

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Charles H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. 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

Bears the Signature of

Charles H. Fletcher

In Use For Over 30 Years

The Kind You Have Always Bought

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.

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PRESSED and REPAIRED

for Ladies and Gentlemen.

W. E. SEERY,
251 George Street.OF INTEREST
TO WOMEN

TO MAKE SPONGE CAKE

The cook who knows how to make a good sponge cake is a past mistress of dessert making, for she has at her service a wonderful foundation for many dainty sweets.

A loaf of sponge cake may be hollowed out and filled with vanilla ice cream and served with chocolate sauce.

The pieces taken out may be served next day with sweetened whipped cream as a sort of charlotte russe, or they may be served with boiled custard poured over them, as a dainty pudding.

A loaf of sponge cake hollowed out in the same way may be served with drained canned fruit with custard or whipped cream or simply with the juice, slightly thickened with cornstarch, passed as a sauce.

Slices of stale sponge cake may be lightly toasted and then served with a pudding sauté of some liquid sort—like chocolate or fruit juice sauce.

Moreover, sponge cake is the cake best suited for children, and it is the best accompaniment to ice cream or fruit.

As every really clever cook knows there is a sponge cake that is not a sponge cake. Not that exactly, of course. But there is a sponge cake, made with hot water, a sponge cake that is easy to mix and easy to bake, and one that costs little, because it contains few eggs.

Here is a recipe for this inexpensive and quite wonderful cake. It must be thoroughly beaten—yolks and whites separately and then together—and the water must be actually boiling when added.

To make the cake, beat the white and yolks of two eggs, the whites until dry, the yolks until creamy. Then add whites to yolks and beat again. Next add half a teaspoonful of vinegar and a cupful of granulated sugar and beat once more until thick and creamy. Sift together a cupful of flour and a teaspoonful of salt and add gently to the other mixture. Then add half a cupful of boiling water, stir until smooth, and pour into a greased tin. Bake slowly. It can be baked either in a flat sheet or in a small loaf.

Sponge cake should always be baked in a moderate oven until it begins to shrink from the sides of the pan. That is good indication that the cake is done. A fine straw can also be used to test sponge cake, but this test is not usually necessary, as the shrinking indicates the end of the baking.

FOOLISH QUESTIONS.

They were discussing the virtues of their respective wives. Presently one of them explained that his wife had been a Miss Mary Wilson. "And a fine girl too," he added.

"Mary Wilson!" chuckled the other. "Oh!"

"Do you know her?" asked the proud husband.

"I should say I do. I remember one day, when we were out boating, and we came to an island where we landed. 'Now Mary dear, I said, 'either you kiss me or we both drown!'"

"And q—did you kiss her?" gasped the husband, jealously.

"Was she drowned?" asked the other slowly.

When a girl builds an air castle she always leaves out the kitchen.

MINARD'S
"KING OF PAIN"
LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

MR. A. E. LAMONT, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me it was not safe to walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment

Co. Limited

Yarmouth, . . . N.S.

Cured of Dyspepsia
BY USING
Burdock Blood Bitters.

The symptoms of dyspepsia are so numerous and diversified in different individuals that probably no description could exactly represent them as they occur in any given case, but a few of the most prominent are a rising and souring of food, pain, flatulence and distention of the abdomen, a sensation of discomfort after every meal, which is sometimes followed by sickness and vomiting.

To get rid of dyspepsia a careful arrangement of the diet is necessary and due time must be given for the digestion of the meal.

You will find that Burdock Blood Bitters will help with this digestion. It does this by toning up the stomach in such a way that dyspepsia soon disappears.

Mr. Robt. Balwin, Winnifred, Alta., writes:—"I cannot speak too highly of Burdock Blood Bitters for curing dyspepsia, of which I have tried a good many doctors and proprietary medicines, so one day I thought I would try something different. I got a bottle of B. B. B. from our local factory only by The T. Milburn Co. Burdock Blood Bitters is manufactured only by The T. Milburn Co., Limited, Toronto, Ont."

TABLE OF WEIGHTS AND
MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.
4 tablespoons of a liquid equal ½ gill or ¼ cup.
½ cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1 quart.
2 cups of butter, solid, equals 1 lb.
½ cup of butter, solid, equals ¼ lb. or 4 ounces.
2 cups of granulated sugar equal 1 lb.
2½ cups of powdered sugar equal 1 lb.
1 pint of milk or water equals 1 lb.
1 pint of chopped meat equals 1 lb.
10 eggs, shelled, equal 1 pound.
8 eggs with shells equal 1 pound.
2 tablespoons of butter equal 1 ounce.
2 tablespoons of granulated sugar equal 1 ounce.
4 tablespoons of flour equal 1 ounce.
4 tablespoons of coffee equal 1 ounce.
1 tablespoon of liquid equals a half-ounce.

TIME FOR BAKING.

