

Children Cry for Fletcher's

CASTORIA

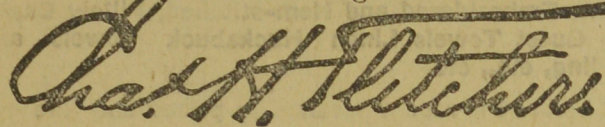
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and 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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CLOTHES CLEANED,

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OF INTEREST
TO WOMEN

APPLE DESSERTS.

Apples are comparatively inexpensive this winter. There is considerable sugar in apples, so in making desserts they do not need so much of that precious commodity as do some of the less sugary fruits or ingredients. If one makes a dessert from lemons—lemon pie, for instance—obviously more sugar must be used to counteract the acidity than when one begins with ingredients that contain a good amount of sugar. Here are some rules for simply made desserts.

Grate six large apples and cream the pulp with three tablespoons of butter and one-half cup of sugar; beat in the yolks of four eggs, a very little lemon juice if desired and lastly the beaten whites of the four eggs. Add grated nutmeg and bake to a golden brown. Serve cold or hot with cream if desired. This makes quite a large pudding—half the amount would suffice for the family of four or six.

Apple Custard.

Here is another recipe that takes little sugar, considering the number of portions it makes. Heat a pint of milk; separate two eggs. Into the yolk beat three tablespoons of sugar, one tablespoon of corn starch and a pinch of salt. When the milk is at the boiling point pour slowly into the egg mixture. Return to the fire and cook to the consistency of boiled custard. Into the custard stir one and one-half cups of raw grated apples and one teaspoon of lemon extract and pour into molds and pile on top the beaten whites of the eggs, combined with a little sugar, and brown in the oven.

Apple Tart.

Have ready a tin lined with pastry. Pare and halve medium sized apples, place in the dish with a lump of butter on each piece, spread with light brown sugar, a little cinnamon and about three tablespoons of water. Bake in a hot oven.

Apple Fritters.

Peel and core large sound apples. Cut into not too thin slices and dip in fritter batter and fry in deep fat. When a golden brown serve. As no sugar is used in the making sugar may be eaten with maple syrup.

STYLES OF THE SEASON.

Charming georgette gowns are ruffled to the waist.

Chiffon is much used for dinner and dancing frocks.

Tulle borders the brims of many of the prettiest hats.

Black pony skin is back again among fur garments.

Gray seems to be the color for the more tailored costumes.

Separate coats continue to be in greater favor than suits.

Siberian squirrel is enlisted in the making of beautiful capes.

Cook's Cotton Root Compound.

For a reliable remedy for all ailments. Sold in large doses of strength—No. 1, \$1.00; No. 2, \$2.00; No. 3, \$3.00 per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Walker's)

IMPORTANT
CONFERENCE
MADE PUBLIC

Halifax, N. S. Feb. 3.—Correspondence between Mayor Hawkins and C. J. Desbarats deputy minister of the department of naval service, Ottawa, in regard to the sentence of eighteen months imprisonment passed upon seven Canadian naval seamen, from the T. R. 30, was made public today, at the Mayor's office. It consists of a letter from Mr. Desbarats, in answer to the mayor's original complaint, to his department, justifying the imprisonment of these seamen for "wilful disobedience of lawful command," explaining the case in detail and of a reply from the mayor, who says that the sentence imposed upon them, is considered by the people of Halifax, to be very much out of proportion, compared with other sentences of officers, who have been court-martialled. The mayor's letter concludes:

"The story of a certain Lieutenant Legatt, late commanding officer of the H. M. C. S. Hochelaga, who was court-martialled, and honorably discharged, from service for cowardice, has been mentioned in the public press. It would be interesting to know, as the court martial was held on these boys on the Hochelaga, if this officer had anything to do in passing sentence upon the offenders from the T. R. 30.

"There are other instances where it would seem to show that there is a law for officers and another for seamen."

TOOK SEVERE COLD
ON HIS LUNGS
Coughed Phlegm and Blood.

On the first appearance of a cough or cold, do not neglect it, but get rid of it at once before it has a chance to grow worse, and gets settled on the lungs, causing bronchitis, pneumonia and other serious lung troubles.

Dr. Wood's Norway Pine Syrup will cure the cough or cold on its first inception and perhaps save you years of suffering.

Mr. G. F. Stratyckuk, Canora, Sask., writes: "Last winter I took a most severe cold on my lungs and was coughing up phlegm and blood most of the time. I had the cough for over two months, and took a great deal of different medicines, but found no relief from them. At last a friend advised me to take Dr. Wood's Norway Pine Syrup, which I did, and it gave me great relief in a very short time, and today I am enjoying good health again."

The marvellous results that Dr. Wood's Norway Pine Syrup has achieved in its cures of coughs, and colds has caused many so-called "pine" preparations to be put on the market, which do not contain any pine whatever. See that you get the genuine when you ask for it.

Put up in a yellow wrapper; three pine trees the trade mark; price 25c. and 50c. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

GERMAN MYTH
OF EFFICIENCY

The more closely Americans review Germany the more they are convinced that the boasted efficiency of the fatherland is a myth. The war proved the inefficiency of the army and the state, which crumbled to dust under reverses.

Now we are told by no less a student of affairs than Charles M. Schwab, who is sojourning with the American army of occupation, that German industry never began to approach American industry in efficiency.

