

Children Cry for Fletcher's

CASTORIA

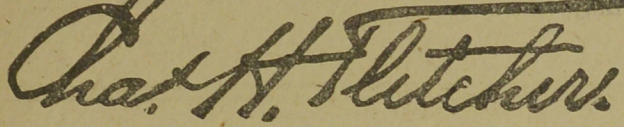
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

What is CASTORIA?

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

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75 Regent Street. STERLING F. LINT, Prop.
Lunches served at all hours. Meal tickets for sale.
Boarders and lodgers accommodated.
ICE CREAM.
AUTO HIRE. Leave your orders here.

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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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DENTIST

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Coach and Auto Service to all trains and boats. Stable in connection.

CLOTHES CLEANED

PRESSED and REPAIRED. For Ladies and Gentlemen.

W. E. SEERY,
George Street.

OF INTEREST TO WOMEN

TEACHING SELF-CONTROL.

Average middle class parents are too engrossed, apparently, with their own problems and difficulties to make that intense study of their own children by which alone comes true vision and understanding. The beginning and end of all things, difficult as it may be in itself, is not the mere providing of a house to sleep in, food to eat, clothes to wear and education. The buying and furnishing of a house will not make it a home; the true spirit of motherhood and fatherhood are lacking.

Too great absorption in counting calories may prevent the home meals from passing off with a spirit of good cheer, of pleasant humor and conversation that do more to promote appetite and digestion than the most carefully chosen food. Little confidences exchanged between mother and daughter in the sweet and gentle intimacy that grows up in the hours spent sewing together on the first party dresses may lead to a complete understanding of a girl's nature and temperament that would never otherwise develop. There is no education we can give our children, no matter how fine, that will avail for much if we do not first teach them self-control. Our children are what we make them; if we refuse them nothing their hearts desire through babyhood and childhood, will they deny themselves anything through manhood and womanhood.

A B C OF LAUNDRY KNOWLEDGE.

The more pains that are taken in drying the clothes the less pains will have to be taken in ironing them. If they are hung straight and folded and stretched carefully when taking them from the line much time can be saved when time comes to iron. Clothes placed in the clothes basket any old way become wrinkled and take much longer to iron than those folded with some care.

Starched clothes should be dried and dampened for ironing at once. They should not be allowed to remain dry long before dampening and rolling up.

White cotton or linen clothes become whiter when dried in strong sunlight. Woollens become yellow when exposed to direct sunlight.

Much time is saved in washing if clothes are soaked. Cold or barely warm water should be used for this. The soaking open the fibre of the fabric and makes it give up the soil quickly.

HELPFUL HINTS.

A paper bag makes a handy cover to slip over a pitcher which contains milk or food.

Badly spotted tan shoes should be put on a shoe tree and scrubbed with soap and water.

Cook the cauliflower entire. The leaves and stems that surround it are delicious served with it.

For Distracted Cooks.

Should an egg have been boiled too long it can be softened again by lifting the saucepan off the fire, quickly placing it under the faucet, and allowing a good stream of cold water to run into it. The sudden shock of changing from hot to cold water has the curious effect of softening the egg.

FOR CUSHION COVERS.

Instead of stitching up the fourth side of cushion covers, sew on a few patent fasteners. This will save time, trouble and the wear and tear of the cover.

