

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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The only School in N. B. affiliated
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Potted Ferns, Begonias,
Cherries, Heather Palms,
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beautiful bloom.

In Cut Flowers, Roses, Carnations and Violets.

Celery, Lettuce and Parsley.

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ADA M. SCHLEYER,
FLORIST.FREDERICTON
FIRE ALARMWhen 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.

A teaspoonful of common soda and a cup of acid vinegar poured down the sink will clean out the most stubborn of clogged pipes.

OF INTEREST
TO WOMEN

CORNMEAL MUSH.

Four Delicious Ways to Make This

Otherwise Plain Dish.

Cornmeal mush can be used in so many different ways that it is a good plan to make enough for more than one meal at a time. Left over mush can then be used to make into hot cakes for breakfast or lunch, or to combine with some other food into an attractive main dish or a dessert at dinner.

Cornmeal Mush.

1 cupful of cornmeal
3½ cupfuls of boiling water
½ cupful of cold water
1 teaspoonful of salt.
Add the cold water to the meal and mix, then stir in to the boiling water, stirring until the mixture reaches the boiling point. Cook in a double boiler for four hours.

For Breakfast or Luncheon.

Serve the plain mush as above with milk or cream and sugar, or maple syrup. Or additional flavor may be given the dish by adding sliced bananas or cooked sliced prunes or raisins. If the hot mush is poured into a loaf pan that has first been dipped into cold water then allowed to cool, it can be turned out of the pan into a solid loaf. Then it may be cut in slices, dipped in flour and fried in substitute fat. This is also a good luncheon dish. Or the slices may be browned in the oven; then covered with grated cheese and allowed to brown again.

Cornmeal Dishes for Dinner.

Any left-over meat, chicken or sausage can be combined with cold cornmeal mush, shaped into croquettes and fried. This may be done either by dipping the croquettes in crumbs, egg and crumbs again, and then frying in deep fat; or a more fat-saving method may be used. Brush the croquettes lightly with some fat substitutes, then place in a hot oven when they will brown all over.

Fishballs made with cornmeal are much more delicious than when flour is used, and have less of the pastry taste. Mix the shredded, cooked fish with double the quantity of hot cornmeal mush. To each three cupfuls of the mixture add one egg and one tablespoonful of fat substitute. Mix thoroughly and drop by the spoon into the hot fat.

Cornmeal Mush Desserts.

Sweet puddings of any kind can be made by adding chopped dried fruits or nuts, flavoring and milk to the cooked, cold mush enough milk to moisten to a pudding consistency, butter, sugar and almond extract. Cook together until thick, add almonds and turn into a cold wet mould. Walnuts or peanuts can be used also.

Fruit puddings can be made by sweetening the cornmeal mush with syrup or sugar, then spreading in layers in a buttered pudding dish. Between each layer place sliced bananas or apples or canned fruit of any kind, adding sugar, cinnamon or nutmeg to taste.

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.

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Wagons and Sleds Made and Repaired.

T. J. BURTT. H. CATERER
All Kinds of Jobbing Repairs.
281 KING STREET

CLOTHES CLEANED,

PRESSED and REPAIRED
for Ladies and Gentlemen.W. E. SEERY,
251 George Street.RULES FOR THE AVOIDANCE OF
INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.
2. Avoid all indoor assemblies, and travel as infrequently as possible.
3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.
4. Keep patient by himself, permitting only the nursing attendant, the doctor and the clergyman to see him.
5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.
6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.
7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.
8. Patient, after recovery, should take particular care to avoid exposure

to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.

9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.

10. Do not be over-anxious. That's do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

MARRIED HER
TWICE, BUT HE
WANDERS OFF

(New York Herald)

If two complete marriages fail to be calm a young bridegroom with the responsibility of his double dyed act, Mrs. Frances Berg, of Philadelphia, admits that she doesn't know what else a bride does about it. She admitted the quandary with details yesterday while her husband was being hurried jailward in Brooklyn, and she told the Magistrate with a great play of pretty black eyes when her husband was arraigned in the New Jersey Avenue Court.

Mrs. Berg said that she met Benjamin—the only husband she has any desire to have—when he was a telegraph operative and she worked in a nearby shoe store in Philadelphia. They loved and eloped, and at Elkton, she said, they were first married by a Christian clergyman. Benjamin soon afterward ran away, the little bride stated, but when she met him again he said that love was at its zenith. His parents' objections to his marriage by a Christian clergyman had stunned him, she continued. He had wandered away dizzily.

She then told of taking the eloquent Benjamin by the arm and leading him to a rabbi, where the entire marriage ceremony of the Jewish faith was enjoined. It aided no more than the Christian ceremony, and in a week Benjamin had become stunned again and forgot his bride.

According to the extremely comely young woman, she pursued her husband to New York, they loved each other on sight and all was to be settled for life as soon as she could return to Philadelphia and bring their few belongings to New York. That was a week ago. When the young woman came back her husband had disappeared again. She wrote to his relatives learned that his new address was No. 220 Chester street, and yesterday went there with a policeman.

"Now, there, little boy!" said Mrs. Berg as he passed her on his way from court, "maybe the little tiny cutie baby won't hang on to mamma's apron strings any more."

Sat Up in Bed
To Get Her Breath

Palpitation of the heart, shortness of breath, inability to lie on the left side, feelings as if smothering, oppressed feeling in the chest, dizzy and faint spells, tired, weak, worn out feeling, involuntary twitching of the muscles, sleeplessness, restless, etc., all point to the fact that either the heart or nerves, or both, are not what they should be. Any of these conditions should be remedied immediately so as to avoid a complete breakdown of the whole system.

Milburn's Heart and Nerve Pills will bring energy to the weakened constitution, strengthen and regulate the heart, and tone up the tired, overstrained nerves.

Mrs. William Steeves, Chemical Road, N. B., writes: "I have been a great sufferer from nerve troubles and palpitation of the heart, which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies but got no help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box, I was feeling very much better. I took in all three boxes, and now I am in perfect health and can enjoy a good sound sleep, and can lie on my left side without any trouble."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

MRS. WILSON
VISITS SHOPS
IN PARIS

Paris, Jan. 30—Mrs. Wilson with Miss Benham, her secretary, has passed many spare hours shopping in Paris, much to the enhancement of her wardrobe. Before she was married to Mr. Wilson she frequently came to Paris and was well known in many of the fashionable dressmaking establishments. Indeed, she has not forgotten her old vendueuses, and she is delighted when she enters the shops and finds them welcoming her.

Recently Mrs. Wilson went to Worth's and asked for Mme. Birot, who served her ten years ago. She saw all of Worth's gowns and told Mme. Birot she had always preferred French gowns and was pleased to be in Paris, where she again could see them first hand. She made an engagement to return to Worth's to see the new spring models during the first week in next month, when she will place her orders.

The spring openings give every promise of being the brilliant fashion shows that they were in pre-war days. Women of the American peace delegation will attend many of those openings.

Mrs. Wilson probably will be invited to several private exhibitions of gowns just prior to the formal openings.

All the Paris saleswomen who know her declare they never had a more charming and gracious customer than Mrs. Wilson. Some of them even remember her favorite colors and have made special models hoping they again may be able to claim her as a customer.

One of these saleswomen said Mrs. Wilson always was fond of purple and wore it more than any other color.

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