

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

Chas. H. Fletcher

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 419-11DR. GERRARD,
DENTISTTWENTY YEARS' LONDON, ENG.,
EXPERIENCE.King Street, Opposite Boyle's
Telephone 574.W. J. IRVINE,
DENTAL SURGEONOpp. 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—338-11DR. S. W. SPROULE
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Graduate of Univ. of Toronto, Ont.

OFFICE:
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Telephone 261-21J. A. McADAM,
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Best and Most Modern Funera
Equipment in the City.Residence Telephone 70-41
Business Telephone 118-41HARRY R. ADAMS,
SUCCESSOR TO THE LATE
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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' Associ-
ation of Canada.

OF INTEREST
TO WOMEN

RANDOM RECIPES.

Oatmeal and Fig Cookies.
2 cups rolled oats
2 cups flour
1 teaspoon salt
¾ cup oleomargarine
½ cup sugar
½ cup water
Filling:
½ cup fig marmalade
½ cup sugar
Mix dry ingredients. Cream oleo-
margarine and sugar thoroughly; add
water and dry ingredients to that.
Form into a mass and roll very thin.
Cut with biscuit cutter; bake in slow
oven until slightly brown. Use in-
verted tin.

Glazed Carrots.

Boil small carrots until tender, drain
and cut in half lengthwise and brown
slightly in frying pan. Place them in
a baking dish, dot with butter, sprin-
kle with a tablespoonful of sugar and
a pinch of salt, pour over a little hot
water and bake till glazed.

A Fruit Salad.

Peel and slice two bananas and two
oranges, carefully removing pith and
seeds and wash and seed a half pint
of malaga grapes; cut in small blocks
two slices of pineapple; arrange the
fruit in layers in a glass dish, pour a
fruit salad dressing over the whole
and chill thoroughly before serving.

Fruit Salad Dressing.

Boil one cup sugar and one-half
cup of water for five minutes, pour the
syrup over the beaten yolks of three
eggs and cook over boiling water un-
til thick; chill and add one-half cup
of lemon juice.

Whipped Cream.

When using whipped cream for fan-
cy desserts, add the stiffly beaten
white of one egg to a pint of whipped
cream. It will go as far as a quart of
the cream and it will never get but-
tery, as it often does when cream
alone is used.

WORTH REMEMBERING.

Olives and English walnuts make a
good winter salad.

Salt and lemon juice is said to be
a good treatment for chilblains.

If washing very greasy dishes, put
a little ammonia in the water and it
will save soap.

If stove polish becomes hard and un-
fit for use, soften it with turpentine
and it will polish readily.

When washing crystal, put a little
borax into the water and use soap,
then rinse in clear water, having a few
drops of bluing added. Your crystal
will sparkle like new.

Patent leather shoes are success-
fully cleaned by removing all dust,
then wiping them with a soft cloth
dipped in fresh milk. Polish with an
old silk handkerchief. The milk is
valuable in preserving the leather and
keeping it from cracking. Cream ad-
ded to the milk makes it still better.

When baking potatoes, grease them
first with a little butter and when
cooked they will be beautifully brown
and crisp, with the glazed appearance
that makes them so appetizing.

THE PEOPLE OF
MONS GRATEFUL

(Continued from page 6)

bravery, tenacity and generosity of
the Allied forces, and we have today
the great joy of seeing that our hope
was not in vain.

"Our everlasting gratefulness goes
to these armies, and amongst them in
the British army to the Canadian
corps, who rang for us the never-to-
be-forgotten hour of resurrection.

"The British army terminated at
Mons, the day of the armistice a series
of brilliant victories, avenging at
places where it had been affected the
retreat of 1914. These great events
have created amongst us unbroken
ties.

"Permit us to offer you as a slight
testimonial of our gratefulness, a
medal which will remind you of our
small and old Belgian city, to which
the exploits of your army have added
a new historical prominence."

"Petticoats must go," says the Bal-
timore Sun. And don't they! Did
you ever find them home?
Charity not only begins at home
and covers a multitude of sins—on oc-
casions it sprinkles sand on slippery
sidewalks.

Cook's Cotton Root Compound.

Two drams of sal-ammoniac with
one ounce of cologne and solution
mixed with a pint of boiled water. Ap-
ply two or three times daily, with a
silk sponge.

A Freckle Lotion.

Two drams of sal-ammoniac with
one ounce of cologne and solution
mixed with a pint of boiled water. Ap-
ply two or three times daily, with a
silk sponge.

A CHILD GETS CROSS,
SICK AND FEVERISH
WHEN CONSTIPATED

Look, Mother! If tongue is coated
clean little liver and
bowels

If your little one's tongue is coated,
it is a sure sign the stomach, liver and
bowels need a gentle thorough clean-
ing at once. When your child is cross
peevish, listless, pale, doesn't sleep,
eat or act naturally; if breath is bad,
stomach sour, system full of cold,
throat sore, or if feverish, give a tea-
spoonful of "California Syrup of Figs"
and in a few hours all the clogged-up
constipated waste, sour bile and undig-
ested food will gently move out of the
bowels, and you have a well, play-
ful child again.

Sick children needn't be coaxed to
take this harmless "fruit laxative".
Millions of mothers keep it handy be-
cause they know its action on the
stomach, liver and bowels is prompt
and sure. They also know a little given
today saves a sick child tomorrow.

Ask your druggist for a small bot-
tle of "California Syrup of Figs,"
which contains directions for babies
children of all ages and for grown-ups
plainly on the bottle. Beware of coun-
terfeits sold here. Get the genuine
made by "California Fig Syrup Com-
pany."

PRAISE FOR THE
SALVATION ARMY
BY IRVIN S. COBB

(Saturday Evening Post.)

