

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.

## DR. J. B. CROCKER, DENTIST

FREDERICTON, N. B.

TELEPHONES:

Residence . . . . . 349-41

Office . . . . . 419-11

## DR. GERRARD, DENTIST

TWENTY YEARS' LONDON, ENG. EXPERIENCE.

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

## W. J. IRVINE, DENTAL SURGEON

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

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

## DR. S. W. SPROULE, DENTAL SURGEON

Graduate of Univ. of Toronto, Ont.

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

## J. A. McADAM, UNDERTAKER

REGENT STREET

Best and Most Modern Funeral Equipment in the City.

Residence Telephone . . . . . 70-41  
Business Telephone . . . . . 118-41

## HARRY R. ADAMS, UNDERTAKER

SUCCESSOR TO THE LATE JOHN G. ADAMS

610 Queen Street.

'Phone or Telegraph Orders Shipped on all trains or boats at short notice.

## THE WINTER TERM OF THE FREDERICTON BUSINESS COLLEGE

Open on MONDAY, January 13, 1919.

Descriptive literature of our courses of study will be sent to any address on request.

Address FREDERICTON BUSINESS COLLEGE, Fredericton, N. B.  
The only School in N. B. affiliated with the Business Educators' Association of Canada.

## OF INTEREST TO WOMEN

## THE SEPARATE BLOUSE

It is Sharing Popularity With the One-Piece Dress.

There isn't any doubt that the majority of the women have favored the one-piece frock this winter, but nevertheless there are times when the separate blouse is simply indispensable. Three-fourths of the beauty of the separate blouse is to have it of the correct color—to go with one's suit or separate skirt—and that the blouse should be absolutely immaculate.

Style, too, is of course important, and as the styles in blouses change very rapidly, the wise woman with the limited income buys but few blouses at a time.

A short time ago we were wearing the pale pink separate waists, but, like everything else, the blouses have taken on more color. Whenever the bright pinks or the bright blues tone with the costume, these are the ones selected. Of these two colors the blues on the tones of the so called Joffe blue is the most desired and worn.

## CHEESE RECIPES.

## Welsh Rarebit.

Melt one tablespoonful of butter in a double boiler, add a few grains of salt, mustard and pepper; add one cupful of cheese. When melted add one-half cupful milk and one beaten egg. Stir constantly until the mixture thickens and is smooth. Serve at once on crisp wafers or dry toast.

## Cheese and Toast.

Toast a few slices of bread to a nice brown and lay on a platter. Cook a cupful of fine cut cheese, one egg, one spoonful butter and one-half cupful milk together. Season with salt and pepper and pour over toast. Be sure you do not use too much salt. Grated cheese sprinkled thickly on slices of milk toast is very nice.

## Cheese Straws.

Sift one teaspoonful of baking powder with one cupful flour, add a pinch of salt and mix in one tablespoonful of butter and two cupfuls grated cheese. Add enough water to roll out like pie crust; cut in strips and bake a light brown in a hot oven.

## FADS OF FASHION.

Brushed wool is used for the majority of practical sweaters.

Beaver and myrtle green are favorite colors for winter wear.

Shoes for women are mostly tans and greys, besides black.

Bright plaid skirts are apt to have blue as the predominant color.

A fringed silk collar gives a plain black satin gown a smart touch.

Suit skirts fasten on the side from hip to hem with large closely arranged buttons.

Japanese cotton crepe makes excellent winter frocks for small children.

Chuddah, poplin and shark cloth are used for black skirts for winter.

One charming girdle is composed of small balls of angora on strands of jet.

Any bit of fine linen, provided it is eight or nine inches square, can be utilized for charming hand-rolled handkerchiefs.

A yard of plain black moire ribbon can be made into a petty little neck accessory by adding colored tassels and embroidery on the ends.

## MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

## Best Liniment Made

MR. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I used MINARD'S LINIMENT and in six days I was out to work again. I think it the best liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment Co., Limited  
Yarmouth, N.S.

