

Children Cry for Fletcher's

CASTORIA

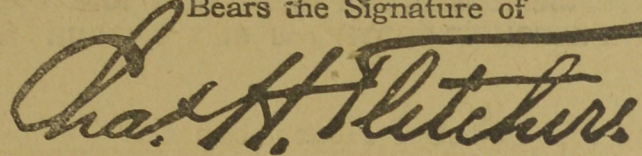
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "just-as-good" are but experiments that trifle with and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

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FREDERICTON, N. B.

TELEPHONES:

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DR. GERRARD

OFFICE:

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ARTIFICIAL TEETH and
GOLDWORK a SpecialtySuperior Conveniences for Chloroform administration.
Telephone 574.

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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—358-11DR. G. R. LISTER,
DENTIST

Tel. 232-41. Burchill-Wilkinson Bldg. Below Regent.

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Best and Most Modern Funerals
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SWEET PEAS,

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A splendid assortment of
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Bridal Bouquets a specialty.

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For Ladies and Gentlemen.
PRESSED and REPAIRED
W. E. SEERY
251 George Street.

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BARRISTER, NOTARY, ETC.
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Phone 561. Box 863.F. M. O'NEILL, LL. B.
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INSURANCE NOTICE

I wish to announce to my friends and the public generally that I have accepted the agency for the CANADA LIFE INSURANCE COMPANY.

This is a high class Canadian Company which has long carried a large amount of insurance in this province. I have several attractive propositions to offer and those who contemplate taking on insurance will find it to their advantage to consult me.

JOHN S. SCOTT,
Charlotte Street, Fredericton
Telephone 112.

TO BE ABLE TO SAY

I received my training at the

FREDERICTON
BUSINESS COLLEGE

MEANS A GREAT DEAL to a young man or woman when looking for an office position.

Those who expect to enter this school for the WINTER TERM opening JANUARY 5th, should write for full particulars NOW.

Address
W. J. OSBORNE, Principal,
Fredericton, N. B.

YORK HOTEL

J. HOWARD YOUNG, Proprietor
Corner Westmorland and King Sts.
Good accommodation and service.
Coach and Auto Service to all trains and boats. Stable in connection.

Cook's Cotton Root Compound

A safe, reliable, regulating medicine. Sold in three sizes of 1, 2, and 4 oz. bottles. No. 1, 2, and 4 oz. bottles. Sold by all druggists, or sent by mail on receipt of price. Address: THE COOK'S COTTON ROOT COMPOUND, 251 George Street, Fredericton, N. B.

OF INTEREST
TO WOMEN

SEASONABLE RECIPES.

Rolled Steak.

One small skirt steak, 1 tablespoon chopped parsley, 1 tablespoon chopped onion, 1 cup stock, 1 slice carrot, 1 bay leaf, salt and pepper. Trim the steak, sprinkle it with parsley and onion; season with salt and pepper; roll and tie it, place in a small roasting pan with the stock (or water if you have no stock) carrot and bay leaf, and roast for one hour, basting constantly. Serve with tomato or brown sauce.

Steamed Apple Dumplings.

Make a rich baking powder biscuit dough, roll very thin and cut into large rounds. Peel fine-flavored tart apples, cut them in halves, remove the cores and fill the cavities with grated maple sugar. Wrap each piece of apple with the dough, wet the edges and press firmly together. Cover the bottom of a steamer with a floured cloth, lay the dumplings on it, allowing an inch space between each. Cover and steam about an hour.

Potato and Cheese Croquettes.

Mix together 2 cups of hot mashed potatoes 2 tablespoons of butter half teaspoon of salt, quarter teaspoon of pepper, quarter teaspoon of celery salt, a few grains of cayenne, half a teaspoon of onion juice, the beaten yolk of 1 egg, 1 teaspoon of chopped parsley, two-thirds cup of grated American cheese and sufficient cream to moisten. Shape into cones, dip in beaten egg, roll in fine crumbs, let stand half an hour and fry in deep hot fat.

Chocolate Cream Pie.

