

LOCAL NEWS

ALMANAC FOR ST. JOHN, OCT. 11.
A.M. P.M.
High Tide... 8.27 Low Tide... 2.39
Sun Rises... 6.40 Sun Sets... 5.42
Time used is Atlantic standard.

The meeting of the St. David's church Red Cross, held yesterday afternoon in the school house with a good attendance, marked the resumption of the winter work.

This being anniversary week, the mid-week service at the Carleton Methodist church last night was arranged with a special musical programme. Rev. H. Penna gave an excellent address.

At the Canadian Girls' Soldiers' Comforts Association fair in the 'Prentice Boys' Hall, West Side, last night a returned soldier, Harry Macaulay, won the door prize, a load of coal.

The following donations were voted at the meeting of the Valcartier Chapter, I. O. O. F., last night: \$50 to the British Red Cross; \$50 to Kings College hospital, England; \$25 to the Prisoners of War fund; and \$25 to Miss Mary Barnhill, a nurse in France.

H. A. Powell, K. C., has been engaged by the finance committee of the municipal council to defend its case in face of the injunction secured by Warden McLellan. M. G. Teed, K. C., will appear for the latter when the matter is heard Oct. 18.

A co-operative meeting of the churches was held in the Fairville Baptist church last night in the interests of the Canadian Bible Society. Rev. P. R. Hayward acting as chairman. Rev. H. B. Boyer, maritime representative of the Canadian Bible Society, addressed the meeting.

At the meeting of the Soldiers' Comforts Association in the Centenary parlors yesterday afternoon, Mrs. Holly reported a total of \$3,715 pairs of socks on hand. The treasurer reported expenses for the month as \$1,045.48 and donations for the lone soldiers of \$512.64. Nearly 400 parcels are waiting to be sent overseas.

At a bazaar held in Albert street on Saturday afternoon the sum of \$850 was realized by a group of little girls who will use the money to add to the comfort of the soldiers in the convalescent home. The youngsters who promoted the bazaar were Lillian Peters, Alice and Nancy Van Horne, Evelyn and Gladys London and Rea Peters.

Watch for Neponset.

Potatoes Lend Themselves To Great Variety of Preparation

Housewives Should Study To Avail Themselves of the Bumper Crop In Order to Aid the Nation in Conservation; Some New and Delicious Recipes

"Are you eating your share of the country's bumper potato crop?" asks the United States department of agriculture in a recent statement. "Now that the tubers are once more plentiful and cheap they may well be given a prominent place on the dinner table," continues the statement.

The department makes the following suggestions in regard to the use of potatoes at dinner:

Potatoes at Dinner

Potatoes may be freely used at dinner, the variety which we all like being secured by varying the ways in which the potatoes are served. Then, too, one should not overlook the fact that, since both of them are foods which are very palatable sources of starch, by eating more potatoes one can diminish the bread eaten and thus help to save wheat, which is such an important matter at the present time.

Many think that potatoes are at their best when prepared in the simplest ways, that is baked or boiled, but even

so some variety is possible, for they may be baked in their jackets, or with the skins rubbed or scraped off, or peeled and baked in the pan with meat, the juice they absorb improving their flavor. The skins may be easily rubbed off new potatoes provided they are first dropped for ten minutes in boiling water.

Potatoes may be boiled or steamed in the jackets, peeled entirely, or with only a ring peeled around the centre. The boiled potatoes may be served as they are, or mashed, or rice. Such simple changes as these help to give variety.

Mashed Potatoes

Boiled potatoes are at their best when mealy, so, after boiling, the water should be poured off, a little salt sprinkled over the potatoes and the kettle not quite covered, and placed on the back of the stove, so that they may "dry out." If you wish a novelty in boiling new potatoes add a few mint leaves to the water in which they are cooked. In baking potatoes one should always remember that, to be at their best, they should be served as soon as they are done. If one can not serve them at once the skin on one side should be slashed in order to allow the steam to escape and the potatoes kept hot.

Fried potatoes are also favorites and the ways in which they can be either fried in deep fat or pan fried are numerous and are well known. Fried potatoes seasoned with onion are a common dinner dish, and one should remember that green peppers can be used with the onions or in place of them.

Potatoes With Sauce or Cheese

Potatoes baked with white sauce and cheese, scalloped potatoes, and similar dishes can be used in place of macaroni and spaghetti, and potato dumplings can be used in place of wheat dumplings. Cooked in combination with other foods, in meat pie, for instance, potatoes may be depended upon as the principal dish. There are also a number of dishes, such as potato pudding, which can be used at dinner in place of sweets.

