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CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

Always
Bears the
Signature

of

Chas. H. Fletcher

In

Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

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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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**ARTIFICIAL TEETH and
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Superior Conveniences for Chloroform administration.
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Opp. Soldiers' Barracks and Next Door
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**Best and Most Modern Funerals
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Residence Telephone 70-41
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LT. COL. W. J. OSBORNE,

after four years of war service in
England, Belgium, France and Can-
ada, has again taken over the man-
agement of the

FREDERICTON BUSINESS COLLEGE

FREDERICTON, N. B.

The College will be kept open all
through the summer.
FALL TERM begins September 2nd.
Write for full particulars.

E. ALLISON MACKAY

BARRISTER, NOTARY, ETC.

INSURANCE

CHESTNUT BUILDING,
FREDERICTON, N. B.

CLOTHES CLEANED

**PRESSED and REPAIRED
for Ladies and Gentlemen.**

W. E. SEERY

251 George Street.

OF INTEREST TO WOMEN

WOMEN IN THE NEWS.

Miss Mabel Choate, of Lenox, recently elected a trustee of Barnard, and Miss Virginia Gildersleeve, of New York, dean of that institution, sail for England soon on an educational mission, and will not return until some time next month. It is understood the result of their trip will be reflected in even higher standards for Barnard.

Miss Mary Marsh Arms appeared at the Maternity Hospital in New York the other day with seven pounds of joy to bless her mother, Mae Marsh (Mrs. Louis Lee Arms); the young lady and her mother are quite well, thank you. Mrs. Arms, star of David Griffith's "Birth of a Nation," quietly married Mr. Arms, the writer, last September, and they kept it a secret. He was in the naval aviation service and when the armistice was arranged and he was released the marriage was disclosed. She expects to return to the screen in October.

Baroness de la Roche, the French aviatrix, has been officially told her altitude record has been verified, and she is now the world's woman champion, having gone 15,700 feet aloft, or 1,000 feet higher than Miss Ruth Law's attested record.

Lady Lloyd is at the head of the Bombay women's council, which has begun to clean up that city. "The men have failed," said the lady, "and we are going to have adequate sanitation. Conditions have gone from worst to impossible and our work will show results. It will be educational and practical too." The India press is warmly approving.

FOR BREAKFAST.

Good Old-Fashioned Porridge.

To prepare it properly the water must be boiling, necessary salt added and the oatmeal then stirred in slowly by sifting it through the fingers. When it begins to boil up well, stop stirring and close the pot tightly. Set at the back of the range while you cook the rest of the breakfast.

Serve the porridge without any more stirring, as it is this that makes it waxy. The Scotch do not stir oatmeal with a spoon, but with a smooth flattened stick called a "spurtle."

Omelet.

Three eggs, yolks beaten to a cream and whites beaten stiff. Add a level teaspoon of flour to yolks and a pinch of salt. Mix in whites lightly; heat pan, grease with butter and turn in eggs. When well risen set in over to brown on top. Can be spread with preserves or minced ham sprinkled on top.

Egg Nests.

Beat whites of four eggs stiff and season with salt. Toast four slices of bread, dip quickly in hot water and spread lightly with batter. Put the whites on toast in shape of little nests, place a yolk in centre of each and bake three or four minutes.

ANOTHER MESS.

Proprietor (just demobilized)—Yus, I've been through it—officers' cook two years—wounded twice.

Tommy (tasting the soup)—You're lucky mate. It's a wonder they didn't kill yer.



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.

CLEAR THE NOSTRILS IN FIVE MINUTES

**Routs Out Catarrh, Stops
Sniffles, Prevents Sneezing**

Catarrhazone is a Marvel.

It just takes about five minutes for the penetrating vapor of Catarrhazone to clear out clogged nostrils. Hard crusts and accumulations are quickly removed. The soothing balsams of Catarrhazone draw out every vestige of inflammation, nose clogs stop as if by magic. Catarrh is prevented, better health is assured.

To cure colds without taking drugs may seem almost too much to believe, but Catarrhazone does it quickly and effectively. Endorsed by physicians, and in common use by the people of many nations. All dealers sell Catarrhazone, complete outfit \$1.00; small the Catarrhazone Co., Kingston, Canada; size 50c; sample size 25c, direct from ada.

There is no telling what a day may bring forth—a man may be happy to-day and married tomorrow.

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 Sicamous.

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)