

Children Cry for Fletcher's

CASTORIA

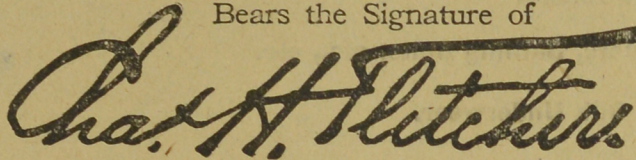
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

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.

DENTISTS

DR. J. B. CROCKER,
DENTIST

FREDERICTON, N. B.

TELEPHONES:

Residence 349-41

Office 418-11

DR. GERRARD

OFFICE:

571 KING STREET, FREDERICTON

ARTIFICIAL TEETH and
GOLDWORK a SpecialtySuperior Conveniences for Chloroform administration.
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—338-11DR. G. R. LISTER,
DENTIST

Tel. 232-41. Burchill-Wilkinson Bldg. Below Regent.

J. A. McADAM,
UNDERTAKER

REGENT STREET

Best and Most Modern Funerals
Equipment in the City.

Residence Telephone 70-41

Business Telephone 118-41

ADA M. SCHLEYER,

FLORIST

CHARLOTTE STREET

SWEET PEAS,

ROSES,

CARNATIONS

A splendid assortment of
Ferns.

Bridal Bouquets a specialty.

Phone 271.

Cook's Cotton Root Compound.



2. pure, reliable regulating
medicine. Sold in three de-
grees of strength—No. 1, 2,
3. No. 2, 3, 5¢ per box.
Sold by all druggists, or sent
prepaid on receipt of price.
Free pamphlet. Address:
THE COOK MEDICINE CO.,
TORONTO, ONT. (Formerly Windsor.)

BARRISTERS

E. ALLISON MACKAY
BARRISTER, NOTARY, ETC.
INSURANCE

CHESTNUT BUILDING,

FREDERICTON, N. B.

J. BACON DICKSON,
LL. B.,
BARRISTER, ETC.532 Queen Street, Fredericton, N. B.
Phone 561. Box 863.

F. M. O'NEILL, LL. B.

BARRISTER, NOTARY, ETC.,
InsuranceN. B. TELEPHONE BUILDING,
GAGETOWN, N. B.FREDERICTON
FIRE ALARM

- 6 Shoe Factory
- 12 Corner Westmorland and Aberdeen Streets.
- 12 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 16 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

GINGERBREAD FIT FOR A KING.

Provided, of Course, That It is Made
from the Very Best Recipes.

So many cooks never think of making gingerbread, for they consider it too commonplace or ordinary, but if gingerbread be properly made it is not to be scorned. All children are fond of it. Of course, if it is not fresh as is often the case, or made too dry with flour, 'tis not good eating.

Gingerbread is surely an ancient cake, for it was made and sold in Paris in the fourteenth century, of rye dough kneaded with ginger and other spice, and honey.

After being introduced into England it played an important part at fairs and festivals. Especially do we read of keepers of gingerbread stalls at the Bartholmew Fair in London, Greenwich and Llandaff, the greatest fair in Wales.

It even gave its name to the hero of an old and celebrated English nursery tale, Giles Gingerbread. Goldsmith speaks of "a pennyworth of gingerbread" and Shakespeare said: "If I had but one penny in the world, thou should'st have it to buy gingerbread."

Following are the recipes for three old-fashioned but (if properly made) delicious gingerbreads:

Gingerbread Sponge.

Melt butter the size of an egg, mix it with one pint of molasses, one tablespoonful of ginger and one quart of flour. Dissolve one heaping tablespoonful of saleratus in one-half pint of milk, strain and mix with rest of ingredients, add flour to roll out easily; roll one-half inch thick; bake in flat tins in quick oven. If made in this way it will be light and spongy if baked quickly, but will not keep long.

A Late Recipe.

Stir together one-half cup of butter, one-half cup of brown sugar, one cup of New Orleans molasses and two cups of sifted flour. Put one teaspoonful of soda and one teaspoonful of ginger in a cup and fill with boiling water; pour this into the dough, beat two eggs light and put them in last. Bake in a dripping pan; the batter will be quite thin, but do not add any more flour. Be sure to have the water boiling, and do not sift the flour.

Soft Gingerbread.

One small cup of butter, one pint of molasses, one tablespoonful of ginger, one pint of flour, two beaten eggs, a bit of fresh lemon peel cut in strips, two teaspoonfuls of soda dissolved in one-half pint of milk, and flour to make it the consistency of pound cake. Bake one-half hour.

A Fruit Variety.

