

Children Cry for Fletcher's

CASTORIA

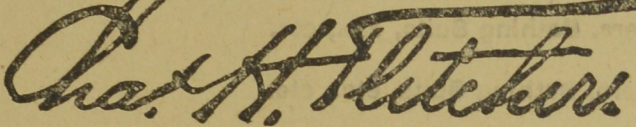
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children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

DENTISTS

DR. J. B. CROCKER, DENTIST

FREDERICTON, N. B.

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Residence 349-41

Office 418-11

DR. GERRARD

OFFICE:

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ARTIFICIAL TEETH and GOLDWORK a Specialty

Superior Conveniences for Chloroform administration. Telephone 574.

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DENTAL SURGEON

Opp. Soldiers' Barracks and Next Door to Bank of N. B. Building, Queen Street.

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

DR. G. R. LISTER, DENTIST

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Best and Most Modern Funerals Equipment in the City.

Residence Telephone 70-41

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FLORIST

CHARLOTTE STREET

SWEET PEAS,

ROSES,

CARNATIONS

A splendid assortment of Ferns.

Bridal Bouquets a specialty.

Phone 271.

Cook's Cotton Root Compound.

Large, reliable regulating medicine. Sold in large doses of strength—No. 1, \$3. No. 2, \$2. No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address THE COOK MEDICINE CO. TORONTO, ONT. (Formerly "The Cook's")

OF INTEREST TO WOMEN

YOUR HAIR IN SUMMER.

It is the Hat Plus Hot Weather That Raises the Most Trouble in Summer.

The housewife has one decided advantage over the young woman who finds occupation outside of her home in that she does not need to wear a hat so often in summer. In many places the housewife can even go to market without a hat, depending on a parasol on sunny days for protection against Sol's rays. In some places women drive their own cars to market and never think of wearing a hat.

Now it is hat plus hot weather that raises the most trouble in summer. If exposed to the air the moisture of the hair evaporates without injury to the hair, but if a hat is worn for any considerable length of time, this perspiration remains on the hair, with the result that the hair becomes lifeless and all but unmanageable.

Let It Down at Night.

At night in very warm weather let the hair down at least half an hour before going to sleep, and sit by an open window with the hair streaming over the back of a chair. Shake the locks well in the breeze and dust with powdered orris root, or in the case of light hair, with scented talcum powder. This dries out the perspiration of the day and cools the head for sleeping.

Faster the hair in two braids each well over towards the ears, so that the air can get to the back of the scalp. One young woman who takes pride in looking as well when she retires as she does during the day ties her hair with a bow of the most supple satin ribbon in her favorite color. This does not break the hair and keeps it from getting unbraided and snarled while she is asleep. In tying the ends of the braids do not turn them up. This causes the hair to split.

A Change is Good.

The secret of keeping the hair fluffy and loose is to change the manner in which it is done up from day to day, or at least every other week. That is, if a woman wears her hair low on the neck during the morning, it will lie much more lightly and becomingly if she does it in a high coiffure for the evening.

Or if she braids it about her head one week, she should fasten it in a figure eight the next.

USEFUL KNOWLEDGE.

To Save Charred Documents.

Documents that have been charred by fire are rendered readable if collodion is poured over the charred paper. In a few minutes this dries and a tough transparent coating is produced and through it the printing can be seen. Bank notes and other papers thus charred have been treated in this way with success.

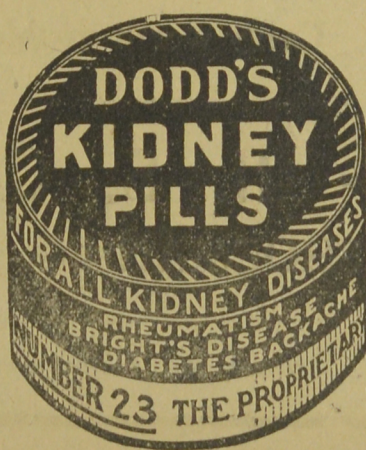
Baby Carriage Tires.

When baby carriage tires wear down to the rim they can be made equal to new if gently eased out of the rim with the handle of a spoon and then reversed. When the tire slips from its rim paint the rim with oak varnish, press on the tire and leave it for six hours, when it will be found as firmly fixed as when new.

A Good Fly Trap.

Cover a bowl of soapy water with a piece of cardboard, cut a hole in the middle about the size of a quarter or a little larger and smear the edge and underneath the hole with syrup or molasses. The flies will go through for it and drop into the water. This is a simple and safe trap where there are children.

We keep hearing about those places where the ginger ale has a wicked secret. But when we ask for ginger ale it's always ginger ale.



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.

STRAWBERRY

RASPBERRY

BLACK CURRANT

RED CURRANT

GOOSEBERRY

BLUEBERRY

RHUBARB

PEACH

PLUM

CHERRY

GREEN GAGES

GRAPES

CRANBERRY

SPICED JELLY

JELLY

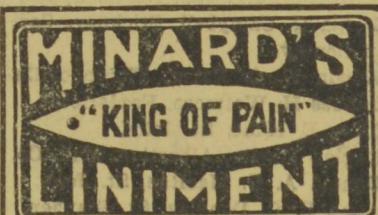
BLACKBERRY

CRABAPPLE

CHOW-CHOW

MIXED PICKLES

MUSTARD PICKLES



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. Masters

Manufactured by the
Minard's Liniment
Yarmouth, N.S.

VOCATIONAL EDUCATION

At last meeting of the Fredericton Vocational Committee, it was decided to open a series of evening classes in the early fall in order that persons over sixteen years of age may be able to profit by the instruction offered. Applications will be received at the office of the Secretary of the School Board previous to the 20th day of August instant for instructors in the following industrial lines:

Cooking
Millinery
Industrial Stitching
Household Science
Typewriting and Stenography.

CHAS. A. SAMPSON,
Secretary.

CANADIAN PACIFIC

FARM LABORERS EXCURSIONS

AUGUST

11th AND 18th

Fares From Fredericton
\$12.00 GOING
\$18.00 RETURNING

N. R. DesBRISAY,
District Passenger Agent.

CLOTHES CLEANED

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

NOTICE

I have taken out a truckman's license and now a prepared to give prompt attention to all orders in that line.

Call up 204-41.

CHARLES WELSH.

Canadian National Railways

2 Farm Laborers 2

EXCURSIONS

To WINNIPEG

AUGUST 11th & 18th 1919

FARES, including war tax, are:
Chipman \$14.20
McGivney's 14.20
Fredericton 14.20
St. Leonard 14.20
Plaster Rock 14.20
Grand Falls 14.20
Edmundston 14.20

Special Train leaving Sydney Sunday night, August 10th, connecting at Truro with Special Train, MONDAY, August 11th, for Winnipeg, via Levis, Bridge to Quebec, thence Transcontinental.

Second excursion will be by regular trains leaving Sydney, August 17th, and Truro, August 18th, via main line to Levis, thence Bridge and Quebec. If traffic warrants, special train may be run.

FARE FOR RETURN will be \$18.00 Winnipeg to Moncton, plus local second class one way fare to original starting point, war tax extra.

For further particulars apply to nearest Ticket Agent, or to F. W. ROBERTSON, General Passenger Agent, Moncton, N. B.

IF YOU ARE INTERESTED IN

LOWER INSURANCE RATES

Than You are Now Paying, Consult

CRUIKSHANK & BOX

BROKERS

Insurance, Real Estate, Stocks and Bonds.
Queen St., opp. Post Office, Fredericton, N. B.

'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 Work 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. We will do the Rest.

The Mail Printing Company

327-329 Queen Street (Up Town)