

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 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,
DENTISTFREDERICTON, N. B.
TELEPHONES:Residence 349-41
Office 419-11DR. GERRARD
DENTISTTwenty Years' London, England
Experience.KING STREET, OPPOSITE BOYLE'S
PHONES—Office 574, House 2600-41W. J. IRVINE,
DENTAL SURGEONOpp. Soldiers' Barracks and Next Door
to Bank of N. S. Building,
Queen Street.OFFICE HOURS—10 a.m. to 1 p.m.;
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Phone—338-11DR. 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,
UNDERTAKERBest and Most Modern Funeral
Equipment in the City.Residence Telephone 70-41
Business Telephone 118-41HARRY R. ADAMS,
SUCCESSOR TO THE LATEJohn 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

MORE WARTIME RECIPES.

Peach Jam.

Use soft ripe peaches of the yellow variety. Peel, slice thin and then put in a preserving kettle. Add two cups of water to ten pounds of prepared peaches. Cook until very soft.

Mash with a potato masher and then rub through a fine sieve. Measure and return to the kettle and add 1 cupful of sugar to every two cups of prepared pulp. Cook very slowly, stirring constantly to prevent scorching, for one hour. Try a little of it in a saucer. If it holds, that is, if it does not spread and run, then fill it into sterilized glasses and cover with paraffin wax. Store in the usual manner for jellies.

Griddle Cakes from Canned Corn.

Drain a cupful of canned corn and put it through the grinder. Add a cupful of milk, a pinch of salt, a beaten egg, a teaspoonful of baking powder and enough flour to make a thin batter. Bake on a hot griddle.

Pumpkin Pie.

Pare and cut a medium-sized pumpkin into pieces, remove the seeds, put the pumpkin in a kettle, cover with boiling water, add half a teaspoonful of salt and cook slowly until tender; place on the back of the stove until the water has nearly evaporated, then rub through a sieve. For one large pie take two cups of stewed pumpkin, three-quarters of a cup of sugar, one level tablespoon of ginger, 1 level teaspoon of cinnamon.

Corn Gems.

One cup cornmeal, 1 cup rye flour, 2 teaspoons baking powder, 1 teaspoon salt. Sift all together, then cream the following ingredients and add: One tablespoon sugar, 1 egg, 1 cup of milk. Beat well, pour into gem pans, and bake 20 minutes.

Oatmeal Bread.

Four three cups boiling water over 1 cup rolled oats, add 1 heaping tablespoon lard and a scant half cup of molasses. Let stand until cool, then add 1 scant dessertspoonful salt, 1 yeast cake dissolved in a little warm water and two quarts flour. Mix very stiff.

It is estimated that 20,000 women have been employed in the Wall Street district of New York since the beginning of the war.

MINARD'S
"KING OF PAIN"
LINIMENT

I was cured of terrible lumbago by

Minard's Liniment
—Rev. Wm. Brown.

I was cured of a bad case of earache by

Minard's Liniment
—Mr. S. Kaulbach.

I was cured of sensitive lungs by

Minard's Liniment
—Mrs. S. MastersManufactured by the
Minard's Liniment
Yarmouth, N.S.

Old False Teeth

Bought in any condition. \$1.00 per set or seven cents per tooth. Cash by return mail. R. A. Copeman, 2579a Esplanade avenue, Montreal, P. Q.

COMING SOON

D. W. GRIFFITH'S
COLOSSAL SPECTACLE
INTOLERANCE
LOVE'S STRUGGLE
THROUGHOUT THE AGES

—WITH BIG—

Symphony Orchestra
and Choir.

WATCH FOR THE DATE.

TESTING FUDGE.

There are several tests. Take a little fudge in a saucer and stir briskly. If it turns creamy and begins to harden, the fudge is done. Some try it on a piece of wood instead of a saucer; and some drop it into water, where if it coheres and hardens it is done.

Some cooks have better luck with one method, and some with another.

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.
4 tablespoonfuls 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 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.

"CASCARETS" FOR A
COLD, BAD BREATH
OR SICK HEADACHE

Best for liver and bowels, for biliousness, sour stomach and constipation.

Get a 10-cent box now.

Furred Tongue, Bad Colds, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gases, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret tonight will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated, and never know a miserable moment. Don't forget the children—their little insides need a good, gentle cleansing, too.

Notice to Contractors.

Lump sum tenders, addressed to the undersigned will be received at the office of the Works Branch Military Hospitals Commission, Old Government House, Fredericton, until 4 p. m. October 24th, for the electrical work of the Fredericton Military Convalescent Hospital.

Plans and specifications can be seen and forms of tenders obtained at the above address. The lowest or any tender not necessarily accepted.

J. H. W. BOWER,
General Supt. Works Branch, M. H. C.
41ns Ottawa, Ont.

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.

Feed Bargains

CRUSHED OATS	\$2.40 bag
OAT BRAN	1.35 bag
OAT CHOP	2.85 bag
MIXED CHOP	2.85 bag

Mail orders filled on receipt of above prices.

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

It's a Pipe

For us to install one of our HOT AIR HEATING apparatuses in your home, every part fits so perfectly together.

OUR FURNACES are too mean to burn much coal, and so independent they almost run themselves.

ASK US how much or rather how little, it will cost to make your house comfortable this winter.

D. J. SHEA & SON

WOODS MEN
ATTENTION!

We have in our Store a complete list of WARM WEARABLES.

STANFIELD'S UNDERWEAR, MACKINAW, WOOL PANTS, HEAVY BOOTS, JOHN PALMER "MOOSEHEAD BRAND" SHOE-PAKES—for every wear every-where.

WE HIRE MEN for the Lumber Woods.

JAS. R. MONTEITH
Phone 502, Devon.

CHALMERS

THE CHALMERS now holds the WORLD'S RECORD for Speed, Power and Stability. Let us book you for your spring delivery in case the price advances. We also carry OVERLAND CARS.

Fredericton Motor Sales Co.

PHONE 352-11

625 QUEEN STREET.

KEEP YOUR KODAK BUSY

"The army lives on letters," is the way the boys at the front put it; and when those longed for envelopes with the home town post mark contain pictures of the home folks and home doings they go far towards making lighter hearts and happier faces.

Come in and pick out a Kodak today. We have them at prices to suit all.

Kodaks \$7.00 to \$27.50. Brownies \$1.25 to \$10.00.

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