

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. 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

Chas. 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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Best and Most Modern Funera
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PRESSED and REPAIRED
for Ladies and Gentlemen.W. E. SEERY,
251 George Street.FLOWERS IN
SEASONFUNERAL DESIGNS A
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CUT FLOWERS AND
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FIRE ALARMWhen You Hear the Alarm, Look for
the Location in the Daily Mail.

- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 Corner Charlotte and Smythe Streets.
- 16 Corner George and Northumberland Streets.
- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
- 25 Corner Brunswick and Westmorland Streets.
- 26 Corner Charlotte and Westmorland Streets.
- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 35 Corner Brunswick and Carleton Streets.
- 36 Corner Charlotte and Carleton Streets.
- 37 Corner George and Regent Streets.
- 38 Corner King and Regent Streets.
- 44 Corner Queen and St. John Streets.
- 45 Corner Brunswick and St. John Streets.
- 46 Corner Charlotte and St. John Streets.
- 51 Corner King and Church Streets.
- 52 Corner George and Church Streets.
- 53 Corner Union and Church Streets.
- 54 Gas House.
- 55 Intercolonial Railway Station.
- 56 Lansdowne and Waterloo Row.

OF INTEREST
TO WOMEN

VARIETY IN GRAVY.

Too Many Cooks Know of But One
Way of Making This Sort
of Sauce for Meat.

Really there should be more variety in the making of gravy—some change from the meat stock thickened with water and flour and seasoned with salt and pepper. Sometimes it is better to save the drippings in the pan in which a roast is cooked for some other occasion and serve the meat with another sauce.

Mushroom sauce is very good, although it must be admitted this will never come into general use. Boiled lamb is best when served with caper sauce made by adding capers to white sauce made preferably with a little of the mutton stock.

Many sauces are made with brown gravy as a foundation. Thus by adding currant jelly and a little lemon juice we have a good sauce that goes excellently with roast lamb. Olive sauce is made by adding olives that have been first boiled, then stoned and chopped.

Egg sauce is made by adding chopped hard boiled eggs to white sauce.

A bread sauce is delicious with chicken. Put into a double boiler two full cups of milk and place over the fire. Add one-quarter of an onion sliced and a cup of finely sifted bread crumbs. Cover and simmer for twenty minutes. Remove the onion, add a tablespoon of butter and season with salt, pepper and a suspicion of mace. Serve hot.

FRENCH TOAST.

Beat an egg just a little adding two tablespoonfuls of milk. Dip slices of toasted bread in it and fry in a moderately hot skillet with a bit of butter or fresh drippings of bacon. Serve with a narrow strip of broiled ham and a bit of grape jelly.

RANDOM REMINDERS.

Be sure to have ironing tables of a comfortable height.

When cooking apples add a pinch of salt. It will make them more tender.

Creamed potatoes with cheese make a pleasant change.

Brown sugar is better than white sugar with cereals.

Vanilla should not be used to flavor dishes for sick people.

Darn stockings at heels, toes and knees before they are worn.

Potato salad can be carried in a school child's lunch basket.

Cotton the same shade is better to mend gloves with than silk.

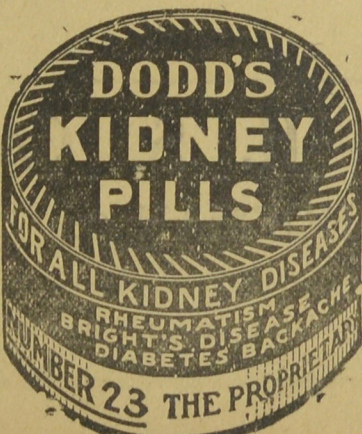
The stew will get a rich brown color if you save the outside of onions and cook these in it. Wash the onion skins well before using them.

Eggs will keep better if you stand them on the small end instead of the broad end.

Egg stains can easily be washed from dishes if a little salt is sprinkled over them before washing them.

When pouring boiling milk or water in a tumbler or glass dish stand the tumbler or dish on a knife and the glass will neither break nor crack.

When mixing a cake measure the flour after sifting it, then take out a heaping teaspoonful and substitute corn starch. You will then not require so much shortening and your cake will be tender and light. It is especially good in a "sponge" cake.

TO ADVERTISE
THE PROVINCE

A Plan to Make New Brunswick and Its Opportunities Better Known Outside.

The New Brunswick Tourist Association is asking for the co-operation of all sections of the Province, in a plan to make the Province better known, by a general Forward Co-Operative Movement this year; in which special emphasis would be laid upon the opportunities for Tourists, Sportsmen and Hunters, as well as on the business opportunities contained in its Forests, Mines and Farms.

It is proposed early in May to hold a convention at a point to be decided upon, where the time would be devoted to the inspection of local attractions, to displaying moving pictures of Forest, and Hunting scenes, as well as of farming, Lumbering, and Mining; to talks by outstanding men, and to a banquet at which there would also be stimulating addresses. The plan has the approval of the Provincial Authorities, who have promised to assist with screens covering the above resources.

