

Children Cry for Fletcher's

CASTORIA

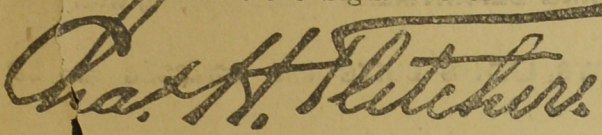
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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study

OF INTEREST TO WOMEN

STAIN REMOVERS.

Stain removers which are entirely satisfactory for cleaning silk or woolen materials cannot always be used for removing stains from vegetable fibres such as cotton or linen. Similarly, treatment which will remove some stains immediately, will cause those of a different nature to take a firmer hold on the fabric.

Another cardinal principle in spot removal is to work while the stain is fresh. Cold or lukewarm water is usually the housewife's best bet for a first step, if the nature of the stain is not known and if the fabric is not injured by water.

Hot water should never be used until it is determined that the staining material is such that it will not be "set" by heat. Stains from meat juice blood, egg, milk and other materials containing protein, are almost indelibly set by hot water.

If the stains are of such a nature that they will not yield to laundering or sponging with water, or with water and soap, it is necessary to use one or more of a number of chemicals.

Besides water and soap, the substances named as most useful in removing stains are Javelle water, potassium permanganate solution, oxalic acid solution, ammonia water, carbon tetrachloride, French chalk and cream of tartar, each of which may be used successfully, provided the right one is employed at the right time upon the right material.

BACK TO THE OLD FOUR-POSTER.

The wheel of fashion fairly whizzes in its revolutions these days and its swiftly bringing us back to the days of our forefathers' four poster bed.

The wooden bed is certainly more care than the brass or white beds that have been in vogue for so long, but if one knows how and is willing to take a little extra precaution in the beginning, these beds need not be very troublesome.

Remove the mattress and springs, take out all the slats and brush the bed with a soft brush. A small one is better so that it can reach all the little parts of the bed. Then paint the inside of the wood with a strong disinfectant. Undiluted turpentine is good and will not injure the finest wood.

When it is all quite dry, replace the slats and spread over them a thick layer of newspapers, turning them well up about the edges to keep out the dust.

OUR WINTER WEAR.

The coats of the new suits are finger-tip length, that is, a length which is level with your fingers when your arm hangs at your side. The belted models, which we have had for some years, are still shown, and many are pretty but far smarter in appearance are the coats without belts. These are semi-fitted in line, and may be with or without fur. Smartest of all, perhaps, is the box-like coat which drops from the shoulder to below the hips.

The skirts are invariably simple, and scant, but of a comfortable walking width. Oddly enough, the Paris designers have made them short, but the American designers are making them from two to four inches longer. The well-dressed American woman is wearing neither extreme, but on the contrary a comfortable good looking length between the two.

POLITE BUT TRUE.

A French government official was making out a passport for a rich and highly placed lady of his acquaintance who unfortunately had but one eye.

Not wishing to hurt her feelings, the gallant Frenchman in filling out the description, inserted the following:

"Eyes brilliant, brown and expressive; only one is missing."

THE QUICK AND THE DEAD.

The officer was lecturing the new recruits on the preventive measures for gas attacks, and the necessity for the smart adjustment of helmets. "Remember," he said, "there are only two classes when the gas alarm is sounded—the quick and the dead."

Who was it that only four weeks old when Adam was a boy, and not five weeks old when he was a man? Ans.—The man in the moon.

SANDY SPLITS CARRIED ON

Sandy Splits just about got himself some Huns yesterday. But Sandy is always just about getting something.

For a few days now Sandy has been acting as a runner back Division headquarters he's always running around armed with an automatic. Well yesterday Sandy was sent back with a message and fat Walters having nothing to do but loaf went along with him.

Just before they got into the town where the headquarters is they turned a sharp curve in the road and all of a sudden Sandy dropped to the ground and pulled Fat down with him. Then right away he begun trying to draw his automatic.

"Look up the road there!" Sandy whispered. "See them two Germans sitting down there on the left hand side. See 'em with that funny costume on. I'm going to capture 'em and I'll get a Crow dey Ger and a Medal of Honor. You stay back and I'll sneak up on 'em."

