

Children Cry for Fletcher's

CASTORIA

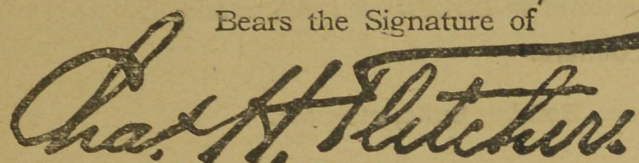
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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 Specialty

Superior 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—338-11

DR. 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

POTTED PLANTS, FERNS, SPIREA, TULIPS, HYACINTHS, DAFFODILS, PRIMROSES, BEGONIAS, Etc.

CUT FLOWERS—Roses, Carnations, Violets, Sweet Peas, Daffodils, etc.

LETTUCE.

Cook's Cotton Root Compound

2. Large, reliable regulating medicine. Sold in various degrees of strength—No. 1, \$1. No. 2, 50¢. No. 3, 25¢ per bottle. Sold by all druggists, or sent prepaid on receipt of money. Free pamphlet. Ask for THE COOK MEDICINE CO. TORONTO, ONT. (Formerly's) Haden

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, L.L.B.

BARRISTER, NOTARY, ETC., Insurance

N. 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

RECIPES FOR STEW.

Veal Stew with Dumpling.

Grease a steel skillet and when hot add pieces of veal and sear. When the pieces are well browned, cover them with hot water and turn into kettle with a sliced onion. Cover closely after adding salt and pepper and simmer two hours.

Dumplings: One and a half cups of flour, teaspoonful each of baking powder and salt, milk to make a stiff dough. Drop in spoonfuls into stew, cover closely and boil ten minutes. Thicken the gravy and pour it over all.

Lamb Stew.

Get piece off neck of lamb, cut it in small pieces and put on to cook; add a carrot, salt and pepper, and onion if desired. When meat is half done add barley and cook until tender.

Irish Stew.

Fifteen cents worth of boiling beef put on to boil in hot water to preserve the juice within the meat. This small quantity of meat should be boiled only about half an hour before adding the vegetables, namely, one carrot cut in slices, two good-sized onions, or the equivalent, sliced, half a dozen moderate sized potatoes (about eight) sliced thin, and a few thin slices of turnip. If the tops of a bunch of celery are added, the flavor is vastly improved. A pod of capsicum put in at first with the meat, also adds greatly to the dish, but should be removed before serving.

"Southern Stew"

Peel and boil half a dozen young onions, drain them well and slice them thin. Have ready two pounds of veal cutlet sliced thin and evenly. Lay the veal in a pan, season with a little salt and still less cayenne. Cover the meat with the sliced onions and some bits of fresh butter, rolled in flour; instead of butter, lard or cold gravy or dripping. Finish with a flavoring of powdered nutmeg or mace and the grated yellow rind of a fresh lemon just before serving.

Stewed Kidneys.

Put one ounce of butter in a hot pan and to this add one dozen lamb's kidneys which have been well washed and cut in halves; cover, let cook thoroughly, remove cover, add a half cup of water, a half teaspoonful of salt and a saltspoonful of paprika, one-half teaspoonful of Tarragon vinegar. Serve hot.

SAVE IRONING TIME.

When pressing table linen, or anything that needs to be ironed on both sides, fold several thicknesses of wrapping paper the size of ironing board, place linen on these and iron on one side only.

The paper will prevent the heat from being absorbed and makes the linen as beautifully smooth and glossy on one side as the other.

RANDOM REMINDERS.

Remove the centre of a round piece of toast and fill with creamed peas for an entree.

When stamps stick together put a thin sheet of paper over them and press with a warm iron.

When opening a bottle of olives, pour off the brine, add a little olive

MINARD'S "KING OF PAIN" LINIMENT

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. Masters

Manufactured by the
Minard's Liniment
Yarmouth, N.S.

A WONDERFUL DISCOVERY CURES CATARRH PERMANENTLY.

Formerly doctors prescribed stomach treatment for Catarrh and Bronchitis. They seldom cured and Catarrh has become a national disease. Today the advanced physician fights Catarrh by medicated air. He fills the lungs, nose and throat with the antiseptic vapor of Catarrhazone. It is easy then for Catarrhazone to cure. It contains the essences of pure pine balsams, reaches all the germs and destroys the disease. Every case of Catarrh, Bronchitis and Sore Throat can be cured by Catarrhazone. The dollar outfit lasts two months and is guaranteed to cure; small size 50¢; trial size 25¢, all dealers or Catarrhazone Co., Kingston, Ont.

oil, cork and shake well and let stand a while.

To be absolutely sure that a carbolic solution will not burn, use one part acid to twenty parts water.

A teaspoonful of cream of tartar added to sugar syrups and the whole brought to a boil, prevents sugaring.

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.


Everybody's Paradise

YOUR IDEA OF A PERFECT VACATION may be the full indulgence of your favorite sport—golf, tennis, riding, hiking, climbing, canoeing, fishing for the gamey mountain trout, hunting with the camera, studying big game in its natural environment, camping, or dancing and dining at leisure amid delightful surroundings—whatever it is, you will find your enjoyment enhanced by the grandeur of the

Canadian Pacific Rockies

An Alpine Fairyland where all your vacation dreams come true—peaks and crags and valleys that need no moonlight to turn them into magic—iridescent glaciers and opalesque lakes—waterfalls—forests—big game preserves—camp life, cabins or metropolitan accommodations in

Spacious Canadian Pacific Hotels and Mountain Chalets at

Banff, Lake Louise, Emerald Lake, Glacier and Sicomous.

At Banff, for example, you play golf on bunkers "5,000 feet high," swim in a warm sulphur pool—drive or ride ponies over excellent mountain trails. At Lake Louise the chateau whose windows "frame million dollar pictures"—close to the glacier's edge—easy trails through flower-filled forests to a panorama of lakes, glaciers, waterfalls and snow-peaks—a Switzerland glorified. Guides are available at all Canadian Pacific Rocky resorts.

N. R. DesBRISAY, D. P. A., St. John, 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)