

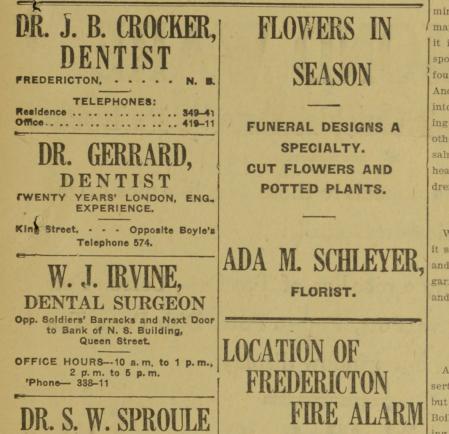
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and 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



Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has combelled the people to seek all the information possible before buying





HOUSEHOLD WISDOM.

Brown flour in the oven and keep A Way to Mend Broken Rubbersyou make gravies for roasts and stews

The water in which rice has been hole with adhesive plaster and go over tral Committee, Belgian Relief Fund, 59 St. Peter street, Montreal. with melted butter and a little cream; boiled can be used instea dof milk in this with shoe polish. If properly put i na baking dish, buttered, pour making tomato bisque. It will give a done the repair will outwear the rub-

> After cleaning lsh you can remove You will be able to scale the fish the unpleasant odor from the hands by

PAGE SEVEN

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 anywnere. One cannot get away from signs of destruction, no

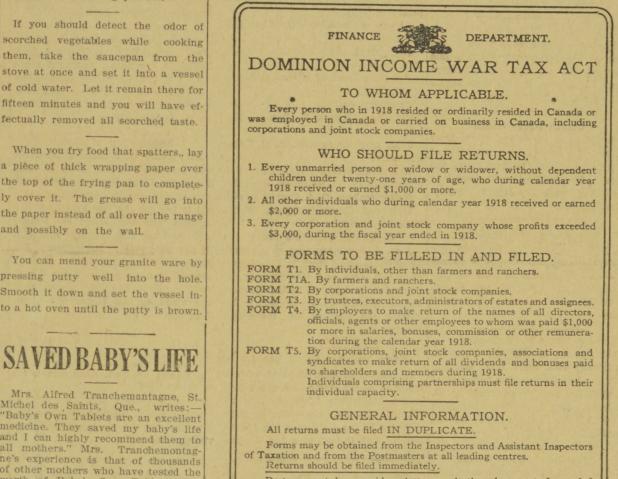
matter where one goes, along the coun-try roads or in the city streets. Not only has property been destroy-ed and every means of livelihood tak-en away from the people, but the peas-ants, especially in the country di ants, especially in the country dis-tricts, have been left destitute both of home and 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 bot one solitary live animal did we see, and practically every tree had been felled, so vou can imagine the dreary aspect of the scenery.

AT LAST. A Way to Mend Broken Rubbers-But Can You Believe It? When your rubbers break, cover the Marked Way to Mend Broken Rubbers-But Can You Believe It? When your rubbers break, cover the homes you complete the formulation of the scenery. All the peasant women and children we met on our way, said a news cor-respondent, 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 nourish-ment. They did not complain, but merely stated as a fact that they had had lived largely on soup and coffee. The cry of the Belglans 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 Cen-tral Committee, Belgian Relief Fund,

Every mother secretly wonders how her daughter-in-law managed to persuade her son to marry her. If you agree with everyone, you will miss a lot of spicy remarks. It

takes controversy to strike sparks. One thing we can say for movie heroes, no one seems to want to name

the baby after them.



CANNED SALMON. Always Available and Can be Made Into Many Dainty and Delicious Dishes.

OF INTEREST

WOMEN

Here are some good recipes for us ing it in many good ways:

Broiled Salmon.

Separate the salmon into neat pieces and broil quickly on each side. Prepare some maitre d'hotel butter (that is cream the butter with a little juice and minced parsley) and spread it over the hot broiled slices of salmon. Serve very hot.

Baked in Peppers.