Beans—8 to 10 hours.
Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.
Bread—Medium loaf, 40 to 60 min.
Cake—Plain, 20 to 40 minutes.
Biscuit—10 to 20 minutes.
Sponge Cake—45 to 60 minutes.
Chickens—3 to 4 lbs weight, 1 to one and a half hours.
Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.
Duck (tame)—40 to 60 minutes.
Fish—6 to 8 lbs., 1 hour.
Gingerbread—20 to 30 minutes.
Graham Gems—30 minutes.
Lamb—Well done, per lb., 15 min.
Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.
Pie crust—30 to 40 minutes.
Pork—Well done, per lb., 30 min.
Potatoes—30 to 45 minutes.
Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
Rolls—10 to 15 minutes.
Turkey—70 lbs., 3 hours.
Veal—Well done, per lb., 20 minutes.

Cook's Cotton Root Compound.

A safe, reliable remedy for all kinds of skin diseases. Sold in large jars of 1 lb. each, No. 1, \$2.50; No. 2, \$2.00; No. 3, \$1.50 per jar. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor).

TO ADVERTISE
THE PROVINCE

The New Brunswick Tourist Association is asking for the co-operation of all sections of the Province, in a plan to make the Province better known, by a general Forward Co-Operative Movement this year; in which special emphasis would be laid upon the opportunities for Tourists, Sportsmen and Hunters, as well as on the business opportunities contained in its Forests, Mines and Farms.

It is proposed early in May to hold a convention at a point to be decided upon, where the time would be devoted to the inspection of local attractions, to displaying moving pictures of Forest, and Hunting scenes, as well as of farming, Lumbering, and Mining; to talks by outstanding men, and to a banquet at which there would also be stimulating addresses. The plan has the approval of the Provincial Authorities, who have promised to assist with screens covering the above resources.

The various boards of trade, Tourist Associations, and kindred organizations throughout the Province, are being asked to co-operate in the movement, the intention being to hold these meetings yearly at different points.

HEAVE, HO, MY LADS!

Sailing, sailing, over a desert waste; There's water, water, everywhere—of beer there's not a taste. Ahead there is a dustiness as wide as the raging main. For many a day shall pass away 'ere booze comes back again!

The sensations in gowns while temporarily upsetting us, always take us back to the original discovery by 'Bat' that Dame Fashion is entitled to consideration standing in any community, since she is the old party who put the "O!" in clothes.

ABOUT YOUR
CHILBLAINS!

What are they? A mild form of frost-bite—a chilling of the part to such a degree that inflammation is set up, causing a tingling pain, excessive irritation and often swelling. Zam-Buk cures chilblains by drawing out the inflammation, thus ending the pain and irritation and reducing the swelling.

Miss Annie Lepard of Beaverdale, Ont., says: "I suffered agonies from chilblains and used many remedies, but nothing gave me any ease until I used Zam-Buk, which, after a little perseverance, completely rid me of this painful ailment."

Regular applications of Zam-Buk will prevent a recurrence of the trouble. Keep it handy. 50c box.

Zam-Buk

COOKING CUSTARD

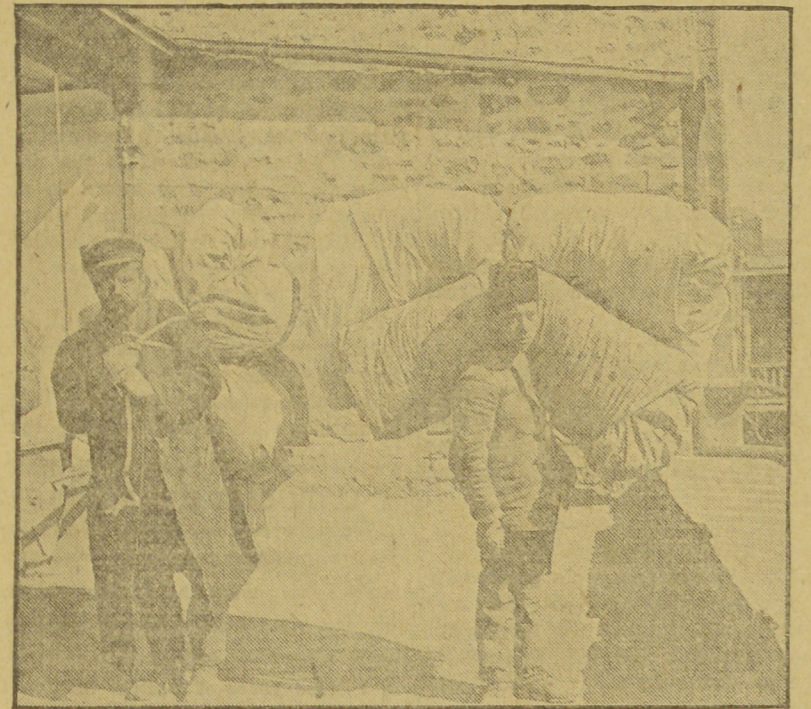
Why does a custard curdle?

There are two reasons why custard curdles—too high a temperature and too long cooking.

For a baked custard the temperature may be regulated by baking in a moderate oven, and by placing the custard cups or pan in which the custard is baked in a pan of water. The water in this pan should be very hot, but not boiling. The custard is baked when a knife inserted in it will come out clean.

Soft custards should be prepared in a double boiler and should be stirred constantly while cooking. Soft custard is cooked when it is creamy and will coat the spoon. If this custard should curdle, the curd may be removed by beating with an egg beater.

Evaporated milk is very satisfactory for the making of custards. Use one part evaporated milk or two parts water.



ARMENIAN REFUGEES

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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 and we will do the rest.

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