

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.

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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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ation of Canada.OF INTEREST  
TO WOMEN

GRIDDLE CAKES.

As a winter dessert or a luncheon dish where the meal is to consist of but one dish pancakes or griddle cakes are well worth remembering. As a dessert they have the advantage of involving the use of no sugar, being sweetened by maple sugar or strained honey after they have come to the table. A very nice dessert version of the griddle cake is made by making some six or seven pancakes, each one of which is as large as a large pie. Pile these one on top of the other with a thin spreading of jam or jelly between each two and send them to the table hot. They are then cut down pie fashion and served in sectors of the circle. This is the same in effect as the rolled pancake that is made by rolling a large pancake that has been spread with jam or jelly.

For the meal in itself version of the griddle cake it should be served with butter and with possibly a little bacon. For a truly thrifty meal serve the bacon with some of the fat in which it has been cooked and let this fat be used in place of butter on the pancakes.

Now, there is no reason why pancakes should be indigestible. To be sure when they are added to a hearty breakfast, smothered with sugar or syrup and eaten in a soggy condition, they are naturally not entirely wholesome. But the idea is not to eat such heavy breakfasts nowadays of sausages and fried potatoes or mush, so pancakes often are the main breakfast dish. They are really very nourishing in themselves.

The secret of making griddle cakes well lies in having the griddle heated to just the right temperature. It should be greased most gingerly. A good idea is to have a bit of tissue paper—a crepe paper napkin is a good device—that has been rubbed lightly in bacon fat or some good drippings, and from time to time apply this evenly but meagerly to the griddle.

The griddle should be so hot that the cakes show bubbles at once. They should be fairly filled with these bubbles, as this insures their not being soggy. They should be turned but once—so they should be first cooked to a golden brown on one side and then on the other.

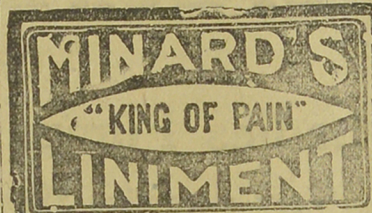
Epicures say that griddle cake batter made with yeast is better than that made with baking powder, but unless one indulges frequently in griddle cakes or cooks for a large family it is easier to buy one of the prepared griddle cake flours that simply need wetting with milk or water. Milk needless to say, adds to the nutritive value of the cakes from the main course of the meal. The prepared griddle cake flour should be mixed just before using. If it is allowed to stand the action of the baking powder wears off and the cakes are less light than when mixed just before cooking.

## THE WISE WOMAN RELAXES.

Vitality is both physical and mental and the first must not be neglected or the second will suffer. Regular walks in the open country and daily exercise are necessary to give a woman perfect poise and the nerve control which she needs in this busy life that the women of today are leading.

There is too much pent-up vitality in all of us, and yet it is better for your beauty and self-control that you spend it with discretion over a number of activities rather than to exert it all in one. When you are rested and well, you are calm, you enjoy life and you accomplish much without leaving lines of care all over her face.

If you must be strenuous in the pursuit of one object, vary your enthusiasm on some sort of physical exercise. The



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.

BIG DRIVE BY  
SALVATION ARMY  
FOR A MILLION

Army Spent Two Million in War Activities but So Far Has Made No Appeal for Help.

The Salvation Army is about to launch a campaign to raise one million dollars for war and demobilization purposes.

The Duke of Devonshire, Governor General of Canada; Sir Robert Borden, Sir William Hearst, Sir Wilfrid Laurier and many other prominent citizens, have endorsed the scheme, and strong committees have been organized for the purpose of boosting the objective.

The money-getting campaign will be from January 19 to 25.

The Salvation Army intends to use the money for three purposes:

1. To establish hostels for returned soldiers who are discharged and in need until they are absorbed into industrial life.

2. To provide emergency receiving and maternity homes for soldiers' wives, widows and dependent children in need.

3. To continue during demobilization in England and France the equipments and comforts already provided by the Salvation Army for the Canadian soldiers overseas.

The Canadian public is entitled to know what claim the Salvation Army has for monetary assistance.

In the first place, the Army has spent \$2,000,000 in war activities.

Here is a summary of some of the operations of the Army directly connected with the war:

Forty rest rooms, equipped with papers, magazines, writing materials, etc., for the use of soldiers.

Forty-five motor ambulances in France, manned by Salvationists. Ninety-six hotels for use of soldiers and sailors. These are located in France, England and Canada. The Army plans a wide extension of its string of hostels in Canada.

One hundred and ninety-seven huts at soldiers' camps. These are used for religious and social gatherings, and at these huts the fighting men are able to buy what extras they require in the nature of "eats" at the very lowest rates.

Seven hundred and sixty-one Salvation Army officers and members devote their whole time to work at the front.

Twenty-one hundred war widows in the care of the Army, besides two hundred and ninety-eight war orphans. One hundred thousand wounded soldiers taken from battlefields in the Salvation Army ambulances.

These are but a few of the things that are seen and recorded. There are many other activities which count for the S. A., but which cannot be put down in printed form.

In getting the boys back to civil life the Salvation Army has much to do. A vast amount of money will be required. One million dollars will not be too much.

benefits will show very quickly in your looks and health and the perfection of your poise. With all this, it is the wise woman who sees that she has at least 15 minutes all to herself every day and that she either rest by taking a nap or in relaxing and resting in that way.

FREEDOM OF  
SEAS MUST BE  
MAINTAINED

London, Jan. 15.—At a meeting of the Associated Chambers of Commerce of the United Kingdom, a resolution was passed that the economic well being of the United Kingdom, depends on the maintenance of the freedom of the seas, as hitherto understood and enforced by the British Navy, unlimited by new and embarrassing restrictions. Also that no definition of freedom of the seas would be acceptable which would weaken the relative marine power of Britain and diminish the effective means which the British Navy possesses of bringing pressure to bear on the enemy.

A resolution was also passed to the effect that in regard to public contracts, the products of the empire should have the preference over foreign products and also that nationalization of the railways was not in the public interest.

## A GOOD THING SPOILED

I chose to write a verse that purled Of all the goodness in the world, Its sweetness and its poise, and then I straightway took—suppress your laughter!

A different view of things hereafter.

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.

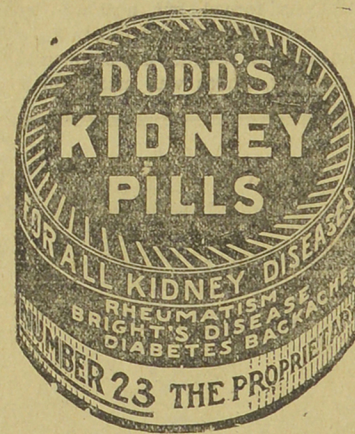
## Civilians Had Kick.

St. John Telegraph: Although there was no complaint of poor treatment or poor accommodation on the C. P. O. S. Scotian so far as the soldier passengers were concerned, it is learned that civilian passengers had a complaint. The passengers state that soon after the Scotian put out the bar was closed down by order of the O. C. of troops and some civilians were indignant because they were robbed of this service. It was decided to take this matter to it was decided to take this matter to headquarters.

The Ontario government has decided to take over the liquor business in that province. The seven liquor agencies now handling the business will be abolished and it is hoped that the change will be away with present abuses.

New York Herald: "To kill Bolshevism, give the Bolshevik food," sapiently advises a contemporary. May be wise advice. But if so, the laws of nature have reversed themselves. Has anybody ever known free food to diminish the supply of I-Won't-Workers?

Do you remember those quaint old-fashioned days when recipes used to read "fry in butter."

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