



CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria
Always
Bears the
Signature
of
Dr. J. C. Hutchins
In Use
For Over
Thirty Years
CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

SOME TEMPTING RECIPES.

Golden Corn Tea Rolls.
Sift together one cupful cornmeal, one cupful flour, three teaspoonfuls of baking powder, one teaspoonful salt. Rub one and one-half teaspoonfuls of lard into the mixture, add half a cupful of milk and half a cupful of water. Roll like biscuit dough. Let stand fifteen minutes, then form in rolls and bake in hot oven.

Cocoa Nut Muffins.
Sift together two cupfuls of flour, two rounded teaspoonfuls of baking powder, half a teaspoonful of salt and half a cupful of sugar. Add one-quarter cupful of melted butter or lard, an egg, half a cupful of shredded cocoanut and one cupful of milk. Stir well and bake in hot, well greased muffin pans.

Nut Bread.
Take four cupfuls of flour, six teaspoonfuls baking powder, 1 teaspoonful salt, one cupful English walnut meat, one cupful milk, two eggs, one cupful of sugar. Chop the nuts and mix with the flour and baking powder; add the eggs well beaten, then the milk; put in buttered pans, let rise twenty minutes; then bake as light as bread.

Hot Fudge Cup Cakes.
Use one cup butter, three cupfuls of flour, one and one-half cupfuls sugar, three teaspoonfuls baking powder, two eggs, one teaspoonful vanilla, one cupful milk. Cream together the butter and sugar; add the beaten yolks, then alternately the flour in which the baking powder has been sifted, and lastly fold in the beaten whites of the eggs. Add a teaspoonful of vanilla, half fill the muffin tins, and bake in a moderate oven.

Filling: To a cupful and a half of sugar add three teaspoonfuls of cocoa, a teaspoonful of vanilla, butter the size of an egg and a little more than half a cupful of milk or water. Boil all together for three minutes and then place in a double boiler to keep hot until ready for use.

A DOCTOR IN A TIN BOX!

Sounds strange, does it not? Yet that is how Mr. J. Cartier says Zam-Buk is regarded by his family. Mr. Cartier, who is a member of the family of the late Sir George Cartier, is Justice of the Peace and Assistant Clerk of the Circuit Court, Montreal. He first discovered the wonderful power of Zam-Buk by using it for eczema, which it completely ended. Since then his family is never without it.

"Allow me to express my gratitude," he writes, "for the benefit I have derived from the use of Zam-Buk. I have proved that it is, without doubt, the finest remedy for eczema. Its general healing and curative powers are immense. We call it 'Our Family Doctor,' and are never without it."

Mothers should see that Zam-Buk is always handy, for not only does it end pain, draw out inflammation and prevent blood-poisoning, but it heals skin diseases and injuries in the shortest time possible. All dealers, 50c. box.

Zam-Buk

ONLY ADVICE.

Take this advice, it isn't con:
Save part of what you earn;
You can't collect insurance on
The money that you burn.

I'll say that this advice is good
And put in manner neat.
I'd save some money if I could,
But Gosh! I've got to eat.

Never park your car in the attic.
Werner is not the kind of horn that
knew how to keep the powder dry.

THE WOMAN WHO FED CITY OF LONDON

London, Nov. 6.—One of the most interesting figures brought into the limelight of publicity during England's great railway strike was Miss E. M. Hopwood, now called "the woman who fed London."

Miss Hopwood was secretary to a large commercial firm in the North of England and her business ability was so well recognized that when the Ministry of Food was organized, she was called to the service of the government. She scored such success in her emergency war-work that she was appointed at the beginning of the railway strike as food distribution officer for the whole metropolitan area.

She has an energetic manner that is a source of inspiration to her staff. During the strike she worked steadily from eight in the morning until ten at night, taking her meals in her office.

WHAT BOTHERED HIM.

"You shouldn't feel so badly about your daughter getting married. You are not losing her, but really gaining a son-in-law."

"That's just the trouble," said the bride's father. "That means another mouth to feed and the cost of living already out of reach."

