

Children Cry for Fletcher's

CASTORIA

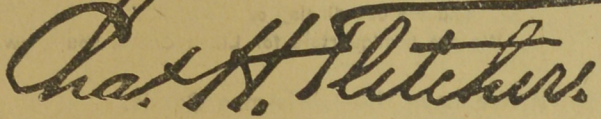
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger 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



In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST
TO WOMEN

GOOD WINTER RECIPES

Eggless Squash Pie.

One and one-half cups dry mealy squash; 1 cup boiling milk, half a cup sugar, 1 cracker rolled fine, half teaspoon each of salt and cinnamon. Bake with one crust in moderate oven an hour.

Jelly Chocolates.

1 cup apple jelly, 2 tablespoons of gelatine, 1 teaspoon orange extract, half cup cold water or less, half a teaspoon lemon extract.

Melt apple jelly over hot water, add gelatine soaked in cold water, and extracts. Strain into small molds and if in a sheet, cut the jelly in cubes. Dip in melting coating chocolate.

Chocolate Dainties.

Melt milk chocolate in double boiler, remove from the fire and beat until cool. In this dip nuts or sweet fruits and place on oiled paper.

Parisian Sweets.

Put through the meat chopper 1 pound of prepared dates, figs and nut meats. Add 1 tablespoon orange juice, a little grated orange peel and quarter cup honey or syrup. Mold into balls and roll in chopped nuts or cocoanut or chocolate. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired. Melted chocolate may be added to mixture before molding, if desired.

HINTS TO HOUSEWIVES.

To tint discolored lace curtains, mix equal quantities of ordinary starch and cornstarch, boil and use in the same way as white starch.

A tepid or warm salt bath makes a good substitute for a sea plunge, and a handful of wet salt rubbed briskly on the skin will be found most invigorating.

Mustard keeps much longer if it is mixed with water which has been previously boiled and allowed to get cold. A pinch of salt or a teaspoonful of vinegar likewise adds to its keeping properties.

To clean discolored floor tiles, mix some vinegar, linseed oil and methylated spirits together. Rub this on the tiles well and dry with soft cloth. Leave for a few days, then scrub with soapy water.

To clean patent leather boots, first remove all the dirt upon them with a sponge or flannel, then rub over the boots or shoes a paste consisting of two spoonfuls of cream and one of linseed oil, both of which require warming before being mixed. Polish with a soft rag.

To clean a badly stained vinegar cruet, put a teaspoonful of lye in it and then fill it with water. Let this remain in it a few days, and then rinse the cruet out thoroughly, when it will be perfectly clean.

To whiten wooden floors, add two tablespoonfuls of paraffin to the hot soapy water used for washing a floor. It will cleanse the boards and will also destroy any insects that may be lurking in the cracks of the wood.

BUT THE WAR'S OVER NOW.

We're keeping the sugar spoons hid in a drawer, And there they will stay till months after the war! The cookie jar's empty and bottom-side up

And, augmenting the bitterness now of our cup,

Influenza is likely to get us (great grief!)

If we don't do our kissing through a gauze handkerchief.

Let's take the old motto from over the door,

For home is not "home, sweet home" any more.

Minister Has Returned

Hon. J. F. Tweeddale Minister of Agriculture, who spent some days at his home at Arthurville, Victoria County, has returned to Fredericton.

BOARD OF HEALTH
NOTICE

Office of Secretary
Fredericton Board of Health,
Wednesday, Dec. 18, 1918.

As there appears to be great danger of the epidemic of Influenza or Spanish Grippe again becoming serious, it has been deemed advisable by the Fredericton Board of Health to issue the following rules and regulations, of which all persons interested will take due notice:

All schools, including the University Provincial Normal School, Business College, Etc., to be closed after Wednesday, December 18th. and not to be re-opened until permission is granted by the Board of Health; Sunday Schools to be closed after Sunday, December 15th; Moving Picture Houses, Rinks, Bowling Alleys, Billiard Halls and Pool Rooms to be closed after Wednesday, December 18th; no public or private dancing parties, receptions, or card parties, or other forms of entertainment that cause a large assemblage of people to be allowed, except by special permission of the Board after Wednesday, December 18th.

