

Children Cry for Fletcher's

CASTORIA

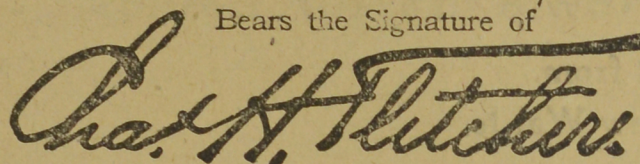
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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 348-41

Office 419-11

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. B. 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

SWEET PEAS,

ROSES,


CARNATIONS

A splendid assortment of
Ferns.

Bridal Bouquets a specialty.

'Phone 27

Cook's Cotton Root Compound.



Cook's Cotton Root Compound is a reliable remedy for all skin diseases. It is sold in two sizes, No. 1, 50¢ and No. 2, 75¢. It is sold by all druggists, or sent by mail on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly "Vaseline")

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

TO COOK A TONGUE.

Smoked Tongues Should be Freshened in Cold Water Before Being Cooked.

It is a good idea to change the water twice, each time just as it comes to the scalding point. Fresh tongues may be put directly into the boiling water. In either case the tongue should be cooled slowly—on the back of the coal stove and over the simmer if you use a gas stove.

When the tongue is tender, take from the fire and let the tongue cool in the kettle. When cool take from the liquor and remove the skin. If you want to have a very delicious flavor, add to the water in which tongue is cooked a bouquet of sweet herbs and three cloves as well as pepper. It should not be salted while cooking. Some cooks also add an onion and a carrot to the water in which it is cooked.

A tongue cooked tender in this fashion may be served in thin slices cold or it may be served at once hot with a white sauce, or it may be baked. To do this brush the cooked tongue with butter or cooking oil and place in a dripping pan. Cover the tongue with buttered bread crumbs and bake for 20 minutes, basting from time to time with hot water and melted butter, or with a little leftover chicken stock.

Braised Tongue.

Here is a recipe for making braised tongue that comes from the notebook of a famous cook:

Wash the tongue, skewer it into shape, put into boiling salted water, and simmer until the skin can be peeled off. Then dredge the tongue with flour, slice one onion and brown it in hot fat, then slightly brown the tongue in the same fat. Put the tongue and onion in a pan with a tight cover, add two tablespoonfuls of turnip and carrot, cut fine two cloves and peppercorns, a bit of celery root, or a sprig of parsley, or a tablespoonful of whole sweet herbs, or, if this seems like too much trouble, salt, pepper and onions will make a very palatable seasoning. Half cover with boiling water, put on the cover and cook slowly in moderate oven two hours. Turn the tongue after the first hour and add more water if necessary. There should be about a pint when the tongue is done. Remove the fat from the gravy and thicken the water with flour wet in cold water. Add more salt if needed, and one cup of tomato if the broth is not sufficiently seasoned. Put the tongue on the platter and strain the gravy over it.

USEFUL COOKING HINTS.

When peeling apples for pies, place them in a basin, pour boiling water over them and cover. Leave for ten minutes and the skins will come off quite easily, saving trouble and time. This is also a more economical way of peeling them, as there is no waste.

Do not take too thick a rind off in paring potatoes. The best part of the potato is near the skin. On the other hand, turnips should have a thick rind pared off. The turnip has an outer part that destroys the flavor of the whole if not removed.

Tomatoes should always be skinned before using for salad. To do this easily, place the fruit in a basin and pour boiling water over; let it stand a minute. You will then find that the skin can be removed without any trouble.

It is human nature to want to abuse someone occasionally.



MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on FRIDAY, the 5th September, 1919, for the conveyance of His Majesty's Mails, on a proposed Contract for four years, 3 times per week, on the Chipman Rural Route No. 1, commencing at the pleasure of the Postmaster General.

Printed notices containing further information as to conditions of proposed Contract, and blank forms of Tender may be obtained at the post offices of Chipman, Linton and Dogherty and at the office of the Post Office Inspector.

H. W. WOODS.

Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., July 21st, 1919.

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.

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

It's really no fun for a fellow to loaf unless he knows he has a lot of work that should be done.



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.

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

CHARLOTTE COUNTY EXHIBITION

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.

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)