

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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 Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

ADVERTISE ON THIS PAGE OF THE MAIL

Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has compelled the people to seek all the information possible before buying.

DR. J. B. CROCKER,
DENTIST

FREDERICTON, N. B.
TELEPHONES:
Residence 349-41
Office 418-11

DR. GERRARD
DENTIST

Twenty Years' London, England
Experience.

KING STREET, OPPOSITE BOYLE'S
PHONES—Office 574, House 2600-41

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. L. R. DAVISON,
DENTAL SURGEON

Graduate of R. C. D. S., Toronto, Ont.
OFFICE: Inches Building, Queen St.,
Lately Occupied by Capt.
F. W. Barbour.
Telephone 261-21.

J. A. McADAM,
UNDERTAKER

REGENT STREET
Best and Most Modern Funeral
Equipment in the City.
Residence Telephone 70-41
Business Telephone 118-41

HARRY R. ADAMS,
SUCCESSOR TO THE LATE

John G. Adams
UNDERTAKER
610 Queen Street.

Phone or telegraph orders
shipped on all trains or boats
at short notice.

When Your Clothes
Need Pressing and
Repairing

SEND THEM TO
H. L. ROGERS
And Have Them Done in First Class
Style—"The Old Made New."
83 REGENT STREET.

OF INTEREST TO WOMEN

SOUPS THAT NOURISH.

Although clear soups, which are largely water, contain little nourishment, some thick soups, broths and chowders are literally a meal in themselves, according to the dietary specialists of the United States Department of Agriculture. Even a thin soup, taken at the beginning of a meal, by its warmth and pleasant flavor, may stimulate digestion so that the heavier foods are more easily digested. Appetizing soups may be made of materials which otherwise would be wasted.

One of the purposes which food in the body is to furnish energy for its muscular work, and one way of comparing the relative food value of different foods is to compare the amount of energy which they furnish, or as physiologists call it, their fuel value.

A cup (one-half pint), or a large soup plateful) of milk soup flavored with vegetables, yields a little more energy to the body than the same amount of milk.

A thick meat soup with pieces of meat and vegetables in it, a fish chowder, or a rich vegetable soup, such as cream of tomato, yields half again as much energy as the milk; while a thin soup like bouillon, consomme or clear tomato soup, yields not quite two-thirds as much as the milk, and

less than half as much as the thick soup or chowder.

A generous serving of thick meat soup or fish chowder yields more energy than an ordinary portion of roast beef, and even a moderate helping of vegetable milk soup usually furnishes fully as much body fuel as a moderate sized rib chop of lamb.

Another thing to be considered besides energy is the amount of substance called protein, without which

NO TRICK TO LIFT
A CORN RIGHT OUT

Says there is no excuse for cutting corns and inviting lockjaw.

Sore corns, hard corns, soft corns or any kind of a corn can harmlessly be lifted right out with the fingers if you will apply directly upon the corn a few drops of freezone, says a Cincinnati authority.

It is claimed that at small cost one can get a quarter of an ounce of freezone at any drug store, which is sufficient to rid one's feet of every corn or callus without pain or soreness or the danger of infection.

This simple drug, while sticky, dries the moment it is applied and does not inflame or even irritate the surrounding tissue.

This announcement will interest many women here, for it is said that the present high-heel footwear is putting a corn on practically every woman's foot.

NOTICE.

On and after Nov. 15th, 1917, until further notice milk sold by H. F. Fisher in the town of Marysville will be nine cents per quart. 2ins

LIBERAL
CONVENTION

For YORK and SUNBURY
COUNTIES.

—AT—

Y. M. C. A. Hall, Fredericton,
THURSDAY, NOV. 15th,
At 2 p.m.

The purpose of the convention is to decide whether to support or oppose the present Union Government, and to take action accordingly.

A. H. VANWART,
President York & Sunbury
Liberal Association.
C. L. SYPHER, Secretary.
Fredericton, Nov. 10th, 1917.

Prepare for Winter

I wish to inform my friends and the public that after a busy season my services as a plasterer and brick mason are now available. Those who want cellar walls repaired, chimneys topped out, or odd mason jobs in general promptly attended to, please notify me at once. Cost estimates supplied and satisfaction guaranteed. Am prepared to go into the country if necessary.

G. W. HOLMES,
192 Northumberland Street.

Cockerels For Sale

I have for sale a limited number of Barred Plymouth Rock cockerels from stock procured at the Ontario Agricultural College. The poultry department of this college is under the direction of Prof. W. R. Graham, who is recognized as America's foremost poultry expert. The egg record is 310 and the average 176. This is undoubtedly the class of bird for those who want egg production. Read what Mr. J. W. Clark of Cainsville, Ont., said in an address delivered before the Toronto Poultry Association on Oct. 11th of this year:

"At the Ontario Agricultural College they have Barred Rocks and several other breeds which are the best on this continent. That is saying a lot and I know from experience."

