

Children Cry for Fletcher's

CASTORIA

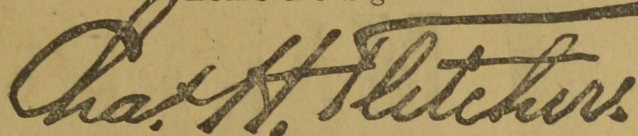
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

TWENTY YEARS' LONDON, ENG. EXPERIENCE.

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Best and Most Modern Funeral Equipment in the City.

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JOHN G. ADAMS
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Phone or Telegraph Orders Shipped
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notice.

CLOTHES CLEANED,

PRESSED and REPAIRED
for Ladies and Gentlemen.

W. E. SEERY,
251 George Street.FLOWERS IN
SEASON

FUNERAL DESIGNS A
SPECIALTY.
CUT FLOWERS AND
POTTED PLANTS.

ADA M. SCHLEYER,
FLORIST.LOCATION OF
FREDERICTON
FIRE ALARM

When You Hear the Alarm, Look for the Location in the Daily Mail.

- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 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 Lansdowne and Waterloo Row.

OF INTEREST
TO WOMEN

WHY FISH IS NOT EATEN.

The Odor of the Fish Clings to the Cooking Utensils and is Very Difficult to Remove.

If you "do your own work" it is likely that you do not have fish on your menu as often as you would if you kept a cook. Perhaps you never have fish, and the reason doubtless is because of the persistent fish odor that clings to cooking utensils in which fish is prepared.

An instructor in cookery in one of the leading domestic science colleges has discovered this to be the case—that the American housewife avoids fish when she is her own cook simply because of the disagreeable odor. European housewives, who apparently have less sensitive olfactory organs than we, use more fish when it is available, and profit thereby.

There is no use arguing that this condition does not exist with regard to almost any sea food. But at least we can minimize it by taking a little precaution. Fish should not be put in contact with metal any more than necessary, because the metal absorbs the odor. Therefore, as soon as fish is delivered to your home take it out of the paper and put it on a crockery plate, covering it with an inverted bowl. And remember either to burn the paper at once or to put it in a closed refuse container.

Care in Cooking.

In preparing the fish for cooking, keep track of all the utensils used—knives, forks and spoons—and as soon as you are through with them wash them in a pan of very hot water in which is a generous amount of washing powder of some sort. Rinse them thoroughly and there will not be any trace of the fish about them. For the knives and forks, if they are steel, wash them in soapy water, scour them with scouring powder applied with little wads of newspaper, rinse thoroughly and dry. Do not allow the fishy dishes to remain unwashed and do not mix them in the dishpan with other dishes.

The dishes in which fish has been cooked should be thoroughly scoured and rinsed, but it is a good idea to have a special dish which you reserve for fish cooking. Finally, when you have finished washing all other dishes, make sure that no fish odor clings to metal parts of the sink, faucet or drain pipe. This can be removed easily by washing with a generous amount of very hot soap-suds.

A FEW TIMELY TIPS.

Condensed milk will help stretch a small amount of salad dressing.

A little lemon juice sprinkled over banana or apple in fruit salad will keep the fruit from darkening before it is served.

Gingerbread is better baked in several layer cake tins than in one sheet, for it has more crisp crust that way.

An easy way to prepare cranberries for sauce is to put them through the fine part of the meat grinder.

If the fire is dull and the meat must be broiled in a hurry, drop a handful of salt on the fire and you will speedily have a clear fire.

MINARD'S
"KING OF PAIN"
LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

Mr. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made."



Minard's Liniment always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment Co., Limited
Yarmouth, N.S.

F. B. McCURDY,
M. P., FAVORS
THRIFT PLAN

Necessities of State Demand Exercise of Thrift by the General Public at the Present Time.

F. B. McCurdy, M. P., who represents Colchester in the House of Commons and is also known as one of the prominent financial men of Canada, endorses the War Savings movement in the following statement, recently issued:

"The advantage which systematic saving confers on the individual who practices economy and thrift is everywhere recognized. And the present necessities of the State demand the practice of these virtues, if Canada is to return to a sound economic position from which to embark on a renewed era of national production, growth and development.

"During the war Canada has been expending large sums of borrowed money in an effort which will not, in the material sense, be productive. This sinking of wealth can be made good only by increased production of commodities and services, savings on the part of Canadians, and the resumption and extension of our foreign trade.

"The war has been successfully ended, but the bills have, in the main, yet to be paid; participation in their liquidation is the duty of every citizen.

"Nearly everyone can help by avoiding some unnecessary expense, and investing the saving in War Savings and Thrift Stamps which afford a convenient and safe medium of investment within the reach of all.

"In fact, the Thrift campaign is so excellent and sound that I believe it could with advantage have been undertaken even earlier in the war without fear of deflecting our more direct military effort."

