

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.

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

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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

POTATOES IN YOUR DIET.

As the Department of Agriculture of the United States recently pointed out four-fifths of the weight of shipping potatoes is water, while only one-eighth of wheat is water.

The more potatoes we eat the more wheat there will be left to ship to Europe. After that it isn't very hard to conclude that the housewife ought in the name of patriotism, to make use of potatoes as much as possible.

Do you know how to make perfectly good mashed potatoes—free from lumps, flaky and creamy? Can you cook hashed brown potatoes to a turn? It is a trick worth learning.

Do you know how to make good potato soup. Do you, as a matter of fact, know how to boil potatoes in the right way? Do you know how to combine potatoes with left-over meat in what we call hash?

As to boiling potatoes, remember remember that when you boil them with their skins on you save time and potato, for the skins come off with practically not an iota of waste.

In making meat go as far as possible choose potatoes as the best possible bolster you can get.

It is well to select potatoes of the same size—then they will all be cooked through at the same time. Wash the potatoes thoroughly. Salt the water slightly and have it boiling hot when you throw them in the kettle. Cook for about 20 minutes—longer if the potatoes are large.

When done they should be drained and peeled and served immediately.

Under ordinary circumstances it is nice to serve boiled potatoes with a little butter. Perhaps this is a needless expense nowadays. If you have fresh bacon fat left from breakfast, you may find that a trifle of this melt-

ed and poured over the potatoes will meet with your family's approval.

LIBERTY COOKIES.

One cup of sugar, three tablespoonfuls of bacon grease, one-half cup of molasses, a heaping teaspoonful each of ginger, cinnamon and allspice, one cup of sour milk, an even teaspoonful of soda sifted in the first flour, enough whole wheat flour to roll soft dough, sift it in a little at a time, mix, roll out dough and cut into cookies a quarter inch thick. Use pancake turner to place them in pan for baking. When baked place at once in partly covered jar to steam. They will then remain soft for weeks.

GIRLS! DRAW A MOIST CLOTH THROUGH HAIR, DOUBLE ITS BEAUTY

Try this! Hair gets thick, glossy, wavy and beautiful at once.

Immediate?—Yes. Certain?—that's the joy of it. Your hair becomes light, wavy, fluffy, abundant and appears as soft lustrous and beautiful as a young girl's hair. A Danderine hair cleanse. Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt or excessive oil, and in just a few moments you have doubled the beauty of your hair. A delightful surprise awaits those whose hair has been neglected or is scraggy, faded, dry, brittle or thin. Beside beautifying the hair, Danderine dissolves every particle of dandruff, cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair, but what will please you most will be after a few weeks' use, when you see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair, and lots of it, surely get a small bottle of Knowlton's Danderine from any drug store or toilet counter and just try it.

Important Meeting

Department of Agriculture and Representatives of County Councils to Meet in Fredericton, Tuesday, November 20th.

The serious situation in the Allied Food Supply has forced definite and immediate action upon the people of New Brunswick. The production of food next year must now be considered and definite arrangements for seed made. Transportation difficulties make it imperative that all supplies move eastward at an early date. The problem is rapidly growing and to meet this properly the Department has decided to discuss the matter with representatives of the County Councils. Premier Foster and the Hon. J. F. Tweeddale will be present. Every Council has been communicated with and it is expected that three members of every Council will attend.

Board of Health Notice

Public notice is hereby given that by order of the Provincial Board of Health of the Province of New Brunswick all persons residing in the Health District of York County in the parishes of Douglas and Bright are hereby required to be immediately vaccinated.

Dated Nov. 15, 1917.

3ins CLARENCE GOODSPEED.

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 175. 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.

TUESDAY, SEPTEMBER FOURTH,

is the day on which classes will be resumed at

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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

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

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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.

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