

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.

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.

DR. J. B. CROCKER,
DENTIST

FREDERICTON, N. B.

TELEPHONES:

Residence 349-41

Office 419-11

DR. GERRARD,
DENTIST

TWENTY YEARS' LONDON, ENG. EXPERIENCE.

King Street, - - - Opposite Boyle's Telephone 574.

W. J. IRVINE,

DENTAL SURGEON
Opp. Soldiers' Barracks and Next Door to Bank of N. S. Building, Queen Street.OFFICE HOURS—10 a.m. to 1 p.m., 2 p.m. to 5 p.m.
'Phone—338-11DR. S. W. SPROULE
DENTAL SURGEON

Graduate of Univ. of Toronto, Ont.

OFFICE:

Inches Building, Queen Street, lately occupied by Dr. L. R. Davison. Telephone 261-21

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 118-41HARRY R. ADAMS,
SUCCESSOR TO THE LATE
JOHN G. ADAMS
UNDERTAKER

610 Queen Street.

Phone or Telegraph Orders Shipped
on all trains or boats at short notice.

CLOTHES CLEANED,

PRESSED and REPAIRED
for Ladies and Gentlemen.W. E. SEERY,
251 George Street.OF INTEREST
TO WOMEN

MIDWINTER RECIPES.

Apple Roll.

Use seven apples, chopped fine; cinnamon and sugar, two cups unsifted flour, four level tablespoons of sugar, one-half level teaspoon salt, two level teaspoons baking powder, two level tablespoons shortening, $\frac{3}{4}$ cup milk.

Sauce: One half cup sugar, one-half cup milk, one-half cup water, one level tablespoon flour, two level tablespoons butter and one teaspoon vanilla.

Apple Dumplings.

Make a rich biscuit dough of two cups of flour, 4 teaspoons of baking powder, 1 teaspoon of salt, 4 tablespoons of lard and milk to make a dough as soft as can be handled comfortably (about $\frac{3}{4}$ cup will be needed). Roll out thin like pie crust and cut into six equal sections. Have ready 4 apples peeled and cut in eighths; heap about six pieces of apple on each section of biscuit dough, add a cup of sugar divided equally between the six. Gather the dough up around, pinching together at the top. Place in deep baking dish and pour over them a pint of boiling water in which a cup of sugar, a heaping teaspoon of butter and a quarter teaspoon of cinnamon have been stirred. Bake about 45 minutes in a hot oven, covering them at the last if they get too brown. Eat hot or cold, and preferably with cream.

One-Egg Rice Pudding.

Put three tablespoons of rice into a double boiler with 1 cup of water. Boil one half hour, then add three cups of milk and boil until soft. Stir with a silver fork so as not to break the rice grains. When done, take off, beat the yolk of one egg and stir into the rice. The heat of hot rice cooks the egg enough. Then turn it into the dish you are going to serve it in. Take three tablespoons of sugar, one-half teaspoon of cinnamon or nutmeg, mix together, sprinkle on the top of pudding, then put bits of butter here and there. The hot pudding melts the butter, forming a brown frosting over the top. This is very nice and inexpensive.

Rice Delight.

Boil rice as usual for plain boiled rice and shake dry. For the amount obtained by cooking $1\frac{1}{2}$ cups of washed rice, allow 1 can of tomato soup and 1 cup of grated cheese. Cook in a double boiler until the puree is hot, or pour into a buttered baking dish and cover top with cracker crumbs. Dot over with small pieces of butter and bake until the crust is well browned and the juice is bubbling.

Fruit Salad.

Peel and cut three tart apples into dice and drop immediately into acidulated water to prevent discoloration. Mix together half cup of finely cut celery, half cup of broken nut meats, half a pound of Malaga grapes cut in halves and seeded, and the pulp of three oranges. Drain the apple, dry in a napkin, add it to the other ingredients, and toss about lightly with a silver fork. Place in nests of crisp lettuce leaves and mask with cream salad dressing.

HOUSEHOLD REMINDERS.

When boiling fresh fish put a drop of vinegar to the water. It makes the fish white and firm.

A few drops of ammonia in the water in which silver is washed will keep it bright for a long time without cleaning.

When pouring boiling milk or water in a tumbler or glass dish stand the tumbler or dish on a knife and the glass will neither break nor crack.

Before frying anything in egg, dip the mixture in bread crumbs, then in the egg, then again in the crumbs. One tablespoonful of cold water may be used with the egg to good advantage.



Wood's Peppermint Cure.

