



CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria

Always
Bears the
Signature

of
Dr. H. H. H. H.
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

J. A. McADAM, UNDERTAKER

REGENT STREET

Best and Most Modern Funerals
Equipment in the City.

Residence Telephone 70-41
Business Telephone 118-41

HARRY R. ADAMS, SCISSOR 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

KNITTED SWEATERS.

Most of Them are Wool, of Course,
But There is a Way to Make Them
of Narrow Ribbon.

It would seem as though there was
any amount of knitting being done for
personal adornment besides what the
women are doing for the soldiers. It
is hard to understand, judging from
the amount of work that the women
are doing for patriotic purposes, where
they find the time to work for them-
selves, but there are all kinds of new
designs and stitches being talked of
that have no place in the soldier's kit.

You have perhaps not heard of the
sweaters made of narrow ribbon and
you may be interested in knowing that
while the ribbon is narrow and of the
width usually referred to as baby rib-
bon, the texture of the ribbon does
not in the least resemble the satin
baby ribbon, but is of a loose weave
and crinkled in appearance.

Those who make these sweaters say
it requires from 900 to 1,000 yards
of ribbon to make one of the sleeve-
less ribbon sweaters; so these are not
inexpensive affairs. But they are
lovely to look at—and many of us will
have to be broad-minded enough to
be content with looking.

It is seldom one of these ribbon
sweaters is made entirely of plain
knitting stitch. While part of the
sweater may be plain, the design is
varied by a border, done in plain and
purl at the shoulders and lower part
or at the waistline. The rule of vary-
ing the stitch of the sweater also holds
good for those made of wool.

THE CLUB SANDWICH.

Toast the Bread on One Side, and Cut
Diagonally Before Filling.

This sandwich is made of three
good-sized slices of toasted bread, one
or more being spread thickly with
cottage cheese. Lettuce or water
cress and salad dressing are also used.
The rest of the filling may be varied
to suit the taste or the supply.

The sandwich is cut diagonally
across and served on an individual
plate with the halves arranged in dia-
mond shape. It is desirable to toast
the bread on one side only, and to cut
it immediately after toasting, as oth-
erwise the pressure of cutting crushes
out the cheese and spoils the appear-
ance of the sandwich. The cut slices
may be pressed together again until
the sandwich is filled, and the filling
may be easily sliced through with a
sharp knife.

THE WAR GARDEN

Get Ready for Canning.

Although it is still early in the sea-
son, be forehanded in your prepara-
tions to take care of the fruit and vege-
table crop. Don't wait until July be-
fore ordering your canning outfit or
preserving jars. Don't wait until the
vegetables become overgrown, old,
tough or stringy before you can them.
Make this a record canning year.
That is one of the objects of your war
garden: Start early. Pickle young
beets now if they are large enough.

Conservation estimates show that
5,000,000 gardeners can produce the
equivalent of enough food to sustain
1,000,000 soldiers for 238 days, or al-
most eight months. Each individual
home garnerer this year should make
it a point to study the comparative
food values of the different vegetables
and to concentrate on those which add
most to the country's food supply.

Cabbage, for instance, is 98 per cent
water and requires at least 100 days to
become fit for food. On the other hand
beans represent food in highly concen-
trated form, mature readily and the
dry product is easy to keep.

Don't forget about the second plant-
ing of beans and corn some day this
week.

Sometimes the course of true love
runs smooth because it ends in mar-
riage.

Cook's Cotton Root Compound.

For the reliable regulating
medicine. Sold in various de-
grees of strength—No. 1, \$1.
No. 2, \$2. No. 3, \$3 per bot-
tle. Sold by all druggists, or sent
direct to the manufacturer.

HAS PLEASANT RECOL- LECTIONS OF VANITY FAIR

Taste for Literature Seems to
Change—Things Once
Popular Now Appear
Ridiculous.