GEORGE DIBBLEE,
Secretary JOHN M. WILEY,
Chairman.

"BLIGHTY"

(New York Sun)

"Blighty," they call it, in their fond blunt slang, And tell their love for England with a gibe,

These British lads who shirked no bitter tithe Of war's grim task, then set a cap and bells

On their nostalgia, lest their tears be mocked, And when hell's blasts had rent the flesh,

A passport back to "Blighty" were their wound, And all the anguish only "Blighty's" due

The tribute is not vain that these have paid, In deaths uncounted, and the blood outpoured

So lavishly. For see! the truth yet holds That only sacrifice can cleanse the world,

And England is absolved at such a cost Rejoiced, she sees the blight of caste washed free,

The blight of selfishness bared to men's scorn, The blight of lust and drunkenness condemned,

The blight of want and misery abhorred With such grim loathing as shall seal its doom.

Ah, precious blood that wrought so

fast a gain! Not one bright drop shall fail its priceless work

To win for "Blighty" armor clear of spot, And robes unblemished of the old dark stains,

Until by truth and grace she gain from men Allegiance nobler than an empire's sway,

And crown her wondrous history with love— Great England of the vesture without blight!

SPLASH!

Simple—Ever hear the story of the fountain? Simon—No. Spring it!

vast a gain! Not one bright drop shall fail its priceless work

To win for "Blighty" armor clear of spot, And robes unblemished of the old dark stains,

Until by truth and grace she gain from men Allegiance nobler than an empire's sway,

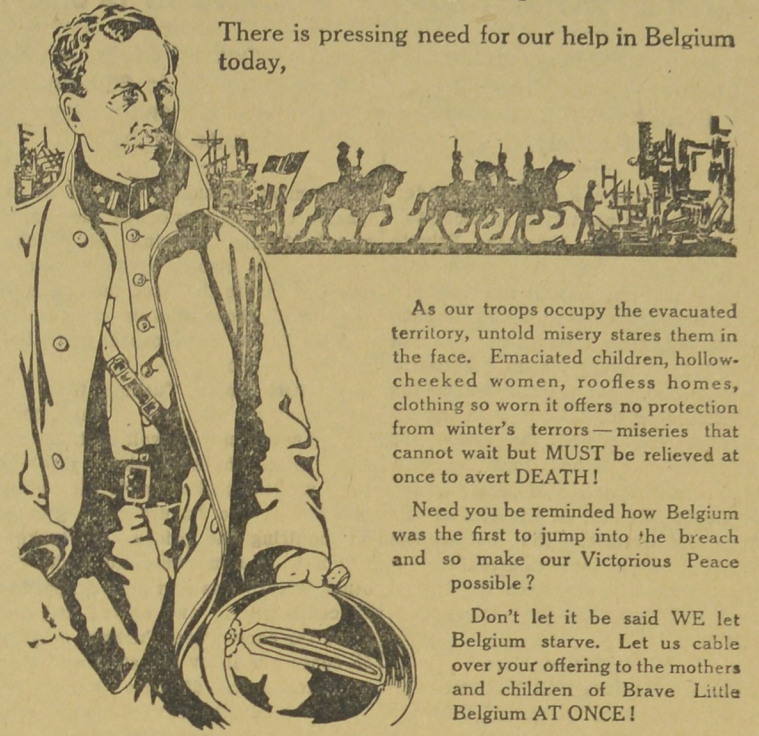
And crown her wondrous history with love— Great England of the vesture without blight!

ELLIOT WHITE

Belgium Starving
Under Allied Flags

Immediate Help Needed to Relieve Starvation and Suffering—Cannot Hold Germany Responsible NOW!

