

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 *Dr. H. H. Fletcher* 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

Dr. H. H. Fletcher

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

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.

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Opens on MONDAY, JANUARY 7, 1919. Pamphlet giving particulars of courses of study, rates of tuition, etc., will be mailed to any address on application. Address
W. J. OGBORNE, Principal,
Fredericton, N. B.

OF INTEREST TO WOMEN

WHAT VEGETABLES TO GROW.
Varieties to Select and Amount of Seed Required.

Article No. 5.

By A. G. Turney, Provincial Horticulturist.

From the preceding articles it follows that the vegetables to be grown will be determined largely by the size, location and exposure of the garden, and the fertility and condition of the soil. Special preferences of the garden owner constitute another important factor in this decision. In ordinary times these factors would decide the matter, but in these war times there is the additional and very important factor of greater food production and saving. Other factors considered, we should aim to grow such vegetables as can be used in increased quantities throughout most of the year either in the fresh or canned state, with the object of partially replacing and reducing the consumption of bread meat and dairy products. Carrots, beets, beans and peas should be the main vegetables for the small garden and in larger gardens turnips and potatoes could be added. In small gardens the comparatively large space required for such vegetables as potatoes, cucumbers and squash may be more profitably devoted to vegetables in which freshness is the prime quality, such as beans, peas, etc. All efforts should be concentrated on the production of vegetables capable of being canned or stored in their natural condition for some time, rather than to the production of flowers or vegetables which are more of a luxury than a staple article of food.

For a family of four the following quantities of seed are about what will be needed for companion and succession plantings throughout the season. The varieties recommended, generally with the choice of two, are given with the amounts of seeds suggested:

Wax Beans, half pint—Early, Currie's Rust-proof Wax; later, Hodson Wax.

Beans, green podded, half pint—Stringless Green Pod and Refugee (late).

Pole Beans, quarter lb.—Kentucky Wonder and Scarlet Runner.

Beets, 1 ounce—Crosby Egyptian and Detroit Dark Red.

Cabbage, early, 15 plants—Early Jersey Wakefield; late, 24 plants, Flat Dutch or Autumn King.

Carrots, half ounce—Early, Scarlet Horn; late, Chantenay.

Cauliflower, 18 plants—Early Dwarf Erfurt or Early Snowball.

Celery—Early, 40 to 50 plants, or 1 packet, Golden Self-Blanching (Paris Golden Yellow).

Corn, Sweet, 25 hills, quarter lb.—Golden Bantam, Earl Malcolm or Early Cory.

Cucumber, 1 packet (5 or 6 hills)—

Peas, 1 to 2 lbs.—Dwarf, early, Gradus; medium, McLean Advance; late, Stratagem; tall late, Telephone and Champion of England.

Peppers, 1 packet—Hollow Crown, Parsley, 1 packet—Moss Curled.

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NO MORE NERVOUS HEADACHES

Since She Tried "FRUIT-A-TIVES", The Famous Fruit Medicine.



MISS ANNIE WARD

112 Hazen St., St. John, N.B.

"It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine, 'Fruit-a-tives'. I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-tives'.

After I had taken several boxes, I was completely relieved of these troubles and have been unusually well ever since."

Miss ANNIE WARD.

'Fruit-a-tives' is fresh fruit juices, concentrated and increased in strength, combined with finest tonics, and is a positive and reliable remedy for Headaches and Constipation.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or Fruit-a-tives Limited, Ottawa.

Peerless White Spine or Davis Perfect, and for pickling Boston Pickling.

Lettuce, 1 packet Head, 1 packet Leaf—May King and Grand Rapids.

Onion Sets, 1 quart—White or Yellow Dutch; onion seed, half ounce.

Yellow Globe Danvers.

Parsnips, 1 packet—Hollow Crown.

Parsley, 1 packet—Moss Curled.

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