(Chicago News)

"It beats all how our tastes change
as we wax older, observed Spoonable
"I first read Thackeray's 'Vanity
Fair' when I was a young man and
was frantic with enthusiasm over it.
Everybody was reading the book then
and all were agreed that it was an
epoch maker.

"I have always carried pleasant re-
collections of the book. It became my
standard, by which I judged all other
fiction. If somebody said in my pre-
sence, that Conan Doyle or Stanley
Weyman was a great story teller, I'd
heave a scornful laugh and say, You'll
never know what real fiction is until
you read 'Vanity Fair'."

"The other day was punk and rainy
and I had to stay at home, so I dug
around the book shelves for some-
thing to read. I ran across Thacker-
ay's masterpiece, and shed a sigh of
relief. 'Aha,' said I to myself, 'here is
a real treat. I'll just put in the day
reading it.

"Well, boys, I clawed my way
through about one-third of the story
and then gave it up. I suppose the
fault is mine, and my intellect is so
depraved by commerce and politics
that I can't appreciate hot stuff, but
that volume gave me the fantods. No-

body in this world ever talked as its
characters talked. There never were
such people. There never was a fe-
male in any way resembling Becky
Sharp. That's the way it seemed to me
I put the book back on its shelf and
had a good time the rest of the day
reading books by Louis Tracy and
John Buchan."

"Change and decay in all around I
see," quoted Gangling. "It beats all
how the things that were popular a
few years ago seem ridiculous now.

"In dozens of towns in the middle
west a desperate effort is being made
to obliterate the architectural tri-
umphs of a quarter of a cen-
tury ago. I travel in that territory and
I have seen scores of business houses
being remodeled so that they may be
eyesores no longer. It is difficult to
contemplate some of those palatial
buildings, erected twenty-five or thirty
years ago, and believe that such atro-
cious taste existed in this country
since the Indians moved out.

"The fronts of the buildings were
finished in stamped metal in florid de-
signs, and the roofs were decorated
with tin turrets and spires and all
kinds of trumpery doodads. Now we
seem to be more sane in our taste,
and we are building severally plain
business houses. Probably a few years
hence we'll have another spasm of
architectural hydrophobia, and will
be tearing down the plain fronts to
get Coney Island effects. The things

DON'T DIET YOURSELF DYSPEPSIA IT ISN'T NECESSARY. TO CURE

The sufferer from dyspepsia and in-
digestion who has to pick and choose
his food is the most miserable of all
mankind.

Even the little he does eat causes
such torture and is digested so imper-
fectly that it does him little good.

What dyspeptics need is not dieting
or artificial digestants, but something
that will put their stomach right so it
will manufacture its own digestive fer-
ments.

For forty years now Burdock Blood
Bitters has been making weak stom-
achs strong, and curing severe cases
of dyspepsia and indigestion that other
remedies were powerless to reach.

It restores the stomach to a normal
healthy condition, so that the food no
longer causes distress, but is thorow-
ly digested and assimilated, and goes
on its way making rich, red blood.

Mrs. Henry Shaw, Campbellton, N.
B., writes: "I was for five years trou-
bled with a weak stomach, and could
not eat any food that would agree with
me. I tried different medicines, but
could not get cured. A friend advised
me to take Burdock Blood Bitters. I
took four bottles, and now I am in
perfect health."

B.B.B. is manufactured only by The
Milburn Co., Limited, Toronto, Ont.

of a few years ago always seem hope-
lessly obsolete today."

"Old Jeremiah Toogood," related
Foxworthy, "has no use for autos, and
he uses a fine team of horses togged
out in gorgeous harness and a car-
riage that cost him \$2,000. It is a mag-
nificent turnout, and a few years ago
it would have made all the neighbors
pea green with envy."

"But, when Toogood drives down
the street in his elegant equipage he
seems a glaring anachronism. The
world certainly moves along.

Students

A Fountain Pen Ensures the nice clean work that is
especially needful when writing your examinations.

We have some Students Special Fountain Pens at
\$1.49 and Self Filler type at \$1.98.

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