THE DAILY MAIL, FREDERICTON, N. B. TUESDAY, JANUARY 25. 1921

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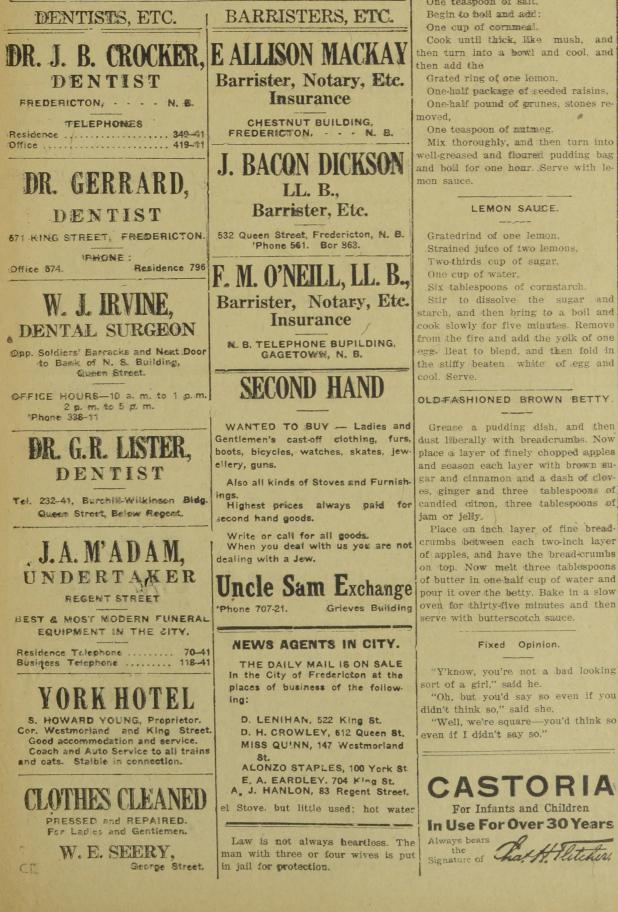
• Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children. 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 . 75 Regent Street. STERLING F. LINT, Prop. Lunches served at all hours. Meal tickets for sale. Boarders and lodgers accommodated. NEWSPAPER ADVERTISING IS 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 advertlsers 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.



OF INTEREST TO WOMEN COLORED CLOTHES

washed in lukewarm water and neu tral soap solution, and the fabric squeezed rather than rubbed, accord ing to the bulletin. Unless the color is fast, no colored clothes should be soal ed for any length of time, nor should they be boiled or exposed to too high a temperature in washing, rimsing starching or ironing. If the color eems very delicate, very cool water is advisable, and soap bark, bran or cooked starch water should be used instead of soap.

With a color likely to fade or run rapid washing is safest the material should be wrung as dry as possible and rolled in a cloth to absorb extra moisture; an even safer way is to shake the garment dry. For dark col ors it is well to tint the starch; for example tea may be used for blacks browns and greens, and bluing fo blues, and the specially prepared 'mouring" starch for blacks.

PORK SPICE CAKE.

This recipe is over three hundred years old. It makes a delicious old time goody. Place in a mixing bowl Four ounces of fresh pork, sausage

Four ounces of lard, One and one-half cups of brown

ugar, Cream and add

Three and one-half cups of flour One-half cup of cocoa, Two teaspoons of cinnamon. One teaspoon of nutmeg, One-half teaspoon of allspice Three level tablespoons of baking owder

One cup of black coffee, One-half cup of molasses, One cup of seeded raisins. Beat hard to mix, and then bake in an obolng baking pan in a slow oven for fifty-five minutes.

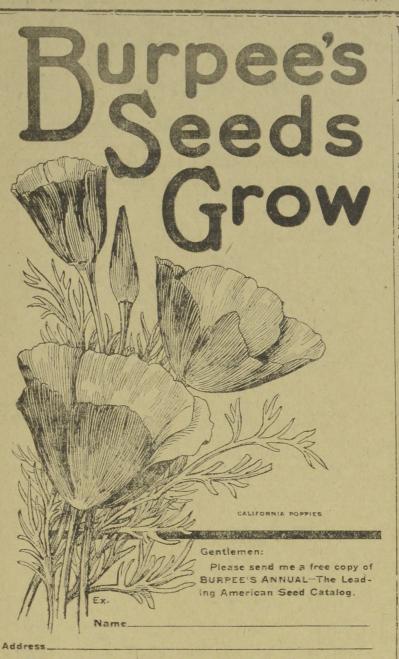
INDIAN MEAL DUMPLING

Lemon Sauce. Place in a saucepan: One and one-half cups of water, One-half cup of sirup. Two-thirds cup of brown sugar, One teaspoon of salt. Begin to boil and add One cup of commeal. Cook until thick, like mush, and then turn into a bowl and cool, and then add the Grated ring of one lemon.

One-half package of seeded raisins, One-half pound of prunes, stones removed,

One teaspoon of nutmeg.

