

## CASTORIA

For Infants and Children.

Mothers Know That  
Genuine Castoria

Always  
Bears the  
Signature

of  
*Chas. H. Fletcher*  
In  
Use  
For Over

Thirty Years  
CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

### OF INTEREST TO WOMEN

U. S. GOVT. FOOD ADVICE.

Fresh winter vegetables include cabbage, turnips, onions, carrots, potatoes, etc., which are always good simply cooked, stewed, boiled or baked and served with a little butter or oleomargarine or a simple cream sauce.

You waste valuable salts when you throw away the water in which you cook vegetables. Sometimes the flavor is not desirable, but if it is good, save the water for soup or gravy. Even better—cook them in a little water as possible so there is none left to drain off. Or bake or steam them.

Cabbage is one of the vegetables that is best simply cooked. It may be poor or it may be delicious, depending upon how you cook it. Don't boil too long—20 or 30 minutes in salted water is long enough.

Canned corn is very good when turned into a baking dish, milk and seasoning added, and the whole heated through in the oven and allowed to brown on top. Outside stalks of celery cut up, a green pepper, or both, added before baking, make the dish more appetizing.

#### Vegetable Chowder.

4 potatoes, 3 carrots, 3 onions, 1 pint canned tomatoes, 2 tablespoons fat, or a piece of salt pork, 3 level tablespoons flour, 2 cups skim milk, 2 teaspoons salt.

Cut potatoes and carrots into small pieces, add enough water to cover and cook for 20 minutes. Do not drain off the water. Brown the chopped onion in the fat for five minutes. Add this and the tomatoes to the vegetables. Heat to boiling, add two cups of skim milk, and thicken with flour. Celery tops or green peppers give good flavor, too.

#### Irish Stew.

Cook beef tender (any left over meat may be used); cut into small pieces about a pound. Pare and dice 2 lbs. potatoes, cook in enough water to cover, add 1 large onion cut fine, one large carrot diced, then add meat and left-over gravy if you have any; also other vegetables left over. Salt and pepper to taste.

#### War Cup Cakes.

Take half a cup of lard, 2 cups dark

#### Cook's Cotton Root Compound.

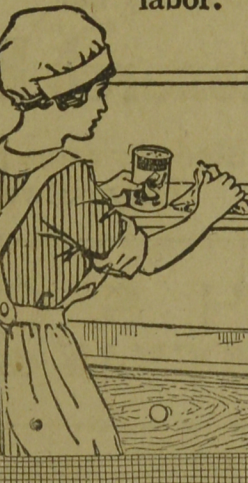
A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.00; No. 2, \$2.00; No. 3, \$3.00 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor)



## Old Dutch

You Will  
Be Proud  
of your pantry  
if you use  
Old Dutch.

It keeps things  
clean and bright  
with very little  
labor.



## LIVER TROUBLE AND HEARTBURN

CURED BY

MILBURN'S LAXA-LIVER  
PILLS.

When the liver is torpid and inflamed it cannot furnish bile to the bowels, causing them to become bound and costive.

The symptoms are a feeling of fullness or weight in the right side, and shooting pains in the same region, pains between the shoulders, yellowness of the skin and eyes, floating specks before the eyes, tongue coated, bad taste in the morning, heartburn, water brash, etc.

Milburn's Laxa-Liver Pills gently unlock the secretions, clear away all effete and waste matter from the system, and give tone and vitality to the whole intestinal tract, and are by far the safest and quickest remedy for all diseases or disorders of the liver.

Mrs. A. Cummings, Manchester, Ont. writes: "I have used Milburn's Laxa-Liver Pills some time, and can faithfully recommend them to anyone suffering from heartburn and liver trouble. I tried a great many other remedies, they only relieved me for a time. I believe Laxa-Liver Pills to be a valuable remedy for all sufferers from liver troubles."

Milburn's Laxa-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

#### THIS IS A JOKE.

"What is this?"

"A blacksmith shop."

"How interesting. Ask the blacksmith to play us an anvil chorus."

#### No Alimony—Just a Separation.

Peaceful, quiet separation, no damage done, everybody happy again—that's the situation when you divorce your corns with Putnam's Corn Extractor. Acts like magic—don't use any but "Putnam's"—it's the best, 25c. at all dealers.

#### Slants of Humor

##### LONG STAY.

The poets praise the snow,  
Which doth abound.  
It's nice a day or so  
Upon the ground.  
But really snow  
Should sometimes know  
It's time to go.  
Not hang around.

##### A BREAK.

Reginald had become a stretcher-bearer in the army pay corps and before going away to take up his duties he asked Angelina to marry him. Angelina loved him, but she had promised to marry a millionaire the day before and, being too noble to go back on her word, to Reginald she had, perforce to say "no."

"I'm sorry, sorry," she sobbed. "Kiss me once before we part, my love," and she flung herself into his arms.

"My own," she wailed. "Have I broken your heart?"

Reginald disentangled himself with difficulty.

