



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

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.

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 Funera
Equipment in the City.

Residence Telephone 70-41
Business Telephone 118-41

HARRY R. ADAMS, 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 Pro-
vincial Public Health Department,
classes will be resumed at the

FREDERICTON BUSINESS COLLEGE

Fredricton, 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 FLOR-
AL DESIGNS A SPECIALTY.

All orders receive careful attention.

ADA M. SCHLEYER, FLORIST.

Cabbage, Tomato

Cauliflowers, Celery, etc.

Flowers, Asters, Stocks, Phlox,
Balsams, etc.

Radish, Lettuce and Rhubarb.

Shrubs for Cemetery

Planting at

BEBBINGTON GARDENS

BURTT & CATERER

Wagons and Sleds Made and
Repaired.

T. J. BURTT. H. CATERER
All Kinds of Jobbing Repairs.
281 KING STREET

Gone, gone are the days when the
simple ambitions of the working man's
family demanded nothing more than a
red carpet and a cottage organ in the
front room. The desire now is for a
neat, well ordered world with a peace
around it and no incumbrances.

EARLY CLOSING OF THE RAILWAY FREIGHT SHEDS

CANADIAN GOVERNMENT
RAILWAYS

Order of Railway Board Not to
be Effective Until Janu-
ary 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 ad-
vised that on the Canadian Govern-
ment Railway lines the regulations at
present governing the opening and
closing of freight sheds will continue
in force until that date.

OF INTEREST TO WOMEN

KITCHEE KINKS

A double boiler should have a good
large base so that the water will not
boil away too quickly.

When making sauces put the flavor-
ing extract in last and less extract
will be necessary.

When baking cookies grease the pan
then rinse with cold water, and the
cookies will not stick.

Chestnut for turkey stuffing should
be blanched, cooked till tender and
put through a ricer.

An apple is ripe when the stem
breaks from the spur with a slight
turn or twist of the apple.

Unless dish towels are washed,
scalded and thoroughly dried daily
they become musty and unfit for use.

STEAMED CHOCOLATE PUDDING

Sift together two cups flour and
three teaspoons baking powder, add
three-quarters cup sugar, then two
eggs and one cup milk, beaten to-
gether, and lastly two tablespoons
butter and two squares chocolate, both
melted. Beat well, pour into a greased
mould and steam two hours.

SINK HYGIENE

One night a month pour a cupful of
kerosene down the sink. The next
morning pour down two gallons of
boiling water. The kerosene cuts any
possible grease from the sides of the
exhaust pipe and the boiling water
dissolves and washes it down, thus
preventing the pipe from being stop-
ped up.

INFLUENZA HAS LATER DANGERS

Particular Care Needed When
Patient is Convalescent,
Says Expert.

The influenza convalescent who has
apparently recovered from the disease
and is yet in a strangely weak and de-
pressed condition should be the object
of particular care, according to Dr.
Louis I. Harris, director of the Bureau
of Preventable Diseases of the New
York Health Department. In the opin-
ion of Dr. Harris the after care of the
influenza patient is most important.
The co-operation of the patient, coupled
with the willingness to see that the
weakness and depression are a part
of the illness, though coming after
the disease itself has spent its force,
is a big factor in effecting a com-
plete return to full health. On the
other hand, the determination to ignore
this debilitated condition and to
fight against it, will, Dr. Harris says,
frequently bring serious consequences
upon the patient.

After Effects Bad

"The subject of the after effects of
influenza," said Dr. Harris, "is one of
particular interest to the scientist at
the present time.

"First, and perhaps the most mo-
mentous condition to be considered is
the striking depression, mental, nervous,
and physical, complained of by
most patients. Those attacked by the
disease with moderate severity are al-
most always afflicted with this de-
pression, which should be recognized
and dealt with. Those who have had
mild cases of the epidemic are little
affected by depression and their quick
return to health and strength gives
rise to the belief that influenza is tri-
vial. On the contrary, influenza in its
after effects is anything but trivial,
and calls for the application of rules
of common sense and sanitation which
are the fruit of years of experience.

"Tonic treatment, well chosen diet
and great care in not becoming over-
tired or allowing the body to be chilled
are necessary. Eggs may be eaten, but
not more than two a day, for the aver-
age adult. Of course, it must be re-
membered that in many cases this
disease tends to direct its force against
the kidneys, and therefore we
instruct patients to avoid eating a
great amount of meat, eggs, or beef
extracts. Eggs, soft boiled, poached,
or beaten, raw, are advisable in limited
number. The raw eggs should al-
ways be well agitated before taking.