Of the many possible recipes the following are suggested as more or less typical:

Potato Soup

Three potatoes of medium size, 4 cups skim milk, 1 small onion, 4 tablespoons butter, 2 tablespoons flour, 1½ teaspoons salt, ¼ teaspoon celery salt or 1 stalk celery cut in inch pieces, 1-8 teaspoon chopped parsley, little cayenne pepper or paprika.

Boil the potatoes and when soft rub them through a sieve. Slice the onion and add to the milk and celery and add the milk slowly to the potatoes. Melt 2 tablespoons butter or fat into which mix the dry ingredients and stir into the boiling soup. Boil one minute, strain, add the remainder of the butter or fat, and sprinkle with the parsley when ready to serve. The parsley improves the look and adds a little to the flavor, but may be omitted if this is more convenient.

A nice way to secure variety is to cut a slice from the top of each baked potato and scrape out the inside. Mash, season with salt, pepper, chopped parsley or chopped celery leaf, or onion juice (if liked), and butter, or savory fat, and heat in a little hot milk; add two well beaten whites of eggs. Refill the skins, sprinkle with grated cheese or bread crumbs, and bake in a hot oven about six minutes.

Creamed Potatoes

There are several different ways in which creamed potatoes may be prepared. (1) Freshly boiled or cold boiled potatoes may be cut into small cubes and served heated in cream sauce. (2) Wash, pare, and cut potatoes into small cubes. Put into frying pan with a few slices of onion cut up very fine and par-fry ten minutes. Pour off water. Add one tablespoon butter drippings, or other fat, seasoning of salt and pepper and milk enough to cover. Cook for 15 or 20 minutes, or until the potatoes are well done and the sauce is thick and creamy. It is necessary to stir the potatoes frequently to prevent sticking. The starch in the potatoes thickens the sauce. Creamed potatoes are particularly good to serve with fish or chicken.

Hashed Brown Potatoes

Cut cold boiled potatoes into small pieces (two cupfuls), season with salt and pepper, cook three minutes in one-

Little Fixings That Will Make Your Boy Nice and Comfortable

Boys' Socks... 50c. to \$3.75
Boys' Fleece Lined Underwear, 50c. gar.
Boys' Caps... 50c. to \$1.00
Boys' Stockings... 35c. to 50c. pair
Boys' Wool Gloves... 40c. and 50c. pair
Boys' Negligee Shirts... 50c. to \$1.00
Boys' Night Shirts... 50c. each
Boys' Suits, Overcoats, Reefers, Separate Pants, Etc.

FREE—A large picture of Lieut. Gen. Sir R. J. S. Baden-Powell given away with every purchase of Boys' Apparel amounting to 50 cents or over.

H. N. DeMILLE

199 to 201 Union St., Opera House Block



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PAINLESS EXTRACTION Only 25c

We make the best teeth in Canada at the most reasonable rates.
BOSTON DENTAL PARLORS
Head Office: 527 Main St. Phone 683.
Branch Office: 35 Charlotte St. Phone 38.
DR. J. D. MAHER, Prop.
Open 9 a. m. Until 9 p. m.

OPTOMETRY depends not on eye, but on ability to fulfill its task. The optometrist proves he has the authority on human vision by his knowledge, his skill and general fitness. Added to these he must supply his client with the best market affords in lenses to correct the sight and frames to hold the lenses neatly and properly before the eyes. The name of S. GOLDFEATHER stands good for all this.

S GOLDFEATHER
Phone Main 3413-15, 625 MAIN ST.

third cup bacon drippings, stirring constantly. Let stand a few seconds to brown underneath; fold like an omelet and serve on a hot platter.

These are very good with broiled or fried fish or meat.

Meat and Potato Pie With Potato Crust

Boil meat, cut into small pieces. Mix with potatoes separately, heated and cut up and put into a baking dish. Make a crust by mixing smoothly mashed potatoes to which a tablespoonful of shortening has been added with enough flour and water to make them roll out easily. A pie made of a pound of meat will require five or six small boiled potatoes, a cupful of mashed potatoes, and eight or ten tablespoonfuls of flour, and should be baked about 20 minutes in a hot oven. Salt, pepper and other seasonings, as onion or carrot, may be added to taste. A tablespoonful of baking powder makes the crust lighter.

Potato Pudding

One-half pound mashed potatoes (five small potatoes) four tablespoonfuls butter or good cooking fat, two eggs, one-half cup milk, one-fourth teaspoonful salt, one-half lemon (juice and rind), one tablespoonful sugar, one-half cup raisins and nut meats.

Boil potatoes, mash and add butter, eggs, milk, lemon juice, grated peel and sugar. Beat all the ingredients together and bake in a buttered dish for three-quarters of an hour or longer.

