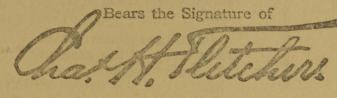
Children Cry for Fletcher's

The Kind You Have Always Bought, and which has been in use for over thirty years, has berne the signature of and has been made under his personal supervision since its infancy. 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 Cil, 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



In Use For Over 30 Years The Kind You Have Always Bought

FUNERAL DESIGNS A

SPECIALTY.

**CUT FLOWERS AND** 

POTTED PLANTS.

FLORIST.

the Location in the Daily Mail.

6 Shoe Factory.

ders Streets.

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54 Gas House

land Streets.

27 Corner King and York Streets.

36 Corner Charlotte and Carleton

37 Corner George and Regent Streets.

38 Corner King and Regent Streets.

51 Corner King and Church Streets

55 Intercolonial Railway Station.

56 Lansdowne and Waterloo Row.

21 City Hall.

Each day we meet with conclusive evidence that our advertising pages are as drippings every five minutes. Serve vated in 1918 being 125,000 acres more faithfully scanned by our readers as the news columns. Necessity has comsolled the people to seek all the information possible before buying

FREDERICTON, - - - N. B.

TELEPHONES:

FWENTY YEARS' LONDON, ENG.,

King Street, - - - Opposite Boyle's Telephone 574.

## DENTAL SURGEON

Opp. Soldiers' Barracks and Next Door to Bank of N. S. Building.

OFFICE HOURS--10 a.m. to 1 p.m., LOCATION OF 2 p.m. to 5 p.m. 'Phone- 338-11

DENTAL SURGEON Graduate of Univ. of Toronto, Ont.

OFFICE: Inches Building, Queen Street, lately occupied by Dr. L. R. Davison.
Telephone 261-21

Tel. 232-41. Burchill-Wilkinson Bldg. 16 Corner George and Northumber-Below Regent. land Streets.

REGENT STREET

Best and Most Modern Funera Equipment in the City.

HARRY R. ADAMS, SCCESSOR TO THE LATE JOHN G. ADAMS

610 Queen Street.

Phone or Telegraph Orders Shipped 44 Corner Queen and St. John Streets on all trains or boats at short notice.

### CLOTHES CLEANED.

PRESSED and REPAIRED for Ladies and Gentlemen. W. E. SEERY, 251 George Street.

### OF INTEREST WOMEN

INEXPENSIVE MEAT DISHES.

lishes when you must have a meat dinner, and perhaps a slender allowance of meat

Creole Steak. 2 pounds of top round steak (about body

two inches thick)

34 cupful of water 1 saltspoonful of salt

1/2 saltspoonful of pepper

1 onion

1 can of tomatoes 2 tablespoonfuls of grated cheese

per and sliced onions. Bake 15 minu-Liver Pils are a "cure-all," but we do dash of salt, the chopped tomatoes, bake 15 minutes sprinkle with cheese Burnel 15 minutes sprinkle 15 minutes spr

Here is another way of preparing round steak Lower round may be used. 2 pounds of lean round steak

1 egg

½ grated lemon rind

1 tablespoonful of chopped parsley 1/2 teaspoonful of onion juice

1 teaspoonful of salt 1/4 teaspoonful of pepper

1 tablespoonful of fat

Chop the meat add other ingredients with brown gravy.

### Rolled Steak.

11/2 pounds of round or flank steak

1 lamb kidney 1/4 cupful of fat substitute

1/2 cupful of cracker crumbs 3 cupfuls of water

2 tablespoonfuls of flour

1 tablespoonful of sugar 1 tablespoonful of chopped onion

Salt pepper, thyme sage fat in the pan with water and the sug- success in the case of sheep." ar and cook smooth. Put meat in a covered baking dish, pour gravy over ADA M. SCHLEYER, and bake until tender.

### KITCHEN DOES AND DONT'S.

When meat is delivered or carried once, put in a clean, covered dish and set in a cool place.

Eggs should never be washed until ready to use, as the substance in the shell helps preserve them. Egg yolks in wet muslin or cheesecloth and stored keep well if covered with cold water, near the ice or put in covered jars in a When You Hear the Alarm, Look for Egg whites should be covered and cool place.

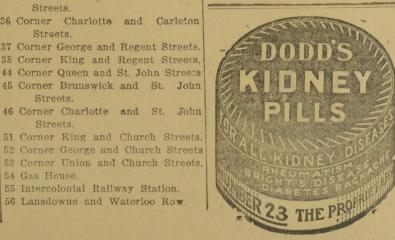
Milk should be kept in covered bottles or crocks set in a cool place and 12 Corner Westmorland and Aberdsen kept away from foods of strong odor. When ice is not available, wrap the 13 Corner Northumberland and Saunmilk bottle in a cloth, wet in cold wa-14 Corner Brunswick and Smythe ter, and let stand in a draft. Keep the cloth wet.

15 Corner Charlotte and Smythe Tea and coffee should be removed from paper bags or boxes and stored in tin containers with tight covers. Only a little coffee should be ground at a 17 Corner King and Northumberland

Cereals should be kept in glass jars 23 Corner York and George Streets. or tin covered containers set in a cool 24 Corner Queen and Westmorland dry place.

