

Children Cry for Fletcher's

# CASTORIA

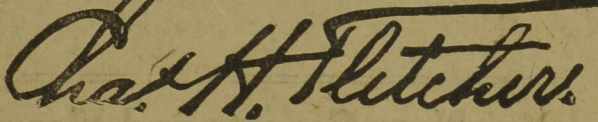
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger 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



In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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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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our courses of study, rates of tuition,  
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application. Address

W. J. O'SBORNE, Principal,  
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## OF INTEREST TO WOMEN

Lord Rhondra says: "The Allied larder is dangerously empty, but we are carrying on in the resolute belief that we can rely on the people of North America to prevent our food supplies from becoming so diminished as to imperil the issue for which we are fighting."

"Unless we can get more food now we will go under," said Dr. Robertson, "and one million people will starve."

### WIN-THE-WAR RECIPES.

These recipes are issued by the Fredericton Food Control Committee.

#### Potato Sausages.

1 cup mashed potatoes,  
1 cup fish or meat,  
1 egg well beaten,  
1½ teaspoon salt,  
½ teaspoon pepper,  
½ tablespoon butter or butterine.

Mix mashed potatoes and seasoning with fish or meat. Add beaten egg; form in little cakes or sausages; roll in buttered bread crumbs and bake in fairly hot oven until brown.

#### Graham Muns.

1½ cups graham flour,  
1 cup white flour,  
1 cup sour milk,  
One-third cup molasses,  
¾ teaspoon soda,  
1 teaspoon salt.

Sift and mix the dry ingredients; add milk to molasses; combine mixtures and bake in a hot oven.

Tested by Mrs. G. W. Hodge.

Will any lady who is especially interested in this column and who has economical recipes making use of the war substitutes for wheat and meat, kindly send them to the Food Control Committee in care of the Daily Mail?

S.O.S. is now interpreted "Save or Starve." Food is an essential condition of victory for the Allied cause.

Little Miss Muffet,  
She sat on a tuffet,  
Eating wheat bread and preserves.  
There came Mr. Hoover,  
Who began to reprove her,  
And now Miss Muffet conserves.

Do your bit in the kitchen. Save wheat and meat for our men in France.

## Slants of Humor

Thy Dusky beauty  
Wins my heart,  
From you, my love,  
I'd never part.  
I've missed you since  
You've been away.  
And I have counted  
Every day.  
Oh, prithee, come,  
My heart, my soul,  
I wait for thee,  
My ton of coal.

### NEEDED INFORMATION.

Mrs. Newlyrich had obtained an invitation to a big dinner party, and as she was being piloted from the drawing room she noticed a marble bust on one of the pillars in the hall.

"Do you know who that is?" she inquired.

"That is Marcus Aurelius," was the answer.

"Oh, is it, now, but can you tell me?" she asked, "whether it is the present Marquis or the late Marquis? I do get so mixed up with your dukes and things."

### PROSPECTS DARK.

"Henry," said Mrs. Naggles, "I have decided to take up lecturing."

"Nonsense!" said her husband. "I mean it. I have talents that require a wider scope than that afforded by the domestic circle."

"Well, my dear, I can tell you one thing, you'll never get the public to sit up till 1 and 2 o'clock to listen to you the way I do."

### IT WAS WELL MEANT.

The irate lady lecturer called at the newspaper office and demanded to see the hapless reporter who had written the account of her lecture.

"Did you write this report on my lecture on 'The Curse of Whiskey'?" she asked.

"Yes, madam," replied the reporter. "Then kindly explain what you mean by saying 'The lecturer was evidently full of her subject?'"

## INTESTINAL PARALYSIS

"Fruit-a-tives" Quickly  
Relieved This Chronic Trouble

589 CASGRAIN STREET, MONTREAL.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'."

I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of Intestinal Paralysis; with nasty Headaches, belching gas, drowsiness after eating, and pain in the back.

I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well". A. ROSENBERG.  
50c. a box, 6 for \$2.50, trial size 25c.  
At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

## Col. Bob Low

(Continued from page 6.)

Halifax is not only grateful to "Colonel Bob", but it is also proud of him, because in a sense he is not only with us but of us. He came to us, not merely because he was a wizard-workman and proud to show his skill in his own line, as all good workmen should be, but because his heart and mind and soul answered the cry of a stricken city he had known and loved in happier days, and he felt himself one of those he came to aid. Halifax will hold him always in grateful remembrance, and in the years to come will proudly speak of "our Colonel Bob" who gave his services, inestimable services, too, to the city he had once called home, and thereby forged a bond between himself and this city that neither time nor distance can break.

## UGH! ACID STOMACH, SOURNESS, HEARTBURN, GAS OR INDIGESTION

The moment "Pape's Diapepsin" reaches the stomach all distress goes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, jot this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

Most remedies give you relief sometimes—they are slow, but not sure. "Pape's Diapepsin" is quick, positive and puts your stomach in a healthy condition so the misery won't come back.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food, your head clears and you feel fine.

Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any drug store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or any stomach disorders.

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Prices Lowest Possible. Goods sold to the Trade only.

### Vassie & Company, Ltd.

WHOLESALE DRY GOODS and WOOLENS

ST. JOHN, N. B.

Our Motto: Promptness, Accuracy, Courtesy, Care.

## Bicycle Storage

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.

Bicycle Repairs and Accessories always in stock.  
PRICES REASONABLE.

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As an aid we can furnish the most up-to-date FARM MACHINERY and IMPLEMENTS, including  
THE IRON AGE (Robbins) Potato Planter, the one that plants 100 per cent.

THE ASPINWALL, the best one man Planter.

Steel Wing and Disc Horse Hoes, Disc, Spring Tooth and Spike Tooth Harrows, the Watson Sprayers, Deering Disc Seed Drills, John Deere Riding Cultivators and Manure Spreaders, De Laval Cream Separators and other leading lines.

## J. Clark & Son Ltd.

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## Save your Eyes Smoked and Colored Glasses just Received

—AT—

WILEY'S PHARMACY, York Street

## Easter Sale of China

We are offering 25 per cent discount on three patterns of Limoges China, also on our entire line of odd pieces of China. All China marked with special price tickets for this sale.

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

The Piano People