Parboil green peppers of the sweet variety after cutting them in half, and removing the seeds, which are often hot. In ten minutes drain them, dip it in jars where it will be handy when quickly into cold water and drain. Then mix salmon with an equal amount of bread crumbs, moisten well in a very little water and cook uti! pleasing flavor and it is also an item ber. the peppers are soft and the fish is of economy. brewn.

Creamed Salmon.

Separate canned salmon into rather arge pieces and heat, without creak ing very much, in white sauce. Serve on thin slices of hot buttered toast and season with salt and peppr.

Salmon Salad.

Salmon salad is delicious and can be made in several ways. One is to mince the salmon fine and mix it with mayonnaise dressing and then serve it in white lettuce leaves with a teaspoonful of mayonnaise on top of each found and a couple of capers in that. Another is to mix the salmon, broken into large pieces, with French dressing and serve on lettuce. Still an other method is to use equal parts of salmon, in flakes, and minced celery heart with mayonnaise or French dressing, on lettuce.

Plain Salmon.

When canned salmon is served plain it should be freed from skin and bone and neatly arranged on a platter and garnished with sprigs of fresh parsley and slices or sections of lemon.

A NICE APPLE DESSERT.

If you should detect the odor of scorched vegetables while cooking them, take the saucepan from the stove at once and set it into a vessel of cold water. Let it remain there for fifteen minutes and you will have ef-

ginning the cleansing process.

fectually removed all scorched taste. When you fry food that spatters,, lay a pièce of thick wrapping paper over the top of the frying pan to completely cover it. The grease will go into the paper instead of all over the range

You can mend your granite ware by pressing putty well into the hole. Smooth it down and set the vessel in-

and possibly on the wall.

SAVED BABY'S LIFE

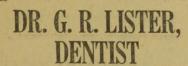
Mrs. Alfred Tranchemantagne, St Michel des Saints, Que., writes:-"Baby's Own Tablets are an excellent medicine. They saved my baby's life and I can highly recommend them to all mothers." Mrs. Tranchemontag-ne's experience is that of thousands

much more quickly if you dip it into rubbing them with dry mustard. boiling water for a minute before be





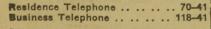
OFFICE : Inches Building, Queen Street, lately occupied by Dr. L. R. Davison. Telephone 261-21



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



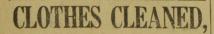
Rest and Most Modern Funera Equipment in the City.



R. ADAMS. SCCESSOR TO THE LATE JOHN G. ADAMS UNDERTAKER

610 Queen Street.

notice.



PRESSED and **REPAIRED** for Ladies and Gentlemen. W. E. SEERY, 251 George Street. 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 it settles, then pour off the clear Streets. 16 Corner George and Northumberland Streets.

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

A nice way to score apples for des. worth of Baby's Own Tablets. The A nice way to score apples for des sert is to peel, core and bake them, Tablets are a sure and safe medicine for little ones and never fail to regu but do not allow them to fall apart. late the bowers and stomach thus Boil together water and sugar, add-ing a few drops of vinegar, until it relieving all the minor ills from which children suffer. They are sold by med-icine dealers or by mail at 25 cents threads. Carefully dip the baked ap-cine Co., Brockville, Ont. ples into this glaze and set them in

a very cold place. When ready to serve cover with a spoonful of sweet ened whipped cream and place a maraschino cherry on top.

It is a waste to throw away starch that is left over. Let it stand until water. Put the pan into the oven for a few minutes and yo uwill have a 17 Corner King and Northumberland solid cake of starch that can be used again



The old reliable remedy for theumatism, neuralgia, sore *aroat and sprains.

Best Lininen. Made

MR. A. E. LAUNDRY, EDMONTC V, write:-I fell from a building and re_cived what the docto. "Alled a very told sprained ankle, and told me I v ust aot talk on it for three weeks." or MINARD'S LINI-MENT and in six days i Vot MINARD'S LINI-MENT and in six days i. I think it the best Lini-ment made,"



Postage must be prepaid on letters and other documents forwarded by mail to Inspectors of Taxation. Address of Inspector of Taxation for this District :

> ST. JOHN DISTRICT. Inspector of Taxation, 57 Princess Street, ST. JOHN, N.B.

Have Your Job Printing Done At Home Anter the later

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