

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 *Chas. 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

*Chas. 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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### THE WINTER TERM of the FREDERICTON BUSINESS COLLEGE

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

## OF INTEREST TO WOMEN

### OUR DAILY BREAD.

No housekeeper can have too many recipes for varying the monotony of her wheatless day. These suggestions will prove economical and delicious substitutes for wheat bread. Try them.

#### Quick Rye Bread.

One egg, one-half cupful sugar, one spoonful sour cream or other shortening, one an done-half cupfuls sour milk, one teaspoonful soda, two to three cupfuls rye meal. Cook in a quick oven.

#### Graham Nut Bread.

Two cupfuls graham, one cupful of pastry flour, two-thirds cupful brown sugar, three teaspoonfuls baking powder, two cupfuls buttermilk, one and a half teaspoonfuls soda, one cupful of chopped walnuts, one teaspoonful salt; turn into a buttered pan and bake for forty-five minutes in moderate oven.

#### Golden Corn Cake.

One cupful cornmeal, one and one-fourth cupfuls flour, two tablespoonfuls sugar, two tablespoonfuls melted butter, five teaspoonfuls baking powder, one-half teaspoonful salt, one cupful milk, one egg. Bake twenty minutes. This recipe makes one dozen corn muffins or one square corn cake.

#### Brown Bread.

Two cupfuls cornmeal, one cupful graham, one cupful molasses, two cupfuls warm water, one large teaspoonful soda, one teaspoonful salt. Steam three hours.

#### Johnny Cake.

Four cupfuls cornmeal, three cupfuls buttermilk, one teaspoonful salt, two teaspoonfuls soda, two tablespoonfuls molasses, two eggs.

Mix and sift all dry ingredients, add the molasses and buttermilk slowly; add the eggs, already beaten, and beat all together for two minutes with a

broad, wooden spoon. Bake for one-half hour in a moderate oven.

### WAR CAKE.

Time was when housewives strove to see how many good things they could stuff into a cake. Now they are loyally vying with one another to see how many things they can omit and still call the result a cake. Here is one version of the war cake:

Boil together for three minutes 1 cup of water, 1 cup of brown sugar, a third of a cup of shortening, two cups seeded raisins, quarter of a teaspoon of grated nutmeg, 1 teaspoon cinnamon and half a teaspoon of cloves.

After these materials have boiled the required length of time, let the mass become thoroughly cold. Then add a pinch of salt, 1 level teaspoon of soda dissolved in a little warm water, and two cups of sifted flour, with half a teaspoonful of baking powder. Beat these ingredients together with spoon for a minute or two and then pour into a well greased cake pan and bake in a slow oven for one hour.

## LISTLESS, PEEVISH GIRLS

When a girl in her teens becomes peevish, listless and dull; when nothing seems to interest her and dainties do not tempt her appetite, you may be certain that she needs more good blood than her system is provided with. Before long her pallid cheeks, frequent headaches, and breathlessness and heart palpitation will confirm that she is anaemic. Many mothers as the result of their own girlhood experience can promptly detect the early signs of anaemia, and the wise mother does not wait for the trouble to develop farther, but at once gives her daughter a course with Dr. Williams' Pink Pills, which renew the blood supply and banish anaemia before it has obtained a hold upon the system.

Out of their own experience thousands of mothers know that anaemia is the sure road to worse ills. They know the difference that good red blood makes in the development of womanly health. Every headache, every gasp for breath that follows the slightest exertion by the anaemic girl, every pain she suffers in her back and limbs are reproaches if you have not taken the best steps to give your weak girl new blood, and the only sure way to do so is through the use of Dr. Williams' Pink Pills.

New, rich, red blood is infused into the system by every dose of these pills. From this new rich blood springs good health, an increased appetite, new energy, high spirits and perfect womanly development. Give your daughter Dr. Williams' Pink Pills, and take them yourself and note how promptly their influence is felt in better health.

You can get these pills through post-paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

### 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. Fulton, 618 Brunswick street.

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—Forty Canaries, well bred prize winning birds, guaranteed songsters. Apply to Mrs. W. A. Ralston, North Devon, or telephone G. R. Thompson's store. 61

FOR SALE—Regular \$3.00 Shirts for \$2.00; regular \$3.75 Shirts for \$2.25. All Xmas Goods. H. J. WALKER & CO., up town. 31

### WANTED

WANTED—Large Mail Order House wants men everywhere to show samples or mail circulars if preferred. Position will pay \$15 weekly. The Consumers 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. 11

### FOR SALE

OLEOMARGARINE can be used for table and cooking purposes, wherever butter is used, with equally satisfactory results.

Wholesale and retail at

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### NIGHT SCHOOL

FREE EVENING CLASSES will be held this winter in the  
York Street School Building,  
BEGINNING  
Tuesday, January Fifteenth

Young men and women desiring to attend these classes should register as soon as possible with the Secretary, Mr. C. A. Sampson, as the size of the classes is limited. A deposit fee of \$2.00 is required, but this will be refunded if classes are regularly attended.

The following courses have been arranged:  
1. Mechanical Drawing and Woodworking. Very useful for those engaged in any mechanical trade.  
2. Commercial Course. The keeping of accounts and the use of the ordinary business forms.  
3. Cooking and Sewing. If sufficient desire is manifested, the elements of dressmaking and millinery will also be taken up.

Each class meets two evenings a week for ten weeks.  
For further information apply to the Secretary of the School Board, at his office in the York Street School. Telephone 27-31. 2 ins

### The Halifax Catastrophe—

CONTAINS 40 VIEWS covering practically all the area affected by the explosion. Get a copy now. Sent post-paid to any address for 50c. F. A. STONE, Box 474, Fredericton, N. B.

### TENDERS FOR GRAVEL.

Sealed tenders addressed to G. R. Perkins, City Clerk, will be received up till the Eleventh Day of January, 1918, for delivery during the summer season at several different points in the city, of gravel suitable for city streets.

R. W. McLELLAN,  
7 ins Chairman Street Committee

### WANTED FOR WORK IN HALIFAX

One hundred carpenters, wages 40 cents per hour; 50 carpenter helpers at 35 cents per hour. Board, \$4 per week in company camp. Fare paid both ways if stay three months.

COOK CONSTRUCTION CO. & WHEATON,  
131 Barrington Street, - - Halifax.

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Richman's American Beauties, Taft, etc.  
CARNATIONS in STOCK as usual.  
POTTED PLANTS, including a good selection of Ferns of the leading variety.  
A Fine Lot of PALMS in all sizes.  
WEDDING BOUQUETS and FLOWER DESIGNS a Specialty.  
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Lace Curtains  
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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.

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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.

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IS A "BEAR" OF A PICTURE.

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