

NOTICE

Finding it necessary to reduce all unnecessary expenses and losses in our business because of the increased cost of labor, gas and other materials, which costs are settled for by us on a spot cash basis at time of delivery, we the undersigned have decided to discontinue the practice of booking gas, oils and labor, and beginning with April 1st next, all charges for these items will be settled for at time of delivery.

(Signed) **VAUGHAN & KITCHEN**
THE SMITH FOUNDRY CO., LTD.
FREDERICTON MOTOR SALES CO.
WILLIS McPHERSON,
R. L. PHILLIPS,
MINTO & McKAY,

"NEW BRUNSWICK GROWN"

ORDERS SHOULD NOW BE PLACED for early May delivery. We make specialty of APPLE TREES, SHRUBS, HEDGING, ROSES and STRAWBERRY PLANTS. Experts have pronounced our Apple Trees excellent, comprising the leading varieties, including McIntosh Red, Fameuse, Wealthy, Dudley and Bethel. This season's stock will soon be exhausted. Write for terms. Discount for cash with order. Mail orders solicited.

ST. JOHN VALLEY NURSERY
 BURTON, N. B.

A large shipment of records just arrived
Grafonolas on easy terms
E. O. MacDonald
 Music Store 560 Queen Street

BARGAINS IN CARS

We have for sale the following SECOND HAND CARS, which are in first class shape, for a very reasonable price:
OVERLAND, - - - - - 5 Passenger, Model 83
McLAUGHLIN, - - - - - 5 Passenger, Model C 25
Fredericton Motor Sales Co.
 Agents for CHALMERS and OVERLAND CARS.
 'Phone 352-11 625 QUEEN STREET.

BANANAS SHOULD NOT BE RAW SAYS AN AUTHORITY

The reason why the banana is not sufficiently appreciated as a food is that we persist in eating it unripe and raw. We might as well eat raw potatoes as to eat bananas in the condition in which they are usually offered. The remedy is to treat them as we do the potato, namely, cook them. This is the advice of an editorial writer in the Journal of the American Medical Association (Chicago), reviewing some recent dietary studies by Drs. M. C. Pease and A. R. Rose of the New York Postgraduate Medical School. Raw starch, he says, has not proved to be a satisfactory nutrient for the human body. It is obviously unwise, therefore, to expect the raw banana in the stage in which much unconverted starch still remains, to prove free from the objections that apply to other unripe or uncooked starchy foods. He goes on:

"Even the green banana can be eaten with impunity if the pulp is thoroughly cooked, as is done in the case of the comparable potato. The chief reason for the unfavorable reputation attained by the banana, when eaten uncooked, appears to lie in the failure of most persons to understand what a ripe banana really is.

"The chemist has closely followed the changes that the skin and pulp of the banana undergo simultaneously during ripening, a process facilitated by heat in the presence of air. Bananas that are merely yellow are not ripe. Pease and Rose remind us, in harmony with numerous published analyses, that characteristic changes take place in the peel as the fruit matures. The thick, turgid covering of the green banana becomes thinner and more pliable; the color passes from green to pale yellow, deepening to golden yellow with brown spots; and finally the peel becomes brown

all over. Bananas are edible raw when the brown spots appear, and need not be refused as overripe when the peel is entirely brown if the covering is intact and the pulp shows no signs of fermentation. The brown color of the ripening must not be confused with the brown patches due to bruising.

"The proof of the pudding is in the eating. Utilization experiments have demonstrated that the underripe banana when baked is utilized to about the same extent as the potato, and is similar to his vegetable in its nutritive value. There has in no case been any suggestion of deleterious effects from eating the banana baked, or raw when fully ripe. In the late yellow stage, before the development of the distinct golden color, the raw fruit can be consumed by normal persons in small quantities (say one or two bananas) without discomfort or apparent harm. Nevertheless the recent authors are of the opinion that the raw fruit should not be given to children at this stage. Pease and Rose have conducted enough actual feeding trials on young children to justify the statement that the banana can with profit enter liberally into the child's dietary, provided it is fully ripe or well cooked. If eaten baked in the yellow stage of ripeness or if eaten raw when fully ripe, the banana makes a delightful and highly nutritious article of food. Its composition does not warrant the use of the banana as the main component of the child's dietary, but it can compete well with other fruits, and is decidedly to be preferred to candies.

"Let the important fact be emphasized again that the banana ought not to be eaten raw until after the brown spots begin to appear. At this stage we are reminded by the investigators cited, the banana assumes a full golden yellow and is in its most attractive appearance. A completely browned skin, they properly add, is not in itself a sign of overripeness, and such fruit should be judged by the texture of the pulp. The brown color of the peel, however, should not be confused with the darkening due to bruises. An injured banana is soon invaded by molds and yeast-cells through the abrasions and the broken end; the banana 'finger' therefore, should not be broken from the 'hand' or stem, but cut off in such a manner as to leave a good margin between the cut surface and the pulp.

