



CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

Always
Bears the
Signature

of

Dr. H. H. Fletcher

In

Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Exact Copy of Wrapper.

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:

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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.,
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'Phone—338-11

DR. S. W. SPROUL DENTAL SURGEON

Graduate of Univ. of Toronto, Ont.

OFFICE:

Inches Building, Queen Street, lately
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REGENT STREET

Best and Most Modern Funera
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Residence Telephone 70-41
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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.

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.

OF INTEREST TO WOMEN

NINE SANDWICH FILLINGS.

Fig Sandwiches.

Chop fine one cupful of figs and
cook to a paste with half a cupful of
hot water, add a teaspoonful of lemon
juice and set away until cold. Spread
on the prepared bread and dust with
finely chopped nuts.

Nut and Raisin.

Use half as many nuts as raisins,
passing them, mixed, through a food
chopper. Moisten with orange juice
and spread on buttered bread.

Indian Filling.

Mix mashed sardines with yolks or
whole of hard boiled eggs and cooked
salad dressing.

Fresh Tongue.

Boiled fresh beef tongue, cut thin,
spread with tomato ketchup and a lit-
tle paprika. Use buttered white bread.

Egg Sandwich.

Two hard boiled eggs mixed with
mayonnaise until it will spread easily.

Ginger Sandwich.

Use finely chopped Canton ginger
for filling for white or whole wheat
bread with jelly, then sprinkle with
finely chopped nuts.

Oriental.

Cream cheese and chopped dates
sprinkled with chopped peanuts.

Date and Walnut.

Pass dates and walnuts alternately
through food chopper.

IN FASHION LAND.

Many pretty dresses are made of
upholstery materials.

Black taffeta is used for collars on
brown woolen coats.

White lingerie dresses are trimmed
with a little color.

New hat brims are longer in front
than in the back.

White wash satin skirts have very
full puffy pockets.

A tremendous revival of Spanish
shawls has set in abroad.

The newest over-blouses are almost
as long as the tunic.

Waists are frequently modeled af-
ter men's evening shirts.

Metal girdles embroidered with col-
ored silk or beads are used.

Occasionally a jacket is seen reach-
ing almost to the knees.

Heavy Angora wool is used for em-
broidering chiffon and linen.

Some capes are cut to drape over
one shoulder like a Roman toga.

THE WAR GARDEN.

Record and Labels.

Keep a war garden record this year.
Canada wants to know exactly how
much she manages to produce through
the medium of vacant lots and yards.
The Canada Food Board is asking the
presidents of all Rotary Clubs and gar-
dening organizations to keep a com-
plete record of their returns. It is es-
timated that 30,000,000 worth of pro-
duce was added to the country's food
supply last year through the war gar-
dens. This year it is anticipated the
yield will be doubled.

Where labels are used in the war
garden a good plan for saving the
little wooden stakes is to soak them
for a whole day in a solution of cop-
peras (sulphate of iron). Then let the
wood dry out and finally place it in
lime water for 24 hours. This impreg-
nates the wood to such an extent that
the rapid destruction of the labels is
impossible.

Thin wood treated in this manner
has been fully exposed to the weather
for two years without showing the
least change.

Why Not Tell Her?

"This dear girl must be new at
housekeeping."

"How's That?"

"She wants to know what kind of
soap you use for washing lettuce."

Cook's Cotton Root Compound.

Try a reliable regularizing
medicine. Sold in three de-
grees of strength—No. 1, \$1;
No. 2, \$2; No. 3, \$5 per bot-
tle. Sold by all druggists, or sent
prepaid on receipt of price.
Free pamphlet. Address:
THE COOK MEDICINE CO.,
TORONTO, ONT. (Formerly "Meador")



WAR GARDENING IS A GREAT INSPIRATION

(Chicago News.)

"Betty just can't say enough in
praise of the man who invented war
gardens," exclaimed the girl in the
blue sailor hat. "She is quite convic-
ed that vegetables will win this war
and she insists that the surest path
to victory is through the potato patch."

"She would never join our surgical
dressing class, because she said she
was unfortunately so sympathetic by
nature that the very sight of a ban-
dage actually made her shudder. She
couldn't knit for the soldiers either,
as it always made her so nervous try-
ing not to drop stitches or purl the
wrong way. So she was just in des-
pair. But the other day, when she
was shopping, she happened to notice
a perfectly fetching pink linen garden
smock and a fluffy sunbonnet to match.
She now declares that the very mo-
ment she tried them on before a mir-
ror she knew what her patriotic duty
would be."

"So she immediately purchased the
garden costume and a cute little set
of digging tools besides. And that
evening she decorated herself in her
new farm finery and, carrying all her
garden implements, sauntered serenely
into the library to impress her
family."

"She didn't create quite the sensa-
tion she expected to, however, in the
family circle. Her brother laughed at
her and her father inquired what on
earth she imagined she knew about
gardening anyway."

"Well, in the midst of the disserta-
tion Betty's cousin happened to call,
bringing somebody with him. Betty
was so excited she quite forgot to re-
move her sunbonnet when she greet-
ed the guest—though she said she
supposed he must have thought her a
bit odd to be wearing that sort of head
dress in a steam heated house at
night."

"But she explained her garden plan
to Mr. Norton—that was the name of
the man that Betty's cousin had
brought—and he became exceedingly
enthusiastic and remarked that he
only wished other girls were as noble
and patriotic as she—and he added
that she certainly made a charming
farmerette."

"In fact, before the evening was over
he had offered to do all the planting
for her when she should begin her
vegetable patch in the backyard, and
Betty says that, right then and there,
the realization came to her that the
war garden idea was the greatest in-
spiration of these martial times."

MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheu-
matism, neuralgia, sore throat and
sprains.

Best Liniment Made

Mr. A. E. LAUDRY, EDMONTON, writes:
"I fell from a building and received what
the doctor called a very
bad sprained ankle, and
told me I must not walk
on it for three weeks. I
got MINARD'S LINI-
MENT and in six days I
was out to work again.
I think it the best lini-
ment made."

Minard's Liniment
always gives satis-
faction. For any
ache or pain. It
gives instant relief.

Minard's Liniment
Co., Limited
Yarmouth, N. S.

Loved Her—Once.

I once loved a maid, and my love was
warm.

Upon her I showered gifts and goods
galore.

But I've seen her in her farmerette
uniform,

And I do not love that maiden any
more.

"Did you say 'martial' or 'marital'?"
asked the person to whom the girl
in the blue sailor hat was speaking.

"Either," said the girl. "They seem
to go together."

Literature of the War

Winged Warfare

Major W. A. Bishop.

First Call

Arthur Guy Empey (author of "Over the Top")

Front Lines

Boyd Cable.

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

Booksellers, Stationers and Printers.

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, al. 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