

Children Cry for Fletcher's

CASTORIA

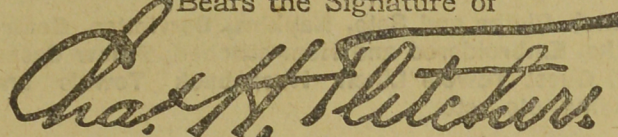
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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

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COLLEGE, Fredericton, N. B.
The only School in N. B. affiliated
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of Canada.OF INTEREST
TO WOMEN

IN PLACE OF EGGS

Several Ways of Managing Without
Them in the Matter of
Cooking.

When eggs behave as if they were already well-grown chickens, taking wings and flying out of sight of the average purse, the wise and conscientious housewife will ignore them; use something else, or get along without eggs.

While we are warned that to omit eggs and milk from the diet of children is dangerous to their health and growth, children will not suffer if, during the comparatively short period of high egg prices, care is taken to feed them extra amounts of milk, cereals and vegetables to make up for nutrients usually supplied by eggs.

In the matter of cooking there are several ways of managing without eggs. There are egg substitutes and egg powders on the market, but the food administration warns housewives that no such perfect substitute has ever been invented and should not be expected by purchasers.

Several brands of egg powder are combinations of pure powdered or dried egg with cornstarch to add thickening qualities, and while they have not the actual food value of fresh eggs, they may be safely used with economy and convenience in baking, in custards, salad dressings, cereal puddings and such foods.

When eggs and egg substitutes are omitted entirely in baking, some good cooks discovered that in making muffins if one tablespoonful of baking powder is added for each egg omitted the loss will be scarcely noticeable.

In making custards or cornstarch puddings the eggs used may be reduced to two if one tablespoonful extra cornstarch is dissolved in cold milk, then cooked in the pudding before the single egg is added.

GOOD SUGGESTIONS.

In making tomato soup with milk, the tomato should have a little soda put in it before being added to the milk.

Excellent shortcake with biscuit crust can be made with dried raspberries made into jam and used for filling.

Cabbage with eggs, milk, salt and pepper, dotted with bread crumbs and butter and then baked, is delicious.

Cabbage stew is made with cabbage, onion and little bits of bacon stewed and seasoned with salt and pepper.

If you wish to serve cauliflower whole, boil it in a cloth. You can then lift it out of the saucepan without breaking it.

A nice way to use stale bread is to slice and steam it. Then butter well and pour over the slices well-seasoned stewed tomatoes.

Delicious sandwich filling is made by running through the meat chopper half of a Spanish onion and one small green pepper. Mix a cream cheese with salt and paprika and add to the chopped mixture to form a paste which should be spread on thin slices of bread.

WHO SETS THE
HIGH PRICE?

(Sackville Tribune.)

We have heard a great deal about Sister Susie knitting socks for soldiers—and incidentally putting a slip of paper in the toe, containing a message of good cheer; but the latest fad is to confide in the Xmas turkey. The story is told on good authority that a farmer at Melrose, who was disposing of some turkeys to a retailer, was curious to know how much the consumer actually paid for his turkey. He hit upon a plan of concealing a message inside the turkey, asking the purchaser to inform him, from whom he got the turkey and how much per pound he paid for it. The message carried all right and in due course the reply arrived, the farmer's curiosity being satisfied. The consumer had paid 65c. per lb. for his Christmas turkey, and the farmer got 36c. per lb.

GUILTY OF ASSASSINATION

A man, razor in hand, was caught by his wife assassinating not an enemy she may find a man who won't deceive but a corn—what he needed was Putnam's—the prayer of a man's that he nam's Corn Extractor; it's safe, painless and sure. Try "Putnam's"—cures so fast, 25c. at all dealers.



DOROTHY PHILLIPS

Sear in "A Soul for Sale," at the Gem Theatre Today and Tomorrow.

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.

THE ONE EXCEPTION.

Mrs. Arthur Dodge, the antisuffragist, said in an eloquent New York address:

"Women neglect the duties that belong to them—the home and what not—and they demand to undertake duties outside their province, such as voting and electioneering."

"These women remind me of the dog that got into the pantry."

"Did the dog eat much when he got among the food?" the mistress asked.

"He ate every blessed thing, ma'am, except the dog biscuit," said the cook.

Cook's Cotton Root Compound.

A safe, reliable remedy for all cases of constipation. No. 1, \$1.00; No. 2, \$2.00; No. 3, \$3.00 per bottle. Sold by all druggists, or sent prepaid on receipt of price. Two pamphlets. Address THE COOK MEDICINE CO., TORONTO, ONT. (Telephone 4144-4454).

The police court is a continuous bench show.

LIGHT IN THE
POULTRY HOUSE
IN SHORT DAYS

Resulted in More Eggs During January and February, but Not During the Hatching Season.

(Experimental Farms Note.)

