TIPS TO HOUSEWIVES.

#### THE WEATHER

Toronto, September 3.—A reoderat isturbance is centered tonight sout f Nova Scotta, osusing rain through it the Maritime Provinces. In all offer rearts of the Dominion the weather as been fair.

Maritime Strong winds from north set and west ; showers in some pla s at first, clearing by night. Northern New Enghand—Fair Thurs y, except rain in Eastern Maine. Fri y fair.

re the guests of Mr. and Mrs. A. J.
irvan.
Mrs. William Weston and daughter,
Lary, spent the week-end in Moncton.
Mrs. Herbert Irving of Buctouche,

Mrs. Herbert hving of Entcouche, ont Wednesday in Rexton. The Upper Rexton Sabbath School id a very enjoyable picnic Thursy afternoo non High Bank, Richicton River. A delightful time was ent by all present.

ass Josephine Asserting Research of Lawrence, Mass. iss Vera McInerney or Rexton, has to Winnipeg, where she has acted a position on the teaching staff

#### TANDING OF LL APPEAR SEPT. 6TH

s Change in Vote Standing artment by Noon on Friday,

| Votes | Vote

strict 3.
mbury, Kent, Northumberland and Gloo
eletord, N. B. 51,111,
N. B. 50,91;
90, N. B. 22,33;
ws, N. 16,17;
10, 11,44
10,4, 11,44
10,5, 11,6, 10,50;
N. B. 10,50;
N. B. 4,27;
N. B. 4,27;
N. B. 3,94
ecorge, N. B., 3,64
seg N. B., 3,16
N. B., 1,88

| State | Stat

## WOMAN'S REALM

IN THE HOME AND OUTSIDE

LADY BEATTY'S
MESSAGE—HANDS
ACROSS THE SEA

(By Lady Beatty, wife of Admire

London, Ang. 28.—Wer has enlarged the visions of us all within the Empire. Prior to 1914, we were too apt to think in terms of our own little slice of the map, England, Canada, Austrelia, as the case might be. Now we are at any rate learning to take wider and deeper views, and to look upon the British Empire as a whole as 'home,' and upon all its some and daughters as our brothers and sisters. It is not merely the suffering in a common cause, the sending of our lads to the same sacrifice, that touch of nature, which makes the whole world kin, which has had the effect of deepening our sense of comradeship. It is also due in no small riegarder to the fact that men and women from the uttermost parts of the Empire have met in the hosh and min-

Pefore the war a Canadian over here was a rarity; penhape each of us knew one or two, but not enough to give me any real idea of the feelings and ideas that animated our great. Dominion. But for the last five years men from oversees have been coatinually in cur midst, living our life, visiting in our homes, and in a good many cases, woods and wedding our girls. They have studied us with keen interest; and we for our part have studied them, tiked them, and now we are parting from them, as they joy-tully sail homeward, with a very real bense of union and regret.

"There isn't much we 'aven't share since Kruger cut an' run.

'The same old work, the same old skoi the same old dust an' sun; 'The same old chance that laid us ou or winked an' let us through; The same old life, the same old death Good bye—good luck to you.

"But 'twasn't merely this an' that
(which all the world may know,
"T'was how you talked an' looked a
things which made us like you so
All independent, queer an' odd, bu
most amazin' new,

My word! you shook us up to rights
Good-bye-good luck to you!"

Lines seventeen years old, but tru

or lodgy than ways Sining week

Lines seventeen years old, but truer today than when 'kipling wrote them. There is very much of that feeling in the Qld Country in 1919, except that we would change the final sound of that "Good-bye" into a hopeful "Au Revoir."