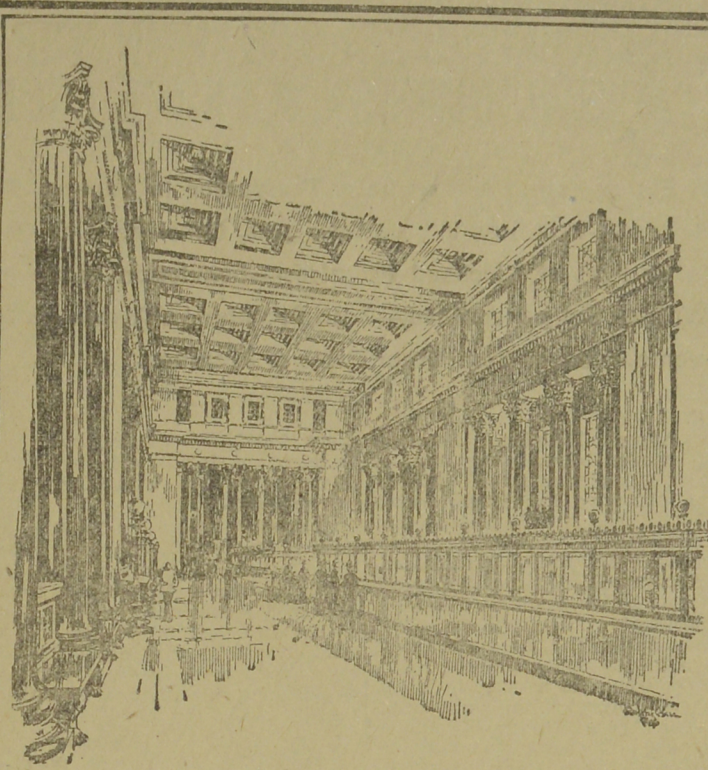
Cause of Early Old Age

The celebrated Dr. Michenoff, an authority on early old age, says that it is "caused by poisons generated in the intestine." When your stomach digests food properly it is absorbed without forming poisonous matter. Poisons bring on early old age and premature death. 15 to 30 drops of "Seigel's Syrup" after meals makes your digestion sound.

It may be true that a woman walks two miles in preparing a meal but it's difficult to comprehend how this is done in an apartment house kitchenette, where she can't turn around without holding her breath.

Cook's Cotton Root Compound

A fine, reliable remedy for all ailments of the digestive system. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., 309 N. 7th St., OMAHA, NEB.



Breadth of Banking Service

EVERY Department of Banking Service finds full and adequate expression in the Bank of Montreal. Its Branches cover the Dominion of Canada from end to end; it has its own offices in the financial centres of Great Britain, France and the United States, and its correspondents in every part of the world.

No matter what form of banking service may be required, whether it be in connection with the Savings Department, the financing of business or the carrying on of foreign trade relations, adequate facilities for such service are afforded by this Bank. The Manager of any branch will be glad to have you discuss your requirements with him.

A Direct Wire Service

is maintained between the Bank's offices in Montreal, Toronto, Winnipeg, Vancouver, New York, Chicago, and San Francisco.

BANK of MONTREAL

ESTABLISHED OVER 100 YEARS

Capital Paid Up \$22,000,000 Rest \$22,000,000

Total Assets \$560,150,812.85

BRIDE'S FATHER ACTS AS PROXY

Newton, Mass., April 21—Married by proxy to a Portuguese naval officer unable to obtain leave of absence to come here and claim his bride, Miss Esther Dianna Klein of this

city is preparing to go to Portugal, where her husband, Lieut. Alvaro T. Botelho, anxiously awaits her. She expects to sail with her mother from Providence on May 14.

Miss Klein was married to Lieut. Botelho at the Portuguese consulate in Boston, with her father, Abraham Klein, acting as proxy for the bridegroom.

She met the Lieutenant last summer, when his ship the cruiser Sao

CITIZENS OF FREDERICTON

KINDLY TAKE NOTICE

APRIL 24th. - 30th.

IS PROVINCIAL HEALTH WEEK

Under the auspices of the Department of Health, public meetings will be held in the Opera House as follows:

Sunday, April 24, 3.45 p. m., addressed by Dr. Geo. Porter, Secretary National Anti-Tuberculosis Society, and Dr. Gordon Bates, Sec'y National Council for Combating Venereal Disease.

Wednesday, April 27, 3.30 p. m., Organization Meeting of Provincial Child Welfare Society, addressed by Dr. Helen MacMurchy, Chief, Child Welfare Division, Department of Health, Ottawa.

