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

Chas. H. Fletcher

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

CELESTIAL CAFE

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.

NEWSPAPER ADVERTISING IS THE BEST

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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DR. J. B. CROCKER,
DENTIST
FREDERICTON, - - - - N. B.
TELEPHONES
Residence 349-41
Office 419-11

DR. GERRARD,
DENTIST
871 KING STREET, FREDERICTON.
'PHONE:
Office 574. Residence 796

W. J. IRVINE,
DENTAL SURGEON
Opp. Soldiers' Barracks and Next Door to Bank of N. S. Building, Queen Street.
OFFICE HOURS—10 a. m. to 1 p. m. 2 p. m. to 5 p. m.
'Phone 338-11

DR. G.R. LISTER,
DENTIST
Tel. 232-4 Burchill-Wilkinson Bldg
Queen Street, Below Regent.

J.A. M'ADAM,
UNDERTAKER
REGENT STREET
BEST & MOST MODERN FUNERAL EQUIPMENT IN THE CITY.
Residence Telephone 70-41
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YORK HOTEL
S. HOWARD YOUNG, Proprietor.
Cor. Westmorland and King Street.
Good accommodation and service.
Coach and Auto Service to all trains and oats. Stalble in connection.

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PRESSED and REPAIRED.
For Ladies and Gentlemen.
W. E. SEERY,
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'Phone 561. Bor 863.

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ON THE 1ST OF MAY
I WILL REMOVE TO 607 QUEEN STREET, the store lately occupied by the Fredericton Co-operative Store, where I will be pleased to see all my friends.

Uncle Sam Exchange
'Phone 707-21. Grieves Building

NEWS AGENTS IN CITY.
THE DAILY MAIL IS ON SALE In the City of Fredericton at the places of business of the following:
D. LENIHAN, 522 King St.
D. H. CROWLEY, 612 Queen St.
MISS QUINN, 147 Westmorland St.
ALONZO STAPLES, 100 York St.
E. A. EARDLEY, 704 King St.
A. J. HANLON, 83 Regent Street.

IS YOUR STOMACH SOUR? DO YOU BELCH GAS?

If you have sour risings from the stomach, feel bloated and uncomfortable, just try twenty drops of Nerviline in sweetened water. Relief will come quick. Nerviline dispels the gas, sweetens the stomach, makes you fit and fine in a few minutes. As a general household remedy for many of the ills that constantly turn up, nothing is more useful in every home than a 35-cent bottle of good old "Nerviline."

"There is more in a job," remarked the Man on the Car, "than an opportunity to put something over on the boss."

OF INTEREST TO WOMEN

POPULARITY OF FOULARD PREDICTED.

Anything more different from the old flower and bow-knot foulard patterns could scarcely be imagined. Some of the noyelties include colsely figured geometric patterns in several colors; these recall Cubist paintings and are frankly based on them. Others show many colored stripes, the stripes sometimes very wide, and sometimes wide and narrow combined. The checked and large square pat terns of last season reappear in new versions and remain popular. Often they are in black and white with an additional design in another color in an occasional square. There are patterns of all types, large and small; some like a forest in a tangle of greens, browns and blues; others suggesting nothing so much as an exhibition of fireworks. These designs are printed by hand on twill and plain foulard.

RECIPES BY MARION HOLMES

Quick Raisin Rolls.

Sift together three cups of pastry flour, five teaspoons of baking powder, three-fourths of a teaspoon of salt. two tablespoons of sugar and a teaspoon of cinnamon. I would suggest you sift this twice, then rub into it one-third cup of shortening. This mixture requires almost three-fourths of a cup of milk. Beat an egg and add to it about a half cup of milk and mix the dry ingredients with it to form a dough that will handle easily.

Use more milk if necessary. Turn on a floured board and kneed and roll into a sheet about a third of an inch thick. Spread the surface with a table spoon of softened shortening and sprinkle over that one-third cup of raisins, one-third cup of chopped nuts a little sugar and a grating of nutmeg. Now roll compactly as possible cut off pieces about an inch and a half long and set on end closely together in a well-greased pan. Bake as you would biscuit, about twenty minutes.

Parker House Rolls.

