

Children Cry for Fletcher's

CASTORIA

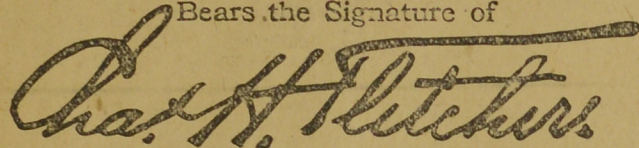
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

The Kind You Have Always Bought

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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COLLEGE, Fredericton, N. B.
The only School in N. B. affiliated
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ation of Canada.OF INTEREST
TO WOMEN

JUST AS NICE AS TURKEY.

Roast Pork with All the "Fixin's" will
Make Up for Lack of a
Real Turkey.

Although the traditional accessory for pork is apples in some form, cranberries are delicious with roast pork and with the cranberries one feels less cheated for the lack of a real turkey dinner. Get a cut that is well adapted for dressing—a tender shoulder with the bone removed is usually a very good selection. Rub over with a little salt and pepper and make a dressing from the following ingredients: Two cups of fine breadcrumbs, a tablespoon an half of butter or drippings, a half a large apple chopped, a little minced parsley, salt and pepper and enough milk to make it sufficiently moist.

Now put the pork in a dripping pan, rubbing well with drippings of some sort and with flour. Allow about 25 minutes to the pound in a moderate oven. Baste frequently, first with hot water and then with the drippings that come from the pork. Have sweet potatoes freshly cooked and peeled, and brown them in the pan with the pork. Serve with cranberries and cooked onions.

HINTS TO HOUSEWIVES.

When beef looks as if it going to be tough, rub it with a slice of lemon.

Oiled cloth tacked on bottom of foot-stools makes them slide easier.

If a teaspoonful of mutton tallow is added to starch when boiling it will prevent iron from sticking and also give a gloss to clothes.

Cream which is too thin to whip may be made to do so by the addition of an unbeaten white of egg.

Meat should never be put in cold water except in making soup, as cold water draws out the juices.

To clean burnt aluminum ware use hot vinegar and salt.

Take a broom handle and fasten each end in a clothes closet and then put your coat hanger on it. This takes the place of many hooks.

Sleevelets—Take a pair of old stockings and cut the feet off. They can be used for sleevelets. They protect the sleeves.

Simple Disinfectant—Put some fresh ground coffee in a saucer and in the centre place a small piece of camphor gum. Light with a match. As the gum burns allow coffee to consume with it. The perfume is very pleasant and healthful.

KEEP WARM.

Bed slippers are welcomed by all ages and both sexes, but particularly by old people whose circulation has become sluggish. These slippers should be knitted so as to come well up about the ankle. If they are rather tight at the ankles they will be all the more comfortable.

They are made without soles and are, consequently, not for use when walking about the floor, as are the usual knitted slippers. Knitted gloves, too, are welcomed by the masculine members of the family, particularly if they are lovers of the outdoors. The men of course, do not wish to wear them on the streets of the city, but if in the suburbs or country they do very well indeed.

BANANA PUDDING.

Beat yolk of 1 egg, 2 tablespoons of sugar and ¼ teaspoon salt. Add juice of ½ tart orange and 1 cup milk. Arrange sliced bananas and the bread crumbs in the baking dish and pour this custard over it. Bake in hot oven 20 minutes. Beat the white of egg stiff and add 2 tablespoons sugar and juice of ½ orange. Spread on pudding and brown.



Wood's Phosphorine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worries, Loss of Energy, Polypus of the Heart, Boiling Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or made in plain place on receipt of price. Non-proprietary medicine. THE WOOD MEDICINE CO., TORONTO, ONT. (Inventor, London, Eng.)

BIG FIRE AT FOOD PLANT.

Peoria, Ill., Jan. 2.—Fire last night damaged the animal food plant of the American Milling Company to an extent estimated at \$600,000.

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 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.

A FUSSY RABBIT.