The Great English Remedy. It cures and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, loss of energy, palpitation of the heart, falling memory. Price \$1 per box, six or \$5. One will please, six will cure. Sold by all druggists or mail it. Please place on receipt of price. No pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, CAN. (Former, Alaska.)

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
327-329 Queen Street, Up Town

PEOPLE OF GERMANY ARE
SMOKING OAK LEAVES

Berlin, Germany, Jan. 27 (Delayed)

—He wore the overcoat and trousers of the uniform he had worn for two years at the front. There are a million men like him in and around Berlin. They live with their families in two or three cold rooms. They are stoical, hungry remains of the German people. Neither sullen nor resentful, they eat their two meals a day of cabbage and sugar beets with now and then a morsel of pork, a handful of potatoes and sour black bread.

This man's name is Karl Hesler. Four years ago he had two sons. They are buried near Verdun. Karl himself was wounded at Reims and Arras. Last month he came home. The war was over. He found his wife and two daughters, the youngest daughter having died of starvation. Last night Karl came home at 7 o'clock having obtained work as a street car conductor. His wife had spent the day washing and the two daughters aged 5 and 10, had made ready the supper. The Heslers live in two rooms in a poor suburb. Karl washed himself with a cake of soap made of clay and then sat down at the table and ate in silence. Later he filled his pipe with oak leaves. For supper there were sugar beets, cabbage, four spoonfuls of potatoes, four thin slices of sour black bread and a slice of beef as large as the palm of the hand. Mrs. Hesler

was sleepy.

Costs \$200 for a New Dress
"I need a new dress," she said, "but it costs 800 marks (\$200) to buy something."

"Karl laughed abruptly.

"And what about me?" he asked.

"You have your uniform yet," the wife answered. Karl looked at the remains of the uniform he had worn at Reims and Arras.

"And you have the uniforms of Wilhelm and Phillip," Mrs. Hesler rubbed it in.

"I do not want to wear the uniform," said Karl slowly. "I have had enough of it."

The talk turned on Karl's job. He received 60 marks (\$15) a week and Mrs. Karl received from her washing 20 marks (\$5) a week. "It is a lot of money," said Karl, "but it is good for nothing." The meal over, the oak leaves in Karl's pipe would not burn. Karl fussed with the pipe a long time and then said:

"It is better so. The kaiser is gone and something sure will happen. Now when the kaiser was here, we worked hard and got nothing. Only the rich people and officers enjoyed themselves. We were poor before the war. I thought of going to America then but the war came and I and my sons fought for the kaiser. We have lost, but we did our best for the fatherland. I would rather have the kaiser out of

Germany than win the war for him. Everybody I know in the union feels the same. Times are bad now. I can get no meat, bread or tobacco for my whole wages, but only one good meal for me or two pounds of butter.

Woes Crowd on Each Other

"My sons are gone, my little girl died and pretty soon my woman will die. You notice how tired she is. She don't eat enough. But the Spartans are finished. That is the first good thing. Now the old times must come back. I don't complain. I am used to eating nothing. In my street car I see every day women with babies and when I see them I get mad at the kaiser all over again. He is to blame. No, from what I hear of the Americans I don't believe now that America will not send us food. That is all a political joke. We live on beets and cabbages and smoke oak leaves until—until the end. I have no hope—only maybe something will happen."

The veteran of Reims and Arras shrugged his shoulders, rose and looked at his wife. She was sleeping in her chair with her head forward. Karl shook his head. "She is starving. There was a woman who went to sleep so in my car and she didn't wake up."

Karl lighted another pipeful of oak leaves, drew on his army overcoat, set down and looked out of the window. When I left him he was still at the window asleep with the pipe between his teeth.

FOR MARRIED MEN ONLY

When your razor is dull as a hoe, ask your wife if she wasn't paring her corns. Get her Putnam's Corn Extractor; it's the only painless and safe cure. All dealers sell "Putnam's" at 25c. per bottle.

An optimist is a person who doesn't know what's coming to him and hopes it doesn't.

BUY



WAR-SAVINGS STAMPS

Cost this Month \$4.01

Next month War-Savings Stamps will cost \$4.02, and so on until December, when the price will be \$4.11. The extra cents represent the interest which is accumulating all the time. These, too, are the prices you can secure for your W.S.S. should circumstances make it necessary to realize on your investment before January 1st 1924, when the Dominion of Canada pays \$5.00 for every stamp you own.

SOLD WHEREVER YOU SEE THE BEAVER-TRIANGLE SIGN