MUST HAVE HAD IT ALL.

"I understand you have had a slight operation?"

"That's what I thought I had, but I got the bill for it yesterday and I am inclined to think now that while I was under the ether the surgeon gave me everything he had in stock."

Fire plugs are not made to chew.
That German Horn always was badly out of tune.

RASCALS

Biliousness, Headache, Colds, Constipation, driven out with "Cascarets"

Why take nasty cathartics, sickening salts, or stomach-turning oils to drive these rascals out? Let gentle, harmless Cascarets remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your skin sallow, your breath offensive, and your stomach sour. Get a box of Cascarets at the drug store and rid your liver, stomach, and bowels of the excess bile, poisons, and waste which are keeping you miserable. Cascarets never gripe, never sicken, never inconvenience. They cost so little and work while you sleep.

BAD BLAZE AT HALIFAX

Halifax, Nov. 6.—The damage occasioned by the early morning fire at the Hollis street building occupied by A. Milne Fraser, P. J. Hanifen, custom tailor, the Canada Cafe and four families on the top floor, is estimated at \$50,000. The top floor dwellers escaped in their night clothes and lost all their effects.

FOR SALE—An Eastman folding camera, 4x5, in good condition; will be sold at a bargain. Apply at the Mail Office.

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.

DENTISTS

DR. J. B. CROCKER, DENTIST
FREDERICTON, N. B.
TELEPHONES:
Residence... 248-41
Office... 418-11

DR. GERRARD
OFFICE:
671 KING STREET, FREDERICTON
ARTIFICIAL TEETH and GOLDWORK a Specialty
Superior Conventions for Chloroform administration.
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—328-11

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... 118-41

ADA M. SCHLEYER, FLORIST
CHARLOTTE STREET
SWEET PEAS, ROSES, CARNATIONS
A splendid assortment of Ferns.
Bridal Bouquets a specialty.
Phone 271.

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

BARRISTERS

E. ALLISON MACKAY, BARRISTER, NOTARY, ETC. INSURANCE
CHESTNUT BUILDING, FREDERICTON, N. B.

J. BACON DICKSON, LL. B., BARRISTER, ETC.
532 Queen Street, Fredericton, N. B.
Phone 561. Box 863.

F. M. O'NEILL, LL. B., BARRISTER, NOTARY, ETC., Insurance
N. B. TELEPHONE BUILDING, GAGETOWN, N. B.

Canadian National Railways.
CHANGE TO STANDARD TIME OCTOBER 26
At 2.00 a.m. Sunday, October 26th, Daylight Saving Time, now in effect on the Canadian National Railways, will be changed to Regular Standard Time.

All clocks and watches will be set back one hour, viz., to 1.00 a.m. o'clock.

Travellers and Railway Patrons will be governed accordingly.

NOTICE TO RETURNED MEN
Any returned men wishing to subscribe for the "Veteran" may do so by applying to Secretary E. H. Coy of the local G. W. V. A. at the G. W. V. A. rooms. The subscriptions have been taken out of the hands of the agents and in future will be subscribed to through the G. W. V. A. branches.

Cook's Cotton Root Compound.
A safe, reliable remedy for all skin diseases. Sold in various sizes. No. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. Address: THE COOK MEDICINE CO., TORONTO, ONT., (Hawthorne Building)

FASHION'S FANCIES.

Belts are semi-fitted.
Fur coats are sports length.
Berthas are coming into favor.
Jet is seen on tricolette dresses.
The double belt is still in style.
The cascade jabot has returned.
None of the fur coats have belts.
Straight, unbroken lines are favored.
Vested effects are frequent in fall suits.
Fillet laces will soon begin to decline.
Cape wraps are as much favored as ever.
A new type of overskirt is bell-shaped.
Plaid umbrellas are an agreeable change.
Even indoor frocks are trimmed with fur.
Leather buttons are excellent on tyeed suits.
Silk braid embroidery is frequently seen.
Georgette and satin are a new combination.
Collars of Maize-colored organdie are excellent.
Shiny black satin ribbon is much used as binding.
Every airy little dress has to have its touch of lace.
Mole waistcoats are excellent with brown velour suits.

