

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 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.

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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FREDERICTON, N. B.

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Office 419-11

DR. GERRARD, DENTIST

TWENTY YEARS' LONDON, ENG. EXPERIENCE.

King Street, Opposite Boyle's
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Best and Most Modern Funerals Equipment in the City.

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Phone or Telegraph Orders Shipped on all trains or boats at short notice.

CLOTHES CLEANED,

PRESSED and REPAIRED for Ladies and Gentlemen.
W. E. SEERY,
251 George Street.

New Years Plants

Potted Ferns, Begonias, Cherries, Heather Palms, Primulas,

Also Xmas Baskets with beautiful bloom.

In Cut Flowers, Roses, Carnations and Violets. Celery, Lettuce and Parsley. Phone 217.

ADA M. SCHLEYER, FLORIST.

FREDERICTON FIRE ALARM

When 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.

Sports silk in the heavy materials are seen in the shops. The most popular sports costume of late is a skirt of white silk jersey worn with a bright colored waist.

OF INTEREST TO WOMEN

HOW ABOUT WASHDAY?

Did it ever occur to you that when you see lines of clothes flapping and waving in the breeze on Monday morning you are thereby securing very good evidence, that the persons in your community are fairly well advanced in household efficiency? In fact it is a sign of considerable progress in the practice of housewifery when there is any regular washday—Monday or any other day. You see, primitive folk no more than animals know such schedule of work. The primitive housewife had no such system. She washes the garments of her family, if, indeed, she washes them at all, when necessity demands it, just as her spouse hunts and gathers. Firewood, makes his boats and performs his other tasks, not with any regard to the time of the day but as necessity or inclination requires.

It is not until people become fairly well advanced along the high road of civilization that they work out a schedule for their tasks. And as with races so with individuals. The housewife who is still primitive in her methods is helped and bound by no schedule. Though it may be necessary to have meals at regular times she has no special time for washing the dishes. She waits till they are needed for the next meal or until she feels inclined. To her a regular washday for the mending or cleaning for baking or any other household tasks. And you may be sure that in a community where there are no definite days for definite tasks, there household efficiency is at a very low level. So, when you see rows and rows of clothes flapping on the line on Monday morning you may rightly form a favorable estimate of the housewives of that neighborhood. No matter how small the cottage or apartment you may be sure that there is some sort of order and system in that home. Likewise there must be self-control and a degree of purposefulness. Were there not, the housewife would yield to the temptation to delay the Monday's task.

RICE ON MONDAY.

"I always cook rice on Monday," said a good housekeeper "and with more water than is necessary. When the rice is cooked I drain off the surplus water and use this for starch for fine laces or lawn collars or even for fine shirt waists. Then the cooked rice I make into a baked rice dish. Here is one that I can recommend:

"Take one-half pound cheese to three cups of boiled rice and a cup of milk; warm the milk in a pan, not letting it boil, and thicken with two tablespoonfuls of flour and to this add the cheese cut into small pieces. Make a smooth sauce of the cheese, milk and flour. Take a baking dish and place a layer of the rice in the bottom and a layer of the sauce and continue alternately to the top of the dish, being sure to grease the dish. Sprinkle bread-crumbs and pieces of butter over the top and set in oven until crumbs are brown, when it will be done."

TIMELY TIPS.

The old fashioned Indian pudding baked with beef suet might well be revived.

The most inexpensive and dainty bedroom curtains are made from cheesecloth.

Cauliflower can be served with rings of carrots cut in fine straws around it.

A bread sponge made with yeast is light enough to use when it is full of bubbles.

A flannel bag filled with hot sand or salt is a good substitute for a hot water bottle.

Sandwiches made of brown bread filled with honey and chopped walnuts are delicious.

A SEPARATION GRANTED Not by process of law, but by the silent working of "Putnam's" are corns separated from aching toes. Any corn or wart that "Putnam's" won't cure hasn't been discovered yet. Insist on Putnam's Corn Extractor only, 25c. at all dealers.

Oil and truth are bound to come to the top some time.

Perpetual motion seems to be a success as a perpetual failure.

