

Children Cry for Fletcher's

# CASTORIA

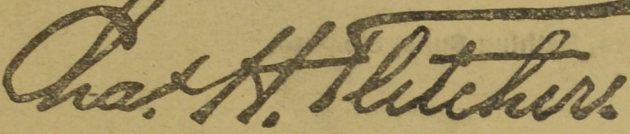
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

## 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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

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

OFFICE:

571 KING STREET, FREDERICTON

ARTIFICIAL TEETH and GOLDWORK a Specialty

Superior Conveniences 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—388-11

### 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

LT. COL. W. J. OSBORNE, after four years of war service in England, Belgium, France and Canada, has again taken over the management of the

### FREDERICTON BUSINESS COLLEGE

FREDERICTON, N. B., The College will be kept open all through the summer.  
FALL TERM begins September 2nd. Write for full particulars.

### E. ALLISON MACKAY BARRISTER, NOTARY, ETC. INSURANCE

CHESTNUT BUILDING, FREDERICTON, N. B.

### CLOTHES CLEANED

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

## OF INTEREST TO WOMEN

YOUR SEWING EQUIPMENT.

A Sewing Kit of Some Kind is a Great Help in the Kitchen.

It should not be simply a big needle and a spool of coarse cotton sitting on a window sill and a pair of scissors hiding somewhere in a table drawer. It should be a well equipped little box or bag or case of some sort, always in a known place, filled with sewing materials—not to mend aprons and torn dish towels only, but for use in preparing foods.

The sort of sewing kit that is the cook's good friend is one that is furnished with sewing materials for food.

A convenient sort of kit is made by covering two squares of pasteboard, which measure four or five inches each way, with cretonne and then overhanding the two together. Better still, seam the two pieces of cretonne on three sides, turn the seams on the inside and slip two pieces of pasteboard in. This leaves only one side to be overhanded.

Before fastening the pieces of cretonne together, fasten a strip of tape across the face of one. Leave a small loop at one side, just big enough to hold a thimble. Have another flat loop of tape in which a paper of big needles can be slipped. Leave the tape loose at one end and sew an end of tape three or four inches long at one side of the square of chintz. Then the boards are slipped in place and the chintz is sewed together. Put a paper of needles in the flat loop, an aluminum thimble in its loop and slip a big spool of coarse thread suitable for sewing up poultry, over the loose end of the tape, tying the end of the tape in a secure bow with the other end.

There should be a good pair of steel scissors hanging with this sewing kit. A pair of tiny, ten-cent scissors might be slipped in another little tape loop, and these scissors might be used to snip threads.

But the good steel scissors should be hung on a peg near the kitchen table—perhaps a peg in the end of the kitchen table.

When raisins are to be chopped for cake, flour the scissors and cut the raisins. This will be found far more satisfactory than trying to chop them in a bowl.

When meat is to be cut for a stew it can often be most easily cut with scissors.

Lettuce can be quickly shredded and so can cabbage, with scissors, and mint for mint sauce.

### RASPBERRY VINEGAR.

It's a popular hot weather beverage. It is easily made at home.

Pour one pint of vinegar over two pints of raspberries. Let the mixture stand for 24 hours; then strain. Add two more pints of raspberries to this juice and again let the mixture stand for 24 hours. Strain again and add two fresh pints of raspberries to the juice and allow the mixture to stand for the third 24 hours.

Then take one pound of granulated sugar to each pint of the liquid, boil the mixture, skim it carefully, bottle it hot and seal it tight.

### ANOTHER SUMMER DRINK.

One bottle ginger ale, one bottle of grape juice. Mix thoroughly. Small rounds of watermelon, ice cold.

## 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. Kaubach.

I was cured of sensitive lungs by  
**Minard's Liniment**  
—Mrs. S. Masters  
Manufactured by the  
**Minard's Liniment**  
Yarmouth, N.S.

## GREAT RACING AT PORT MIAMI

Toledo, Ohio, July 22.—With the track in what is said to be excellent condition the second day of the Grand Circuit harness meeting will get under way this afternoon at Port Miami. There are four races on today's card, consisting of the 2.11 trot for \$1,000; 2.09 pace for \$1,000, the Maumee for 2.06 pacers, purse \$3,000, and the Cresceus, open to all two-year-old trotters for a purse of \$1,000.

The meeting opened yesterday with an attendance of more than 8,000.

### SPITEFUL INSINUATION.

"You bought a long skirt, didn't you?"

"Yes."

"Then why aren't you wearing it, girlie?"

"Because some mean people suggested that I had to."

### DEFINING A QUARTET.

A quartette is where all four think the other three can't sing.

IF YOU ARE INTERESTED IN

## LOWER INSURANCE RATES

Than You are Now Paying, Consult

## CRUIKSHANK & BOX

BROKERS

Insurance, Real Estate, Stocks and Bonds.  
Queen St., opp. Post Office, Fredericton, N. B.

## 'New Brunswick Grown'

Orders should now be placed for early May delivery. We make a specialty of **Apple Trees, Shrubs, Hedging, Roses and Strawberry Plants.** Experts have pronounced our apple trees excellent, comprising the leading varieties, including Mackintosh Red, Fameuse, Wealthy, Dudley and Bethel. This season's stock will soon be exhausted. Write for terms. Discount for cash with order. Mail orders solicited.

ST. JOHN VALLEY NURSERY BURTON, N. B.



## Everybody's Paradise

YOUR IDEA OF A PERFECT VACATION may be the full indulgence of your favorite sport—golf, tennis, riding, hiking, climbing, canoeing, fishing for the gamey mountain trout, hunting with the camera, studying big game in its natural environment, camping, or dancing and dining at leisure amid delightful surroundings—whatever it is, you will find your enjoyment enhanced by the grandeur of the

## Canadian Pacific Rockies

An Alpine Fairyland where all your vacation dreams come true—peaks and crags and valleys that need no moonlight to turn them into magic—iridescent glaciers and opalesque lakes—waterfalls—forests—big game preserves—camp life, cabins or metropolitan accommodations in

Spacious Canadian Pacific Hotels and Mountain Chalets at

Banff, Lake Louise, Emerald Lake, Glacier and Sicomous.

At Banff, for example, you play golf on bunkers "5,000 feet high," swim in a warm sulphur pool—drive or ride ponies over excellent mountain trails. At Lake Louise the chateau whose windows "frame million dollar pictures"—close to the glacier's edge—easy trails through flower-filled forests to a panorama of lakes, glaciers, waterfalls and snow-peaks—a Switzerland glorified. Guides are available at all Canadian Pacific Rocky resorts.

N. R. DesBRISAY, D. P. A., St. John, N. B.

## Have Your Job Work 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. We will do the Rest.

## The Mail Printing Company

327-329 Queen Street (Up Town)