PALMER'S Moose Head Brand Driving Packs

WHEN you buy a Driving Boot, don't experiment—buy a boot that has a reputation for quality and real service. That's why the experienced driver-man buys Palmer's Drivers that they will stand long exposure in water, their soles will hold corks firmly and permanently.

Palmer's Drivers are hand made, and hand sewed by experienced workmen. Bottoms and uppers are made from Palmer's famous Skowhegan waterproof leather. Soles and heels are cut from a special tanned Hemlock leather of heavy weight and very close grain, capable of holding corks firmly. The moccasin construction assures a solid boot, as the bottom part of uppers runs all the way under. New soles can be attached quickly and economically.

Buy another pair from your dealer this season or order direct from us. Write for our special catalogue No. 43.

JOHN PALMER COMPANY Limited
Fredericton, N. B.
Canada

CAPITAL BRAND

Have you tried our BUTTER yet? It is positively the best on the market. You are invited to call and see our plant at 448 King Street. Visitors always welcome.

Capital Brand ICE CREAM 60 cents a quart.

FARMERS' CO-OPERATIVE DAIRY CO., LTD.

King Street.

REAL ESTATE

And FIRE, LIFE, ACCIDENT and AUTO

INSURANCE

D. W. OLTS

Phone 689. Burchill-Wilkinson Bldg.
604 Queen Street, Fredericton.

YORK STREET TEA ROOMS

We serve regular dinners every day from 12 to 2. Give us a trial.

C. SUTHERLAND,
Proprietor.

CONSTIPATION

THE CAUSE OF MANY ILLS

If you do not feel well and go to your family physician, one of the first things he will do is ask you to hold out your tongue. The reason for this is that the condition of the tongue shows the condition of the stomach and bowels.

If you allow your bowels to become constipated you will have bilious attacks, sick headaches, coated tongue, foul breath, heartburn, water brash, etc., and those troublesome piles, which cause so much annoyance and misery.

Keep your bowels moving regularly and you won't be sick.

In Milburn's Laxa-Liver Pills you will find just the remedy you require for this purpose. They are purely vegetable and do not gripe, weaken or sicken.

Mr. Jas. S. Harris, Box 934, Halifax N. S., writes: "For two years I suffered with constipation. I could not get any thing to cure me, and hardly anything would give me even temporary relief. One day my uncle induced me to try Milburn's Laxa-Liver Pills, and even brought me a vial. I tried them without much faith, but I soon found they were doing me good, and after using the second vial I was relieved of my trouble."

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers, or mailed direct Manufactured only by The T. Milburn Ltd., Toronto, Ont.

mer, when his ship the cruiser Sao Gabriel, came to this country to represent the Portuguese navy in the State of Maine's centennial celebration.

When the bride starts for the other side she will take with her a copy of the marriage testimony as well as her certificate to be entered on the books of the civil registrar at Lisbon. Another ceremony will be performed in Portugal so that Lieut. and Mrs. Botelho may be recognized as legally married when they return to this country.

The difference between constructive and destructive criticism is just this: We give the former and the other fellow gives the latter.

I'll Tell the World
It was in the spirit of "pass the word along" that Frank E. Johns, a well-known Montreal traveller, penned us the following letter:

"Now I am going to give you an unsolicited testimonial. Heretofore I have had a profound contempt for patent medicine, particularly so-called liniments. One day last fall after a hard day's tramp in the bush, I developed a severe pain in my legs and like a man who has never had anything wrong with him physically, I complained rather boisterously. The good little wife says: 'I will rub them with some liniment.' 'Go ahead,' I said, just to humor her. Well, in she comes with a bottle of MINARD'S and gets busy. The pain disappeared in a few minutes, and you can tell the world I said so."

MINARD'S
"KING OF PAIN"
LINIMENT