

Children Cry for Fletcher's

CASTORIA

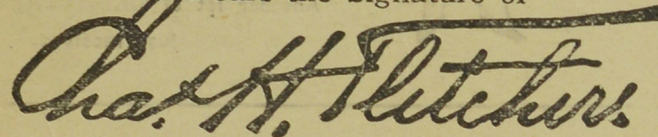
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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

OF INTEREST TO WOMEN

HOUSECLEANING, THEN AND NOW

Perhaps It Is True That Things Are Not What They Used to Be.

Perhaps, it is true, also that "The good old days are no more." There are always some members of the older generation to assure us that such is the case. But one thing is certain—life is more worth living in the first days of spring now that housecleaning isn't what it used to be. Remember those carpets that had to come up? Remember the padding beneath those carpets? Remember the dust that sifted through the carpet and lay atop of the padding? Remember the carpet stretcher and the time there was when mother and Bridget tried to stretch the carpet back into shape and the man by the day tried to put it back with carpet tacks?

And of course some of those carpet tacks wandered around away from the room where they were being used and were found by some unsuspecting member of the family in the bottom of a thin bedroom slipper.

That sort of housecleaning is a thing of the past in most households—although if truth be told there are not a few houses where the all-over carpet is still the mode of covering the floor.

And we do have to "go over" the house a little more thoroughly at this time of the year than on ordinary cleaning expeditions. Warm days are coming and screens have to be put up. If we have heavy draperies that should come down and if we have special summer curtains, it is none too soon to make the exchange. For in most of this broad land of ours spring comes suddenly. One day we are shivering and wishing that we might stay in and hug the fire, and the next the windows are all open and they are too small and we are too indolent to want to trouble with matters of general housecleaning.

COTTON DRESSES.

Silks and woolen goods may be the best choice for the business woman's frocks, but for the housewife the wisest choice whenever possible is in the realm of cotton. And the reason is not far to seek. The girl who works away from home usually does not have opportunity either in time or equipment to launder her own cotton dresses. If she sends them to the laundry the expense is great and sometimes the dresses are ruined. But the housewife can without much additional time keep her own wash frocks in fresh condition, giving them that individual attention that is necessary to keep them from shrinking and wearing out in the wash.

Moreover, the cotton frock is the best selection because usually the housewife wants something that can

WEAK, SICKLY FOLKS REGAIN HEALTH QUICKLY BY NEW REMEDY

A BLOOD-FOOD NOW MANUFACTURED THAT ACCOMPLISHES MARVELS.

Lots of people that were thin and miserable for years have recently been restored by this simple treatment. All you have to do is to take two little chocolate-coated tablets with a sip of water at the close of each meal.

The tablets which, by the way, are called "Ferrozone", are in reality a perfect food for the blood. They contain exactly those elements your blood lacks when it becomes thin, weak, and unhealthy.

This is just the time to use Ferrozone; it excites splendid appetite, gives digestion splendid aid, supplies nourishment for all weak organs. At once you feel buoyant and strong. Nutritious blood courses through your veins, supplies strength, makes you tingle with animation and ambition.

No more headaches. None of that tired languor. You feel like doing things because Ferrozone completely renews and strengthens your whole system.

No medicine on earth gives such quick, lasting benefits as Ferrozone. It has raised thousands from downright weakness, brings robust health simply because it contains the fortifying elements that run-down systems require.

One week after using Ferrozone you'll feel like new, you'll appreciate what real robust health means. In a month you'll scarcely credit the push your vigor and spirits have received. Ferrozone is more than a tonic because its work lasts, its benefits remain and are not temporary. It restores health where other treatments fail, and should be used by every man, woman and child. Try it, 50c. per box or six boxes for \$2.50. Sold by all dealers or by mail from The Catarrhozone Co., Kingston, Ontario.

be washed readily. Even after the hard work of the day is done and she has changed from a house dress to a dainty afternoon dress there must be trips to the kitchen. And anyone knows who has tried to work in the kitchen in a silk dress that even with the greatest precaution spots do come. With the cotton dress it is not of so much moment.

There have been times when we felt that our "best" dresses really ought to be of silk; but that was when silk was very much dearer than cotton. Now the fact that cotton is quite expensive has somehow made us feel that cotton is good enough for any occasion and surely the present weaves and designs are quite as good to look at as are silk. A dark blue and white striped or printed voile makes every bit as attractive a frock for church in the summer as does a foulard.

