

CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

Always
Bears the
Signature

of

Chas. H. Slusher
In
Use
For Over
Thirty Years

CASTORIA

Exact Copy of Wrapper.

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.

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

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REGENT STREET

Best and Most Modern Funera
Equipment in the City.

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 FALL TERM of the FREDERICTON BUSINESS COLLEGE

Will Open on MONDAY, AUG. 26, 1918

There is a greater demand for our
graduates than ever. Get particulars
regarding our courses of study, tuition
rates, etc., and prepare to enter on
our opening date. Descriptive pamph-
let on request. Address

W. J. OSBORNE, Principal,
Fredericton, N. B.

Choice Roses and Carnations

Wedding Bouquets and Floral

Designs a Specialty.

Good Assortment of Ferns,

Palms, etc.

Bedding Geraniums.

All orders receive careful
attention.

ADA M. SCHLEYER, FLORIST.

AT THE CELESTIAL CAFE

CLEANLINESS REIGNS SUPREME.

Everything new and up to date.

Regular meals served. First Class

service.

Breakfast from 7 to 9; Dinner from

12 to 2; Supper from 5 to 7.

Lunches served at all hours.

Beer, ice cream and fruit always in

stock.

CELESTIAL CAFE

75 REGENT STREET.

HARRY L. McGUIRE, Prop.

Cabbage, Tomato

Cauliflowers, Celery, etc.

Flowers, Asters, Stocks, Phlox,

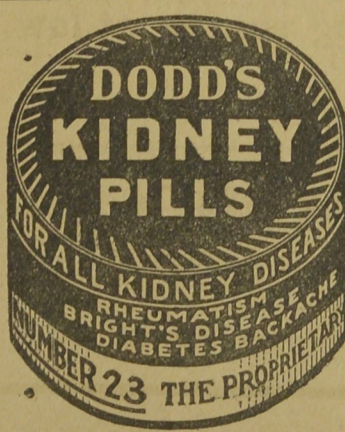
Balsams, etc.

Radish, Lettuce and Rhubarb.

Shrubs for Cemetery

Planting at

BEBBINGTON GARDENS



OF INTEREST TO WOMEN

BEFORE THE NEW CROP.

Baked Mashed Potatoes.

Two cups tomatoes, 2 cups mashed
potatoes, salt and pepper, onion juice.
Cook the tomatoes until thick. Add
mashed potato until of the consistency
to press through a pastry bag. Add
seasonings. Shape in cones on a
greased sheet and bake. This same
mixture may be used for a crust for a
meat pie, or as a garnish for a stew.

Potato Muffin.

One cup mashed potato, 1 cup pota-
to flour or corn flour, 4 teaspoons bak-
ing powder, half teaspoon salt, 1 egg
well beaten, 1 cup milk, 1 tablespoon
fat, 1 tablespoon sugar.

Mix baking powder with flour, add
salt and potato, then beaten egg, milk,
melted fat and sugar. Beat well and
bake 40 minutes in greased muffin pan.

Boiled Potatoes.

There may still be some who are
not fully aware of the importance of
boiling potatoes correctly. Put pared
potatoes cut to uniform size into the
kettle, cover with boiling water and
boil gently until potatoes are done.
Test with a skewer or fork and when
tender drain off the water and set the
kettle, uncovered, on the back of the
range until water evaporates. Shake
gently and sprinkle with salt.

FOOD BOARD FLASHES FOR FEMININE FOLK

Victory bread for Canada. How
many people realize what it means?

For one thing, after this no woman
will be able to buy flour without buy-
ing at the same time a certain pro-
portion of substitutes.

No bread can now be made in Cana-
da, either in the bakery or the home
without a specified percentage of
substitutes.

For those who are doubtful about
the use of substitutes and the propor-
tions necessary to make bread, a spe-
cial booklet containing bread recipes
and dealing with all the substitutes
available on the market, has been is-
sued by the Canada Food Board. It
can be obtained direct from Ottawa or
from any of the provincial committees
at five cents a copy.

Let every woman watch out for the
"Victory" label on the loaves she buys.
If it is not there then it is her duty to
report the baker for he is breaking the
law.

THE WAR GARDEN

Issued by the Canada
Food Board.

