

Children Cry for Fletcher's

CASTORIA

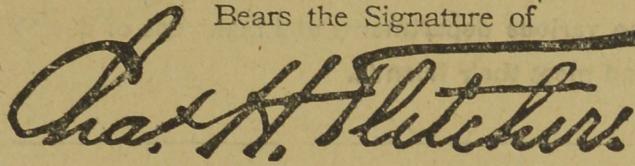
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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.

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A splendid assortment of
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Cook's Cotton Root Compound.



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$5 per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly H. J. Cook)

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- 17 Corner King and Northumberland Streets.
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- 25 Corner Brunswick and Westmorland Streets.
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- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
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- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
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- 38 Corner King and Regent Streets.
- 44 Corner Queen and St. John Streets.
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- 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

SEASONABLE RECIPES.

Cream each Pie.

Line a plate with good paste and fill with pared and stoned peaches cut in halves. Then cut one or two peaches in slices and put between the halves of fill the spaces. Scatter over as much sugar as the peaches will need, and pour half a cup of thin cream over. Cover with a rich paste and bake.

Tea Rolls.

Heat two cups of milk in a double boiler to the scalding point. Add a rounding tablespoon of butter, the same of sugar, and a level teaspoon of salt. When cool add one-half yeast cake dissolved in a little lukewarm water. Mix with flour to make a dough that can be kneaded and knead for 15 minutes. Cover and let rise, then shape into rolls, set in a buttered pan and let rise again before baking.

Hard Sauce.

For hot puddings "hard sauce" is always a favorite, and from the following recipe a goodly quantity will result:

Cream one-quarter of a cupful of butter or substitute and gradually one cupful of pulverized sugar. Stir until creamy, drop in a pinch of salt and the unbeaten white of one fresh egg, beat with a silver fork until it is white, add one teaspoonful of vanilla, heat again; heap on a pretty dish and grate a little nutmeg over the top; put in the icebox for one hour to ripen. Serve cold.

Spiced Apple Pie.

Make three cups of stewed, sweetened and strained apple sauce, and season with mixed spices or with cinnamon, cloves and a speck of allspice. Fill a paste lined plate and cross the top with narrow strips of paste in lattice fashion. Bake in a hot oven.

Liquid Sauce.

For hot or cold liquid sauce, for fruit or plain desserts, make as usual, only put some more sugar and thicken in the old way. This is particularly tasty for berry roly-poly, also for the old favorite cottage pudding.

RANDOM REMINDERS.

Add a little lemon peel and juice to prunes when cooking.

If a piece of paper placed on the oven shelf turns a light brown, the oven is just right for pastry.

Sections of bananas rolled in chopped peanuts can be served on lettuce with a French dressing.

Charcoal powder is excellent for polishing steel knives.

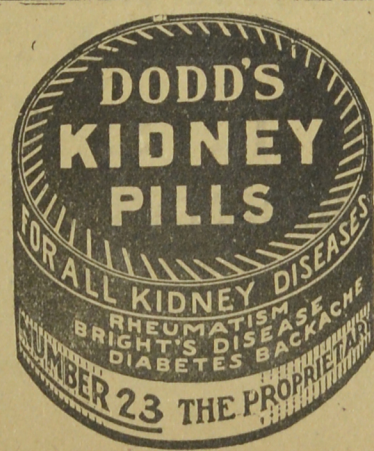
The best dressing for most vegetables is simply butter. White sauces are apt to ruin the flavor.

Mince leftover chicken, heat in the gravy and pour piping hot over tiny tea biscuits.

Small pastry shells can be filled with blueberry or cranberry jam and served as a dessert with coffee.

Flour should always be sifted before it is measured. In measuring it dip it with a spoon or scoop and pour it into the cup in which it is to be measured. Never dip the cup into the flour, and never shake the cup, as by doing so you often get more than the recipe calls for.

No woman can love another woman whom she has seen casting a sympathetic glance at her husband. More than one girl has declared she wouldn't marry the best man living, and sure enough the man she married was far from it. Living will not cost so much when silk stockings are not regarded as necessary to the general scenic effect.

LABELS FOR
PRESERVING

Cut these out and use for labelling your bottles of preserves. This list will be printed every day for a while and thus afford a good supply of labels.

BLACK CURRANT

RED CURRANT

GOOSEBERRY

BLUEBERRY

RHUBARB

PEACH

PLUM

CHERRY

GREEN GAGES

GRAPES

CRANBERRY

SPICED JELLY

JELLY

BLACKBERRY

CRABAPPLE

CHOW-CHOW

MIXED PICKLES

MUSTARD PICKLES

It's really no fun for a fellow to loaf unless he knows he has a lot of work that should be done.



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. Kaulbach.

I was cured of sensitive lungs by

Minard's Liniment
—Mrs. S. MastersManufactured by the
Minard's Liniment

Yarmouth, N.S.

Good Cooks Must
Have Good "Tools"Clean, hygienic utensils
mean better, tastier food.

OLD DUTCH

quickly and thoroughly cuts
burnt-in grease — always
insures hygienic cooking
utensils.FREDERICTON
EXHIBITION

(Continued from page three.)

scientific management of our staff.

New Departure

I announced at the opening of the Woodstock Exhibition what I believe to be a very important policy of the Government, to be inaugurated, and want to repeat it here:

The farmers of this Province are paying out enormous monies for the purchase of Fertilizer, necessary for the potato industry. We propose to utilize our natural resources, purchase and put in operation three or four Limestone Grinding Plants on the lime deposits in different parts of the Province, which will, to a great extent substitute and relieve the large expenditure now being made for commercial fertilizer. Last year I had an expert procure samples of soil in the different counties and find an acidity, that will be corrected by the use of lime, which we will be able to give to the farmers for actual cost, saving, in many localities the present cost of transportation, which in lime amounts to nearly as much as the original cost.

Last year a large delegation of your citizens waited on the Government, requesting a grant to your exhibition, and at the time I suppose placed the responsibility of refusal upon me; but I am sure in looking back you will feel that I was justified as there was then

an uncertainty as to how the war would terminate, and we were busy with our Production Movement.

Established Reputation

Your Exhibition has through the efficient management of your staff, together with the business methods of your Secretary, already established a reputation as one of the best Provincial Exhibitions, especially from the standpoint of an Agricultural show. St. Stephen has put on a particularly good agricultural show; weather conditions have been against both Woodstock and St. Stephen; and Chatham, coming after yours, will, no doubt, have a splendid exhibit as the stock will go from here, there, to compete for their prizes.

You are starting under very favorable prospects of the best of weather, and I am sure the success of this first after the war Provincial Exhibition will be the best ever from every point of view, and the thing we are most proud of is the war is over and the Union Jack is flying at your mast-head.

I now declare this Exhibition formally open to the public.

HAS A CORN ANY ROOTS?

Yes, and branches and stems as well. Can it be cured? Yes, by applying Putnam's Corn Extractor; it's painless, safe and invariably satisfactory. Insist on only Putnam's Extractor, 25c. at all dealers.

Chroniclers of Paris fashions report that the new dinner gowns will be mostly below the table. Here's hoping they don't lower the table too.

A WICKLESS KEROSENE
WATER HEATER

Just the same in its heating principle as the gas water-heater except that the gas is generated from kerosene.

Steady, even, powerful blue flame; no wick, no odor, no dirt.

Call and examine them.

D J. SHEA

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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.

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