Those who have money on deposit in the savings banks now have the chance of a lifetime to secure an equally safe but much more profitable investment. They should draw out the money and put it into Victory Bonds. The yield on money in the savings banks is only three per cent., while Victory Bonds pay 5½ per cent. All the resources of Canada are behind the Victory Bonds.

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.

Wood's Peppermint Cure.
The Great English Remedy
Tones and invigorates the whole nervous system, makes new blood in old veins, cures Asthma, Debility, Mental and Brain Worries, Indigestion, Loss of Energy, Palpitations of the Heart, Failing Memory, Etc. etc. Sold by all druggists or mail in plain package on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, CAN. (Hawthorne Building)

FREDERICTON FIRE ALARM

6 Shoe Factory
12 Corner Westmorland and Aberdeen Streets.
12 Corner Northumberland and Saunders Streets.
14 Corner Brunswick and Smythe Streets.
16 Corner Charlotte and Smythe Streets.
16 Corner George and Northumberland Streets.
17 Corner King and Northumberland Streets.
21 City Hall.
23 Corner York and George Streets.
24 Corner Queen and Westmorland Streets.
25 Corner Brunswick and Westmorland Streets.
26 Corner Charlotte and Westmorland Streets.
27 Corner King and York Streets.
28 Corner Saunders and York Streets.
31 Corner Queen and Regent Streets.
32 Corner Needham and Regent Streets.
34 Corner Queen and Carleton Streets.
35 Corner Brunswick and Carleton Streets.
36 Corner Charlotte and Carleton Streets.
37 Corner George and Regent Streets.
38 Corner King and Regent Streets.
44 Corner Queen and St. John Streets.
45 Corner Brunswick and St. John Streets.
46 Corner Charlotte and St. John Streets.
51 Corner King and Church Streets.
52 Corner George and Church Streets.
53 Corner Union and Church Streets.
54 Gas House.
55 Intercolonial Railway Station.
56 Lanedowne and Waterloo Row.

MINARD'S "KING OF PAIN" LINIMENT

I was cured of terrible lumbago by
Minard's Liniment
—Rev. Wm. Brown.

I was cured of a bad case of earache by
Minard's Liniment
—Mr. S. Kaulbach.

I was cured of sensitive lungs by
Minard's Liniment
—Mrs. S. Masters

Manufactured by the
Minard's Liniment
Yarmouth, N.S.

YORK HOTEL

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

Wholesale Dry Goods and Woolens

House Furnishings For Everybody

Lace Curtains, Screen Curtains, Curtain Muslins and Draperies of all kinds.
Cretannes and Casement Cloths.
White Bedspreads. Towels, Napkins and Table Linens.
OILCLOTHS AND LINOLEUMS, CARPETS, RUGS AND SQUARES
Prices Lowest Possible. Goods Sold to the Trade Only.

VASSIE & COMPANY, LIMITED

WHOLESALE DRY GOODS AND WOOLENS
ST. JOHN, N. B.
Our Motto: Promptness, Accuracy, Courtesy.

SPECIAL NOTICE

ALL PERSONS USING ELECTRIC LIGHT who purpose moving will find it to their advantage to notify the Lighting Company AT ONCE, inasmuch as there generally are a large number of meters to be changed on said date with a limited number of men to attend to same.

MARITIME ELECTRIC COMPANY, LIMITED.
HARRY D. WHITE, Manager.

FURS

LADIES' FUR JACKETS in Muskrat Seal, Marmot, Pony, Persian Lamb Black Dog.
MEN'S FUR COATS in Raccoon, Silver Wombat, Black Dog, Yukon Beaver.
MEN'S FUR-LINED COATS with Muskrat Linings and Otter Collars.
LADIES' NECK FURS in all popular styles.
MACKINAW, SHEEP-LINED COATS HORSE BLANKETS.
LEATHER COATS, Haig Style.

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