Two pounds of flour, three-fourths of a pound of butter, one pound of sugar, one pound of raisins, one pound of currants, two cups of molasses, one-half cup of sour cream, six eggs, one heaping teaspoonful of ginger, one teaspoonful of extract of cinnamon. Mix well; add fruit last, dredged with flour, and beat thoroughly.

A LOCAL TOUCH.

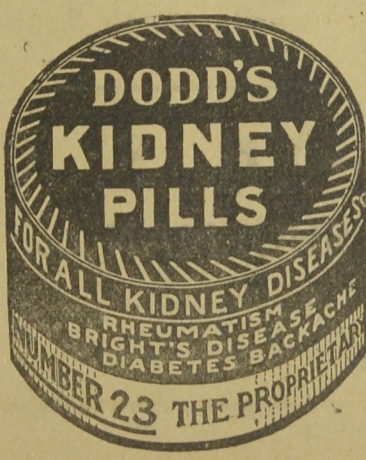
"What a lovely Dutch landscape!" exclaimed the admiring visitor. "You have been in Holland, I suppose?"
"Why, no," answered the artist modestly.
"Then how were you ever able to paint such a realistic picture?"
"To tell the truth I copied it off a beer mug."

THE ATTRACTION.

Small Boy (proudly)—My sister's in the movies.

Little Girl (scornfully) Huh, my ma's there all the time.

No man ever comes half way up to the expectations his mother had of him when he was a boy.

LABELS FOR
PRESERVING

Cut these out and use for labelling your bottles of preserves. This list will be printed every day for a while and thus afford a good supply of labels.

STRAWBERRY

RASPBERRY

BLACK CURRANT

RED CURRANT

GOOSEBERRY

BLUEBERRY

RHUBARB

PEACH

PLUM

CHERRY

GREEN GAGES

GRAPES

CRANBERRY

SPICED JELLY

JELLY

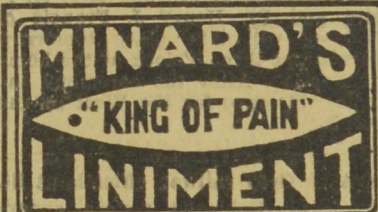
BLACKBERRY

CRABAPPLE

CHOW-CHOW

MIXED PICKLES

MUSTARD PICKLES



I was cured of terrible lumbago by

Minard's Liniment
—Rev. Wm. Brown.

I was cured of a bad case of earache by

Minard's Liniment
—Mr. S. Kaulbach.

I was cured of sensitive lungs by

Minard's Liniment
—Mrs. S. MastersManufactured by the
Minard's Liniment

Yarmouth, N.S.

If Strength Declines
As Age Advances
Follow This Suggestion

So many women grow old before their time, perhaps their wife or sister. A little while ago, buoyant, full of vigor and activity—she enjoyed life and imparted pleasure to the whole family; but now in a few short years she has faded and lost color and strength. She is just ready to develop some disease that will further weaken and debilitate. You remember how it began, failure of appetite, tired in the morning, found housework burdensome, always nervous and a little irritable. It's a shame to let her go down hill further when you can build her up so quickly with Ferrozone. The change this nourishing tonic makes in a weak woman is surprising. It gives great zest for food, increases appetite and digestion enormously. The blood gets richer and stronger and adds new life to every organ in the body. A rebuilding process works through the entire system. The first week will show an improvement, and a month or two will fatten up the thinnest, most run-down woman you can think of. Take Ferrozone for lost color, for nervousness, for weakness,—use it when run-down and feeling poorly—it will do you more lasting good, keep you in better health, than anything else. Just as good for men and children, too, because Ferrozone is harmless and safe, 50c. per box or six for \$2.50, at all dealers, or direct by mail from the Catarrhzone Co., Kingston, Ont.

EDITOR WANTED

Wanted, a competent man to edit a semi-weekly Liberal newspaper in Prince Edward Island. Apply at once stating experience, salary required, etc.

The Pioneer Publishing Company,
Summerside, P. E. I.

NOTICE TO TAXPAYERS.

Taxpayers will please take notice that Thursday, August 21, 1919, is the last day to pay their taxes and get the discount.

G. R. PERKINS,
City Treasurer.

IF YOU ARE INTERESTED IN

LOWER INSURANCE RATES

Than You are Now Paying, Consult

CRUIKSHANK & BOX

BROKERS

Insurance, Real Estate, Stocks and Bonds.
Queen St., opp. Post Office, Fredericton, N. B.

'New Brunswick Grown'

Orders should now be placed for early May delivery. We make a specialty of Apple Trees, Shrubs, Hedging, Roses and Strawberry Plants. Experts have pronounced our apple trees excellent, comprising the leading varieties, including Mackintosh 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.Have Your Job Work
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. We will do the Rest.

The Mail Printing Company

327-329 Queen Street (Up Town)