Line a deep pie tin with plain pastry and then place in a saucepan one and three-quarters cups of milk, one-half cup cocoa, one-third cup of cornstarch. Stir to dissolve the starch and then bring to a boil and cook for three minutes. Then add three tablespoons of butter, one-half cup of sugar. Beat, pour into prepared pastry and bake in a moderate oven for twenty minutes.

RANDOM REMINDERS.

Scour nickel with powdered borax.

Lime water with sweet oil whipped in is excellent for painful burns.

Delicate velvets may be cleaned with chloroform without injury to the color.

A paste made of baking soda is said to remove paint from window glass.

To harden the gums and sweeten the breath, rinse the mouth out with tincture of myrrh twice a day.

A little baking powder may be used

CANADIAN NATIONAL RAILWAYS

CHANGES IN TIME
SCHEDULES,
November 30th

NO. 14 EXPRESS will leave St. John 1:40 noon (daily except Sunday) after arrival of All Rail Line Train from Oton, and run

Through to Halifax

Arriving Halifax 11:40 p. m.
Connections by this train for New Glasgow, the Sydneys and Newfoundland.Through Sleeping Car.
Dining Car between Moncton and Halifax.

Stevens

Single or
Double Guns

—Barrels and lugs drop-forged in one piece.
—Bored by a method that insures long range close shooting.
—Fore-ends that will not loosen and will keep the barrel tight.

Ask to see one of the guns that are building reputation for Stevens. Free catalog.

J. STEVENS ARMS COMPANY
Chicopee Falls, Mass., U. S. A.SPECIAL TRAIN
SERVICE FOR
THE HOLIDAYS

Daily Excepting Sunday Passenger Train on Valley Ry. Between St. John and Fredericton.

During the Christmas and New Year holiday season, the Canadian National Railways will operate a special passenger train service via the Valley Railway between St. John and Fredericton. In addition to the regular service now in effect, this passenger train will leave Fredericton (daily except Sunday) at 7:00 a. m., arriving in St. John at 10:30 a. m.

Returning the train will leave St. John at 4:30 p. m. and arrive in Fredericton at 8:00 p. m. This special service will be in effect from Monday, December 22nd, to Saturday, January 3rd, 1920 (inclusive) and will greatly accommodate the travelling public, providing also for the increased holiday travel.

Passenger Trains No. 47 and No. 48, between Fredericton and Centreville, will run daily (except Sunday) during the same period, and the mixed trains will be withdrawn.

Regular passenger fares will apply between all points.

THE HEATING
APPARATUS
MUST BE SAFE

Before stoves and furnaces are started up in the fall they should be carefully inspected, together with the smoke pipes, flues, etc. This may save your home and the lives of your family. Sixty-five per cent of all the fires occur in dwellings and defective flues and heating apparatus the responsible for most of these. The general rules for the safeguarding of domestic heating appliances are as follows:

Examine smoke pipes, to see that they have not rusted through and that joints are tight.

Be certain that there are no cracks in the chimneys or flues and that they are cleaned out regularly.

Place stoves, furnaces and pipes far enough from walls and woodwork to avoid overheating.

Cover the nearest wooden surfaces with sheet asbestos, sheet iron or tin if iron or tin is used leave an air space behind it.

Where stovepipes or heating pipes pass through walls, enclose the pipe in galvanized iron, double-walled, ventilated thimbles at least twelve inches wider than the diameter of the pipes.

Protect the floor beneath the stove with sheet metal and have it extended forward at least twelve inches directly beneath the door to the asphalt.

Surround the base of the furnace with brick, stone or concrete.

Fix a guard about the pipe in the attic so nothing may be stored against it.

Never pour kerosene into a coal or wood stove, even when the fire is out. Never put ashes into wooden boxes or barrels; use a strong metal can.

Study the drafts and dampers. Do not let the stove or pipe become red-hot.

Keep stoves, furnaces, flues and chimneys clean.

Inspect the chimneys and flues to be sure that they are sound.

Do not dry wood in an oven.

Do not hang wet clothing too near to a stove.

Keep curtains and other cloth away from stoves and pipes.

In a bread pudding when no eggs are available.

A freshly whitewashed cellar will give butter a strong taste.

Small collars of hand embroidery give the most charming of all neck finishes.

Wipe your carpets with a cloth wrung out of salt water, and it will brighten the colors.