We have seen Canadian war work, and recognized for a grand thing,

we have seen Canadian war work, and recognized for a grand hing, given freely and gladly by men and women alike. It has bred in us a longing to join hands with Canada in her peace work, and go forward, not merely with our experience and weight of years to guide us, but with the help of the young, buoyant enhusiasm of this young, buoyant and, which in many social reforms is already chead. Sometimes the mother may learn from the daughter, and in certain respects this is true of us and Canada today. If England has the virtues, she has also the faults of the middle-aged; she needs Canada for her youthful and active partner, and both will benefit by a union of work and interest. I am glad to see that under the chairmanship of Mr. Lloyd Harris, Canada has established in London a Trade Mission.

And after all, apart from all the material advantages of co-operating with Canada in the great problems that lie ahead of us, the natural kinship is strong and leads us in the same direction. Three-fourths of all the Domnion's population is British-born, and that in itself is a fact almost too big for us to measure. Formerly distance separated and tended to obscure our clear view of one another; but now that our inventive wizards are so rapidly obliterating space, with their aeroplanes, their wireless and their coming ocean telephony, the new understanding that was born on the battlefields of France, and hardly less in English streets and lanes, will not be sundered because the Canadian troopships are fast going home.

Rather we join to our hearty "Goodbye, good luck to you!" the more po

SPARROWS RAISE FAMILY IN

M. A. Smith, organist for the Queer Theatre, Dallas, is in a quandary ewing to the fact that a thriving family of English sparrows are maturing in one of the big diapason pipes of his \$30,000 jazz thunderer, saya The Moving Picture World.

Smith, a kind-hearted musicion, was rippling out a merry little Bach composition the other day when an astonishing chorus of tweets and chirps threw him off tone. He investigated and found a bird's nest populated by five. Now he shuns the C sharp key and will skip octaves until such time as the feathered movie fans are old enough to shift for themselves.



SANCTUARY

Sometimes we lose Him in the streets of town.

Where there are noise and people

fields I find Him there.

For when I am alone and stand quite still,

still,
Where all is quiet, save perhaps a bird.
It seems in me His loving, gentie voice.

It seems to me the trees and flowers and leaves
Were shent with the secret of His ways,

mate
Through all their cays.

As if the whispered murmurs of the breeze

I am content.

So when I lose Him in the streets of town,
Where there are noise.-Ind people

where there are noise and people overywhere,
"Oh, then I go out to the woods and fields

HEALTH-GIVING PROPERTIES OF FRUITS.

Of all the summer foods nothing a can link us more closely to nature; than the fruits because they demand the cooking than most other foods. They are eaten at their best, in the natural sun-ripened state.

Many a housewife has felt during

many a nonsewors has lest ouring of this time of high food cost that she could not afford to buy fruit, so she would make a cake or a pudding for dessert, never stopping to count up the cost of thematerials and of the fuel, to say nothing of the time involving the cost of thematerials and of the fuel, to say nothing of the time involving the cost of thematerials.

There are several reasons for the cooling effect of fruits. First, beto asses of the acids present in all types which act directly upon the liver stimulating it and therefore assisting in the more complete disposal of body waste. Second, because the large amount of water found in them all flushes the tissues, again etimulating waste elimination by means of perat spiration, as well as by increased kidney action. Waste is further carried to way by the actual bulk of the celulose and seeds of many fruits which sweep their way through the digestive

sweep their way through the digestive tract.

All fruits contain minerals in varying quantities and of differing kinds, and all are more or less acid.

measures high in food value as the raisin, or low as the watermelon, has a definite place in our food repertofre. The raisin is especially rich in carbo-hydrates and minerals and contains a certain amount of fat. The watermelon on the other hand, is much more bulky and contains only one-tenth of one per cent. of fat with less fruit angar, less mineral and protein than almost any of the other fruits, yet because of these very attributes, and because of these very attributes, and because of the fact that it flushes the entire system, it is one of the simplest of the fruit purifiers. The raisin, on the other hand, is a concentrated food, a builder.

