity for taking plenty of time. The skilled workman thinks of the finished product not the time. Patience, was another important feature in teaching. He said he felt that better results would be obtained by doing a little at a time and demanding a proper reproduction of it by the scholar. Many scholars were spoiled by impatience or hasty speech by the teacher.

Inspector Dixon.

Inspector Dixon gave an interesting address on "Luther Burbank" at the afternoon session, in which he dealt with the wonderful benefits humanity had derived from the work of Burbank. He felt that all older pupils were familiar with the names of Edison, Miner, Charles Roberts and many others but comparatively few had much knowledge of Burbank. Although he had lived in the United States he was more than a citizen of that country. Inspector Dixon said, He had correspondents and assistants in many parts of the world and had not hesitated to look to any country for material.

The idea of breeding and plant culture with the purpose of producing fruits, flowers and trees hitherto unknown, originated with Burbank, he said. "We, in common with practically the whole continent, enjoy fruits, flowers and vegetables that would not be accessible were it not for Burbank and others who worked along the same line" he said.

Inspector Dixon then gave several quotations from periodicals dealing with discoveries of Burbank and the wonderful work carried out by him. Important work in plant breeding has also been done by Canadians, he said, and read extracts concerning the discovery of Marquis and Garnett wheat. He told of the many fields of opportunity now open for a Burbank of the future, a man who could take on order for a certain size of improved fruit and produce results as Burbank did.

He referred to Burbank's great interest in his work not because of the wealth but because he loved his task. "He turned wealth aside in order to devote himself to a work that has proven to be a blessing to this generation and will be a blessing to all future generations," Inspector Dixon said in conclusion.

'LET GIRLS CURL OWN HAIR' BROOKLYN JUDGE RULES.

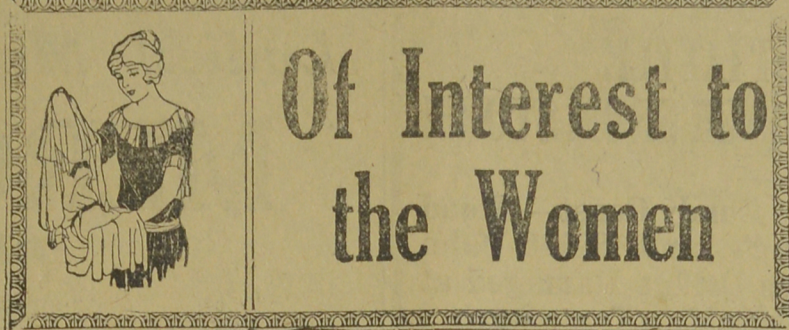
New York, Oct. 25—A beauty parlor is a barber shop in Brooklyn a close state law makes barber shops close Sundays. The owner of a pulchritude bazaar was up for violating law, argued he never cut a man's hair nor shaved a face. "Guilty" said Magistrate Rayfiel. "Let the girls do as their mothers did and curl their own hair."

Kind Gentleman—My, but your hands are dirty.

Little Girl—Yes, sir; bofe of 'em. My bruvver says you gave him a dime to wash his face.

Agent—I am selling a wonder ul vacuum cleaner.

Mrs. Brown—Well, I have no vacuums.



Of Interest to the Women

SLEEVES ARE IMPORTANT.

One is in danger of over-emphasizing the importance of sleeves. They refuse either to be omitted entirely or dismissed lightly by becoming a tight casing for the arm, but are insistent on individuality.

As every woman now knows the most revolutionary style tendencies are concerned with sleeves. The ideas are frequently contradictory, but the general urge is for a sleeve that has grace and a full flowing line. Wristbands continue to be tight with ample room above to conceal a wealth of style secrets or mysteries.

Pleated panels sometimes occur, wide bands of contrasting fabric or decorative, effects of several kinds. Pleatings are nearly always repeated on dresses and on the sleeves of frocks that are pleated, as so many of them are.

Now that the "openings" may be referred to in the past tense, the way to smartness seems so much more clearly marked. One knows for instance that crepella and other wool crepes are deserving of consideration and that a dress to be smart need not be of either velvet or silk, although materials such as these have lost no prestige by the addition of woollens.