I have yet to meet any soldier, whether
a brigadier or a private, who, if
he spoke at all of the Salvation Army,
did not speak in terms of fervent
gratitude for the aid that the Salva-
tion Army are rendering so unosten-
tantly and yet so very effectively.
Let a sizable body of troops move
from one station to another and hard
on its heels come a squad of men
and women of the Salvation Army.
An army truck may bring them, or it
may be that they have a battered jit-
ney to move them and their scanty
outfits. Usually they do not ask for
help from anyone in reaching their
destination. They find lodgment in
a wrecked shell of a house or in the
corner of a barn. By main force and
awkwardness they set up their equip-
ment, and very soon word is spread
among the troops that at such-and-
such a place the Salvation Army is
serving free hot drinks and free dough-
nuts and free pies. It specializes in
doughnuts, the Salvation Army in the
field does, the real, old-fashioned,
home-made ones that taste of home
to a home-sick soldier boy.

I did not see this, but one of my as-
sociates did. He saw it last winter
in a dismal hole on the Toul sector. A
file of our troops were finishing a long
hike through rain and snow, over
roads knee-deep in half-thawed, icy
slush. Cold and wet and miserable,
they came tramping into a cheerless,
half empty town within sound and
range of the German guns. They
found a reception committee awaiting
them there in the person of two Sal-
vation Army lasses and one Salvation
Army captain. The women had a fire

VICTORY HAS
BEEN WON BY
WRIST WATCH

Great are the results of the World
War.

But what is the greatest result?
The overthrow of the Kaiser and his
gang? The conquest of the air? The
popularity of Bolsheviks? The victory
of H. C. of L? A possible League of
Nations?

All of these look like results.

Ah—but none is so startling as the
victory of the wrist watch.

It has achieved respectability!

The "roughneck" dares to wear one
now. Anyone dares to wear one. The
only thing that determines whether
one wears one or one doesn't wear one
is whether or not one has one.

Nothing but the greatest war of his-
tory could have made the wrist watch
think back three or four or even two
years. Who wore wrist watches then?

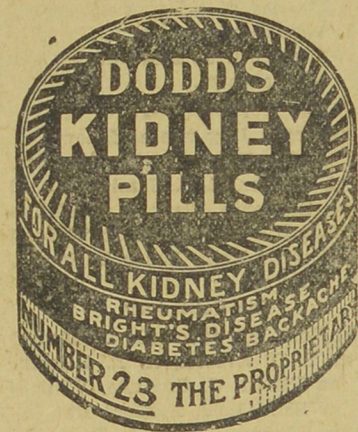
Men who tucked their handkerchiefs
in their coat sleeves. "Fops," they
called those men in England. We called
them lots of things in America. If
a wrist watch came to a red-blooded
young American at Christmas he
smiled a sickly "thank-you" and hid
the watch away.

But now the army is coming home—
wearing wrist watches! "Old-timers"
"tough guys," buck privates, top ser-
geants and colonels, they all deftly
raise their wrists to see the time of
day.

Many a fighting second lieutenant in
the front line trenches has studied his
wrist watch breathlessly—waiting for
the "zero" hour.

Five years ago more than 200 wrist
watches were made in this country.
This last year more than 500,000 were
manufactured! And still there were
not enough for the great war demand;
only the armistice saved the situation.

Lord Kitchener the great fighter of
England, the first to grow angry at
anything effeminate in his army used
to grow wrathful at wrist watches. But
that was years ago. He changed his
mind in a campaign long before this



going in the dilapidated oven of a van-
ished villager's kitchen.

One of them was rolling out the bat-
ter on a plank with an old wine bot-
tle for a rolling pin and using the top
of a tin can to cut the dough into cir-
cular strips. The other woman was
cooking the doughnuts, and as fast as
they were cooked the man served them
out, spitting hot, to hungry, wet boys
clamoring about the door, and nobody
was asked to pay a cent.

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 in-
ception 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 re-
lief from them. At last a friend ad-
vised 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 achiev-
ed 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 what-
ever. 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.

war. He saw the usefulness of time-
pieces where they could be easily
reached.

It was the English sportsmen who
first had the nerve to sport the "brace-
let watch." Thomas B. Elms of Chelt-
enham, near Gloucester, Eng., whose
son is a Boston newspaperman, was
one of a group of hunters who, 25
years ago, began wearing wrist watch-
es.

Out with the hounds, it was too cum-
bersome to unfasten the waistcoats
and dig deep down into trousers' pock-
ets to find out the hour. So they wore
watches on their wrists.

World-wide travelers tell us that
among hunters and explorers the
world over they found wrist watch
wearers.

But in the cities only the "fops"
dared sport them. Until the Great War
saved the world for wrist watches.
Rookies at drill found they smashed
watches carried in pockets, but wore
them safely on their wrists. For night
work they grew enthusiastic over
"radium" dials—which weren't radium
at all, but phosphorus coated.

Will men keep on wearing them?
Will the gang on the corner or at the
club-house stand for Sgt. Bill Jones
joining in a crap game or sitting down
to a card table with a wrist watch on?
Investigation of this vital subject will
have to be made at a later date.

But men who were loud in their
scoffing and chuckling at wrist watch
wearers two years ago are wearing
them themselves today!

With women the wrist watch has
come to stay—until the next fancy
comes along.

Women used to wear watches tuck-
ed in their belts—attached to flowing
long chains of gold.

Then they used to pin them to their
waists.

Then they hung them about their
necks on chains or ribbons.

Now they are wearing them on their
wrists.

Where will they wear them next?

An apple a day may keep the doc-
tor away; but at the present price it
is almost as cheap to have the doctor.
Still, apples are often pleasanter.

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