When Good Food is Bad

"With milk and eggs as a founda-
tion the patient should eat good nour-
ishing food, including meat, fish, and
vegetables, simply prepared. Frying,
for instance, is out of the question.
Good food prepared in an unassimil-
able manner becomes bad food; espe-
cially is this to be noted in cases of
convalescence from influenza, for the
disease often manifests itself in vom-
iting, and in intestinal and gastric
disturbances, and it is important not
to weaken the digestive function by
the eating of poorly prepared food, or
even the best of food in ill-advised
quantities. The quantitative distribu-
tion of foodstuffs should be so ad-
justed as not to overtax the stomach,
but the patient should eat generously and
frequently.

As a tonic to build up the blood and
stimulate the shattered nerves, Dr.
Williams' Pink Pills are unsurpassed.
These pills actually make new, rich,
red blood, which reaches every organ
and every nerve in the body, improves
the appetite, strengthens digestion and
drives away the feeling of weariness
and depression always following an
attack of the grippe or influenza. Those
who give Dr. Williams' Pink Pills a
fair trial will be amply repaid by the
new health and strength this tonic
medicine always gives.

MILBURN'S LAXA-LIVER PILLS.

Act as a stimulant to the sluggish
liver, clean the furred tongue, sweeten
the foul, obnoxious breath, and clear
away all the poisonous accumulations
from the system by causing the bowels
to move regularly and naturally every
day, thus preventing as well as curing
constipation, sick headaches, bilious
headaches, water brash, heartburn,
and all diseases arising from a lazy
slow or torpid liver.

They are purely vegetable, small
and easy to take, and there is nothing
of the gripping, weakening and sicken-
ing effects of the old fashioned purga-
tives.

Mrs. John Kadey, Chipman, N. B.,
writes: "I have been using Milburn's
Laxa-Liver Pills for some time and
can recommend them to anyone suf-
fering from heartburn and liver trou-
ble. I tried other remedies, but they
only relieved me for a short time. I
always recommend Laxa-Liver Pills to
all sufferers, as I think they are a
valuable remedy."

When you go to your dealer and
ask for Laxa-Liver Pills, see that you
get the genuine "Milburn's." Price 25c.
a vial at all dealers, or mailed direct
on receipt of price by The T. Milburn
Co., Limited, Toronto, Ont.

Aid for Mrs. NewlyWed

"How can I keep my saucepans and
kettles from being blackened from the
fire?" asked Mrs. Newlywed.

"When I have occasion to use a
bright new saucepan or kettle over a
smoky fire I always rub a little grease
over the bright part. Then I wash it in
hot water and the pan is as bright as
ever," replied Mrs. Neighbor.

BIBS

Bibs are a necessity for the small
baby, but they need not be necessarily
hideous affairs. There are some coun-
ting and dainty little bibs made out of
plain, hemstitched linen squares about
eight inches in dimension.

In one case the corner is nipped off
and slightly rounded to fit up into the
chubby little neck, and in another the
same rounding is done directly on the
middle of one side. These little bibs
can be finished with a narrow lace
edge or a lace insertion, and then the
lace edge, just as one fancies.

Plainer ones can be made of heav-
ier linen, and the edge finished with a
small hem, and the hem finished with
a narrow feather stitch. Plain white
tapes are attached, and a very square
animal of unknown species is then
cross-stitched at the bottom of the
bib.

New Travelling Regulations

Persons Embarking at U. S. Sea-
ports Must Procure Permis-
sion Before Leaving Canada.

UNDER an order issued by the
Secretary of State, Washing-
ton, effective November 11th,
1918, all persons going from Canada
to foreign destinations by way of
United States seaports must procure
permission for embarkation before
leaving Canada.

Such permission must be arranged
for either by executing declaration
and procuring visa on passport be-
fore one of the American Consuls in
Canada, or by making formal applica-
tion before any of the United States
immigration officers located in Cana-
da upon forms furnished by the said
officers.

In order to allow sufficient time for
investigation, transmission of papers
to Washington, etc., applications
should be filed either with the Consul
or the Immigration Officer at
least 17 days prior to the date of pro-
posed departure.