"When he have at length learned to recognize ripeness in the banana and have ceased to eat the unripe fruit because we mistake its yellow tinge as the sign of a wholesome stage, we may further come to appreciate a positive advantage in the 'sterile package' represented by the undamaged peel. Bailey's investigations have shown this to be practically impervious to bacteria. Therefore—and this is worthy of distinct emphasis—a banana properly handled is 'uncontaminated by dirt and pathogenic germs even if purchased from the push-cart in our congested streets.

Wood's Phosphodine.
 The Great English Remedy.
 Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, despondency, loss of energy, palpitation of the heart, failing memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. **THE WOOD MEDICINE CO., TORONTO, ONT. (Patented Windsor.)**

NOW CUTTING A CHOICE CROP OF
ROSES
 Off Our New Plants.

Richman's American Beauties, Taft, etc.

CARNATIONS IN STOCK as usual. POTTED PLANTS, including a good selection of Ferns of the leading variety.

A Fine Lot of PALMS in all sizes. WEDDING BOUQUETS and FLOWER DESIGNS a Specialty. CUT FLOWERS always on hand for the sick.

ADA M. SCHLEYER,
FLORIST

New Highway Bill

(Continued from page 2)
 men for incompetency. School trustees were now elected by districts and few, if any, cases of wrong-doing had developed.

MR. PECK said that if the minister were to remove an official, after he had been elected by the people, he would be liable to get into a lot of trouble.

Section 7 of the bill, which has to do with the holding of public meetings for the election of supervisors was allowed to stand for further consideration, at the suggestion of Mr. Baxter.

HON. MR. VENIOT in reply to Mr. Baxter, said he thought that there was a clause in the bill requiring statute labor to be performed before the 15th of July. If it was not in the bill it was an oversight on his part and would be remedied.

Supervisors' Bonds.
 MR. BAXTER, on the section of the bill requiring supervisors to furnish bonds, questioned the wisdom of such a provision.

HON. MR. VENIOT said that the supervisors would handle neither money nor cheques, as payment would be made by the department direct to the individual. The bond was required to ensure the proper performance of the work.

MR. BAXTER said that the average man detested the use of the pen and he knew that this was so in his own case. He thought that the bond, in the case of supervisors, might be done away with, and they might merely be asked to acknowledge themselves to be indebted to His Majesty in a certain sum. A recognizance given in court is looked upon as the very best security, and something similar might be adopted in the case of supervisors.

HON. MR. VENIOT said that he

How many other foods that are edible without cooking can make an equally meritorious claim?"

SUFFERED WITH NERVES COULD NOT KEEP QUIET.

Diseases of the nervous system are very common.

All the organs of the body may be sound while the nerve centres may be affected.

Many women become run down and worn out by household duties never ending, and sooner or later find themselves with their nerves shattered and the heart action weakened.

On the first sign of an weakness of either the heart or nerves, flagging energy or physical breakdown, do not wait until your case becomes hopeless.

Milburn's Heart and Nerve Pills will at once quieten the shaking nerves, strengthen the weak heart and build up the entire system.

Mrs. F. Bailey, 221 Earl St., Kingston, Ont., writes: "I was suffering very much with my nerves, so much so that I could not keep myself quiet at all. I was recommended to try Milburn's Heart and Nerve Pills so I bought three boxes, and I must say I have derived much benefit from them, so much so that my friends have all noticed the change in me."

Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed Milburn Co., Limited, Toronto, Ont.

was inclined to agree with the hon. member for St. John county that a bond might not be necessary. He was willing to allow the section to stand.

HON. MR. BYRNE thought the provision should be retained in the act as the supervisors were required to make a detailed statement of the money expended by them.

MR. MERSEREAU said it was difficult now to produce good men to act as supervisors, and it should not be made any more difficult.

(Continued on page 5.)

Imperial Cold Cure

Will check a cold in a few hours. Does not cause ringing in the head.

Price 25 cents. Sent by mail to any address on receipt of price. Sold only by **C. FRED CHESTNUT** THE QUALITY DRUG STORE 572 Queen Street.

PUBLIC NOTICE

For the purpose of conserving coal, electric light and power will be shut off on Sundays from daylight to dark until further notice. It is not anticipated that this curtailment of electric service will continue for more than two months, probably not so long.

By order of the Directors of Fredericton Gas Light Co.

HARRY D. WHITE, Manager.

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, all 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.

Every Lady Who Likes Style, Beauty and Quality

Will be delightfully pleased with our Superb Showing of NEW SPRING SUITS and COATS. The entire assemblage offers a wonderful range of selection in fabric, quality and price.

SUITS range in price from \$18.75 to \$47.00

COATS range in price from \$12.75 to \$23.25

NEW SILK and SATIN SKIRTS in Plaids, Stripes and Plain

Navy Blue and Black, from \$6.00 to \$17.75.

SILK and SATIN DRESSES from \$11.25 to \$29.25.

NEW VOILE and SILK BLOUSES from \$1.25 to \$10.25.

There are new arrivals every day. Come often.

Wm. R. FRASER & Co.

The Store where every purchase must be right, or money back.

The Mail Printing Co
 327-329 Queen Street, Up Town