I also have for sale a number of White Leghorn cockerels from my prize winning stock. They belong to a splendid laying strain.

J. N. FERGUSON,
336 York Street,
Fredericton, N. B.

65 DOLLARS

—FOR THE—
RECORD OLYMPIC
STEEL RANGE

With High Boiler Lift, Well Proportioned Firebox and Heavy Linings.

The deep blue lustre of the polished steel body is offset by the plain, handsome Nickel Trimmings. The body stands on solid heavily nicked legs and is equipped with all the labor-saving devices.

This beautiful Range has been given for the benefit of the Red Cross, and it may be yours by paying TEN CENTS for a ticket.

Call and see it at the Store of
D. J. SHEA & SON,
CARLETON STREET.

the body cannot build and maintain its tissues.

Meat and milk soups contribute some of the needed protein. Meat, poultry, fish, eggs, milk, cheese, dried peas, beans and other legumes are the common foods in which protein is the most abundant, though it also appears in fair amounts in the cereal foods.

ORANGE CHARLOTTE RUSSE.

Cut small squares of sponge cake, about two inches square. Place two in each dessert dish or glass, and over the cake pour orange juice, slightly sweetened. Add pulp and a little orange juice to stiffly whipped cream, sweeten to taste and pile on the cake.

USEFUL HOUSEHOLD INFORMATION.

A table of information which the housewife needs to be constantly reminded of is as follows:

4 quarts make a gallon.
8 quarts make a peck.
4 saltspoonfuls of liquid make one teaspoonful.
3 teaspoonfuls of liquid make one tablespoonful.
4 tablespoonfuls of liquid make a quarter of a cup.
2 teaspoonfuls of dry material make a tablespoonful.
16 level teaspoonfuls of dry material make a cupful.
3 heaping tablespoonfuls of dry material make a cupful.
2 cups or 4 gills make a pint.
4 cups of liquid make a pint.
4 cups of flour make a pound or quart.
2 cups of solid butter make a pound.
Butter the size of an egg equals 2 ounces or a quarter cupful. One heaping tablespoonful the same.
2 cups of granulated sugar make a lb.
Two and a half cups of powdered sugar make a pound.
Three cups of meal make a pound.
1 pint of milk or water equals a pound.
16 ounces make a pound.

MOTHER! DON'T TAKE
CHANCES IF CHILD'S
TONGUE IS COATED

If cross, feverish, sick, bilious, clean little liver and bowels.

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish, stomach sour.

Look at the tongue, Mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily full of cold or has sore throat of any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipated poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness.

Beware of counterfeit fig syrups. Ask your druggist for a small bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

As a specimen of original thinking and dextrous phraseology the book is a joy.

We Sell the Famous
Sherlock-Manning Player Piano

All the Latest Sheet Music on hand

E. O. MacDonald

Music Store 560 Queen Street

Bicycle Storage

Now is the time to have your Wheel attended to. We will call for your Wheel, clean all bearings, repair in any way needed, store for the winter and deliver it to you in the spring like new.

Bicycle Repairs and Accessories always in stock.
PRICES REASONABLE.

LANGILLE'S CYCLE SHOP

'Phone 334-41.

E. T. LANGILLE, Prop.

Custom Tailoring

THE NEW IMPORTATIONS for the Coming Season are now on display. An early inspection will assure you of a large and varied selection to choose from.

WE ARE ALSO PREPARED to fill all orders entrusted to us for MILITARY CLOTHING at a reasonable price. We are sole agents for the Canada Tailoring Co. of Toronto, the largest Military Tailoring Co. in Canada.

WALKER BROS. MERCHANT
TAILORS

QUEEN STREET, WEST END.

The Real Mother Goose

177 ILLUSTRATIONS IN COLOR, 32 Full Page Plates. Acknowledged to be the finest Mother Goose on the market.

Goosey, Goosey Gander Series

4 TITLES. 50 CENTS EACH.

OUR CHILD'S FAVORITES
TOMMY TITTMOUSE

POLLY FLINDERS
LITTLE JACK HORNER

It will be a pleasure to us to show you our splendid line of CHILDREN'S BOOKS, while there is time to make the best selections. We are sure you will enjoy the time spent in making a selection from these books.

The McMurray Book & Stat'y Co., Ltd.