MANY WORDS WHICH ARE DEBATABLE

(Toledo Blade)

Spend a few minutes in a civil court some day and you may hear a couple of expensive lawyers argue the meaning of a word in a contract. Before the war gave new meaning to religion it was not unknown of preachers to entertain their congregations with a forty-minute dissertation on the meaning of a word.

These people who write wise-sounding things for newspapers and magazines bother themselves a lot about using clever words and phrases that don't always mean a lot; but words do concern us very much for the study of how to make accurate use of the language is one of the best means of arriving at that indefinite but much desired condition called "culture."

Take the case of "completely." Throw a corpse of grammarians around it and they will demolish it so completely that it will sink into a corner and hide its face. For the grammarians will aver if a thing is demolished there can be nothing left, and so the sense is final without the addition of an adverb whose meaning is already contained in the verb demolish.

Then there are "entirely," "utterly," "fully," and "very" when it is used with sure and best. These fall to pieces under the hammer blows of even our eighth grade grammar books. Yet they persist. They stay with us because—utterly useless though they are—they add emphasis to our everyday speech; and speech makes the language, while grammar books only classify it.

Just the same, before you allow yourself to use these debatable words in your daily conversation or writing be very sure they give some emphasis.

It's something to have made Rome howl.

It is possible to pray without getting down on one's knees. Prayer and hustle make a strong combination.

In the auto driver's opinion it is the pedestrian's own fault if he is run down. He should have remained at home.

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 Worries, Leadeness, Loss of Energy, Fatigues, etc. of the Heart, Failing Memory. Price 21 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail in plain pkg. on receipt of price. *Non-patented* (free). THE WOODS MEDICINE CO., TORONTO, ONT. (Toronto, Canada.)

FOR 20 YEARS DOCTORS TRIED

to cure a bad leg from which I suffered," says Miss F. Daudin, of Somerset, Man., writing to the proprietors of Zam-Buk. "The numerous remedies which I used during that time also proved ineffective. Finally I was advised to try your balm—Zam-Buk. I hadn't used it long before I could see that this remedy was quite different from anything I had before tried. It wasn't long before the inflammation began to disappear and with it the pain. The appearance of the sore changed—it became healthier looking, and then I noticed healing had commenced. I persevered with Zam-Buk and it entirely cured me. I shall never be without it again, and if everyone knew the wonderful healing power of Zam-Buk I am sure it would be in every home."

Zam-Buk is so successful in healing chronic sores because of its great refinement and its extraordinary powers of penetration. It reaches the "root" of the disease in the underlying tissues and cleanses the flesh of all germs. Zam-Buk then grows new tissue, which, replacing the old and diseased, builds itself up to the surface skin. A complete and permanent cure results.

Zam-Buk is best for eczema, ulcers, abscesses, rashes, boils, pimples, blood-poisoning, and piles, and is indispensable as a first-aid for cuts, burns, scalds, etc. All dealers 50c. box.

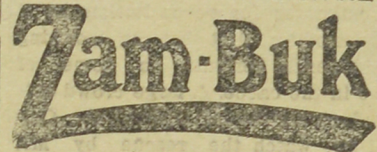


TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 tablespoon.
4 tablespoons of a liquid equal 1/2 gill or 1/4 cup.
1/2 cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1 quart.
2 cups of butter, solid, equals 1 lb.
1/2 cup of butter, solid, equals 1/4 lb. or 4 ounces.
2 cups of granulated sugar equal 1 lb.
2 1/2 cups of powdered sugar equal 1 lb.
1 pint of milk or water equals 1 lb.
1 pint of chopped meat equals 1 lb.
10 eggs, shelled, equal 1 pound.
4 tablespoons of flour equal 1 ounce.
8 eggs with shells equal 1 pound.
2 tablespoons of butter equal 1 ounce.
2 tablespoons of granulated sugar equal 1 ounce.

NOTICE OF SALE.