## 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 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.

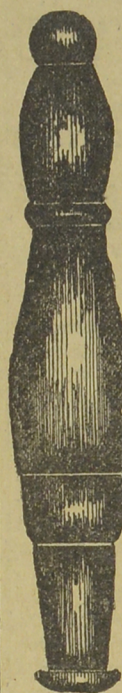
In getting the boys back to civil life the Salvation Army has much to do. A vast amount of money will be required. One million dollars will not be too much.

## GETTING A LAUGH

"Laugh and the world laughs with you."

I don't dispute this saw. But I do know if you stub your toe You're sure of a guffaw.

## NASTY THROAT DROPPINGS CATARRHAL DISCHARGES QUICKLY CURED.



Doctors Recommend Catarrhozone, it is nature's own cure. It drives out the germs, heals sore spots, cleans away every vestige of Catarrhal taint.

You send the soothing vapors of the pine woods, the richest balsams and healing essentials, right to the cause of your cold by inhaling Catarrhozone. Little drops of wonderful curative power are distributed through the whole breathing apparatus by the air you breathe. Like a miracle that's how Catarrhozone cures bronchitis, catarrh, colds, and irritable throat. You simply breathe its healing fumes, and every trace of disease flees as before fire.

So safe, infants can use it, so sure to relieve, doctors prescribe it, so beneficial in preventing winter ills that no person can afford to do without Catarrhozone. Used in thousands of cases without failure. Complete outfit \$1.00, lasts three months, and is guaranteed to cure; smaller size 50c, all dealers or the Catarrhozone Co., Kingston, Ont.

## DRUGGISTS IN CONFERENCE AT OTTAWA

Ottawa, Jan. 15.—The question of liquor legislation as it affects the druggists of the Dominion is among several under discussion by members of the executive of the Canadian Pharmaceutical Association, who are meeting in session at the Chateau Laurier. At the conference which is being attended by representative members of the profession from the Atlantic to the Pacific is the first of the kind held since the outbreak of the war.

Up to the present the druggists as a whole have taken the stand that they will not become liquor vendors, although they are permitted by law to fill doctors' prescriptions.

Another subject under consideration is that of securing more uniformity of regulations now in effect in the different provinces. These at present are such as to cause much inconvenience to druggists who wish to remove from one province to another, and it is desired that measures be taken to place all on a standard basis.

## RULES FOR THE AVOIDANCE OF INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.

2. Avoid all indoor assemblies, and travel as infrequently as possible.

3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.

4. Keep patient by himself, permitting only the nursing attendant, the doctor and the clergyman to see him.

5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.

6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.

7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.

8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease.

Remain in house three or four days after feeling well, as this is a critical period after recovery.

9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.

10. Do not be over-anxious. That is do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

## JUST BILL.

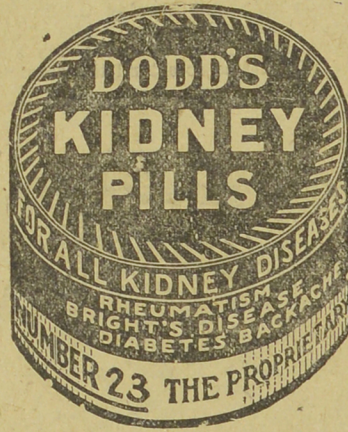
Private Bill Smith had just come home on leave from Mesopotamia and Mrs. Smith was entertaining some friends in honor of the hero's return. Suddenly, in the midst of the festivities a heavy thud and torrent of abuse were heard proceeding from the adjoining room.

"Mercy! What's that awful profanity?" asked a guest.

"Oh, that's nothing, dear," said the hostess. "It's only Bill; he's fallen over his Persian praying rug again!"

All fond relatives believe that the letters received from their soldier folk overseas are worth publishing—and I guess most of them are.

A rookie in France writes that he hopes he will be sent to Archangel, having a desire to sleep through a six months night; but he fears that they would detail him right off for the first night's sentry duty.



## 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