

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.

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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COLLEGE, Fredericton, N. B.The only School in N. B. affiliated
with the Business Educators' Associ-
ation of Canada.OF INTEREST
TO WOMEN

TWO EGGLESS RECIPES.

Chocolate Pudding.

In a double boiler bring a quart of milk to the boiling point. Mix five tablespoonfuls of cornstarch to a paste with a little cold milk, add half teaspoonful of salt and half cupful of sugar and five tablespoonfuls of cocoa or grated chocolate. Rub the mixture smooth and stir into the boiling milk. Allow to cook for five minutes. Pour into wet molds and chill. Serve with whipped cream or thin custard.

Peach Tapioca.

Drain a can of peaches and sprinkle well with powdered sugar. Let stand an hour. Add enough boiling water to the peach juice to make three cupfuls and stir into the hot juice 1 cupful of minute tapioca, half a cup of sugar and a half teaspoonful of salt. Cook 15 minutes in a double boiler. Line a mold with the halved peaches; fill up with tapioca and bake half an hour in moderate oven. Cool and serve with whipped cream.

CULINARY REMINDERS.

Any bits of left-over vegetables may be combined, put through a fine strainer, added to a thin white sauce and behold a delicious cream soup.

Cream is whipped enough when the egg beater leaves its print in the beaten cream.

Sweet milk may be soured instantly by adding two teaspoonfuls of vinegar to one cupful of milk.

Many cooks think that a jar full of sifted flour will remain "sifted" until used up. Not so. The flour must be sifted immediately before using to make the measurement of a recipe correct.

KEEP THE FEET DRY.

Damp or wet feet are the roots of many ills, and yet few women and fewer young girls are as careful as they should be in having their footwear absolutely water tight. Inflammatory rheumatism and much aching, pain and weariness would be avoided if the feet were more carefully guarded and kept warm and dry.

Avoid in the winter thin-soled shoes. All of the gaiters and fur trimming made will not prevent dampness from entering fancy but thin soled and trail shoes, making the feet cold and striking an inward chill over the entire body. If one will wear thin shoes be sure to wear rubbers when going out of the house.

THINGS WORTH KNOWING.

The old-fashioned rice and raisin dessert covered with sauce is very nourishing.

Children should always have some kind of fruit juice or standard fruit the first thing in the morning.

All discarded woven underwear should be saved for dusters among other household uses.

String any spare buttons you may have on a cord, that they may be easy to get when you want them.

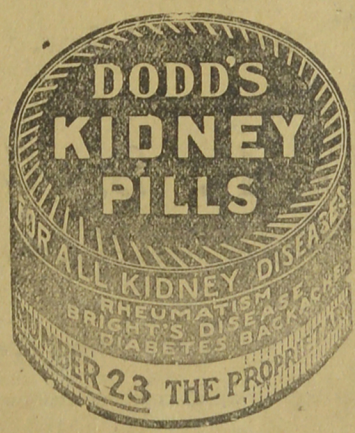
You can have onion tops green all winter, ready for salads, soups, etc., by putting an onion into top (only touching the water a little) of a vase filled with water.

Before applying blacklead as a polish, make a pad of old cloth and rub soot from the back of the grate or from the flue on all the reddish parts. The iron will then take the polish with much less labor than usual.

Every married woman hopes, when she gets sick, that her physician will recommend a change of climate.

Occasionally we hear of a man who manages to make good by following his wife's advice.

It's what a woman doesn't know about a man that causes her to have a good opinion of him.

HAD WEAK AND
FAINTING SPELLS

Those feelings of faintness, those weak, "all gone," sinking sensations, which come over some people from time to time, are warnings that must not go unheeded.

They mean a next extremely weakened condition of the heart and a disordered nervous system.

When the system is in this condition there is no time for delay. One fainting spell may be recovered from—will the next? One dizzy spell may pass off but the next may be more serious.

Those who are wise will start taking Milburn's Heart and Nerve Pills, before their case becomes deep rooted and perhaps hopeless.

They will act directly on the disordered heart and weakened nervous system and restore them to full strength and vigor.

Miss Mary McCoy, Algoma Mills, Ont., writes:—"I was awfully troubled with fainting and weak spells, and I could never get any doctor's medicines to help me. One day a friend of mine was at the house when I took one of those spells, and she got me a box of Milburn's Heart and Nerve Pills. That was six years ago, and from that day to this I have never had any of those spells. I would not be without your pills for any money, and can highly recommend them to any one."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

GRAB A YANK
WHILE THEY LAST

London, Jan. 4.—Probably the American girls who sent their young men overseas to win the late unlamented war will breathe a sigh of relief when all the boys embark for home. The interest of the girls of England and of France in the dashing young chaps from the United States is not entirely platonic.

Recently the International Y. M. C. A. Hospitality League in London sent out an appeal for more homes to be opened to men on leave in England, looking toward the time when conclusion of peace would bring still greater numbers of overseas soldiers to Great Britain, who would be released from duty oftener, but still unable to go home.

Among the answers was this letter, which discovers a new field of activity for the Y. M. C. A.

"Pardon me writing, but seeing in the Daily Chronicle of today about soldiers coming home on leave, if you know of a lonely soldier, would you kindly give him my address I have enclosed, for I should like very much to know of one, as I regret to say my young man has been killed at the front. Hoping you will do your best for me, Yours respectfully,

J. W.

P. S.—I shall be very pleased to hear from any if you know. I am 23 and single."

Wealth seems to be well distributed. Gurs are as common on the streets today as they were last summer.

As the war is academically over, may we hope that the insurance companies will resume the practice of distributing blotters, inkpots, pencils, notebooks and other expressions of good will.

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

GIRLS! GIRLS! TRY IT!
STOP DANDRUFF AND
BEAUTIFY YOUR HAIR

Hair stops falling out and gets thick, wavy, strong and beautiful.

Your hair becomes light, wavy, fluffy abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a small bottle of Knowlton's Danderine from any druggist or toilet counter, and just try it.

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.

METHODISTS
ADOPT SOME
RESOLUTIONS

(Continued from Page Two)

lest benefit, neither loan on companies or building societies on the one hand nor political patronage on the other, be enriched by handling grants under this loan, and further, that the Federal Government must insist upon town planning being carried forward under the guidance of expert scientific leadership, thus conserving the health of the people, the convenience beauty and comfort of the community and encouraging the people to earn their own homes.

15. That the Government should recognize the economic value of motherhood by: (a) Investigation and more generous provision for certain exceptional cases of inadequate pensions to widows and children of soldiers, (b) Preparation and adoption of a complete program for Mothers' Pensions.

16. That copy of the foregoing Report be sent to the Prime Minister of Canada, the Premiers of the Provinces and of Newfoundland, the Press of the Dominion, and to each of our Ministers.

A man has such a naive, irresponsible nature that when you say "It takes two to make a happy home," he thinks you refer to his wife and the cook.


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.

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