Mix thoroughly, and then turn into well-greased and floured pudding bag and boil for one hour. Serve with le-



W.Atlee Burpee Co. Seed Growers Philadelphia

LONDON BANKER IS AN OPTIMIST

Economic conditions in Great Britain should correct themselves within about three months, according to E. C. Grenfell, head of the London house visiting New York before setting out Indies.

lion and one million and a half men out of employment in England today, wages have not yet receded to any-

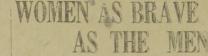
business trend is upward. To take one industry as an example, the cost of shipbuilding today is about four times what it was a few years ago and many of the larger ship-owning concerns

are retrenching in their policies, either cancelling or postponing their orders. This condition is general, as it has been in the United States, and has not yet reached its lowest point. of Morgan, Grenfell & Co., who is When this is attained, however, the recovery should be as rapid as the to extend her advantage." Six tablespoons of good shortening on a five week cruise among the West turn which affairs have taken on this side with the past few weeks. I be-

"Though there are between one mil- lieve such a recovery should assert itself within ninety days." "Do you believe that the competition of American shipping has been

where near the scale which obtained seriously felt by British interests in the asylum and the other ought to in pre-war times," said Mr. Grenfell, since the war?" Mr. Gren fell was ask-"and I fear that unemployment will ed.

reach a much higher figure before the "Only to a certain extent. There is



PAGE SEVEL

Their Struggle Shows a Remarkable Spirit.

Talk of the bravery of men, but where can you find a finer spirit then among the half-sick women who are fighting and struggling to do their duty against the terriblo odds of ill-health and who will not give up.

One woman in every three is strug gling against weakness. Most of them are not exactly sick, but oh, how m erable!

The burden and misery of it all has The burden and misery of it and the its foundation in the blood which is thin and watery. The red cells are too few. The very stream of his is reduced in vitality. Weakness and in-evitable ill.hea.th are the certain re-cult

sult. Every ailing or weak woman can quickly regain her health in this very simple way. By filling the system with the nutrition that comes from rich red blood, a quick change for the better will sesult. To accomplish this, take two chocolate coated Ferrozone Tab-lets after each meal. You'lt feel bes-ter immediately for the simple reason that Ferrozone renews the system very that Ferrozone renews the system very

You'll feel like new all over once you get Ferrozone working through your blood. It puts color into fades, cheeks, brightens the eye, quickens the step, bringe back that wonderful feeling of youth.

One of the finest things Ferrozone does is to make you eat lots and diger-it well. With keen appetite, sound sleep, strong nerves and lots of nonnend it to those who need a quack medicine. or by mail from The Catarri ozone Co., Ltd., Toronto, Ont.

coom and need for both to help carry on the commerce of the world and, al though the merchant marine of the United States is today the stronges competitive factor with which we have to deal, there has been no dearth of business for British bottoms because of it.

"Do you believe the centre of world finance has definitely shifted from England to the United States?'

"Only temporarily," he replied 'England's prestige has been due to the cosmopolitan viewpoint of her in. vesting class and their readiness to place their funds in industries outside of the British dominions. Unless and until Americans reach that same viewpoint the United States will be unable to hold her own as a world financia: centre. Here, as in shipping, there is room for both. Until England returns to a gold standard, however, the United States will have opportunity

Following the West Indian cruise Mr. Grenfell will return to the United States for a brief stay.

About the only difference between a maniac and a fanatic is that one is be

OUT O' ORDER STOMACHS

LEMON SAUCE.

Gratedrind of one lemon, Strained juice of two lemons. Two-thirds cup of sugar, One cup of water.

Six tablespoons of cornstarch Stir to dissolve the sugar and starch, and then bring to a boil and cook slowly for five minutes. Remove from the fire and add the yolk of one egg. Beat to blend, and then fold in the stiffy beaten white of egg and cool. Serve

OLD FASHIONED BROWN BETTY

Grease a pudding dish, and then dust liberally with breadcrumbs. Now place a layer of finely chopped apples and season each layer with brown sugar and cinnamon and a dash of clov

es, ginger and three tablespoons of candied citron, three tablespoons of jam or jelly.

Place an inch layer of fine breadcrumbs between each two-inch layer of apples, and have the bread-crumbs on top. Now melt three tablespoons of butter in one-half cup of water and Grieves Building oven for thirty-five minutes and then serve with butterscotch sauce.

Fixed Opinion.

"Y'know, you're not a bad looking ort of a girl," said he. "Oh, but you'd say so even if you didn't think so," said she. "Well, we're square-you'd think so even if I didn't say so."

For Infants and Children

From \$3.10 Upward.

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The moment you eat a tablet or two Pape's Diapepsin all the lumps indigestion pain, the sourness, heart burn and belching of gases, due to acidity, vanish truly wonderful!

Millions of people know that it is needless to be bothered with indigestion, dyspepsia or a disordered stom-ach. A few tablets of Pape's Diapep sin neutralize acidity and give relief at once—no waiitng! Buy a box of Pape's Diapepsin now! Don't stay dyspeptic! Try to regulate your stomach so you can eat favorite foods without causing distress. The cost is so little The benefits so great.

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ways welcome.

Capital Brand ICE CREAM 60 cents a quart.

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