

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 *Dr. H. 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

Dr. H. 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 419-11

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., Onto, Ont.
OFFICE: Inches Building, Queen St.,
Lately Occupied by Capt.
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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

THE UNFORBIDDEN GRAINS.

We have drilled ourselves for so many weeks into the belief that we must economize on wheat that it has become second nature to most of us to use this grain sparingly. We know by this time many tempting ways of preparing the unforbidden grains, both in the form of flour and in the whole grain prepared in an edible way.

Rye is one of the grains we can use occasionally to save wheat.

Rye Popovers.

MMix and sift two-thirds cupful of rye meal, one-third cupful of flour and a quarter teaspoonful of salt. Add one cupful of milk gradually, while stirring constantly, 2 eggs well beaten, and 1 teaspoonful of melted butter. Beat two minutes. Turn into hot, buttered gem pans, and bake from 25 to 40 minutes.

Rice Corn Bread.

Mix 1 heaping cupful of yellow Indian meal, 1 scant cupful of wheat flour, 1 1/4 cupfuls of milk, 1 egg, a level teaspoonful of sugar, 1 teaspoonful of salt, 1 teaspoonful of soda, 2 teaspoonfuls of cream of tartar, a piece of butter the size of an egg, and 1 cupful of cooked rice, either hot or cold. The butter must be melted and added while still hot, at the last moment, and the mixture should be baked on a grained pie plate. Serve very hot, with butter, cream or maple syrup. The addition of the rice makes the bread very light.

Cream of Pea Soup.

Put the contents of a can of peas through a vegetable chopper and then simmer them in a pint of water, a slice of onion and half a bay leaf, for 15 minutes. Then rub through a wire sieve. Return to the fire and thicken with a tablespoonful of butter, and boil for four minutes. Then add a cupful or a little more of rich milk or cream.

HEAD AND NOSTRILS STUFFED FROM COLD

Don't stay stuffed-up! Quit blowing and snuffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken will end gripe misery and break up a severe cold either in the head, chest, body or limbs. It promptly opens clogged-up nostrils and air passages; stops nasty discharge or nose running; relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness. "Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores.

Family Enrolment Week

An opportunity for every man woman and child to help win the war. The ladies of Fredericton are starting out Monday, Nov. 5th. with the Food Pledge Cards hoping to be able to lay before each housekeeper the plan of the Food Controller for the Conservation of Wheat, Beef and Bacon. They beg that all will THINK ABOUT IT, ASK ABOUT IT, TALK ABOUT IT, TRY IT.

Local Food Control Com.

NOTICE OF MEETING.

There will be a public meeting in the Orang Hall, Queen street, Fredericton, Nov. 5th, to which all Orangemen, Prentice Boys, The Ladies' Orange Association and all friends of Orangemen are invited. Rev. B. H. Penwarden, Grand Organizer for the Grand Lodge of New Brunswick, will give an address on "Liberty or Slavery; Which?" Addresses will be given by other prominent Orangemen. Chair taken at 8 p. m. sharp. County Master Mered Brewer will preside.

H. T. BREWER.

TUESDAY,
SEPTEMBER FOURTH,
is the day on which classes will be resumed at

FREDERICTON BUSINESS COLLEGE

Write for information as to our courses of study. We must have a large number of graduates next year to supply the great demand for office help. Address

W. J. CSBORNE, Principal,
Fredericton, N. B.

heated in a double boiler. Serve at once, seasoning with salt and pepper.

Grape Juice Sponge.

Bring 1 cup of grape juice and 1 cup of water to a boil, thicken with two tablespoons of corn starch, previously mixed smooth in cold water. Add a half cup of sugar and a small pinch of salt. Let mixture cook in double boiler while beating the whites of 2 eggs to stiff froth. Slowly pour the hot mixture on the eggs and beat briskly until it is all taken up. Serve very cold in individual cups with a custard poured over.

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.
4 teaspoonfuls of liquid make one tablespoonful.
1 tablespoonful of liquid make a quarter of a cup.
3 teaspoonfuls of dry material make a tablespoonful.
16 level teaspoonfuls of dry material make a cupful.
8 heaping tablespoonfuls of dry material make a cupful.
2 cups or 4 gills make a pint.
4 cups of liquid make a pound.
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 spoonful 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.

SINN FEINER OUT ON BAIL.

New York, Nov. 3.—"General" Liam Mellowes, Sinn Fein leader, said to have commanded a force of 700 men in the Irish rebellion of 1916, and recently arrested here on a charge of conspiracy to defraud the government, was released from prison yesterday on \$7,500 bail. Mellowes, who is being held for the grand jury, is accused of having represented himself as an American citizen in order to obtain a seaman's certificate. He was associated with Dr. Patrick McCarton.

APPEAL POSTPONED.

Montreal, Nov. 3. — The proposed appeal here on behalf of the British Red Cross society has been postponed until after the Victory Loan has been subscribed, so it was announced here last night by W. R. Miller, president of the province of Quebec branch of the Red Cross society.

GETTING TOGETHER.

Victoria, B. C., Nov. 3. — At a special meeting of the Liberal Association a committee of five members was appointed to meet with a similar number of representatives from Conservative win-the-war great war veterans' organizations for the purpose of discussing the choice of a union candidate in Victoria.

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.



I wonder what's
wrong with
my Tea?



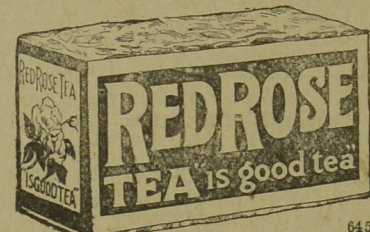
My! This certainly
IS good
Tea

The woman on the left bought some "cheap" tea. You can see she's not pleased. She's sorry now she tried to save a few cents by buying the "cheap" tea.

How different with the woman on the right. The fragrance of her tea tells her how good it is. She paid a few cents more for Red Rose Tea than the other woman paid for her "cheap" tea—and besides Red Rose will prove more economical in the end!

Because of the rich flavor and vigorous strength of the Assam teas of which Red Rose chiefly consists, it will make 250 cups to the pound, or about a fifth of a cent a cup. So cheap that the very poorest can afford it, so good that the rich can find nothing better.

Kept Good
by the
Sealed
Package



T. H. Estabrooks Co., Limited
St. John, Toronto, Montreal, Winnipeg, Calgary, Edmonton

Red Rose Coffee is as
generously good as Red Rose Tea

BEST FOR BREAD

Mother's Favorite Flour

is the most Satisfactory Bread Flour on
the market. Give it a trial.

For sale by

G. W. HODGE

Imperial Beef, Iron and Wine

When you are tired, fatigued or over-nervous, IMPERIAL BEEF IRON AND WINE is the best tonic. It will quiet your nerves, strengthen you physically and give you the vivacity that comes of perfect health. IMPERIAL BEEF IRON AND WINE is a nerve food and a body builder. There is nothing "just as good." Price 75 cents.

C. Fred Chestnut

572 QUEEN STREET.

The Quality
Drug Store

The Boston Pencil Pointer

Price \$1.50.

Other Styles at \$2.40 and \$2.75

This is the best known and most popular line of pencil pointers on the market.

After once having one of these handy little articles on your desk, you will wonder how you got along without it before.

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