

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 *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.

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'Phone or Telegraph Orders Shipped
on all trains or boats at short
notice.Following the removal of the ban
against public gatherings by the Pro-
vincial Public Health Department,
classes will be resumed at theFREDERICTON
BUSINESS COLLEGEFredericton, N. B., on NOVEMBER 20,
1918.We trust that all our old students
will be able to return on that date.
Information regarding our courses of
study will be furnished on request.OF INTEREST
TO WOMEN

THE HOME NURSE.

Many Wives and Mothers Feel a Reluctance to Play the Role of Nurse.

We women have recently been informed by health authorities that we had been spoiled, that we had come to look upon nursing as something that could be left entirely to the professional nurse, and that as a result we were far less fit to deal with a stupendous epidemic as far as the nursing end of it went than our grandmothers were, when every mother and wife was something of a nurse, and many a woman who had never seen the inside of a hospital was highly efficient in the important work.

Really, of course, it is through no desire to shirk our woman's work that so many mothers and wives always feel a certain reluctance to play the role of home nurse. It is because we know that in normal times it is far better to intrust our own health and the health of our families to women who have had the special intensive training in nursing. So if we possibly can, we employ a nurse or send the patient to a private room at the hospital, or, if we cannot, we call in the district nurse if there is one in the neighborhood, or even commit the dear ones to the hospital wards, knowing that far better care will be given there than we could possibly give at home.

But women recently saw that there are times when this twentieth century way of doing things does not work. There are times when there are not enough nurses and there are not enough beds in the hospitals, and then the woman who has thought the days of home nursing were part of an age that is passed, has suddenly to pull her wits together and show that she is a member of the adaptable sex.

In a contagious or infectious disease, the fight is well in hand when the home nurse puts into practice what she knows of household and personal hygiene. That is why even novices who recently tried their hand at home nursing during the influenza epidemic proved their helpfulness. They knew that perfect cleanliness in the sick room is essential, that they themselves should wear washable fresh cotton or linen frocks and they knew that the sick room should be frequently and thoroughly ventilated. At least the doctor didn't have to stop and instruct them in these things.

Now that we have had our lesson, let's be prepared next time. For there are other things that are important in this matter of home nursing. Don't let another month go by without learning these things—how to use a fever thermometer, how to change bed sheets without causing discomfort to the patient, how to lift or change the position of a patient without running the risk of straining ourselves or the patient, how to administer soft food, the proper way to fill a hot water or chopped ice bag and the few other things that the home nurse is asked by the doctor to do.

How to get this information and training?

It is the simplest matter in the world. If you can't attend lectures or demonstrations on the subject, get an up-to-date book on nursing, and read it carefully and then practice the simpler activities it describes.

AID FOR MRS. NEWLYWED.

"Tell me how to clean a mirror, will you?" asked Mrs. Newlywed of her friendly advisor.

"Take a soft sponge cleaned of all grit, dip it into water and squeeze it almost dry," said Mrs. Neighbor. "Then dip it into some spirits of wine and rub it over the glass. Next dust the glass with some powder blue or whiteners sifted through muslin. Wipe the powder off lightly and quickly with a soft cloth. Now take a clean soft cloth and rub the glass once more and finish by polishing with an old piece of silk."

It might do no harm to get the skates sharpened.

Victrola Week

We have made provisions already for the big demand this Christmas for Victrolas, and are now showing a complete line of Victor Machines.

We want to show you these machines now, and make your selection while our stock is complete, and have it delivered to your home on Christmas Eve.

A Victrola is the most acceptable gift. We are offering special terms.

Will you have a Victrola for Christmas?

Call and see our stock, and hear a few selections. We will be glad to quote you easy terms.

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

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BELGIUM IS
GREATLY IN
NEED OF HELP

"Among the civilian population of Belgium hiding in the cellars there have been a great many deaths, either from wounds inflicted by the Germans or from the effects of gas the enemy has let loose into each town and village as it was evacuated. There were twenty-seven deaths in the village of Hansbeke alone," says a cabled despatch from an eye witness attached to the Belgian Armies in the field. The cable goes on to draw a picture of the utter desolation that the enemy has left behind him.

"A portion of the population who have fled from their homes during the bombardment of Hansbeke, found on their return more ruins and debris—trees had been cut down, houses ransacked, furniture smashed to pieces and fields devastated."

Such is but a mere glimpse of the terrible havoc the Germans left behind them in Belgium. Families who have lived as peaceably as was possible under German domination for the past four years, and for many weary months had been looking forward to the day of their liberation, and possibly a happy reunion with their loved ones in the trenches have been purposelessly and wantonly murdered or driven from their homes.

No neighbors are there to take these people in and give them good and warm clothing until they can remake that home, whole communities have been similarly affected. Amid the wreck and ruin of their former homes these people are obliged to live, some huddled together where a portion of a roof is still left holding, while others have to seek what shelter they can in the woods or worse still to sleep in the open with insufficient food and clothing. Little is it that the Belgians



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MAIL us \$19.00 and we will send postage paid a pair of these Celebrated Waterproof Trench Boots, to your boy "OVER THERE."

NO wet or cold feet for him during the winter months. Nothing you could send would make him as happy.

WHEN mailing order, state size of street shoe worn, approximate height and weight of party boot is intended for, his name and address. We will look after the packing and mailing.

ORDER at once. The bad weather is "OVER THERE" now.

Free Trench or Sporting Boot Bootlets on request to Dept.

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HOUSE HEAD BRAND
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are able to salvage from devastated villages and many must go hungry and cold till aid is sent to them.

Belgium is in no position to help herself and her starving thousands, even though hostilities cease and peace is declared it will be years before Belgium is once again self-supporting. Help is being sent into Belgium but not yet in sufficient quantities to care for the tremendous number of families who need food and clothing and a helping hand back to the life they knew before August 1914. More funds are needed for the growing list of those who have been plundered, and Canadians are being asked to help in this great work of mercy. Contributions may be sent to the nearest relief committee or direct to the Central Committee of the Belgian Relief Fund, 59 St. Peter Street Montreal, Que.

BERLIN TO HAVE
BEEN BOMBED ON
NOVEMBER 11

New York, Dec. 5.—Berlin was to have been bombed by a squadron of from eight to twelve super-Handler-Page and De Havilland airplanes on the night of Nov. 11, the date of the signing of the armistice, according to a number of American aviators, who returned yesterday on the transport La Plant.

According to the story of the aviators, all plans had been made for dropping tons of T.N.T. on Berlin. The distance from Ford Junction to the German Capital is about 500 miles.

Well, anyway farmers in northern France won't have to buy any barbed wire for quite a spell.

To add enjoyment
to breakfast
or lunch
Grape-Nuts

A cereal blend of wheat
& barley—ready-cooked

A dish that tastes like
luxury but costs only a
trifle a serving.

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