CREAMED CELERY.

Wash and cut the celery into half-inch pieces, using the coarse outer pieces; put into saucepan with boiling water and boil until tender; drain and add to the sauce which is made as follows:

Put 1 tablespoon butter into saucepan; when melted, remove from fire and add 1 tablespoon flour; then add 1 cup of cold milk slowly, stirring constantly until smooth and creamy; add seasoning to taste. The sauce may be prepared with the celery stock, if desired.

WALDORF SALAD WITH CRANBERRY DRESSING.

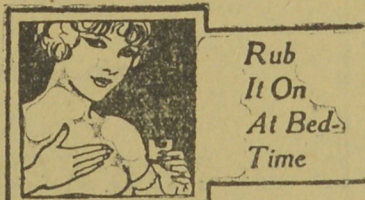
2 cups diced apples
1 cup cut celery
cups shredded lettuce
4 tablespoons finely chopped nuts
Put the diced apples and celery into bowl. Add half the dressing and mix lightly. Line individual plates, or large salad dish with lettuce; put the apple mixture on and garnish with the remainder of the dressing, then sprinkle with the chopped nuts.

The cranberry dressing is made as follows:

1-2 cup mayonnaise dressing
1-4 cup prepared raw cranberries
Have the cranberries very cold and add to the mayonnaise; mix lightly.

CREAM OF PEANUT BUTTER SOUP.

1 cup milk
1 tablespoon peanut butter
1 teaspoon flour
Salt and pepper to taste
Add the peanut butter to the hot milk, season to taste; mix the butter and flour together until smooth add to the soup, stirring until creamy this is an extremely nutritious soup quickly made.



For Deep Chest Colds

All colds should be treated with vapors, for vapors alone can carry the medication DIRECTLY to the air passages and lungs.

Vicks is a "vapor" treatment in salve form. For deep chest colds you first apply hot wet towels over throat and chest to open the pores, then massage briskly with Vicks for 5 minutes, spread on thickly and cover with a flannel cloth.

Vicks not only penetrates like a poultice or plaster, but the ingredients, vaporized by the body heat, are inhaled all night long.

This double action usually checks the most stubborn cold overnight.

VICKS VAPORUB
OVER 17 MILLION JARS USED YEARLY

RAISIN LOAF CAKE.

1-2 cup shortening
1 cup sugar
1-2 cup milk
1 egg
1 1-2 cups flour
2 teaspoons baking powder
1-2 teaspoon salt
1 cup seedless raisins
Cream the shortening and sugar until light, add the well beaten egg. Sift the flour, baking powder and salt add half alternately with the milk; then add the seedless raisins which have been mixed with the rest of the flour! stir into mixture. Brush tube pan with melted fat or oil and dust with flour; put in the mixture and bake in moderate oven 40 to 45 minutes.

FIRST DOWN.

Dear Bet, I've been mum as a mummy On this topic I tremble to broach; There's no practice in tackling a dummy

Not even with Cupid to coach

Though I fumble in front of your beauty,

Oh, please take this pass from my soul;

My heart is your football, dear cutie, And you've booted it clean for a goal.

—THOMAS PYE in Chicago News.

Take Your Corns Off In Hot Foot Bath

The hot water removal of corns is the surest, quickest way. It takes only a minute to apply a covering of Putnam's Corn Extractor, and it soon frizzles the corn or callous so that a hot foot bath shells them right off. Get Putnam's Corn Extractor; it's a wonderful antiseptic corn softener. It costs little and is absolutely sure to es.

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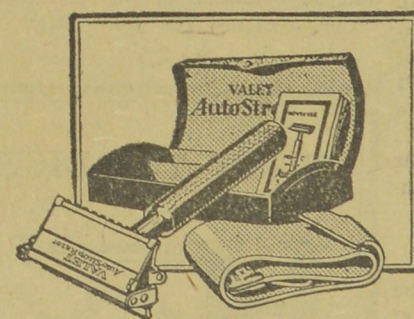
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