

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

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. SPROUL 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
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.

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.

WANTED

WANTED—Books and magazines for
distribution to returned soldiers on
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.

Returned soldier or patriotic man
or woman to distribute war literature.
We will pay you at least \$225.00. Un-
usual opportunity for money making.
Winston Co., Toronto.

TO LET—Two summer camps on the
Woodstock road, three miles from the
city. Apply to Mrs. E. W. Darcus,
Fern Hill, phone 3300-62.

On Hand

Celery, Cauliflower, Cab-
bage, Tomato Plants.
Cut Flowers, Roses, Sweet
Peas, etc.

Also Potted Plants of All
Kinds.

All orders receive our prompt
attention.

Phone 217.

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

PICNIC SANDWICHES.

This is Picnic Time, According to the
Calendar at Any Rate—Sandwiches
Were Invented for Picnics.

The restrictions on the use of wheat
only add to the piquancy of the picnic
sandwich, for it always has been the
sandwich made of some non-wheat
flour that has made the best sandwich.
The ideal cheese sandwich is made
with bran or graham bread—and, by
the way, bran mixed with rice or po-
tato or corn flour gives the same re-
sult as a wheat and bran bread.

Peanuts on Oatmeal Bread.

Peanuts mixed with mayonnaise and
sliced egg make a good filling for oat-
meal bread. Peanuts mixed with fruit
make a good filling also. The filling
consists of chopped dates, figs, lemon
juice and ground nuts, lightly mixed
with tart jelly. The oatmeal bread is
buttered for this. Candied fruits are
often used, but often the sandwich is
a sweetened war bread containing
chopped nuts and currants.

Cheese Sandwiches.

These can be made at home by
grinding ordinary cheese through the
meat grinder. Add paprika, salt, a lit-
tle olive oil and onion juice. Before
serving add chopped parsley or cress
to give color and additional flavor. Use
dark or bran bread.

STUFFED PRUNES.

Let prunes soak over night in cold
water. Steam till tender, slit down
one side and remove the stone from
each. Grate cheese, add a little finely
chopped red pepper or a dash of pap-
rika and enough mayonnaise dressing
to mix the cheese to a soft and smooth
consistency. Fill the open spaces in
the centre of the prunes with the
cheese mixture. Serve with toasted
crackers and lettuce salad, over which
French dressing has been poured.

You can stuff the prunes with half a
walnut meat instead of cheese and,
after pressing together, roll in granu-
lated sugar.

RHUBARB CHARLOTTE.

Cut into small pieces young rhubarb
to measure 1 quart. Melt half a cup
of butter, pour it over 1 quart crumbs
from the centre of a stale loaf of
bread, and stir until well mixed. But-
ter baking dish and fill with layers of
crumbs, rhubarb and sugar. Add a
slight grating of nutmeg, cover with
a top layer of crumbs, dot with bits
of butter, cover and bake 45 minutes.

THE WAR GARDEN

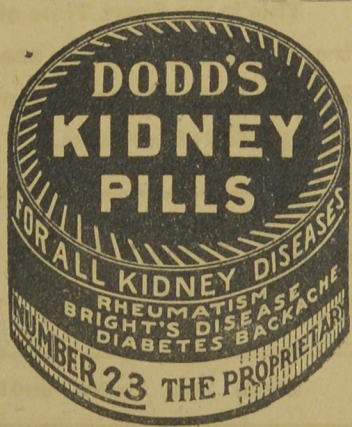
Issued by the Canada
Food Board.

Mary, Get Your Hoe.

Any seeds sown late in June should
go deeper than those planted earlier in
the year and care should be taken to
press the soil into firm contact with
the seeds when covering them, be-
cause the soil is apt to be dry to a
depth of several inches in sections
where the rainfall has been low. And
where watering is resorted to, the
moisture should go under the seeds in
the row before sowing. It does no
good to sprinkle the top of the ground
after sowing.

June is a hard taskmaster as a rule
for the amateur gardener. Weeds
grow apace, bugs flourish; the earth
is thirsty. Watering can, spray pump
and hoe must be kept working over-
time.

The woman in the home can spare
half an hour or so a day from her
household duties to cope with the
weeks. "Mary, get your hoe" is one
of the patriotic refrains of the year to
which she might give some heed.