Roughly speaking, the dietette value of the more common fruits may be summed up as follows: Apples—Malic acid is particularly preminent, and as it is a great germ

this standpoint alone of tremendous
this standpoint alone of tremendous
value. Apple-fulce or cider both
have this property. The apple phosephates and other minerals and especcially on the digestive organs.
Pears—This fruit has the general
characteristic of the apple with a
larger proportion of fruit-sugar, con-

of acids, which include malle, fannic and tartaric, together with potasa and phosphorus. Its acids are so mild that this fruit agrees with almost any stomach. It is laxative and acts particularly on the kidneys.

Peaches—Roughly speaking, peaches contain about half as much sugar as

Peaches—Roughly speaking, peaches recontain about half as much sugar as pears and apples. Their acid is especially valuable for intestinal disorders. Apricots have much the same content as peaches.

Plums—excepting the banana,

as any of the other fresh fruits. They are somewhat astringent and are especially valuable for their acids.

Prunes—These are, of course, dried plums, and contain a larger amount of carbohydrates than any of the other dried fruits except raisins, and about half as much protein or muscle-making material as dates at figs. It must be remembered, however, that when any of the dried trust are soaked in water and then cooked, they take on the nature of fresh fruit and must be considered as such in

rich in tartaric acid. Its potash salts make it very valuable, and its water and sugar are taken almost at once into the blood, making if a quick source of food suppiy, especially through the goodly amount of fruit-sugar which it contains. It is considered especially good for the nerves and blood. Grappinice partakes of these characteristics. Oranges—this fruit is distinctly a tonic. It is a cooling fruit and is soothing in its action so that it is particularly good in cases of sleeplessness.

thin the blood.

Lemons and Limes—Both these are tonics. The acids of lemons, particularly, act directly on the liver; this makes them of special value in malaris. Lemons are used plentifully in typhoid. They are one of our best intestinal stimulants. Pineapples—Next to the orange end lemon, the pineapple, when in perfect condition, is perhaps as good for the body from a dietetic point of view as any other fruit. It contains considerable mineral matter, fruit-curgar and water, and not only acts as a purifier but has a direct action as an aid to digestion, because of the active rinciple, bromélin, which it contains.

#### She Couldn't Dress · Herself At Times

Had Rheumatism So Bad She Couldn't Dress Herself — Tanlac Ends Trouble.

be. A great many people, especial ladies of chiture and refinement, fe be a reluctance in publicly endoraing proprietary medicine, although the have derived untold benefit from i

with Mrs. Stephen Staines, of
Marsh street, St. John, New Brut
with who is naturally of a rettri
me disposition. However, her deep sen
will not permit her to remain sile
me regarding the wonderful benefits al
has obtained from the use of the cel
brated medicine. Tanlac.

"I never thought of letting my name be used in connection with a medicine," said Mrs. Staines, "but as Tanlar has done me so much good I feel that I ought to make a statement for the benefit of others who are trying to find relief."

tion for tan years. My cood would always sour and ferment and the gas on my stomach would almost smother me. I often feit like I could not live through the agony of these spells. My head would often get so terriby dizzy that I would have to shore a chair in front of me as I walked across the room to keep from falling. And nervous; why, even the children playing out in the street would almost drive me distracted. At night I would lie awake tossing and rolling—unable to sleep, and it seemed like day would never come. Then I got to having attacks of rheumatism that affected my whole body. When these spells came on me I was really helpless, for I could out dress myself or featen my clothes.

"After trying almost everything the way of medicines and getting relief I was almost in despair, because the way of medicines and getting relief I was almost in despair, because the seemed that nothing could help make the seemed that nothing could help medicines are seemed the seemed that more than all the other medicines I have taken in ten year or thing I want now without the least of the medicines I have taken in ten year of it hurting me. I have gott that the seemed to seemed the seemed

representative.—Advt.

while on the C. N. R. special tra
from Halitax to Quebec recently, conay
cod
pleture operators, who were followin
the Prince of Wales on his tour, son
the prince of Wales on his tour, son
the motion picture men secur
ted, views of the Matapedia Valley. The
title
the deck of the locomotive
the deck of the locomotive
their cameras while the train special
though the Morrisey Rock Tunnel ar
across the Restigouche Bridge. At
onpoint beyond Matapedia station the
train supped and several group.