To George W. Bird of Burtt's Corner, in the Parish of Bright, in the County of York and Province of New Brunswick, Farmer, and Jane Bird, his wife, their heirs and assigns, and to all others whom it may in anywise concern:

NOTICE is hereby given that under and by virtue of a Power of Sale contained in a certain Indenture of Mortgage bearing date the twenty-ninth day of July, A. D. 1914, made between George W. Bird, of Burtt's Corner, in the Parish of Bright, in the County of York and Province of New Brunswick, Farmer, and Jane Bird, his wife, of the one part, and Millard F. Reid, of the Town of Marysville, in the County of York and Province of New Brunswick, Merchant, of the other part, and duly recorded in York County Records in Book A-7 pages 542-544, under official number 64359, and the said mortgage was not afterwards assigned, there will, for the purpose of satisfying the money secured by the said Mortgage, default having been made in the payment of the same, be sold at public auction in front of the City Hall, in the City of Fredericton, in the County of York, on Thursday, the fifteenth day of May next, at the hour of twelve o'clock noon, the land and premises mentioned and described in the said Indenture of Mortgage, as follows:

"All those certain lots, pieces or parcels of land and premises situate, ying and being in the Parish of Bright, York County, New Brunswick, described in the deed thereof from Harvey R. Jewett and Miriam his wife to one George Dunphy and Edmund Dunphy, dated the tenth day of July, A. D. 1895, as 'All that certain piece or parcel of land known as parts of lots Nos. 16 and 17 in the Mactnaquack Grant so called, and bounded as follows: On the westerly side of the present Keswick Highway Road, so called and bounded on the southerly side by land owned by William Mitchell, on the northerly side by land owned by Samuel Colter, and on the westerly end by the rear line of the aforesaid Mactnaquack grant, so called, being 76 rods in width more or less on the aforesaid highway road; also on the easterly side of the present Keswick Ridge Highway Road so called on the southerly side by land owned by Daniel McGrann, on the northerly side by land owned by said Daniel McGrann, and on the easterly end by land owned by Michael McGrann, being 29 rods more or less in width on the aforesaid highway road, being the northerly half of a lot formerly owned by the said Sylvester Burke, on the easterly side of the aforesaid highway road." Being the same lands and premises conveyed to Herbert B. Cliff from Edmund Dunphy and Amanda his wife, by deed dated the tenth day of July, A. D. 1895, and afterwards conveyed from said Herbert B. Cliff and Etta Cliff, his wife, to said George W. Bird, by deed dated the twenty-ninth day of July, A. D. 1914. Together with all and singular the buildings, erections and improvements thereon.

Dated at the City of Fredericton, in the County of York and Province of New Brunswick, this tenth day of March, A. D. 1919.

MILLARD F. REID, Mortgagee.

JAMES HOLLAND, Solicitor for Mortgagee.

DR. J. B. CROCKER, DENTIST
FREDERICTON, N. B.
Residence 348-41
Office 418-11

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REGENT STREET

Best and Most Modern Funerals
Equipment in the City.

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LT. COL. W. J. OSBORNE,
after four years of war service in England, Belgium, France and Canada, has again taken over the management of the

FREDERICTON BUSINESS COLLEGE

FREDERICTON, N. B.,
The College will be kept open all through the summer.
FALL TERM begins September 2nd.
Write for full particulars.

CLOTHES CLEANED

PRESSED and REPAIRED
for Ladies and Gentlemen.

W. E. SEERY
251 George Street.

ADA M. SCHLEYER, FLORIST

POTTED PLANTS, FERNS,
SPIREA, TULIPS,
HYACINTHS, DAFFODILS,
PRIMROSES, BEGONIAS,
Etc.

CUT FLOWERS—Roses, Carnations, Violets, Sweet Peas
Daffodils, etc.

LETTUCE.

LOCATION OF FREDERICTON FIRE ALARM

When You Hear the Alarm, Look for the Location in the Daily Mail.

- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 Corner Charlotte and Smythe Streets.
- 16 Corner George and Northumberland Streets.
- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
- 25 Corner Brunswick and Westmorland Streets.
- 26 Corner Charlotte and Westmorland Streets.
- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 35 Corner Brunswick and Carleton Streets.
- 36 Corner Charlotte and Carleton Streets.
- 37 Corner George and Regent Streets.
- 38 Corner King and Regent Streets.
- 44 Corner Queen and St. John Streets.
- 45 Corner Brunswick and St. John Streets.
- 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.

'New Brunswick Grown'

Orders should now be placed for early May delivery. We make a specialty of **Apple Trees, Shrubs, Hedging, Roses and Strawberry Plants.** Experts have pronounced our apple trees excellent, comprising the leading varieties, including Mackintosh Red, Fameuse, Wealthy, Dudley and Bethel. This season's stock will soon be exhausted. Write for terms. Discount for cash with order. Mail orders solicited.

ST. JOHN VALLEY NURSERY BURTON, N. B.

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 why manufacturers, merchants and others should send their orders out of town.

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