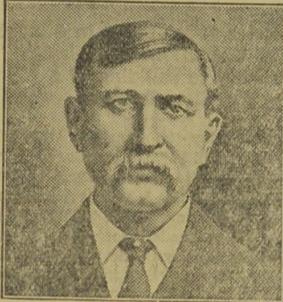
The school teacher loads the gun and the young idea shoots.

The trouble with a great many people who tell you in detail how the fiscal affairs of the nation should be run is that they always try to borrow a few dollars before they leave.

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, Lethargy, Loss of Energy, Palpitation of the Heart, Fading 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. Non-proprietary material free. THE WOOD MEDICINE CO., TORONTO, ONT. (Incorporated, Canada.)

FRIENDS THOUGHT HE WOULD DIE

"FRUIT-A-TIVES" Conquered Dyspepsia and Restored His Health.



MR. ROBERT NEWTON.

Little Bras d'Or, C. B. "I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches, and did not sleep well at night. I lost so much weight—going from 185 pounds to 146 pounds—that I became alarmed and saw several doctors who, however, did me no good. Finally, a friend told me to try 'Fruit-a-tives'.

In a week, there was improvement. The constipation was corrected; and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

SOLDIER AND THE SWINE

(New York Herald.)

To the Editor:

That all of the swine that "ran down into the sea" were not drowned was very clearly proven last Friday.

In the pouring rain at Broadway, and Thirty-fourth street, a young soldier of about twenty years with gold chevrons on both sleeves balancing himself on one good leg and two crutches—for he had left his other leg in France—was trying to board a cross town car to get over to Lexington avenue to visit his sister, whom he had not seen for four years. The first cross town car came along and stopped, and the crowd of above mentioned swine pushed and shoved this poor soldier out of the way so that he could hardly retain his balance, each one of them fighting for himself to get on the car.

The second car came along and a third car, and the same performance was repeated each time, and it was not until the fourth car arrived and when the same act started over again that a woman, strong and capable took one of the stay at homes by the collar and literally pulled him off the car, and took another by the coat and pulled him off the step, and, turning to the crowd, expressed her opinion of the beasts who could treat any cripple in such a manner, let alone a man who had made the sacrifice that a sol-

WAR SAVINGS STAMPS GOOD INVESTMENT

Make Saving Easy and Pay the Investor Over 4½ per cent Interest, Compounded Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent., compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached. Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

SO EASY! LIKE ROLLING OFF LOG

Sore, touchy corns stop hurting, then lift right out with fingers

You corn-pestered men and women need suffer no longer. Wear the shoes that nearly killed you before, says this Cincinnati authority, because a few drops of freezone applied directly on a tender, aching corn stops soreness at once and soon the corn loosens so it can be lifted out, root and all, without pain.

A quarter ounce of freezone costs very little at any drug store, but is sufficient to take off every hard or soft corn or callus. This should be tried, as it is inexpensive and is said not to inflame or even irritate the surrounding tissue or skin. After you lift away the troublesome corn or callus the skin underneath is as pink, firm and healthy as the palm of your hand.

ier had for those who were this rampant upon him. By this time some of the women present were in tears, and a few of the men, seeing a woman take the initiative, volunteered their services and helped this poor crippled boy on the car and started him on his way.

Truly some American hogs in their selfishness can outdo the Germans in their own special line of work. C. H. W. New York City, Feb. 10, 1919.

MAMMA! DON'T YOU SEE YOUR CHILD IS SICK, CONSTIPATED

Look at tongue! Move poisons from liver and bowels at once.

Mother! Your child isn't naturally cross and peevish. See if tongue is coated; this is a sure sign its little stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember a gentle liver and bowel cleansing should always be the first treatment given.

Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a small bottle of "California Syrup of Figs," then look and see that it is made by the "California Fig Syrup Co."

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.

Idleness is such a slow traveller that poverty soon overtakes it.

Those of us who are not curlers get an impression that annual Wee Neilly occurs several times each winter.

"Beware of green hosiery—it's full of aniline," says Pennsylvania's state chemist. Just how he got green hose to stand long enough to learn that he fails to explain.

An exchange observes that "it is the duty of every man's friends to keep him from making a fool of himself," and most every man looks around himself and mentally congratulates all his friends upon performing their duty so well. Egotists all!"

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.

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