**Uperators** 

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while learning. You will be assigned to a permanent position immediately after completing the one month's

course and your salary will be increased at once.

other kinds of work that girls enter.

eight grades schooling.

cocktails, even to the watermelon. Often ice, orange juice or cinhten the fruit flavor.

These pictures will be shown in nection with the news films of Prince's tour.

# MEXICO A BOGEY FOR 500,000 ARMY, MONDELL CHARGES

Majority Leader Says Wilson Inspires Intervention Prop-

Washington, B. C., Ang. 29.—Prest.

dent Wilson and the War Department today were charged by House Madelbeate pro-intervention. Indicate propaganda for the purpose of justifying the administration demand for a propaganda standing army of 500,000

Representative Mondell's charge, which took the House completely by supprise, brought forth immediate and indignant denial from the Democratic side, and led to a sharp cottoguy between the Republican floor leader and

The charge was made by Mr. Mondell during the course of a debate on the bill permitting the War Department to retain in the service for the period of another year, approximately 6,000 reserve officers now on duty in order to assist in taking apart the war machine.

Commenting on the complaint of Re-

Commenting on the complaint of Representative Quin, of Mississippi, a Democrat, that the War Department was carrying on a campaign in behalf of a large army. Representative Monden said:—

"We have seen the budding propagands referred to by the gentieman. We have not yet reacted the yellow peril end of it, to which the gentleman referred, but the Mexican side of it is well under way. After eight years of watchful waiting and miserable intermeddling during which American lives and property have not been made safe a moment anywhere in Mexico, the administration now is giving out a carefull prepared programme of intervention."

Mr. Mondell justified the cherge by reference to an article appearing in a local newspaper stating that the administration was getting leady to intervene. He charged the first article had been inspired "direct from the White House."

"No one who follows the newspaper," he added, "and who has careful ly read all the articles appearing from the conclusion that the administration has carefully planted the seed, adottly ended for that. When we shall have a propaganda relative to the yellow pering in behalf of an enormous professional that the administration is produced to the propaganda relative to the yellow pering in behalf of an enormous professional deduced peace-loving administration is produced to posing, I do not know."

NAT GOULD'S FIRST SERIAL
NAT GOULD'S FIRST SERIAL
NAT GOUND, the author of innumerable sporting novels, who recently died at the age of 61, and left 22 novels with the age of 61, and left 22 novels with the age of 61, and left 22 novels with the story of the origin of his fame as a sporting novelist. It happened that he showed a short story to an editor, who was so overcome with it that he asked Gould to make it the first invaluence of Gould to make it the first invaluence of the story to an editor, who was so overcome with it that he asked the gould to make it the first invaluence of the story to an editor, who was so overcome with it that he asked the story to an editor, who was so overcome with it that he asked the story to be story to an editor, who was so overcome with it that he asked the story to be stor

a serial for the paper.
This Net did, and kept expending
the story week after week until, at
length, the editor became sectionity
alarmed and sent for the industrious

"Look here, Gould, how song is this story of yours going to keep on?"
"I haven't the least fide," answered Gould, who was making a nice little weekly income out of it.
"Well, it's got to come to an end in a fortnight, so that's that."
And end up in a fortnight it did. "but that was the beginning," said Gouo, "and after that I found it quite easy

that was the beginning." said Goure, "and after that I found it quite easy to carry on writing novel after novel that brought entertainment to the public and profit to mysek."

He left behind enough writing for 22 more novels—1,500,000 words!







### August 1859

August 1919

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Muskrat Coats in Natural and Blended, \$150 up to \$250 (This last price calls for choice Spring skins, backs only) Hudson Seal Scarves, \$50 up to \$100 Hudson Seal Capes, \$75 up to \$135.

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