

## Children Cry for Fletcher's

## CASTORIA

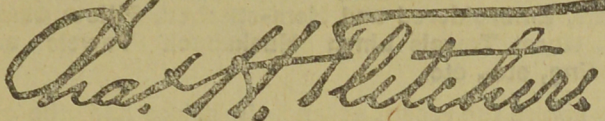
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and 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.

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## HOW TO MAKE SOUP

In making a soup of good stock it is wiser and cheaper to make enough to last two or three days. When thoroughly cooked, strain and set to cool, then remove the grease, pour off enough stock for one serving and set the rest away to keep cold. Vegetables or any other edible garnish may then be added. Should any soup be left over strain and set aside to add to the next day's portion, but do not turn it into the unused stock.

In making stock a quart of water is allowed usually to a pound of meat. To give body to thin soups, add a little barley, rice, arrowroot, cornstarch, potato flour rubbed to a cream, with butter, gelatin or rice flour that has been worked free of lumps with a little water or stock.

An odd oriental fancy is to make a purée of beans so thick that it hardens when cold; then a clear soup is made and slices of the bean curd are put in each portion. It is delicate and very rich and nourishing. Still another idea from the far east is to make tiny fritters, holding one boiled shrimp each, serving two or three in each plate of soup. In Russia a favorite soup has sliced apples perched on top just before serving.

## KEEP CLOTH NEW.

To have fabrics, after laundering, possess their original appearance, care must be taken with colored materials that they do not fade, and with white materials that they remain snow-white. Aside from this, suggests an authority, much depends on the sizing of cloth. Too much stiffening spoils its appearance and too little is quite as bad.

Most housekeepers use starch for stiffening ordinary clothing. Starch keeps the clothes clean longer and also acts as an absorbent for stain, thus saving wear on the fibre by making excess friction in laundering unnecessary. Manufacturers add other substances besides starch to their finished mixture and their practices have been adopted in home laundry work with success.

For instance, borax gives smoothness; paraffin wax gives gloss, and alum a certain degree of pliability.

The substance used to whiten is blueing, which counteracts the yellow tinge. To use any finishing process successfully the mixture must be carefully worked into the fabric to insure uniform finish. This is done by dipping in and out of the starch and blueing and rubbing well between the hands.

## GOOD SUGGESTIONS.

In making tomato soup with milk, the tomato should have a little soda put in it before being added to the milk.

Excellent shortcake with biscuit crust can be made with dried raspberries made into jam and used for filling.

Cabbage with eggs, milk, salt and pepper, dotted with bread crumbs and butter and then baked, is delicious.

Cabbage stew is made with cabbage, onion and little bits of bacon stewed and seasoned with salt and pepper. If you wish to serve cauliflower whole, boil it in a cloth. You can then lift it out of the saucepan without breaking it.

A nice way to use stale bread is to slice and steam it. Then butter well and pour over the slices well-seasoned stewed tomatoes.

Delicious sandwich filling is made by running through the meat chopper half of a Spanish onion and one small green pepper. Mix a cream cheese with salt and paprika and add to the chopped mixture to form a paste which should be spread on thin slices of bread.

## CUT COOKIES.

When making ginger snaps or cookies, if the dough is shaped in long, narrow rolls and chilled on the ice or left in a cold place over night, it may be sliced off instead of rolling. This saves a good deal of time and is very satisfactory.

## HARD BOILED EGGS.

Always plunge a hard boiled egg in cold water the minute it is done. This prevents discoloration.

GIRLS! GIRLS! TRY IT!  
STOP DANDRUFF AND  
BEAUTIFY YOUR HAIR

Hair stops falling out and gets thick, wavy, strong and beautiful.

Your hair becomes light, wavy, fluffy abundant and appears as soft, lustrous and beautiful as a young girl's after a "Dandierine hair cleanse." Just try this—moisten a cloth with a little Dandierine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once Dandierine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a small bottle of Knowlton's Dandierine from any drugist or toilet counter, and just try it.

WHY BELGIANS  
STILL NEED HELP

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which they left it, and never was there such desolation anywhere. One cannot get away from signs of destruction, no matter where one goes, along the country roads or in the city streets.

Not only has property been destroyed and every means of livelihood taken away from the people, but the peasants, especially in the country districts, have been left destitute both of home and food. We travelled twelve miles yesterday through open country and as but one small instance of the vast plundering of the Germans, let me state that in all twelve miles not one solitary live animal did we see, and practically every tree had been felled, so you can imagine the dreary aspect of the scenery.

All the peasant women and children we met on our way, said a news correspondent, while they greeted us with cheers and received us into their homes with open arms, those that had homes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and had lived largely on soup and coffee.

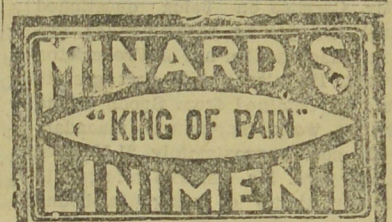
The cry of the Belgians today is for food and clothing and those who

WAR SAVINGS  
STAMPS GOOD  
INVESTMENT

Make Saving Easy and Pay the Investor Over 4½ per cent Interest, Compounded Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent., compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken



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

Best Liniment Made  
R. A. E. LAUNDRY, EDMONTON, writes:—  
"I fell from a building and received what the doctor called a very bad sprained ankle and told me I was not 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.

would help, no matter how little, should send their contributions to their committee, or direct to the Central Committee, Belgian Relief Fund, 59 St. Peter street, Montreal.