The various boards of trade, Tourist Associations, and kindred organizations throughout the Province, are being asked to co-operate in the movement, the intention being to hold these meetings yearly at different points.

So much money is given away these days that here and there may be found persons who wonder why they have to work at all.

Dip old gloves into hot linseed oil, then wear them to do housework. The oil renders them waterproof and makes them a good substitute for rubber gloves.

If the fire is dull and the meat must be broiled in a hurry, drop a handful of salt on the fire and you will speedily have a clear fire.

If you want to serve the sirloin or rib roast rare, allow scant fifteen minutes to the pound in cooking. A five-pound piece should be done in sixty-five minutes. If you desire it well done it will require twenty minutes to the pound.

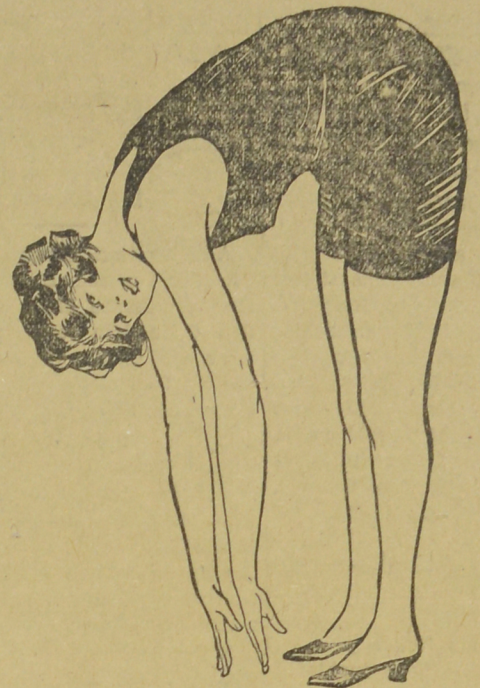
An inexpensive chocolate cake is made with one cup of sugar, a quarter cupful of shortening, one cup sour milk, one teaspoonful of soda, one tablespoonful of cocoa, one and a half cupfuls of flour, one teaspoonful of vanilla extract and a half-teaspoonful of cloves.

Cook's Cotton Root Compound.

It is a reliable remedy for all cases of itching, No. 1, \$1.00; No. 2, 50c; No. 3, 25c per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly H. H. Cook).

Touch Toes Fifty Times

Fine exercise! Keeps skin clear and complexion rosy by forcing the delayed food, poisons and waste from the stomach, liver and bowels. Splendid!



But most people take their exercise in an easy chair. They become headachy, bilious, sallow, dyspeptic, constipated. Such folks must take Cascarets occasionally. No other cathartic or laxative "works" like harmless Cascarets. They act on the bile-clogged liver and constipated bowels gently—no inconvenience! Cascarets cost only 10 cents a box.

WHY BELGIANS
STILL NEED HELP

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which they left it, and never was there such desolation anywhere. One cannot get away from signs of destruction, no matter where one goes, along the country roads or in the city streets.

Not only has property been destroyed and every means of livelihood taken away from the people, but the peasants, especially in the country districts, have been left destitute both of home and food. We travelled twelve miles yesterday through open country and as but one small instance of the vast plundering of the Germans, let me state that in all twelve miles not one solitary live animal did we see, and practically every tree had been felled, so you can imagine the dreary aspect of the scenery.

All the peasant women and children we met on our way, said a news correspondent, while they greeted us with cheers and received us into their homes with open arms, those that had homes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and had lived largely on soup and coffee. The cry of the Belgians today is for food and clothing and those who would help, no matter how little, should send their contributions to their committee, or direct to the Central Committee, Belgian Relief Fund 59 St. Peter street, Montreal.

is crocheted of white cotton.

Earth worms in flower pots can be destroyed by mixing a little pulverized tobacco with the earth in each pot.

A few drops of ammonia in the water in which silver is washed will keep it bright for a long time without cleaning.

TO CHANGE THE
MAP OF EUROPE

Paris, March 3—A new map of Europe is rapidly taking form, and within a week the frontiers of the old states will largely be defined as they are to appear in the peace treaty and the successive documents fixing territorial limits.

First in importance is Germany's western frontier, bordering on France which assumes international significance as a barrier against renewal of present war. Owing to the issues involved the final determination of this question is left to the council of the great powers, but in the meantime the tentative plans have been well advanced by the commission which co-ordinates reports on all frontier questions.

As it now stands, the western frontier comes under three main heads: First, Alsace-Lorraine; second the great iron and coal regions of Briey and the Saar Valley; and third, the extensive strip of German territory lying on the west bank of the Rhine from Palatinate northward.

SAVED BABY'S LIFE

Mrs. Alfred Tranchemontagne, St. Michel des Saints, Que., writes:—"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontagne's experience is that of thousands of other mothers who have tested the worth of Baby's Own Tablets. The Tablets are a sure and safe medicine for little ones and never fail to regulate the bowels and stomach thus relieving all the minor ills from which children suffer. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

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.

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