

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.
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Office 419-11

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DENTIST

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Graduate of R. C. D. S., Toronto, Ont.
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Best and Most Modern Funeral
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Residence Telephone 70-41
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John G. Adams
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Phone or telegraph orders
shipped on all trains or boats
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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

ABOUT NUTS.

The nut is the milk, meat and butter of a vegetarian; not only in his mind's eye, but in the actual nourishment of his body. The chestnut ground fine has long been used as a flour substitute in Italy. Because it contains so much starch it should always be cooked. Other nuts besides chestnuts are more digestible when cooked, as is that underground fruit, the peanut. Raw peanuts are unpleasant eating. The cooking of nuts is somewhat complicated because of the great amount of fat most of them contain, and also because of the amount of protein in them. Both these foodstuffs should be cooked at a low temperature. In the inside of a bread or cake they are kept at comparatively low temperature because where there is moisture the temperature is kept down to boiling point or below.

Considering the amounts of fat and starch and protein in nuts and their agreeable flavor, we may say there is no other food that is their equal when we wish to save wheat, meat, sugars and fats.

To Clean Shelled Nut Meats.

Shelled nuts deteriorate when exposed to the air because of the oil in them. They also lose moisture, and with it flavor, so are less palatable. They are unprotected from any dust or dirt they are exposed to. They are often shelled by insanitary people in insanitary places. Remember, we now know that the human hand is dirty at best. If we must buy shelled nuts, scald thoroughly, dry and place in the oven until they are crisp and the skins rub off easily, or if skinned, till they become a pale golden brown.

Nut Pastes and Butters.

Nut butters and pastes are made by chopping and grinding nuts. Nut milks are then made by beating these with hot water until of the right consistency. When nut butters are to be used for making milk for cooking, the nuts must be freshly ground. The skins must be removed first and after the meats are put through a nut mill or grinder of any sort they are then worked to a paste with a pestle and mortar if something smooth is desired.

FOR SALE

FOR SALE—Dry split 16-inch hardwood; also two foot hard wood and dry kindling wood. T. Fulton, 618 Brunswick street, 'phone 308-32.

FOR SALE—A Leonard 12 H. P. upright boiler and 6 H. P. engine; both in good condition. Will be sold at a bargain. Apply at Mail office.

CIDER FOR SALE—I am now making sweet apple cider and will deliver it in any part of the city for 25c. a gallon. Mrs. E. W. Darcus, telephone 3300-62.

WANTED

WANTED—Large Mail Order House wants men everywhere to show samples or mail circulars if preferred. Position will pay \$15 weekly. The Consumers Association, Windsor, Ont.

LOST—Strayed to my premises, a cow branded C.E. Owner can have the same by paying for keep and this advertisement. Apply to Charles Yerxa, Mouth Keswick, N. B.

WANTED—A middle aged woman for family of two. Must be able to cook. Washing done out. Apply at once, in morning, 777 George St.

THE WINTER TERM of the
FREDERICTON
BUSINESS COLLEGE

Opens on MONDAY, JANUARY 7, 1918. Pamphlet giving particulars of our courses of study, rates of tuition, etc., will be mailed to any address on application. Address

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

NOTICE TO WATER CON-
SUMERS.

Water Consumers are again reminded that the Water and Sewerage Rates are now due and payable at the City Treasurer's Office, City Hall.
G. R. PERKINS,
Collector Water and
Sewerage Rates.

NOW CUTTING A CHOICE
CROP OF

ROSES

Off Our New Plants.

Richman's American Beauties, Taft, etc.
CARNATIONS IN STOCK as usual.
POTTED PLANTS, including a good selection of Ferns of the leading variety.
A Fine Lot of PALMS in all sizes.
WEDDING BOUQUETS and FLOWER DESIGNS a Specialty.
CUT FLOWERS always on hand for the sick.

ADA M. SCHLEYER,
FLORIST

325 CHARLOTTE STREET.
'Phone 217.

When peanuts are to be used for sandwiches they may be freshly ground and perhaps mixed with a little dairy butter.

Such a food is a good meat substitute as well as a fat substitute.

BAKED BANANAS AND RICE.

Peel the bananas, slice lengthwise. Pour over them a little olive oil and bake until tender. Serve around a mound of boiled rice.

HAD BRONCHITIS
FOR THREE YEARS

COULD GET NO RELIEF.

Bronchitis is generally the result of a cold caused by exposure to wet and inclement weather. It begins with a tightness across the chest, difficulty in breathing, and a wheezing sound comes from the lungs. There is also a raising of phlegm from the lungs, especially in the morning. This is at first white, but later becomes of a greenish or yellowish color, and is occasionally streaked with blood.

On the first sign of bronchitis you should check it immediately by using Dr. Wood's Norway Pine Syrup, and thereby prevent it becoming chronic and perhaps turning into some more serious lung trouble.

Mr. Theodore P. Beers, Upper Main River, N. B., writes: "I was troubled with bronchitis for three years and could get no relief. I was always worse when I got wet. I tried lots of different medicines, but none did me good until a friend told me to try Dr. Wood's Norway Pine Syrup. I got three bottles and before I had them half used I was better."

"My mother is now using it for asthma. It is a great medicine and we never want to be without it."

Dr. Wood's Norway Pine Syrup is put up in a yellow wrapper; three pine trees the trade mark; price 25c and 50c; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

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Curtain Muslin and Draperies of all kinds
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Prices Lowest Possible. Goods sold to the Trade only.

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Our Motto: Promptness, Accuracy, Courtesy, Care.

CHRISTMAS GIFTS FOR ALL

Easy Chairs, Rattan Rockers, Music Cabinets, Dining Room Suites, Bedroom Suites, Rugs, Dressing Tables, Bureau, Silverware.

For The Boys' and Girls'

Rocking Horses, Child's Table and Chairs, Wheelbarrows, Dressers, Couches, Beds, Carriages, Cradles, Desks, Sleds and Sleighs.

HOWARD ROGERS & CO.

COMPLETE HOUSE FURNISHERS, KING 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.

FURS

We have a Fine Range of FUR COATS—Korean Beaver, Wombat, Black Dog, Coon, etc. Also FUR LINED COATS and CLOTH COATS with FUR COLLARS.

Splendid Value in MACKINAW, LADIES' COATS and FURS, SLEIGH ROBES, WOOL RUGS and HORSE BLANKETS. Inspection invited.

J. CLARK & SON
LIMITED

Will there be a

VICTROLA

in your home Christmas

Our no IV \$ 27.50

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Our no VIII 63.00

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We are offering special terms till Christmas and invite you to call and inspect our full range of Victrolas and hear them play.

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