

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 *Charles H. Fletcher*. 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

Charles 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.;
2 p.m. to 5 p.m.
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

FOOD COSTS

Those who have for several years now been scientifically figuring food costs "per person per day" have taken as a standard family one of five persons, father and mother and three children. Up to a few months ago it was reckoned that a sufficient quantity of what are called the food "constants," bread, butter, milk and sugar, could be obtained for such a family at 40 cents a day, or 8 cents a person.

One 5c. loaf of bread, one half-pound of butter, two quarts of milk and one half pound or more of sugar could be obtained for this sum. These four articles yield more than one-half the energy or calories required for such a family.

Instead of 8 cents, the food constants today for such a family cost nearer 12 cents per person per day.

But some of the supplementary things such as the necessary fruits and vegetables, may be obtained in some places at least, at about the usual prices, say cabbages and onions and oranges, and some kinds of apples.

Presumably also there are home canned or dried foods to supplement the bread, butter, milk and sugar, so that the competent and thrifty might without hardship easily live on a total expenditure of 24 cents a day.

Twenty-four cents a day for a family of five persons means \$1.20 a day, and women of ability have done all that is recommended below on \$1 a day.

No child who will thoroughly masticate two slices of well buttered toast for breakfast and can have a glass of milk besides, and has a similar amount of food energy supplied at the two other meals, will be living on a starvation diet.

Pure energy foods are what we require for breakfast, with such additions as make these most palatable, and most digestible. Bread and butter is all that. Vegetable hashes of the old sort, warmed up in dripping, bacon fat or other inexpensive fats, give energy and bulk as well.

WANTED

WANTED—Peeled Spruce and Balsam Pulpwood. Correspondence invited. Address Fraser Limited, Edmundston, N. B.

WANTED AT ONCE—Chamber girls. Apply at Barker House, Fredericton N. B.

OLD FALSE TEETH, don't matter if broken. I pay \$2 to \$15 per set. Send by parcel post and receive check by return mail. F. Teri, 403 N. Wolfe St., Baltimore, Md.

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 three year old colt, sound and kind. Apply to Mrs. E. W. Darcus, Fern Hill.

FOR SALE—Rhode Island Red single and rose comb cockerels, good laying strain. Apply to Charles R. Allen, 164 Charlotte street, City.

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.

FOR SALE—A number of young York and Chester pigs. Apply to Mrs. E. W. Darcus, Phone No. 3300-62.

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.

TENDERS FOR SNOW
PLOWING.

Tenders will be received at the City Clerk's Office, City Hall, for Snow Plowing District No. 2, or that portion of the City lying below the centre line of Carleton street, for the season ending April 10th, 1918, until noon, Tuesday, November 27th.

G. R. PERKINS,

City Clerk.

Eggs for breakfast are not ideal food with which to prepare anybody for a day's work. They have low fuel energy value and if not rightly cooked may be dangerously hard to digest.

A good many different kinds of solid one dish luncheons for five people can be prepared for less than 20 cents. We can get a dish of rice for from 3 to 5 cents.

Dinner for five with only 30 cents to spend, though we have our fair portions of the constants, looks hard. Our basic dish may be baked potatoes or a potato or other vegetable stew. With vegetables and constants we will be better fed than if we had meat and the constants.

MOTHER, GIVE CHILD
"SYRUP OF FIGS," IF
TONGUE IS COATED

If cross, feverish, sick, bilious, clean little liver and bowels.

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep act naturally, breath is bad, system full of cold, has sore throat, stomachache or diarrhoea. Listen, Mother! see if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well, playful child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Beware of counterfeits sold here. Get the genuine, made by "California Fig Syrup Company." Refuse any other kind with contempt.

NOTICE.

A meeting of the Workmen's Compensation Act Commission will be held in the City of Fredericton on the evening of Tuesday, November 27th, at 8 o'clock, in the Council Chamber, City Hall.

All manufacturers, employers of labor and workmen interested in changes in the Workmen's Compensation Laws, are cordially invited to attend for the purpose of giving evidence.

(Sgd) F. J. G. KNOWLTON,

Chairman.

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.

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.

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

FURS

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

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

J. CLARK & SON
LIMITED

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.

Custom Tailoring

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

WALKER BROS. MERCHANT
TAILORS

QUEEN STREET, WEST END.

THE MAJOR, by Ralph Connor
Six Illustrations.

This is without doubt the finest novel of Canada's popular novelist Ralph Connor.

Your old friend, Peloubats' SELECT NOTES, is now ready for 1918, with many new and striking features. Price \$1.25.

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