

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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Open on MONDAY, January 13, 1919. Descriptive literature of our courses of study will be sent to any address on request.

Address FREDERICTON BUSINESS COLLEGE, Fredericton, N. B. The only School in N. B. affiliated with the Business Educators' Association of Canada.

## OF INTEREST TO WOMEN

UNDER THE WINTER COAT.

The One Piece Dress Seems to be the Proper Thing.

The one-piece dress as it has been popularly known through the spring and fall seasons, suffers no waning of popularity through the winter.

Its character, however, is slightly changed, for the restraint in line and effect that made the spring and fall frocks conservative enough for the street is naturally ignored. The winter frock is covered by a top coat when in the street, and therefore may indulge in more individual colors, styles and fabrics.

Simplicity, however, is the dominant feature, though richness of effect is always achieved. Sometimes it may be credited to the fabric, sometimes to effective embroidery, or even to an unusual combination of colors. A beautiful duvetyn or heavy beaver satin would be delightful for a frock of any desired color, a very smart one being an olive drab. Dark blue is also beginning its drive, while dark red and beige are good also.

The distinctive feature of the frock described is the line of buttonholes bound with braid, which mark the centre front line and offer a most attractive place for little cloth covered balls to drop through. A wide panel covers the front of the bodice and continues down the skirt, turning near the bottom to form a wide band round the sides and back, into which the upper portion of the skirt is slightly gathered.

The sleeves are unusual, with an opening at the elbow which emerges into a seam up the back, marked by a braid binding. A wide sash which makes the front and back panels of the waist to blouse a little, ties in a bow on the left hip, which drops a little bow on the right.

### HOUSEWIFE'S SCRAPBOOK.

Lemon, about 1 teaspoonful, added to rise, improves whiteness and flavor.

Cook beans and peas in as little water as possible in order to retain their flavor.

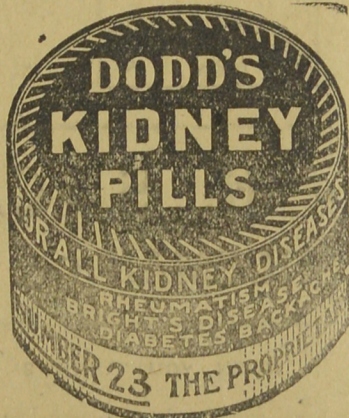
If your shoe feels too snug in any particular spot wring a cloth out in hot water and lay this over the spot while the shoe is on the foot. This expands the leather and will give you relief.

A ham will not dry up and get hard if you fry out some of the fat and let it become hard. Then spread it over the cut end of the ham about a half-inch thick. This will exclude the air. The fat can be scraped off before slicing the ham and afterward spread on again, as before.

Delicious sandwich filling is made by running through the meat chopper half of a Spanish onion and one small green pepper. Mix a cream cheese with salt and paprika and add to the chopped mixture to form a paste which should be spread on thin slices of bread.

Now that picnic days are over the Thermos bottle may be used in many ways. One excellent use is to prepare a pudding sauce in the morning and pour it piping hot into the bottle and when ready to serve the dinner dessert the sauce is all ready.

A bag of pumice stone makes a good window cleanser in cold weather. Make a bag 6x12 inches of soft, porous, unbleached muslin, and into this put about two ounces of powdered pumice stone. Use no water. Simply rub the window with tissue paper and polish it with the bag. To keep the bag clean slip it into a washable case.



## WAR SAVINGS STAMPS GOOD INVESTMENT

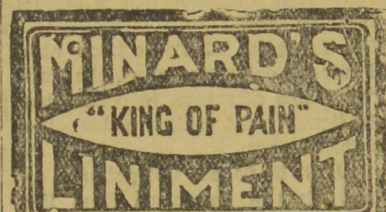
Make Saving Easy and Pay the Investor Over 4½ per cent Interest, Compounded Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent., compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card, to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.



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 used 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.

Save cold cream jars, crochets of different colored silk to fit, put on ribbon for handle. Nice for matches or hair receiver.

You can clean white painted wood-work beautifully if you use warm water and spread a little whiting over the cloth, then rinse with clean water.



Many a Belgian mother could have these words engraved on her child's gravestone—"Died of Starvation".

Perhaps the child has wasted away with Consumption, or has been twisted into a mockery of happy childhood by Rickets, but starvation is at the root of the tragedy.

What else can be expected for a growing child whose daily ration is the bowl of soup and two pieces of bread provided by the United States loans to the Belgian Government?

The only hope for the destitute children of Belgium is that we who can afford three meals a day will be moved to pity and send help immediately. Even a small contribution will help to take some child, sinking under its load of trouble, over to Holland, where with good milk, nutritious food, medical care and loving treatment, he or she may regain health, strength and the wish to live.

GIVE—give until you feel the pinch! Don't wait until someone asks you personally. THIS is personal!

Make cheques payable and send contributions to

## Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

## 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 is

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.

What is greater than temper? Temper.

A modern novelist describes a lady with whose like some of us are not wholly unfamiliar: "One moment you think you are great chums, and the next you wonder if you've ever been presented."

We can't help but admire the sagacity of the servant girl who made a specialty of robbing newly married couples. Under ordinary circumstances she could carry off the refrigerator and the mortgage any time within six weeks after the wedding, without disturbing anybody.

**Wood's Phospholine.**  
The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Loss of Energy, Palpitation of the Heart, Failing Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail it plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formed, N.Y.)

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Give us a trial order and be convinced.

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