Two cups milk, one-quarter cup sirup. one tablespoonful shortening, one and a half teaspoonfuls salt, two eggs, two yeast cakes, one-half cup lukewarm water, three cups flour, including three tablespoonfuls of starch

Scald the milk. Pour into the mixing bowl and add the sirup, salt and butter. When lukewarm add the beaten whites of th eggs, the yeast dissolved in the warm water and enough flour to make a thin batter. Beat thoroughly, cover, and let rise till about double in bulk. Add enough flour to make a dough just as soft as can be handled. Turn on to floured board and knead until it is spongy and elastic. Let it rise until triple in bulk. Turn onto a well-floured board and roll out lightly about half an inch thick. Cut with a biscuit cutter previously dipped in flour. Dip the handle of a case knife in flour and with it make a crease through the middle of each piece. Brush over half of the top of each piece with butter and press the edges together lightly. Place in a pan one inch apart. Cover and let rise till light. Bake in a hot oven twelve to fifteen minutes.

Boston Lemon Cream Pie.

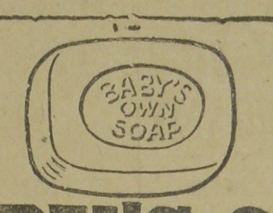
Beat the yolks of three eggs with the white of one egg until thick and lemon-tinted; mix thoroughly three-fourths cup of sugar with four tablespoons of flour and a few grains of salt. Then add egg, mix well and add slowly one pint of hot milk, stirring constantly; add one tablespoon of butter and cook in a double boiler until of the consistency of cream. Remove from range and add gradually the juice of two lemons and the graded rind of one; continue, stirring until well blended. Turn mixture into a pie plate lined with rich pastry and bake in a moderate oven until the centre is firm like custard. If cooked too long and in too hot an oven it will whey. Remove from oven, cool slightly and spread with a meringue made of the remaining whites of eggs beaten until stiff with four tablespoons of sugar and one teaspoon of lemon juice. Return to the oven to cook and brown meringue.

Fresh paint inside and out, on a newly cleaned house, is like clean linen and "Sunday clothes" after the bath and shave.

Cook's Cotton Root Compound.



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, $1; No. 2, $3; No. 3, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO. TORONTO, ONT. (Former'y Windsor)



BABY'S OWN SOAP

For Beauty—

Keep the skin clean, soft, and white, by regular use of Baby's Own Soap. Lather freely with tepid water—rinse well and rub gently with a soft towel:—the skin is improved—the complexion heightened—and the lingering fragrance of roses radiates an added charm (only natural flower extracts are used to give Baby's Own Soap its exquisite aroma). Contrast this treatment which hundreds of thousands of Canadian Mothers have used and are using so successfully on the delicate peach-blow skins of their darling babies—with that of covering up the pores with cosmetics, choking off the air, *hiding* defects which therefore *stand confessed.*

ALBERT SOAPS, LIMITED, Mfrs. MONTREAL.
3-1-21



Baby's Own Soap

Best for Baby Best for You

Office Boy—"May I have the afternoon off, sir? My grand—"

Employer—"Oh, yes. I've heard that before. Your grandmother died last week."

Office Boy—"Yes sir. But, my grandfather's getting married again this afternoon."

Every boy and girl who helps to clean up will become a cleaner citizen.

Further Remarks Suppressed.

Girl (faking a surprised call to her sweetheart over the telephone)—Hello, dearest.

He—Hello! Who it this, please?

Fresh paint on a home that reeks with disorder inside and outside is like a diamond stud on a dirty shirt—clean up first.

National Liberal and Conservative Party Meeting

YORK and SUNBURY COUNTIES.

SATURDAY, April 30th—Stanley.
MONDAY, May 2nd—Fredericton Junction, McGinley's Ferry
TUESDAY, May 3rd—Nashwaaksis, Hawkshaw.
WEDNESDAY, May 4th—Millville, Estey's Bridge.
THURSDAY, May 5th—Geary, Meductic.
FRIDAY, May 6th—Minto, Penniac.
SATURDAY, May 7th—Burtt's Corner, Oromocto.

CITIZENS OF FREDERICTON

KINDLY TAKE NOTICE

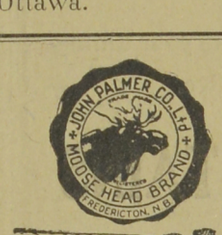
APRIL 24th. - 30th.