For some time it has been a question whether artificial light in the poultry house was a benefit or not, and to help solve the problem, the Poultry Division of the Experimental Farms have tested it for two seasons, during the winter of 1916-17, with two pens (40 birds in all) of Barred Rock pullets, and during the last winter with two pens of Rock pullets and two pens of Leghorn pullets (40 birds of each breed).

In each light pen of twenty birds two tungsten 40-watt lamps were used. They were turned on at 6 a.m. and left till daylight, then turned on again in the afternoon before dusk and left till 9 p.m. This was started in November, when the days became short, and continued until the middle of March when light was unnecessary.

In the 1916-17 test the light pen laid 1106 eggs with a total value of \$54.93. The cost of the feed was \$22.53, the cost of light \$2.40, a total cost of \$24.73. This gave a balance over cost of feed and light of \$30.20, or a cost per dozen eggs of 28.8 cents.

The dark pen laid 636 eggs with a total value of \$29.46; cost of feed was \$21.09. This gave a balance over cost of feed of \$8.37. The cost per dozen eggs was 39.8 cents.

In 1917-18 the yields were not high in either case, and the total difference in egg yield in the six months was by no means large, but the forty birds with light gave a better revenue than the forty without light. This difference was made up in the time that the eggs were received. Those with the light gave their heaviest yields in December and January, while by far the heaviest months for the Leghorns without light were March and April and for the Rocks January and February.

The total figures from the two pens with the light were: No. of eggs, 2470; value, \$136.32; cost of feed, \$55.48; cost of light, \$3.20; balance, \$77.64, or a cost of 28.5 cents per dozen.

Those without light laid 2242 eggs; value \$118.90; cost of feed, \$60.01; balance, \$58.89; cost of one dozen eggs, 32.1 cents.

For both years the light pens laid 3476 eggs at a market value of \$191.25. The feed and light cost \$83.41, leaving a balance of \$107.84 and the cost of one dozen was 33.8 cents.

The conclusion may be drawn that for early winter eggs during the short days the light does increase the egg yield, but later in the season the yield is not as heavy as with birds that have not had the light. The advisability of using light, therefore, will depend upon what is wanted. If early winter and high priced eating eggs are the object the lights are an advantage; if eggs during the hatching season are desired, the lights are a disadvantage.

WAR SAVINGS
STAMPS GOOD
INVESTMENT

Make Saving Easy and Pay the Investor Over 4½ per cent Interest, Compounded Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent, compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card, to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

COLLEGE HAS
BEEN SEIZED

Bulletin, Dublin, Jan. 25.—The military authorities have seized St. Enda's college in Dublin County, founded by Patrick Pearse, who was executed in connection with the Easter Rebellion in 1916.

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C.P.R. OFFICIAL HONORED

THE appointment of Lt.-Col. G. McLaren Brown as Knight Commander of the Order of the British Empire is the result of the very fine services rendered by the European Manager of the C. P. R. to the British Government, for whom he acted as Assistant Director of Transport during the last three years of the war. "G. McL." as he is popularly known, both in Canada and the Old Country, is the son of Adam Brown of Hamilton, Ontario, and was born in 1865. In 1887 he was appointed agent of the Canadian Pacific Railway at Vancouver, promoted five years later to be Asst. General Passenger Agent, Western Division, and subsequently became in turn Executive Agent, Superintendent of Hotels, and Dining and Sleeping Car Dept., and General Passenger Agent C. P. R. Atlantic Steamship Lines. In 1908 he was appointed General European Traffic Agent, and in 1910 General European Manager, with head offices at 62-5 Charing Cross, London, S.W.

Col. George McLaren Brown, says a friend writing in the "Montreal Gazette," is one of those rare men whose friendships are equal to the number of their acquaintances. To all in that wide circle the announcement of the new honor which has been conferred upon him comes as pleasant and very welcome news. It is a recognition of qualities and services which they all know him to possess and to have rendered. The reputation which he enjoyed in Canada, not alone in the railway world, has been enhanced in proportion to his larger opportunities as European Manager of the Canadian Pacific Railway in London, and the value of his service in the organization and direction of troop transportation during the war can hardly be overstated. It was as successful as it was onerous, and although given with no other thought than that of duty, was none the less deserving of recognition now accorded. It was but one, if the chief of his war activities, which were in fact as varied as were the demands upon his help and action to the In all this McLaren Brown has been true in both impulse and action to the stock of which he comes. Similar impulses, finding similar expression having regard to place and circumstances, have characterized the long and honorable career of Adam Brown, his father, now and for many years postmaster at Hamilton. Active and successful in commercial life, a pioneer in railway development, and one of the fathers of the National Policy, Adam Brown at ninety-six, is still young in spirit, giving largely of his time and substance in philanthropy, and to the support of war relief organizations. As is the father, so is the son, strong in his undertakings and, withal, thoughtful, kindly gentleman.



Sir George McL. Brown.