While out motoring an auto party chided to have a meal in the open. One of them went into the village store to get the things necessary for a Welsh "rabbit."

"I want a pound of cheese and large square crackers for a Welsh rabbit," he told the storekeeper.

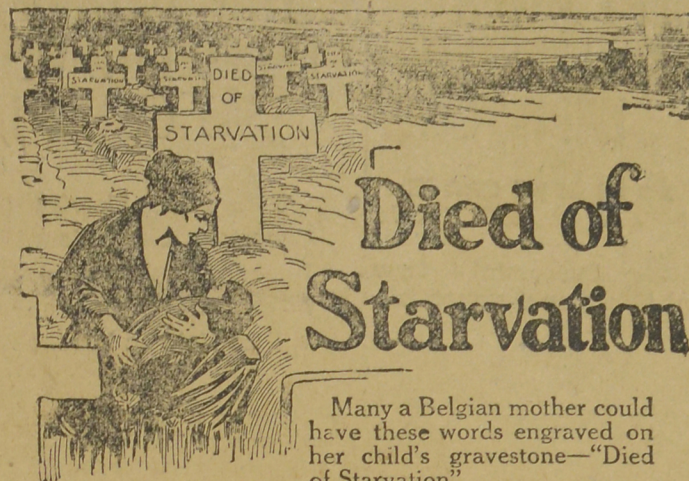
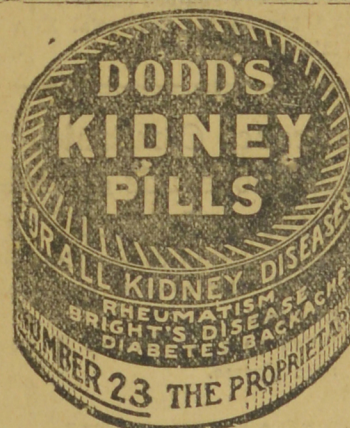
"I have the cheese," was the reply, "but I ain't got no arge crackers; how would some small ones do?"

"Sorry, but we must have large ones for the rabbit."

"Well you know best, of course, but that there rabbit of yours seems a mighty fussy eater for an animal."

Even when a woman knows her husband is lying she keeps right on asking questions.

Procrastination is a banana peel which has caused the downfall of many a man.



Many a Belgian mother could have these words engraved on her child's gravestone—"Died of Starvation."

Perhaps the child has wasted away with Consumption, or has been twisted into a mockery of happy childhood by Rickets, but starvation is at the root of the tragedy.

What else can be expected for a growing child whose daily ration is the bowl of soup and two pieces of bread provided by the United States loans to the Belgian Government?

The only hope for the destitute children of Belgium is that we who can afford three meals a day will be moved to pity and send help immediately. Even a small contribution will help to take some child, sinking under its load of trouble, over to Holland, where with good milk, nutritious food, medical care and loving treatment, he or she may regain health, strength and the wish to live.

GIVE—give until you feel the pinch! Don't wait until someone asks you personally. THIS is personal!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

RULES FOR THE AVOIDANCE OF
INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.

2. Avoid all indoor assemblies, and travel as infrequently as possible.

3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.

4. Keep patient by himself, permitting only the nursing attendant, the doctor and the clergyman to see him.

5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.

6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.

7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.

8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.

9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.

10. Do not be over-anxious. That is

do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

BAKED CORNSTARCH LEMON
MERINGUE

Heat 1 cup of milk to boiling point, then stir in 1 level tablespoon butter blended with same of cornstarch. Cook 1 minute stirring constantly. Add the yolk of 1 egg, beaten with 2 tablespoons sugar, grated rind ¼ lemon, juice of ½ lemon and pinch of salt. Bake 20 minutes. Beat white of egg with 3 tablespoons sugar, spread on top and brown.

How could you keep food on an upset stomach? Bolt it down.

Porcelain money has been made in Siam for circulation among the natives.

Detachable uppers enable a new shoe to be worn as a slipper when desired.

Have Your Job
Printing 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 and we will do the rest.

The Mail Printing Co
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