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 factured only by The T. Milburn Co."

en into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card, to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

Some people act as if they had a corner on goodness. No woman is ashamed to tell what her age was.

Someone has claimed that the best climber in the world is the Rocky Mountain sheep. Nonsense! It is easily excelled by the caperings on the peaks of the High Cost of Living by the Consumer's Goat.

INFLUENZA LEAVES  
THE BLOOD THIN,  
THE NERVES WEAK

The Danger from the Disease is Seldom Over When the Acute Stage is Passed—Tonic Treatment Strongly Recommended.

Doctors have agreed that Spanish influenza is really a severe form of the grippe which became known in this country a number of years ago under the French name of "la grippe" and which has been epidemic several times since.

The danger from grippe is seldom over when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. The grippe leaves behind it weakened vital powers, thin blood, impaired digestion and oversensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence. Until the blood is built up there can be no complete recovery of strength and health.

## COULD HARDLY CRAWL ABOUT

Among the many victims of la grippe who proclaim the value of Dr. Williams' Pink Pills is Mr. Amos Kaulback, of Petite Riviere, N. S., who says:—"I was taken down with a severe attack of la grippe, or influenza. After a time the early symptoms of the trouble left me, but I did not regain my usual strength, and I had always been a strong man. There were times when I felt I could hardly crawl about, and I was so run down I could scarcely go about my business. I continued taking medicine but it did me no good. Then I found the trouble was affecting my digestion and the disagreeable feeling from this added to my general misery. I was finally advised to take Dr. Williams' Pink Pills, and I decided to try them. I had only been taking the pills a few weeks when I found my strength returning, my appetite improved, and still continuing the use of the pills a few weeks more found me restored to my old-time vigor. I can most strongly recommend Dr. Williams' Pink Pills to all who have passed through an attack of influenza, as a safe medicine for renewing their strength."

REGAINED FLESH AND  
STRENGTH

To rebuild the blood, to strengthen the weakened nerves and to get back the lost flesh and strength is the problem of the victim of an attack of influenza. How Mr. Charles Darling, of No. 14 Week street, Bath Me., accomplished this is best told in his own words.

"My doctor treated me successfully for the grippe," he says, "but he did not seem to help the after-effects of the disease. I had headaches nearly all the time, my strength was nearly spent and I often had to lie down and rest. I was pale and lost in weight and had a dull, languid feeling most

of the time. My blood was very thin and poor and my stomach troubled me.

"One day I got a box of Dr. Williams' Pink Pills at the drug store and after taking them for about a week I noticed my health was better. My headache was relieved and I was getting stronger. I continued their use and have a better appetite and can eat anything I want. I no longer have that tired feeling, my color is normal and I am gaining in flesh."

Dr. Williams' Pink Pills for Pale People contain just the elements needed to build up the blood and restore the lost color and vitality. New energy circulates through the system with the enriched blood, the heart stops its alarming palpitating, color returns to cheeks and lips. Nothing more is needed except sunlight, good air, proper food and rest.

## WEAK AND RUN DOWN.

Miss Irene Bootes, Portsmouth, Ont., says:—"I take much pleasure in recommending Dr. Williams' Pink Pills, because I have proved their worth in my own case. Last winter I had a severe attack of la grippe and it left me weak and all run down. I had severe pains in the chest and under the arms, palpitation of the heart and attacks of neuralgia which left me with the feeling that life was scarcely worth living. I was taking doctor's medicine, but it did not help me, and I was much discouraged. I was advised to try Dr. Williams' Pink Pills and began their use only on the principle that I would try anything that might better my condition. I had only been using the pills a couple of weeks when the pains began to leave me. Gradually my strength returned, my appetite improved, and in a little more than a month I felt my old-time vigor had returned. I am sincerely

glad I was persuaded to try Dr. Williams' Pink Pills, and I shall always have a good word to say for them."

## HELPED HIM WONDERFULLY.

Following an attack of grippe, Mr. William Fielder, of No. 132 First street, Albany, N. Y., suffered from stomach trouble. He says:

"I was very much run down after having the grippe and lost both in weight and strength. My stomach was often sour and was very weak. A dull aching pain in the back of my head caused me much distress. An article in the paper brought my attention to Dr. Williams' Pink Pills and gave them a trial. Before the first box was finished I felt stronger and kept on with the remedy. I am feeling good, and my stomach is as strong as it ever was. I have gained in weight and strength and no longer suffer from headaches. Dr. Williams' Pink Pills certainly helped me wonderfully and I am glad to recommend them."

GRIP VICTIMS NEED A TONIC  
The debility that invariably follows the grippe is not a disease of any one organ. It is a general condition of unfitness. It must be met by a remedy whose good results will be quickly generalized throughout the entire system. In fact, it must be corrected by building up the blood which, when rich and red, carries renewed health and strength to every part of the body.

Dr. Williams' Pink Pills are a tonic, not a stimulant. They build up the blood and not only cure the disastrous after-effects of grippe, but are also a specific for all troubles due to poor blood, such as anemia, rheumatism, indigestion, women's ailments, and the generally worn out feeling that affects so many people. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.