"I never feared Germany in my industry," says Mr. Schwab, "and shall never fear it. Germany is the second largest iron and steel producer in the world, but Germany never discovered a new process."

After all, the Germans never did offer any real proof of their efficiency.

INFLUENZA LEAVES
THE BLOOD THIN,
THE NERVES WEAK

The Danger from the Disease is Seldom Over When the Acute Stage is Passed—Tonic Treatment Strongly Recommended.

Doctors have agreed that Spanish influenza is really a severe form of the grippe which became known in this country a number of years ago under the French name of "la grippe" and which has been epidemic several times since.

The danger from grippe is seldom over when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. The grippe leaves behind it weakened vital powers, thin blood, impaired digestion and oversensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence. Until the blood is built up there can be no complete recovery of strength and health.

COULD HARDLY CRAWL ABOUT

Among the many victims of la grippe who proclaim the value of Dr. Williams' Pink Pills is Mr. Amos Kaulback, of Petite Riviere, N. S., who says: "I was taken down with a severe attack of la grippe, or influenza. After a time the early symptoms of the trouble left me, but I did not regain my usual strength, and I had always been a strong man. There were times when I felt I could hardly crawl about, and I was so run down I could scarcely go about my business. I continued taking medicine but it did me no good. Then I found the trouble was affecting my digestion and the disagreeable feeling from this added to my general misery. I was finally advised to take Dr. Williams' Pink Pills, and I decided to try them. I had only been taking the pills a few weeks when I found my strength returning, my appetite improved, and still continuing the use of the pills a few weeks more found me restored to my old-time vigor. I can most strongly recommend Dr. Williams' Pink Pills to all who have passed through an attack of influenza, as a safe medicine for renewing their strength."

REGAINED FLESH AND
STRENGTH

To rebuild the blood, to strengthen the weakened nerves and to get back the lost flesh and strength is the problem of the victim of an attack of influenza. How Mr. Charles Darling, of No. 14 Week street, Bath Me., accomplished this is best told in his own words.

"My doctor treated me successfully for the grippe," he says, "but he did not seem to help the after-effects of the disease. I had headaches nearly all the time, my strength was nearly spent and I often had to lie down and rest. I was pale and lost in weight and had a dull, languid feeling most

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.

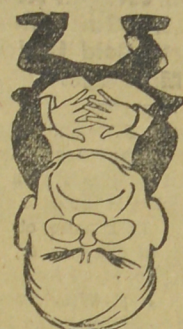
After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

It was their everlasting propaganda that brought us to the belief that they were efficient. They played the efficiency string so persistently that they convinced the world that they were supermen in every mental and physical approach. They simply bullied us into that belief. We ought to be reluctant to forgive them their imposition.

STOMACH UPSET?

Pape's Diapiesin at once ends sourness, gas, acidity, indigestion.

Don't stay upset! When meals don't fit and you belch gas, acids and undigested food. When you feel lumps of indigestion pain, flatulence, heartburn or headache you can get instant relief.



No waiting! Pape's Diapiesin will put you on your feet. As soon as you eat one of these pleasant, harmless tablets all the indigestion, gases, acidity and stomach distress ends. Your druggist sells them.

HER EASY PART

The boat drifted out on the sunlit river. The man and the maiden were silent and a little sad. His leave was ended; the time for parting had come.

"Dearest," he breathed softly, "will you float with me always—down the stream of life?"

"The same as now?" she whispered.

"The same as now," said he.

"I will, gladly," she cried.

He was rowing, doing all the hard work; she had the helm—she steered.

NO SUCH ALARMERS

"Have you any alarm clock?" inquired the customer. "What I want is one that will arouse the girl without waking the whole family."

"I don't know of any such alarm clock as that, sir," said the man behind the counter, "we have only the usual kind that wakes the family without disturbing the girl."

Excusing the slow running time of its trains, one Pennsylvania suburban railroad lays the blame on the tight skirts of many of its patrons. Still, a respectable railroad ought not to stop to rubber at styles.

glad I was persuaded to try Dr. Williams' Pink Pills, and I shall always have a good word to say for them.

HELPED HIM WONDERFULLY.

Following an attack of grippe, Mr. William Fielder, of No. 132 First street, Albany, N. Y., suffered from stomach trouble. He says:

"I was very much run down after having the grippe and lost both in weight and strength. My stomach was often sour and was very weak. A dull aching pain in the back of my head caused me much distress. An article in the paper brought my attention to Dr. Williams' Pink Pills and gave them a trial. Before the first box was finished I felt stronger and kept on with the remedy. I am feeling good, and my stomach is as strong as it ever was. I have gained in weight and strength and no longer suffer from headaches. Dr. Williams' Pink Pills certainly helped me wonderfully and I am glad to recommend them."

GRIP VICTIMS NEED A TONIC

The debility that invariably follows the grippe is not a disease of any one organ. It is a general condition of unfitness. It must be met by a remedy whose good results will be quickly generalized throughout the entire system. In fact, it must be corrected by building up the blood which, when rich and red, carries renewed health and strength to every part of the body.

Dr. Williams' Pink Pills are a tonic, not a stimulant. They build up the blood and not only cure the disastrous after effects of grippe, but are also a specific for all troubles due to poor blood, such as anemia, rheumatism, indigestion, women's ailments, and the generally worn out feeling that affects so many people. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.