

Children Cry for Fletcher's

# CASTORIA

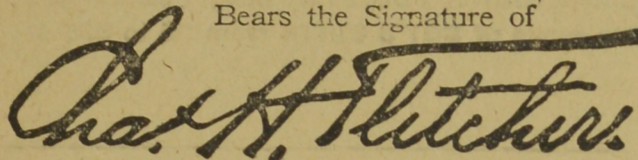
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children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

Bridal Bouquets a specialty.

Phone 271.

Cook's Cotton Root Compound.

*2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100.*  
Solely reliable regulating  
medicine. Sold in three  
degrees of strength—No. 1, 2, 3.  
No. 2, 2¢. No. 3, 3¢ per bottle.  
Sold by all druggists, or sent  
prepaid on receipt of price.  
Free pamphlet. Address:  
**THE COOK MEDICINE CO.,**  
TORONTO, ONT. (Formerly "Mackay")

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### 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

### PLEASURES OF CORN SEASON.

This Very Popular Vegetable May be Served Morning, Noon or Night —New Kind of Omelet.

When green corn comes into its own there are many of its devotees who say they would like it every meal as long as it lasts. And they can have it, for it is a most versatile vegetable and will adapt itself well to breakfast, dinner or supper dishes as very few other vegetables can.

What could be nicer to start the day with than a green corn omelette? Unless it was a plate of smoking green corn griddle cakes. To make the omelette, scrape the corn from four good-sized ears by cutting the kernels down the centre and pressing out the pulp. Mix this with five well beaten eggs, a tablespoonful of milk, salt and paprika to taste. Cook a golden brown in butter and roll on a platter.

#### Griddle Cakes.

For the griddle cakes, grate a quart of corn from the cob, add a cup of flour, a teaspoonful of salt. Then add the yolks of four eggs well beaten, and last of all fold in the whites beaten to a stiff froth. Bake on a hot griddle and serve with butter.

#### Corn Puffs.

Corn puffs are also a good luncheon dish. Sift a teaspoonful of baking powder with a cup of flour, two tablespoonfuls of salt and some pepper. Add two cups of green corn scraped from the cob and the yolks of two eggs beaten till thick and creamy. Fold in the whites and fry in deep fat.

For dinner it seems as if there was no better way to serve corn than on the cob, as all true Americans love it this way. It can, however, be combined with meat and made the piece de resistance of any dinner. Cook a pound of chopped beef in a pan for a few minutes until it is brown. In a baking dish arrange in layers the meat and cut corn. Thicken some milk with flour until it is about the consistency of thick cream and pour over it. Cover with grated cheese and bake.

#### CINNAMON CHOCOLATE.

Since there are people who really prefer hot chocolate to tea or coffee, even in warm weather, it is nice to know how to prepare a "different" sort of chocolate that is so good it tempts even the tea and coffee devotees. With plain cake or with lettuce and olive or most any kind but sweet sandwiches, cinnamon chocolate is wonderfully good.

To make it is rather a long process, requiring well over an hour, but if desired it can be prepared several hours ahead of time and put in a thermos bottle till the guests arrive.

First of all, scald one quart of milk in which has been placed one inch of stick cinnamon. Next melt two squares of bitter chocolate, to which add one cupful of boiling water, and stir till smooth.

Stir half a cupful of granulated sugar and a few grains of salt into the milk. Add the chocolate and water paste.

Cook the mixture in a double boiler for at least an hour, stirring frequently, or better still, in the fireless cooker. Remove from the fire or cooker, add half a teaspoonful of vanilla and beat with an egg-beater.

Serve with plenty of slightly sweetened whipped cream.

### NAVIGABLE WATERS PROTECTION ACT.

#### R. S. C. Chapter 115.

The Nashwaak Pulp & Paper Company, Limited, hereby gives notice that it has, under section 7 of the said Act, deposited with the Minister of Public Works at Ottawa, and in the office of the Registrar of Deeds in and for the County of York, in the Province of New Brunswick, a description of the site and the plans of a dam proposed to be built in the Nashwaak river at Marysville, in the County of York, nearly opposite Station 2623 plus 34 on the Newcastle-Fredericton Branch of the Canadian National Railways. And take notice that after the expiration of one month from the date of the first publication of this notice, the said Nashwaak Pulp & Paper Company, Limited, will, under section 7 of the said Act, apply to the Minister of Public Works at his office in the City of Ottawa for approval of the said site and plans and for leave to construct the said dam.

Dated at the Parish of Lancaster, in the County of Saint John, this twelfth day of August, A.D. 1919.

NASHWAAK PULP & PAPER COMPANY, LIMITED.  
Per N. M. JONES,  
Manager.

## 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.

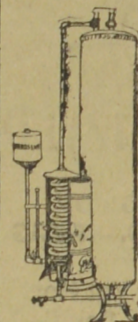
I was cured of a bad case of earache by

**Minard's Liniment**  
—Mr. S. Kaulbach.

I was cured of sensitive lungs by

**Minard's Liniment**  
—Mrs. S. Masters

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



## A WICKLESS KEROSENE WATER HEATER

Just the same in its heating principle as the gas water-heater except that the gas is generated from kerosene.

Steady, even, powerful blue flame; no wick, no odor, no dirt.

Call and examine them.

**D. J. SHEA**

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### THE BIG INTERNATIONAL FAIR

St. Stephen, N. B., Sept. 9-10-11-12

Competition Open This Year to MARITIME PROVINCES and WASHINGTON COUNTY, Maine.

Grounds enlarged and Four New Buildings.

**BIGGEST LIVE STOCK SHOW DOWN EAST!**

Come and see a New and Extended Midway, with many attractive features assured, the Best Free Vaudeville that money can procure, including Balloon Ascensions and many thrilling and pleasing Acts.

\$20,000 IN PREMIUMS \$20,000

\$4,000 FOR HORSE RACES, including \$700 for a big

Free-for-All in which the speediest horses down East are already entered.

For Four Big Days of Enjoyment, Instruction and Amusement, be at St. Stephen, N. B., Sept. 9-10-11-12.

W. S. STEVENS, Secretary, St. Stephen, N. B.

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Than You are Now Paying, Consult

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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 Belhel. 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.

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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**

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