DIVORCES
NOT WANTED

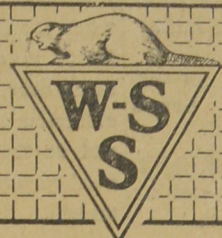
Rome, March 9—A movement to introduce divorce in Italy met with defeat in the Chamber of Deputies yesterday. The question came up during discussion of a measure concerning the legal status of women. An amendment was proposed providing for the introduction of divorce in Italian legislation but it was rejected by a large majority.

In many households there are two factions. One talks of the thoughtlessness of youth and the other talks of the tolerance of old age.

Cook's Cotton Root Compound.

2 cups, reliable regulating medicine. Sold in large degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$3 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly's Windsor).

The more dollars you get together the louder they talk—so do you.

Work for the
Soldiers!

HELP to speed up Canadian industry so that steady employment at good wages may be assured to the returned soldiers.

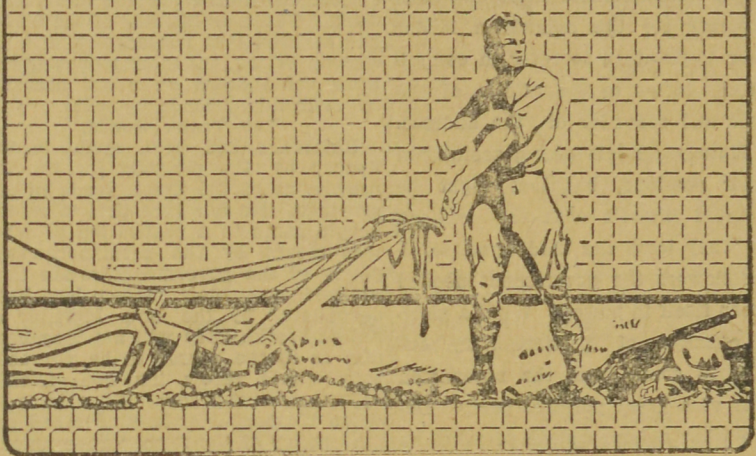
Canada must continue to export huge quantities of goods, but this is not possible unless we are prepared, by loaning our money to the Government, to enable the Dominion to arrange credits abroad.

Every War-Savings Stamp you buy practically ensures a good day's work at a good day's pay for some returned soldier, while you are sure of getting your money back with high interest on the first day of 1924.

What can YOU do for the men who are coming back?

You can buy War-Savings Stamps wherever you see the Beaver-Triangle sign. Price in March, \$4.02 each.

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TABLE OF WEIGHTS AND
MEASURES.

- 4 teaspoons of a liquid equal 1 table-spoon.
- 4 tablespoons of a liquid equal ½ gill or ¼ cup.
- ½ cup equals 1 gill.
- 2 gills equal one cup.
- 2 cups equal 1 pint.
- 2 pints (4 cups) equal 1 quart.
- 4 cups of flour equal 1 pound, or 1 quart.
- 2 cups of butter, solid, equals 1 lb.
- ½ cup of butter, solid, equals ¼ lb., or 4 ounces.
- 2 cups of granulated sugar equal 1 lb.
- 2½ cups of powdered sugar equal 1 lb.
- 1 pint of milk or water equals 1 lb.
- 1 pint of chopped meat equals 1 lb.
- 10 eggs, shelled, equal 1 pound.
- 8 eggs with shells equal 1 pound.
- 2 tablespoons of butter equal 1 ounce.
- 2 tablespoons of granulated sugar equal 1 ounce.
- 4 tablespoons of flour equal 1 ounce.
- 4 tablespoons of coffee equal 1 ounce.
- 1 tablespoon of liquid equals a half-ounce.
- 4 tablespoons of butter equal 2 ounces or ¼ cup.

TIME FOR BAKING.

- Beans—8 to 10 hours.
- Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.
- Bread—Medium loaf, 40 to 60 min.
- Cake—Plain, 20 to 40 minutes.
- Biscuit—10 to 20 minutes.
- Sponge Cake—45 to 60 minutes.
- Chickens—3 to 4 lbs weight, 1 to one and a half hours.
- Cookies—10 to 15 minutes.
- Custards—15 to 20 minutes.
- Duck (time)—40 to 60 minutes.
- Fish—6 to 8 lbs., 1 hour.
- Gingerbread—20 to 30 minutes.
- Graham Gems—30 minutes.
- Lamb—Well done, per lb., 15 min.
- Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.
- Pie crust—30 to 40 minutes.
- Pork—Well done, per lb., 30 min.
- Potatoes—30 to 45 minutes.
- Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
- Rolls—10 to 15 minutes.
- Turkey—70 lbs., 3 hours.
- Veal—Well done, per lb., 20 minutes.

It's a poor valentine that fails either to please a woman or make her mad.

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