Sandy begun to crawl and when he got about twenty feet from where they was sitting he sprang up and pushed his gun in their faces. "Hold up your hands, you Dutch bums, or I'll blow your brains out, he hollered.

Of course the pair couldn't understand him, but they knew enough to jump up and stick up their hands.

Well Sandy just got 'em started when some officer com riding by on a horse and asked Sandy what in the world was the matter.

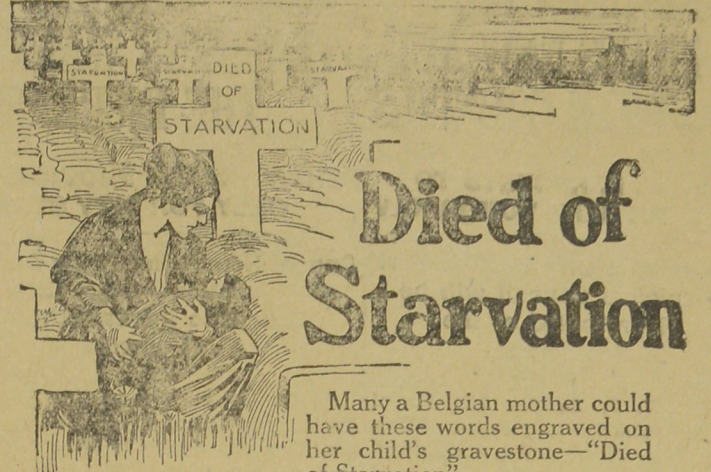
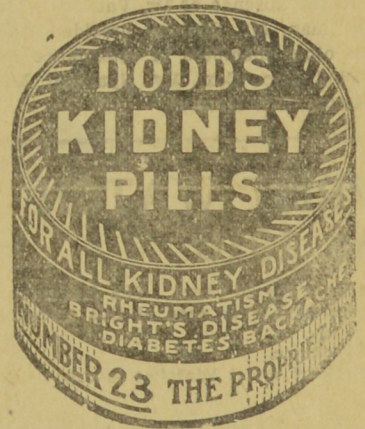
"Nothing, only I got me a couple of Huns here," Sandy said back.

"Huns? Huns? Say those fellows are Russian soldiers working on the roads. You better apologize to them."

It's awful hard to tell just who all your allies are over here.

FOUND DEAD IN A STABLE

Cornwall, Ont., Dec. 27.—Alex. Haroer, a well known resident of Chesherville, near here, was found dead in the stable of a local hotel recently, and the circumstances under which he met his death are now being investigated by County Crown Attorney Harkness, who has reported the affair to the Attorney General's department. Several theories as to his death are current. One is that he fell from his buggy and sustained fatal injuries. Another is that he was killed in a drunken brawl.



Many a Belgian mother could have these words engraved on her child's gravestone—"Died of Starvation."

Perhaps the child has wasted away with Consumption, or has been twisted into a mockery of happy childhood by Rickets, but starvation is at the root of the tragedy.

What else can be expected for a growing child whose daily ration is the bowl of soup and two pieces of bread provided by the United States loans to the Belgian Government?

The only hope for the destitute children of Belgium is that we who can afford three meals a day will be moved to pity and send help immediately. Even a small contribution will help to take some child, sinking under its load of trouble, over to Holland, where with good milk, nutritious food, medical care and loving treatment, he or she may regain health, strength and the wish to live.

GIVE—give until you feel the pinch! Don't wait until someone asks you personally. THIS is personal!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

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to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

RULES FOR THE AVOIDANCE OF INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.
2. Avoid all indoor assemblies, and travel as infrequently as possible.
3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.
4. Keep patient by himself, permitting only the nursing attendant, the

doctor and the clergyman to see him. 5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.

6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.

7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.

8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.

9. Call a doctor upon the occurrence of suspicious symptoms as unusual headache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.

10. Do not be over-anxious. That is do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

INNOCENCE.

The irate old gentleman put his head out of the remains of his window and espied some small forms looking up from below. They all disappeared but one.

"Look here, you young rascal, did you break my window?"

"No, sir."

"Do you know who did?"

"No, sir, I don't know nothin' 'bout it."

"Well, get away. I don't want you hanging around here."

"All right, mister. Will you give me my ball before I go?"

"Give you your ball? Why, where is it?"

"I think it is in your front parlor."

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