IS PROVINCIAL HEALTH WEEK

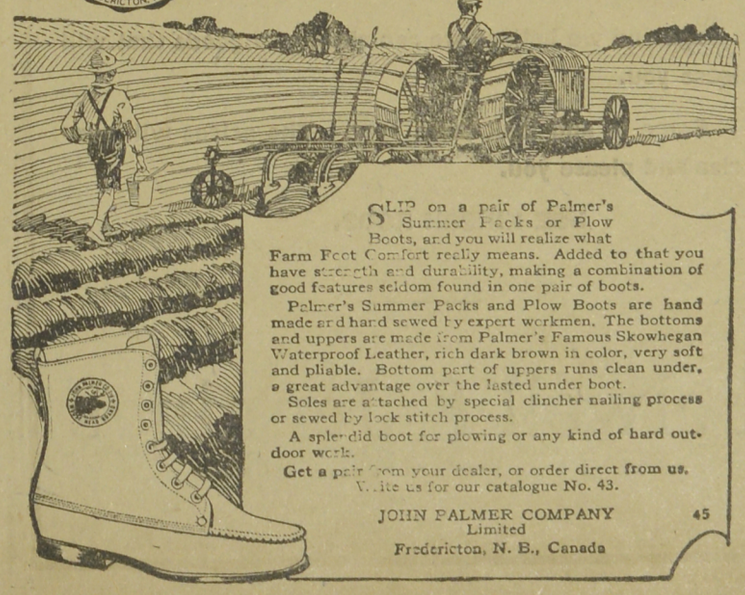
Under the auspices of the Department of Health, public meetings will be held in the Opera House as follows:

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
Summer Packs & Plow Shoes



SLIP on a pair of Palmer's Summer Packs or Plow Boots, and you will realize what Farm Foot Comfort really means. Added to that you have strength and durability, making a combination of good features seldom found in one pair of boots.

Palmer's Summer Packs and Plow Boots are hand made and hand sewed by expert workmen. The bottoms and uppers are made from Palmer's Famous Skowhegan Waterproof Leather, rich dark brown in color, very soft and pliable. Bottom part of uppers runs clean under, a great advantage over the lasted under boot.

Soles are attached by special clincher nailing process or sewed by lock stitch process.

A splendid boot for plowing or any kind of hard outdoor work.

Get a pair from your dealer, or order direct from us. Write us for our catalogue No. 43.

JOHN PALMER COMPANY Limited
Fredericton, N. B., Canada
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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.

TORPID LIVER FOR OVER 4 MONTHS

The duty of the liver is to prepare and secrete bile and serve as a filter to the blood, cleansing it of all impurities and poisons.

When the liver becomes laxy, slow or torpid it is not working properly, and does not supply sufficiently bile to thoroughly act on the bowels and carry off the waste products of the system, hence the bowels become clogged up, the bile gets into the blood, constipation sets in and liver troubles follow.

Milburn's Laxa-Liver Pills quickly remove the secretions, clear away the waste and effete matter by acting directly on the liver, and making the bile pass through the bowels instead of allowing it to get into the blood, and cause so many troubles.

Mrs. Alice Mehill, Napanee, Ont., writes: "I was very badly run down, and had a torpid liver for four months I tried several remedies, but got no relief. One day my husband brought me home a vial of Milburn's Laxa Liver Pills, and before I had used half of it I was much better. I only used two vials, and I am a different person today. I can safely recommend Laxa Liver Pills to any one troubled with liver trouble."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers or mailed direct on receipt of price by The T. Milburn Co., Toronto, Ont.

The Other Side.

First Infant—I have a terrible time with my parents.

Second Infant—So do I. Isn't it disagreeable when they want to have their own way?

The Wise Man.

"What sort of man is he?"

"I'll tell you. In a Pullman smoking room he'll discuss any question that comes up, whether he knows anything about the subject or not."

Sunshine Girls.

"I see that Mona and Marjorie have made up."

"They always were."

For economy and health, clean up. For thrift's sake, for pride's sake, paint up. Then, for a larger and continuous enjoyment of life, keep it up!

A farmer who thinks he can keep his sons on the farm by giving them a six-cylinder sedan, changes his mind when he finds that the only time the boys and the sedan are on the farm is between midnight and breakfast.

HAD BAD COUGH FOR THREE YEARS

The constant hacking, racking, persistent cough that sticks to you in spite of everything you have done to get rid of it, is the kind that is dangerous.

The longer the cough sticks, the more serious menace it becomes to your health.

There is no remedy that will relieve coughts—coughs that won't let go—like Dr. Wood's Norway Pine Syrup.

It has a healing and soothing action on the air passages, and at the same time acts as a disinfectant of the respiratory organs, destroying the germs that produce serious lung complaints.

Mrs. John Miller, Minburn, Alta., writes: "I had a very bad cough for three years. I went to several doctors and tried different cough medicines, but nothing seemed to help me. One day a friend told me about Dr. Wood's Norway Pine Syrup, and after using several bottles I became completely relieved. I always keep a bottle in the house, and also recommend it to others.

Dr. Wood's Norway Pine Syrup has been universally used for over 30 years and so great has been its success, it is only natupral that a great many imitations have been placed on the market. The genuine is put up in a yellow wrapper; 3 pine trees the trade mark; price 35c. and 60c. a bottle; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.