Too Busy for Dinner

London, Oct. 11.—Premier Lloyd George was unable to fulfill an engagement to attend a dinner to the allied pension conference last night owing to urgent matters of state affecting the allies.

CASH SPECIALS!

SUGAR WITH ORDERS
10½ lbs. Best Granulated... \$1.00
5 lb. pkgs... 50c.
2 lb. pkgs... 20c.
4 cakes of Gold or Surprise... 25c.
24 lb. bag Purify Flour... \$1.75
24 lb. bag R. Household Flour... \$1.65
24 lb. bag Star Flour... \$1.60
4 lbs. Onions... 25c.
Whole Pickling Spice... 25c. lb.
Grave's Pure White Wine or Older Vinegar... 35c. gal.
6 pkgs. Cow Brand Soda... 25c.
Oolong Tea, per lb... 50c.
English Breakfast Tea, per lb... 45c.
Fresh Ground Coffee, per lb... 35c.

KIRKPATRICK & GOWAN

22 King Square
PHONE M. 3158

AN OLD THEORY

which taught us to believe that eye troubles were wholly caused by organic diseases of some part of the human body is now succeeded by the fact that eye-strain is the direct cause of a great many organic diseases.

We conduct examinations by the most modern methods taught by the best colleges of today.

JONES & SWEENEY
8 KING SQUARE
Open Wed., Fri. and Sat. Evenings

ONIONS

Fancy Canadian Onions... 6 lbs. for 25c.
75 lb. bags... \$2.90 bag
Best Pickling Vinegar... 32c. gal.
Mixed Pickling Spice... 25c. lb.
Choice Dairy Butter... 48c. lb.
Finest Mild Cheese... 28c. lb.
Shortening (1 lb. pkgs.)... 25c.
Shortening—3, 5 and 10 lb. pkgs... 24c. lb.
Baked Beans (large cans)... 19c. can
Baked Beans (small cans)... 9c. can
Oysters... 15c. and 23c. can
Jersey Cream Baking Powder (1 lb.)... 22c. can
Finest Fresh Ground Coffee... 19c. can
Good Canned Salmon... 35c. can
2 cans Red Clover Salmon... 35c.
Gold Soap... 7c. 4 cakes 25c.
Surprise Soap... 7c. 4 cakes 25c.
Lenox Soap... 6c. 5 cakes 25c.
Snowflake Ammonia... 5c.
Maple Leaf Baking Powder (1 lb.)... 15c.
Potatoes, 35c. peck, \$1.25 bushel, \$3.30 barrel.
Cornflakes... 10c. pkg.
Quaker Rolled Oats (large 22c. pkg.)

Yerxa Grocery Co.

443 MAIN ST. Phone Main 2913

FOR BRONCHITIS AND COUGHS

We have never sold any medicine so quick to cure Bronchitis, Coughs, Sore Throat, etc., as

WASSON'S EXPECTORANT MIXTURE

It contains Ammonia, Licorice, Squills and Honey, according to the prescription of a famous Boston doctor. Absolutely no morphine or chloroform. Safe to give small children or delicate people.

Price 30c. Bottle—Money Back if Not Satisfactory.

WASSONS Goods Delivered Anywhere. 711 Main St.

Bargains In White Sheets

Size 2 yards by 21-2 yards
Selling for 90c., 95c., \$1.00, \$1.05 and \$1.10 each
245 Waterloo Street, Corner Brindley Street. Store Closed 5 p.m.; Saturday 10 p.m.

LOCAL NEWS

Watch for Neponset.
Wanted, bell boy. Apply Royal Hotel, t.f.

Watch for Neponset.
Wanted Chambermaid, Royal Hotel, t.f.

New "Russian" blouse suits in fine broadcloth, navy, taupe, and oxford. These are particularly attractive. Daniel, head of King street.

You will forget the high cost of living when you see the boys' suits we sell at \$5. Turner, out of the high rent district, 440 Main.

Watch for Neponset.
Girl to work in bake shop; girl on glasses and silver—Hotel Royal, t.f.

Watch for Neponset.
Storeroom boy wanted, Royal Hotel, t.f.

MORNING NEWS OVER THE WIRES

Only fourteen British merchant vessels over 1,600 tons were sunk by mine or submarine in the last week. Two vessels under 1,600 tons and three fishing vessels were also sunk.

The school teachers of Kent county, dissatisfied with their present salaries, are asking for an increase from Frederickton. It has QUICKEST action of anything we ever sold. J. B. Mahoney, druggist.

ST. JOHN ASTONISHED BY MERCHANT'S STORY

A merchant relates the following: "For years I could not sleep without turning every hour. Whatever I ate caused gas and sourness. Also had stomach catarrh. ONE SPOONFUL buckhorn bark, glycerine, etc., as mixed in Adler-ka relieved me INSTANTLY." Because Adler-ka flushes the ENTIRE alimentary tract, it relieves ANY CASE constipation, sour stomach or gas and prevents appendicitis. It has QUICKEST action of anything we ever sold. J. B. Mahoney, druggist.