Touch warts and corns with a tiny brush or feather dipped in iodine, and they will gradually disappear.

For a severe headache a towel wrung out of very hot water and applied to the back of the neck will often give instant relief.

Rose water, 8 ounces and tincture of benzoin 2 drams, added first to a half ounce of glycerine, then add to the rose water, makes a fine lotion and a whitening.

Canadian National Railways

Special Passenger Train Service

FOR CHRISTMAS AND NEW YEAR HOLIDAYS

Between FREDERICTON AND ST. JOHN

VIA VALLEY RAILWAY ROUTE.

Daily Except Sunday, from December 22nd, 1919, to January 3rd, 1920 (inclusive)

In addition to the Regular Train Service between St. John and Fredericton a Special Passenger Train will run as follows:
(Eastern Standard Time.)

7:00 a. m.—Leave Fredericton Ar. 3:00 p. m.
10:30 a. m.—Ar. St. John Lv. 4:30 p. m.

REGULAR PASSENGER FARES WILL APPLY

During the same period No. 47 and No. 48 Passenger Trains will run daily (except Sunday) between Fredericton and Centreville, and the Mixed Trains will be withdrawn.

REGULAR PASSENGER FARES WILL APPLY. For further particulars apply to CITY TICKET OFFICE, 49 King Street.

IN TUBE FORM

VETERANS CREMY FLAVORS

Non-Alcoholic, More Economical, More Effective Than Any Bottle Flavor Made.

The quickest and surest way to suppress the Lemon Extract evil is for everyone sincerely interested in the social welfare of our province to immediately STOP the buying of any form of liquid extracts which contain from 75 to 90 per cent alcohol.

WHY NOT, when we have a better product from every standpoint than any bottle flavor on the market. All Flavor—No Alcohol.

A TRIAL IS CONVINCING—ASK YOUR GROCER—
NOW IN ALL STORES!

In Six Flavors, Lemon, Vanilla, Maple, Almond, Rose and Pineapple. Manufactured and Guaranteed by

COMMERCIAL BROKERAGE CO. LTD

99 Prince William Street, St. John, N. B.

THE EXTRACT OF THE FUTURE

CANADA'S GOLD A SMALL FACTOR
IN THE EXCHANGE SITUATION

Export of 20,000,000 to the United States Will Not Have Much Influence on the Market—Some Importance Attached to Opening U. S. Market to Canadian Wheat.

Ottawa, Dec. 13—While the export of twenty millions of Canadian gold to New York is designed to have an incidental effect upon the adverse conditions of exchange which are prevalent, it is but a flash in the pan, so to speak and no very lasting influence is expected to result from it alone.

A factor to which considerable importance is attached is the opening on Monday of the American market to Canadian wheat and wheat products the embargo imposed by the United States will be lifted then. Definite figures as to the visible supply of wheat in the country are not available here the Government having entrusted to the Canada Wheat Board the entire disposition of the crop. This arrangement was designed to realize the largest price possible, but there were no instructions as to where, particularly, the crop would be sold, though the American market at the time the Wheat Board was created, operated as a barrier to shipments across the line.

It is believed here that considerable quantities of Canadian wheat needs of the Canadian flour mills both for the production of flour and of barn and shorts so essential to the live stock industry.

Any extensive shipments will have

a stabilizing effect upon the disturbed exchange conditions and also will bring hash whereas sales to Europe have to be made on the basis of Imperial credits established by the Dominion Government. There is a demand in the States for Canadian hard wheat but not for the flour products.

The shipment of gold to New York was in discharge of certain maturing obligations but forwarded at the time it is the expectation here that the effect will be beneficial for a time anyway. The sudden drop it is believed will have a salutary effect in that it brings home to Canadians very forcibly the seriousness of the situation and enforces attention to a subject upon which heretofore there has been considerable apathy.

The movement to stop buying across the line where it is not wholly necessary and instead to buy at home, is getting a decided impetus. Advices received here indicate a wholesale cancellation of orders already placed in the States, or at least suspension of payment till the exchange situation rights itself.

When you rip an old garment, first cut a few stitches with the scissors; then pin the material to your knee and rip with a sharp knife.