There is pressing need for our help in Belgium today,



As our troops occupy the evacuated territory, untold misery stares them in the face. Emaciated children, hollow-cheeked women, roofless homes, clothing so worn it offers no protection from winter's terrors—miseries that cannot wait but MUST be relieved at once to avert DEATH!

Need you be reminded how Belgium was the first to jump into the breach and so make our Victorious Peace possible?

Don't let it be said WE let Belgium starve. Let us cable over your offering to the mothers and children of Brave Little Belgium AT ONCE!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

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.

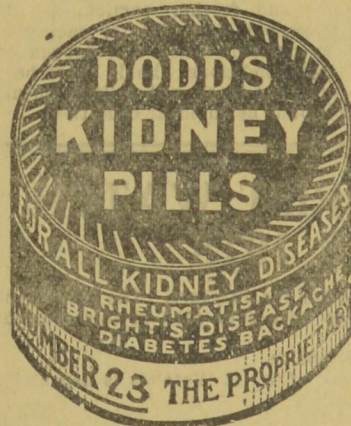
7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.

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 backache, 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.

Have Your Job
Printing Done
At Home

The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send their orders out of town.

Give us a trial order and be convinced.

We have a new office and up-to-date machinery, all run by electric power, and can turn out work promptly and efficiently. If you have a job of printing call up No. 67 and we will do the rest.

The Mail Printing Co
327-329 Queen Street, Up Town

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.

W. J. IRVINE,
DENTAL SURGEON

Opp. 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—338-11

DR. S. W. SPROULE
DENTAL SURGEON

Graduate of Univ. of Toronto, Ont.

OFFICE:

Inches Building, Queen Street, lately occupied by Dr. L. R. Davison.
Telephone 261-21

J. A. McADAM,
UNDERTAKER

REGENT STREET

Best and Most Modern Funerals
Equipment in the City.

Residence Telephone 70-41
Business Telephone 118-41

HARRY R. ADAMS,
SUCCESSOR TO THE LATE
JOHN G. ADAMS
UNDERTAKER

610 Queen Street.

'Phone or Telegraph Orders Shipped on all trains or boats at short notice.

Following the removal of the ban against public gatherings by the Provincial Public Health Department, classes will be resumed at the

FREDERICTON
BUSINESS COLLEGE

Fredericton, 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.

JUST ARRIVED

A NEW SHIPMENT OF

PALMS

LARGE and SMALL

A LARGE VARIETY OF FERNS.
WEDDING BOUQUETS and FLORAL DESIGNS A SPECIALTY.

All orders receive careful attention.

ADA M. SCHLEYER,
FLORIST.

Xmas Flowers Arranged

Cut Flowers will be scarcer and higher in price than usual, but we will have Roses, Carnations, Violets, and Stocks in limited quantities at market prices. Also Holly and Holly Wreaths, Palms, Ferns, Beautiful Cyclamens, Swiss, Chinese and Baby Primroses, Xmas Cherries, Fern Dishes, Hyacinths in pans not in bloom, Frezias in bud, Begonias, etc. Come and see. Lettuce, Parsley, Smilax Vines. J. BEBBINGTON & SON.

BURTT & CATERER

Wagons and Sleds Made and Repaired.

T. J. BURTT. H. CATERER

All Kinds of Jobbing Repairs.
281 KING STREET

EARLY CLOSING
OF THE RAILWAY
FREIGHT SHEDSCANADIAN GOVERNMENT
RAILWAYS

Order of Railway Board Not to be Effective Until January 1st, 1918.

The Canadian Railway War Board has extended the time for their recent order regarding the early closing of railway freight sheds until January 1st, 1919, and the public is therefore advised that on the Canadian Government Railway lines the regulations at present governing the opening and closing of freight sheds will continue in force until that date.

Cook's Cotton Root Compound.