Fats should be stored in a cool place 25 Corner Brunswick and Westmoraway from light and air, in stone crocks, glass or tin cans. Butter that 26 Corner Charlotte and Westmorland is a little strong can be sweetened by melting with one-half teaspoonful of fresh sweet milk. 28 Corner Saunders and York Streets.

31 Corner Queen and Regent Streets. Vegetables and fruits should be vegetables like lettuce, cucumbers 34 Corner Queen and Carleton Streets radishes and celery, should be wrapped orders out of town. 35 Corner Brunswick and Carleton



### Keep the Bowels Regu- TO ELECT AN lar and You Won't be Sick.

If the bowels do not move regularly they will, sooner or later, become constipated, and constipation is produc-

the eyes, and many other troubles will many elements of the population here-follow the wrong action of this, one tofore indifferent giving more hearty of the most important organs of the

Milburn's Laxa-Liver Pills will regulate the bowels so that you will have a free and easy motion every day, and one pill a night for thirty days will

They do this by acting directly on the liver and making the bile pass through the bowels instead of allowing it to get into the blood, thus caus-

ate oven for half an hour, basting with two years. I have tried numerous the 1/4 cupful of water poured over it treatments, but have never been reevery ten minutes. Then remove from the oven and sprinkle with salt, pepheron helping me wonderfully."

lieved by anything until I used Milburn's Laxa-Liver Pills which are Formosa

tes longer. Then add an additional claim that there is nothing better for a

and leave in oven long enough for The T. Milburn Co., Limited, Toronto,

### PROGRESS THE WATCHWORD

the Canadian Bank of Commerce, in desolation anywhere. One cannot get away from signs of destruction, no his annual address to the stockholders matter where one goes, along the coun-of that great financial institution, said: try roads or in the city streets.

and shape in a roll. Wrap in greased vince inspiring leadership. This is paper, place on rack in dripping pan evidenced by a general increase in and bake 30 minutes, basting with production, the amount of land culti than in 1917. Of this increase 33,000 acres were planted in oats, 34,000 acres (or 200 per cent increase) in wheat, and 13,000 acres in turnips and potatoes. The potato crop is estimat ed at 8,650,000 bushels, somewhat below the average, but 50 per cent. more than in 1917. The yield of hay was good and that of oats and wheat excellent, but of only fair quality owing to the bad weather which prevailed Cut the trimmed kidneys into small during harvesting. Reference was pieces and spread on one side of the made in our report last year to the thin steak, mixing with onion, crumbs, effort being made under government seasoning. Then roll and tie with a auspices to improve the quality and cord. Lightly brown on the pan in fat number of live stock. This policy has and then remove. Add flour to the been continued, with specially good

> Many people would like to know the name of the joker who selected the labor candidates for the city council

Cook's Cotton Lost Compound



Omsk, Sunday, Feb. 22.-The countive of more ill-health than almost any cil of ministers of the Omsk government is elaborating a plan for the im-Try some of these econnomical meat inactive liver, and unless the liver is kept active, you may be sure that bly. Admiral Zolch's trip to the front headaches, piles, heartburn, bilious-ness, jaundice, floating specks before

support to his regime.

Tokio, Feb. 21.—Premier Sara toing many stomach and bowel troubles. day announced that the government Place the steak with its rim of suct in a baking pan and bake in a moder in a baking pan and bake in a moder troubled with constipation for the last moment to abolish opium monopoly in

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which Sir Edmund Walker, President of they left it, and never was there such

"Progress appears to be the watch-word in New Brunswick. The Department of Agriculture has the whole hearted support of the Government, and is giving the farmers of the pro-Not only has property been destroy-

### "Fruit-a-tives" Point the Way to Quick Relief

"I suffered for a number of years with Rheumatism and severe Pains in my Side and Back, caused by strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended 'Fruit-a-tives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your

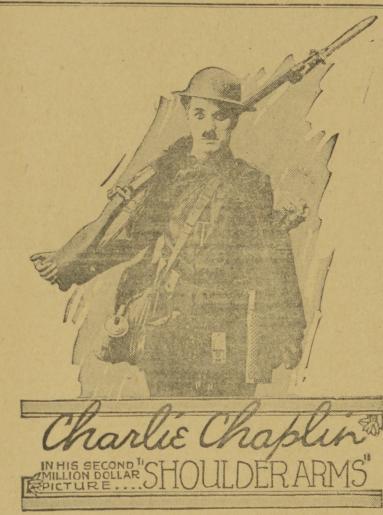
wonderful fruit medicine".

W. M. LAMPSON.

"Fruit-a-tives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.— or sent postpaid by Fruit-a-tives Limited, Ottawa.

and as but one small instance of the vast plundering of the Germans, let me state that in all twelve miles not one solitary live animal did we see, and practically every tree had been elled, so vou can imagine the dreary spect of the scenery.

All the peasant women and children we met on our way, said a news cor-respondent, while they greeted us with cheers and received us into nomes with open arms, those that had nomes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and had lived largely on soup and coffee.



AT THE GEM THEATRE MONDAY AND TUESDAY

MARCH 3rd-4th.

# 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 32 Corner Needham and Regent stored in cool dry places. Fresh salad why manufacturers, merchants and others should send their

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