"No, Angelina," he said. "Only my fountain pen!"

corn-sirup, a pinch of salt, 1½ cups of sweet milk, 2 heaping teaspoons baking powder, flour enough to make batter a little stiffer than for layer cake, 1 teaspoon vanilla or any flavor to taste. These cakes do not require sugar or eggs, both so scarce now.

This recipe will make 2½ dozen cup cakes.

Wholesale Dry Goods and Woolens

## House Furnishings For Spring

Lace Curtains  
Scrim Curtains  
Curtain Muslin and Drap-  
eries of all kinds  
Cretonnes and Casement  
Cloths  
White Bed Spreads  
Towels, Napkins and Ta-  
ble Linens  
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Prices Lowest Possible. Goods sold to the Trade only.

Vassie & Company, Ltd.

WHOLESALE DRY GOODS AND WOOLENS  
ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

## 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.

## FURS

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

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

## J. CLARK & SON LIMITED

New Supply of  
Vaccination Shields  
15 cents

—AT—

WILEY'S PHARMACY, York Street

## 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, DENTIST

FREDERICTON, N. B.

TELEPHONES:  
Residence . . . . . 349-41  
Office . . . . . 419-11

### DR. GERRARD, DENTIST

TWENTY YEARS' LONDON, ENG.,  
EXPERIENCE.

King Street, - - - Opposite Boyle's  
Telephone 574.

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Opp. 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—338-11

### DR. L. R. DAVISON, DENTAL SURGEON

Graduate of R. C. D. S., Toronto, Ont.

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Lately Occupied by Capt. F. W.  
Barbour.  
Telephone 261-21

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Best and Most Modern Funera  
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### HARRY R. ADAMS, JOHN G. ADAMS UNDERTAKER

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on all trains or boats at short  
notice.

### THE WINTER TERM of the FREDERICTON BUSINESS COLLEGE

Opens on MONDAY, JANUARY 7,  
1918. Pamphlet giving particulars of  
our courses of study, rates of tuition,  
etc., will be mailed to any address on  
application. Address  
W. J. OSBORNE, Principal,  
Fredericton, N. B.

#### FOR SALE

FOR SALE—Dry soft wood, 4 ft., \$7  
per cord; dry furnace wood, 2 ft., \$11  
per cord; dry split 16-inch hard stove  
wood, \$3.50 per load. T. W. FUKON,  
618 Brunswick street.

FOR SALE or TO RENT—The free-  
hold property 492 George street. Pos-  
session May 1st. Apply to J. Walter  
MacKty, 'Phone 362-11.

#### WANTED

WANTED—Large Mail Order House  
wants men everywhere to show sam-  
ples or mail circulars if preferred. Pos-  
ition will pay \$15 weekly. The Con-  
sumers Association, Windsor, Ont.

WANTED—Books and magazines for  
distribution to returned soldiers en  
route home, in the Military Hospitals,  
or going overseas. Telephone Mr. A.  
Murray, care of A. Murray & Co. Tel.  
No. 159, or leave at store for Military  
Y. M. C. A.

GET OUR PROPOSITION for respon-  
sible men and women. Permanent  
repeat order business that pays big  
profits. Hundreds enjoying big money  
earnings from the business we  
have helped them build. Why not you?  
Leswerk Manufacturing Co., Foster,  
Que.

WANTED—Girl for general housework  
in small family. Apply to Mrs. R. P.  
Allen, 164 Charlotte Street.

#### NOTICE TO TAXPAYERS

Taxpayers will please take notice  
that in order to have a vote at the  
coming election all taxes must be paid  
on or before Wednesday, February  
20th.

G. R. PERKINS,  
City Treasurer.

#### NOTICE OF LEGISLATION.

PUBLIC NOTICE is hereby given  
that application will be made by  
Fraser Companies, Limited, at the  
next session of the Legislative Assem-  
bly of the Province of New Brunswick  
for the passage of an Act for the fol-  
lowing purposes, viz.:

(a) To ratify and confirm the sale  
and transfer as a going concern of the  
undertakings, business, assets, prop-  
erty and franchises of Fraser, Limited,  
to Fraser Companies, Limited.

(b) To ratify and confirm the sale  
and transfer as a going concern of the  
undertakings, business, assets, prop-  
erty and franchises of Fraser Limited,  
to Fraser Companies, Limited.

(c) To ratify and confirm the sale  
and transfer of the undertakings, busi-  
ness, assets, property and franchises  
of the Baker Brook Manufacturing  
Company, Limited, to Fraser Com-  
panies, Limited.

(d) To vest in Fraser Companies,  
Limited, its successors and assigns,  
all the powers, privileges, franchises  
and immunities which are vested in  
Fraser Limited by virtue of the pro-  
visions of Chapter 102, 1 George V.,  
Acts of Assembly, 1911, entitled "An  
Act to incorporate Fraser Limited,"  
and by virtue of the provisions of  
Chapter 99, 2 George V., Acts of As-  
sembly, 1912, amending the last men-  
tioned Act.

Dated at Fredericton, N. B., this 24th  
day of January, A. D. 1918.

SLIPP & HANSON,  
Solicitors for Fraser Companies,  
Limited.