A pure, reliable remedy for all cases of constipation. Sold in boxes of 12, 24, 36, 48, 60, 72, 84, 96, 108, 120, 144, 168, 192, 216, 240, 264, 288, 312, 336, 360, 384, 408, 432, 456, 480, 504, 528, 552, 576, 600, 624, 648, 672, 696, 720, 744, 768, 792, 816, 840, 864, 888, 912, 936, 960, 984, 1008, 1032, 1056, 1080, 1104, 1128, 1152, 1176, 1200, 1224, 1248, 1272, 1296, 1320, 1344, 1368, 1392, 1416, 1440, 1464, 1488, 1512, 1536, 1560, 1584, 1608, 1632, 1656, 1680, 1704, 1728, 1752, 1776, 1800, 1824, 1848, 1872, 1896, 1920, 1944, 1968, 1992, 2016, 2040, 2064, 2088, 2112, 2136, 2160, 2184, 2208, 2232, 2256, 2280, 2304, 2328, 2352, 2376, 2400, 2424, 2448, 2472, 2496, 2520, 2544, 2568, 2592, 2616, 2640, 2664, 2688, 2712, 2736, 2760, 2784, 2808, 2832, 2856, 2880, 2904, 2928, 2952, 2976, 3000, 3024, 3048, 3072, 3096, 3120, 3144, 3168, 3192, 3216, 3240, 3264, 3288, 3312, 3336, 3360, 3384, 3408, 3432, 3456, 3480, 3504, 3528, 3552, 3576, 3600, 3624, 3648, 3672, 3696, 3720, 3744, 3768, 3792, 3816, 3840, 3864, 3888, 3912, 3936, 3960, 3984, 4008, 4032, 4056, 4080, 4104, 4128, 4152, 4176, 4200, 4224, 4248, 4272, 4296, 4320, 4344, 4368, 4392, 4416, 4440, 4464, 4488, 4512, 4536, 4560, 4584, 4608, 4632, 4656, 4680, 4704, 4728, 4752, 4776, 4800, 4824, 4848, 4872, 4896, 4920, 4944, 4968, 4992, 5016, 5040, 5064, 5088, 5112, 5136, 5160, 5184, 5208, 5232, 5256, 5280, 5304, 5328, 5352, 5376, 5400, 5424, 5448, 5472, 5496, 5520, 5544, 5568, 5592, 5616, 5640, 5664, 5688, 5712, 5736, 5760, 5784, 5808, 5832, 5856, 5880, 5904, 5928, 5952, 5976, 6000, 6024, 6048, 6072, 6096, 6120, 6144, 6168, 6192, 6216, 6240, 6264, 6288, 6312, 6336, 6360, 6384, 6408, 6432, 6456, 6480, 6504, 6528, 6552, 6576, 6600, 6624, 6648, 6672, 6696, 6720, 6744, 6768, 6792, 6816, 6840, 6864, 6888, 6912, 6936, 6960, 6984, 7008, 7032, 7056, 7080, 7104, 7128, 7152, 7176, 7200, 7224, 7248, 7272, 7296, 7320, 7344, 7368, 7392, 7416, 7440, 7464, 7488, 7512, 7536, 7560, 7584, 7608, 7632, 7656, 7680, 7704, 7728, 7752, 7776, 7800, 7824, 7848, 7872, 7896, 7920, 7944, 7968, 7992, 8016, 8040, 8064, 8088, 8112, 8136, 8160, 8184, 8208, 8232, 8256, 8280, 8304, 8328, 8352, 8376, 8400, 8424, 8448, 8472, 8496, 8520, 8544, 8568, 8592, 8616, 8640, 8664, 8688, 8712, 8736, 8760, 8784, 8808, 8832, 8856, 8880, 8904, 8928, 8952, 8976, 9000, 9024, 9048, 9072, 9096, 9120, 9144, 9168, 9192, 9216, 9240, 9264, 9288, 9312, 9336, 9360, 9384, 9408, 9432, 9456, 9480, 9504, 9528, 9552, 9576, 9600, 9624, 9648, 9672, 9696, 9720, 9744, 9768, 9792, 9816, 9840, 9864, 9888, 9912, 9936, 9960, 9984, 10000.