REMNAINT SALE OF FLOORCLOTHS

On Tuesday morning we will clear out the balance of our Remnants of Oilcloths and Linoleums

AT BIG REDUCTIONS TO CLEAR OUT

These short ends must be sold at once for cash only.

Amland Bros., Limited
19 Waterloo Street

ROBERTSON'S SPECIALS

Potatoes, 35c. per peck, \$1.25 per bushel, \$3.35 per barrel.
6 lbs. Onions... 25c.
75 lb. bag... \$3.00
98 lb. bag Five Rose Flour... \$6.15
24 lb. bag Five Rose Flour... \$1.65
98 lb. bag Royal Household... \$6.15
24 lb. bag Royal Household... \$1.65
24 lb. bag Purify... \$1.70
Lipton's Tea only... 45c.
Orange Pekoe Tea... 50c.
Finest Fresh Ground Coffee... 40c.
Finest Creamery Butter... 50c. lb.

Two 25c. jars Silver Polish for... 25c.
2 lb. tin Lynn Valley Peaches... 19c.
Gold Cross Beans (small)... 9c.
Gold Cross Beans (large)... 19c.
Worcestershire Sauce only... 19c.
Clams... 15c. tin
Oysters... 20c. tin
98 lb. bag Strawberry Jam... 50c.
6 pkgs. Cow Brand Soda... 25c.
2 tins Red Clover Salmon... 35c.
1½ lb. tin Crisco... 40c.
3 lb. tin Crisco... 80c.
10 lb. tin Crisco... \$2.40
5 cakes Lenox... 25c.
4 cakes Gold Soap... 25c.

Demonstrations of Baking Powder at our store this week. You are invited to call.

E. R. & H. C. Robertson
Phones 3461 and 3462. COR. MAIN and DOUGLAS AVE.

SPECIALS AT LILLEY & CO.

Moose Roasts... 18c. per lb.
Moose Steak... 25c. per lb.
Choice Corned Beef... 16c. per lb.
Hamburg Steak... 15c. per lb.
Fresh Sausage... 15c. per lb.
Sweet Potatoes... 7c. per lb.
4 lbs. for 25c.
Cape Cod Cranberries

LILLEY & CO.
695 Main St.
Phone Main 2745
Store Open Every Evening Till 10 o'clock—Saturdays 11.30

SPECIAL PRICES AT THE 2 BARKER LIMITED

100 Princes... \$11 Brussels
With Orders We Will Sell
Potatoes... 25c. peck
Carrots... 25c. peck
Beets... 25c. peck
Turnips... 19c. peck
Cabbage... 4c. 5c. and 6c. 25c.
Squash... 3c. lb.
6½ lbs. Best Canadian Onions... 25c.
Apples from... 25c. peck up
Heaton's Pickles, large bottle... 21c.
Extra Choice Dairy Butter... 45c. lb.
16 oz. pkgs. Seeded Raisins... 12c.
30c. pkgs. Wheat Flakes... 20c.
2 lb. tin Corn Syrup... 22c.
5 cakes Happy Home Soap... 20c.
5 cakes Gold Soap... 29c.
Finest Fresh Ground Coffee, 37c. lb.
Charlot, Best Manitoba Flour... \$12.30 bbl.
Charlot—Half Barrel Bag... \$6.15
Charlot—24 lb. Bag... \$1.55
Dominion—Best Blend Flour... \$11.75 bbl.
Dominion—Half Barrel Bag... \$5.90
Dominion—24 lb. Bag... \$1.55
All Kinds Shot and Ball Cartridges at half price.

Wrigley's Antiseptic

"The Flavour Lasts"

We might advertise WRIGLEY'S as the "dentifrice-without-a-brush."

For it cleanses the teeth and gums—it pleasantly sweetens the mouth—it FIGHTS ACIDITY.

It brings a wholesome freshness to the palate that makes the whole day lighter and brighter.

Needless to caution you to get WRIGLEY'S, the flavored, the clean, gum.

For millions have made it their positive choice, having tried others.

So, if you forgot your tooth-brush this morning, why, Wrigley a bit!

Chew it after every meal

Made in Canada

PUT WRIGLEY'S IN YOUR FIGHTER'S CHRISTMAS BOX—It costs little, but gives a lot of comfort and refreshment. Not only a long-lasting confection, but a nerve-steadier, a thirst-quencher, a pick-me-up. Every Christmas parcel should contain some WRIGLEY'S GUM.