Keep After Potato Bugs.

No matter how assiduous you are
with your earlier spraying, there is
sure to be quite a family of potato bugs
on the rampage in your war garden
and early July is an excellent time to
resume operations with your spraying
mixture. Sometimes hand-picking is
resorted to, but it is safer either to
use a spray or dust the plants with
Paris green and land plaster. Mix one
part Paris green in forty parts of land
plaster or air-slaked lime, applying it
with a perforated can duster. One
good shake of the can over each plant
should be sufficient.

The war garden in July usually has
a hard time hiding its own against the
heat and drought. No amount of rain-
fall is likely to do any harm. Vege-
tables are thirsty creatures. Celery
especially needs most attention now.
Water it well and keep on cultivating,
setting out late celery as fast as you
can find room in spaces left vacant by
the using of early vegetables.

CARELESS

CAMPERS START FOREST FIRES

Some of the worst forest conflagra-
tions in New Brunswick and Nova
Scotia this year have been traced to
unextinguished camp fires. In two in-
stances, parties of picnickers cooked
their tea on blazing fires carelessly
built on dry twigs and pine needles
instead of on rocks or gravel. Having
enjoyed themselves, the campers re-
turned home without any thought of
the smoking embers left behind. Within
two days, the Province of New
Brunswick had lost \$60,000 because of
those two camp fires, any settlers sac-
rificed their barns and hundreds of
workmen were taken from their regu-
lar employ, and hired at public ex-
pense to put out the flames. The dead-
ly camp fire is one of the worst men-
aces with which the fire ranging staff
of this province has to deal this sum-
mer. The directions are so simple
that no child could fail to understand
them and no patriot could fail to put
them into effect:

1. Build a small camp fire; a small
fire cooks better.
2. Build it on rocks or gravel, never

STUFFY FEELING ABOUT THE NOSE RELIEVED AT ONCE

Tells How to Cure Hawking and Spit-
ting, and Drive Out Catarrhal Cells

Isn't it miserable to have a stuffed-
up feeling in the nostrils—to be
scarcely able to draw a full breath.
When Catarrh gets in to the nose
you're bound to know something is
radically wrong.

A dead sure cure, and a simple one
to use, is Catarrhazone; you just
breathe it—that's all. You see Ca-
tarrhazone Inhaler sends healing
piney vapors through the nose, throat
and lungs, and these antiseptic sooth-
ing vapors are death to colds or Ca-
tarrh.

Thousands testify every year that
nothing ever discovered will cure a
cold or help the throat like Catarrh-
azone. Mr. Everett L. Wasson, of
Blair, N. B., writes: "About five years
ago I took a cold in the head, and Ca-
tarrh set in. It kept increasing by
leaps and bounds. I kept putting off
getting anything until at last I found
I would have to. After trying several
things I heard of your remedy, 'Ca-
tarrhazone,' and procured a bottle
and began using it. I was not long in
finding out I had struck the right
thing. I am recommending Catarrh-
azone to all who have Catarrh, etc."

Catarrhazone is the greatest reme-
dy for colds, etc., since people began
to have colds. Get the dollar package
and let the whole family use it. Med-
ium size 50c.; sample size, 25c. All
storekeepers and druggists or The Ca-
tarrhazone Co., Buffalo, N. Y., and
Kingston, Canada.

on leaves or needles, never on a dry
bog, never against an old tree.

3. When through with the fire, put
it out completely with two or three
pails of water or a few shovels of
earth.

4. Look out for lighted tobacco and
matches. They don't look dangerous
but they cost Canada millions of mon-
ey and many lives every year.



View of people hurrying for cover when the alarm is given of a zeppelin raid

A Song of Hate

I do not care how dear
Prunes are,
They are not dear to me.
I hate 'em.
Though other folks may sing
Their praise,
I, at each opportunity,

Berate 'em.

For fourteen long and
Weary years
I grazed on prunes and shed
Vain tears.
That hashhouse taste 'e'en now
Appears.
I hate 'em.

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

Automobile Owners

Please take notice that we have in stock, The
Automobile Blue Book for 1918. The
Premier Road Guide of America.

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

Booksellers, Stationers and Printers.