HEART BEAT SO FAST

Could Not Sleep.
HAD TO SIT UP IN BED.

Heart trouble has of late years be-
come very prevalent. Sometimes a
pain catches you in the region of the
heart, now and then your heart skips
beats, palpitations, throbs, or beats with
it will burst. You have weak and dizz-
y spells, are nervous, irritable and
depressed, and if you attempt to walk
upstairs or any distance you get all
out of breath.

There is no other remedy will do
you so much good, restore your heart
to a natural condition, build up your
strength and give you back vigor and
vitality as Milburn's Heart and Nerve
Pills.

Mrs. A. Russell, Niagara Falls, Ont.,
writes: "At nights I could not sleep,
and had to sit up in bed, my heart
would beat so fast."

"When I went to walk very far I
would get all out of breath, and would
have to sit down and rest before I
could go any farther. I was advised
to get Milburn's Heart and Nerve Pills
and before I had used two boxes I
could sleep and walk as far as I liked
without any trouble."

Milburn's Heart and Nerve Pills are
50c per box at all dealers, or mailed
direct on receipt of price by The T.
Milburn Co., Limited, Toronto, Ont.

TRIED TO KILL THE EMPEROR

London, June 22—Reports are cur-
rent on the Amsterdam Exchange to-
day that an attempt has been made
on the life of Emperor Charles of
Austria, says a Central despatch from
Amsterdam. The reports are uncon-
firmed.

MACHINISTS OUT ON STRIKE

Winnipeg, Man., June 22—Machin-
ists, specialists and helpers at the C.
P. R. shops walked out yesterday af-
ternoon as a result of the company
retaining in its employ a non-union
machinist who had worked when the
machinists walked out in sympathy
with the striking civic employees.

About four hundred men laid down
their tools, and they declare they will
not return to work until the non-union
man is dismissed. A statement by
Vice-President Hall of the C.P.R. says
there is no reason, so far as the com-
pany knows, why the man in question
should be dismissed.

GOOD BUSINESS FOR ARGENTINE

Buenos Aires, May 30—Large ship-
ments of cereals to the Allies were
made from this port in April in ac-
cordance with the cereal convention
between this government and those
of Great Britain and France.

That the cereal convention is bring-
ing reciprocal advantages to the Ar-
gentine is evident from the fact that
seventeen of the vessels brought 33-
349 tons of general cargo and eleven
brought 29,950 tons of coal. In addi-
tion to these, several other ships of
various nationalities arrived in bal-
last to load grain.

Cereals continue to arrive at the
ports of Buenos Aires and Rosario by
the trainload every day and at Rosario
alone the eight Allied cereal brokers
have 220,000 tons of wheat stored.

New South Wales claims to have
more varieties of flowering plants
than all Europe.



MAIL CONTRACT.

SEALED TENDERS addressed to the
Postmaster General will be received
at Ottawa until noon on Friday,
the 26th July, 1918, for the con-
veyance of His Majesty's Mails on a
proposed Contract for four years, 3
times per week on the Lower Haines-
ville Rural Route, No. 2, from the 1st
October next.

Printed notices containing further
information as to conditions of pro-
posed Contract may be seen and blank
forms of Tender may be obtained at
the Post Office of Lower Hainesville,
and at the office of the Post Office In-
spector.

H. W. WOODS,
Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., June 8, 1918.



MAIL CONTRACT.

SEALED TENDERS, addressed to the
Postmaster General, will be received
at Ottawa until noon on FRIDAY,
the 26th July, 1918, for the conveyance of His
Majesty's Mails, on a proposed Contract
for four years, 3 times per week on the
Millville R. R. No. 2, from the 1st October
next.

Printed notices containing further in-
formation as to conditions of proposed
Contract may be seen and blank forms
of Tender may be obtained at the Post
Office of Millville and at the office of the
Post Office Inspector.

H. W. WOODS,
Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., June 8th, 1918.

WEDDING STATIONERY

For the June Wedding
Announcements, Invitations.

This important part of our stationery business is one of the largest in the prov-
ince. All our work of this character is done by expert workmen, who have every
modern facility for producing the most approved forms, and the very best class
of work.

You may see samples, and receive estimates, either by calling at our store, or
by mail.

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