The State Department invites spe-
cial attention of prospective travel-
ers to the fact that unless they have
obtained visa by an American Consul,
the said Department must decide
whether or not departure from an
American port will be allowed, such
decision being based upon the applica-
tion submitted through the immi-
gration officers. Passengers are
accordingly warned not to proceed to
the port of embarkation until they
are in possession of either the Con-
sular visa, or proper certificate from
the U. S. Immigration authorities
showing that permit for departure
has been granted.

The foregoing applies to all per-
sons not citizens of the United States,
and it is effective regarding all des-
tinations, including Mexico, U. S. In-
sular possessions, etc., but not in-
cluding Bermuda.

United States citizens seeking to
proceed to foreign points are re-
quired to have passports issued by the
State Department, applications for
same being obtainable from the vari-
ous American Consuls.

The poets are down to date. Charles
Hansen Towne refers to the nightin-
gale as "The Galli-Curci of the night."
The rooster is thus the Caruso of the
morn.

Waiting for the right man to come
along isn't half so difficult for any girl
as keeping him from getting past.

"Kaiser may return to Germany.
Why not?" asks the New York Her-
ald. As the records stand, no German
has expressed regret for the man or
his deeds, and not a single German
has said a word that would indicate
opposition to his returning to his
throne whenever he may choose to do
so.

VICTORY LOAN CAMPAIGN

THE OLD INTERCOLONIAL GOES WELL
OVER THE TOP

Sixty-five Per Cent. of Employees Financial Share-
holders in Canada's Destiny.

Amongst the many agencies at
work in connection with the Victory
Loan Campaign, that conducted by
the employees of the Canadian Gov-
ernment Railways (Eastern Lines)
deserves special mention.

A circular issued by the General
Manager, Mr. C. A. Hayes, and
addressed to every employee, struck
the key note of the campaign.
Announcement was made that the
Government of Canada had issued a
call for \$500,000,000 to meet the great
demands of her military efforts over
seas and to insure continuance of
prosperity at home—every employee
of the Government Railways was
directly interested in the undertaking—
an active campaign would be im-
mediately commenced with the object
of making one million dollars the
minimum amount subscribed and
every employee a bond-holder—
particulars of the bond issue would
be sent to every employee personally
and special arrangements had been
made whereby employees, if they so
desired, could have their subscrip-
tions deducted from their pay.

At a meeting of the officers, it
was decided to make the Superin-
tendent of each of the seven dist-
ricts a captain of his territory. The
General Offices at Moncton and the
shops were made two additional dis-
tricts for this purpose, with an offi-
cer to specially look after the cam-
paign. Each captain in turn ap-
pointed his own committees so that
by means of the Railways' organiza-
tion it was possible to practically
canvass each one of the 14,000
employees. Advertising material

specially appealing to the employees
was distributed along the line from
Moncton to the Sydneys.

During the campaign the captains
sent to the Moncton central com-
mittee a daily report of the per-
centage of employees subscribing
and the amount subscribed. The
grand daily total and the standing
of each district was in turn wired
to each captain, so that a friendly
rivalry was created.

Off to an enthusiastic and well-
organized start, and the knowledge
that the boys who had safely car-
ried nearly a million soldier lads
would not be satisfied until they had
raised more than a million dollars
for the Great Cause, the campaign
never lagged. The final results,
\$1,350,370 as the subscription of the
65% of employees, who have thus
become financial shareholders in
Canada's destiny, will ever be re-
corded to the lasting credit of the
old Intercolonial.

The following telegram from Major
G. A. Bell, the acting Deputy Min-
ister of Railways, to the General
Manager, speaks for itself:

Ottawa, Nov. 18, 1918.

C. A. Hayes, Moncton.
"The Minister of Railways and the
Department of Finance wish me to
congratulate you and through you
the officials and employees of the
Canadian Government Railways
Eastern Lines for their splendid
subscriptions and work in connec-
tion with the Victory Loan."
(Sgd.) G. A. Bell.

The General Manager has added
his personal thanks to all those who
in any way contributed to the suc-
cess of the campaign.

Kanner's Slyde Stroke Stropper

FOR ORDINARY RAZORS. Any size or make. Will sharpen any
style or make of Safety Razor Blades, Gillette, Auto Strop, Durham,
Duplex, etc. \$3.00.

ARTHUR J. RYAN, - Central Pharmacy
THE PENSLAR STORE, Corner Queen and Carleton Sts.