

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. J. C. 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. J. C. 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,
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Office 419-11

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OFFICE: Inches Building, Queen St.,
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Best and Most Modern Funeral
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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

CODFISH RECIPES.

Probably most people can better build up a habit of meatless meals by using some meat substitute which they are in the habit of eating than in any other way. All America, or all the United States of America there used to be, once had the habit of eating often codfish plain boiled with boiled potato, creamed or in codfish balls.

Boiled Salt Cod.

Wash a piece of middle in tepid water and put to soak in cold water or water but slightly warm for at least 12 hours. If the fish has been kept for some time after the box was opened and the moisture dried out, it should be soaked 24 hours to make it thoroughly soft, and the water will need to be changed several times.

When ready to cook, cover the fish with cold water, bring this slowly to a boil and then simmer for 15 or 20 minutes. Parsnips and beets and boiled potatoes, pork scraps, or a fried pork gravy used to be favorite accompaniments, and to day parsley is always in order.

A score of dishes may be made from the cooked fish, including fish hash and fish balls. The hash may be one-third fish to two thirds potatoes or equal portions of each, and may be browned and folded like a potato omelet.

Creamed Codfish.

Salt cod broiled and shredded and then heated up in a white sauce of reasonable thickness, and sometimes made with fried-out pork fat instead.

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.

FOOD CONTROL

A PUBLIC MEETING is called by His Worship Mayor Gilbert in the Oddfellows' Hall, Marysville, for MONDAY EVENING, November 12th, at 8 o'clock, and by Mayor Henry in the Church Hall, Devon, for TUESDAY EVENING at 8 o'clock.

Professor Kierstead will be present and speak on Food Control. At the close of each meeting a local committee will be appointed to co-operate with the work of food conservation.

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.

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.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, 2, 3. No. 3, 25¢ per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Wilkes & Co.)

BREAD MUFFINS.

of butter, may be varied to suit the taste. Boiled eggs cut in slices used to be mixed with the whole or used to garnish it. One raw egg may be beaten into the white sauce.

Soak 2 cups of stale bread in two cups of milk for a half hour. Add the beaten yolks of 2 eggs, 1 tablespoonful of melted butter, half a teaspoonful of salt, and one and a half cups of flour sifted with one tablespoonful of baking powder. Fold in the beaten white of two eggs and bake in muffin rings.

ENTIRE WHEAT PUDDING.

Mix 2 cupfuls of entire wheat flour 1 cupful of milk, half a cupful of molasses, half a teaspoonful of soda, one cupful of seeded and chopped raisins, half a teaspoonful of salt. Steam for two hours and serve with hard sauce.

PLAN TO CONSERVE COAL.

Washington, Nov. 10.—Coal estimated at 250,000 tons will be conserved annually for essential industrial and domestic use by the new order of the fuel administration, limiting the use of coal for electric display lighting to the hours between 7.45 and 11 p.m.

"CASCARETS" BEST IF
HEADACHY, BILIOUS,
SICK, CONSTIPATED

Best for liver and bowels, bad breath, bad colds, sour stomach.

Get a 10-cent box.

Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to torpid liver; delayed, fermenting food in the bowels, or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet, breath right, complexion rosy and your liver and bowels regular for months.

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.

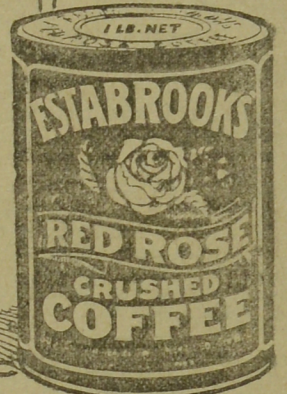
A. H. VANWART,
President York & Sunbury
Liberal Association.
C. L. SYPHER, Secretary.
Fredericton, Nov. 10th, 1917.

What is
Crushed Coffee?

Briefly, Crushed Coffee is coffee that has had the beans crushed between steel rollers with just enough pressure exerted to break the beans into clean, even grains from which the bitter chaff and dust are easily separated by air suction—Resulting in a coffee so pure that no egg is needed to settle it. Red Rose Coffee is as easy to make as Red Rose Tea, and its flavor, aroma and smoothness are a delight as compared with the ordinary ground coffees.

Sold only in double-sealed air-tight cans to keep it good.

The same price as it was three years ago.

Red Rose
Coffee

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.

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'Phone 334-41.

E. T. LANGILLE, Prop.

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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 Crown Tailoring Co. of Toronto, the largest Military Tailoring Co. in Canada.

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