

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

Chas. H. Fletcher

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.

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FLOWERS IN
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FUNERAL DESIGNS A
SPECIALTY.
CUT FLOWERS AND
POTTED PLANTS.

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LOCATION OF
FREDERICTON
FIRE ALARM

When You Hear the Alarm, Look for
the Location in the Daily Mail.

- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 Corner Charlotte and Smythe Streets.
- 16 Corner George and Northumberland Streets.
- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
- 25 Corner Brunswick and Westmorland Streets.
- 26 Corner Charlotte and Westmorland Streets.
- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 35 Corner Brunswick and Carleton Streets.
- 36 Corner Charlotte and Carleton Streets.
- 37 Corner George and Regent Streets.
- 38 Corner King and Regent Streets.
- 44 Corner Queen and St. John Streets.
- 45 Corner Brunswick and St. John Streets.
- 46 Corner Charlotte and St. John Streets.
- 51 Corner King and Church Streets.
- 52 Corner George and Church Streets.
- 53 Corner Union and Church Streets.
- 54 Gas House.
- 55 Intercolonial Railway Station.
- 56 Lansdowne and Waterloo Row.

OF INTEREST
TO WOMEN

THE WINTER ROUTINE.

Chicken Salad.

Bake or boil a good sized chicken until quite tender. Remove the meat from the bones and cut up in small cubes. To this add celery, chopped fine, chopped nuts, chopped olives, an onion if desired, and if you want to add bulk you can chop half a cabbage fine and stir it in. You can add most anything to this salad, according to your taste, or you can make it of nothing but chicken, celery and nuts.

Put a portion in each plate, then lay a slice or two of hard boiled egg on top and add dressing.

Potato Chowder.

One-half cup fat, 2 onions sliced, 3 cups boiling water, 3 cups sliced potatoes, quarter teaspoon celery salt, a half teaspoon salt, 1 cup chopped carrot, 2 cups hot milk. Cook onion in fat, add water, potatoes, carrots and seasonings. Cook until potatoes are tender. Add hot milk and serve.

Fried Bread With Cheese.

Spread slices of stale bread thickly with cottage cheese, with which pimientos, nut meats or some marmalade or jelly has been blended. Dip in a mixture of egg and milk and fry quickly in butter or other fat.

As a variation egg and milk may be omitted and the bread may be fried lightly in a very small amount of bacon fat.

Marshmallow Pudding.

One heaping teaspoon granulated gelatine, one-half cup boiling water, one-half cup sugar, whites of two eggs, one teaspoon vinegar and a pinch of salt. Pour boiling water on gelatine and begin at once to beat eggs. When stiff pour in sugar and then dissolve the gelatine. Add vanilla and salt and beat until quite stiff, then pour in a mold and put aside to chill quickly.

Serve with either whipped cream or plain cream.

HOUSEHOLD WISDOM.

Brown sugar is better than white sugar with cereals.

Be sure to have ironing tables of a comfortable height.

In making cake, eggs should have yolks and whites beaten separately.

If you want a nutritious soup, get the shin of beef. You can eat the meat with boiled horsehair. The meat from the shin also makes a good stew, and the bone can be used for soup. For a cheap stew use the fore-shank.

Creamed potatoes with cheese make a pleasant change.

The eating of fish that is not fresh is often followed by serious consequences. To test the freshness of fish place it in water; if it sinks it is fresh; if it floats, do not eat it.

Left-over cooked meat should be highly seasoned to make it palatable when used for another meal. It should not be cooked long over a great heat as this will make it tough.

When you fry food that spatters, lay a piece of thick wrapping paper over the top of the frying pan to completely cover it. The grease will go into the paper instead of all over the range and possibly on the wall.

Meat that must be kept a few days before being cooked should be washed well with cold water to which a tablespoonful of vinegar has been added. Then spread over with a finely chopped onion. When it is to be cooked remove all the onion and rinse the meat well with cold water.

If you should detect the odor of scorched vegetables while cooking them, take the saucepan from the stove at once and set it into a vessel of cold water. Let it remain there for fifteen minutes and you will have effectively removed all scorched taste.

Cracks in a stove can be mended by filling with a paste made of equal parts of wood ashes and salt and sufficient cold water to form a cement. It should be applied when the stove is cool.

F. B. MCURDY,
M. P., FAVORS
THRIFT PLAN

F. B. McCurdy, M. P., who represents Colchester in the House of Commons and is also known as one of the prominent financial men of Canada, endorses the War Savings movement in the following statement, recently issued:

"The advantage which systematic saving confers on the individual who practices economy and thrift is everywhere recognized. And the present necessities of the State demand the practice of these virtues, if Canada is to return to a sound economic position from which to embark on a renewed era of national production, growth and development."

"During the war Canada has been expending large sums of borrowed money in an effort which will not, in the material sense, be productive. This sinking of wealth can be made good only by increased production of commodities and services, savings on the part of Canadians, and the resumption and extension of our foreign trade."

"The war has been successfully ended, but the bills have, in the main, yet to be paid; participation in their liquidation is the duty of every citizen."

"Nearly everyone can help by avoiding some unnecessary expense, and investing the saving in War Savings and Thrift Stamps which afford a convenient and safe medium of investment within the reach of all."

"In fact, the Thrift campaign is so excellent and sound that I believe it could with advantage have been undertaken even earlier in the war without fear of deflecting our more direct military effort."

Shock Left Her
Weak and Nervous

COULD NOT SLEEP.

When the system receives a shock of any kind, the heart becomes weakened, the nerves unstrung, the appetite poor, faint and weak feelings come over you, you can't sleep at night, and you wonder if life is worth living.

To all those who suffer from nervous shock we would recommend Milburn's Heart and Nerve Pills as the best remedy to tone up the entire system and strengthen the weakened organs.

Mrs. J. J. Bunyan, Pilot Butte, Sask writes: "I have used Milburn's Heart and Nerve Pills, after having suffered from a terrible shock to my whole system. I was so utterly weak and nervous I could not sleep at night, and my appetite was very poor. I could not walk across the floor without trembling all over."

I had hot flushes and fainting spells. When I was on the second box of your Heart and Nerve Pills, I began to feel that they were doing me good, so I kept on until I had used six boxes, when I felt like a different person."

I am never without them in the house, and highly recommend them to all who suffer with their heart."

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

"Careful Mothers O'er the Land,
Always Keep Cascarets at Hand"

Children think them dandy,
They are Mild Cathartic Candy.
Contain nothing to harm,
Work like a charm. "Ten Cents"



Instead of nasty, harsh pills, salts, castor oil or dangerous calomel, why don't you keep Cascarets handy for the children? Cascarets can always be depended upon when a good liver and bowel cleansing is necessary—they move

the bile and constipation poison from the bowels without griping and sweeten the child's little stomach. Any youngster will gladly eat a candy Cascaret at night and will wake up feeling fine. Complete directions on each 10 cent box.

HOUSEKEEPERS' HANDY REFERENCE

TIME FOR BAKING.

Beans—8 to 10 hours.
Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.
Bread—Medium loaf, 40 to 60 min.
Cake—Plain, 20 to 40 minutes.
Biscuit—10 to 20 minutes.
Sponge Cake—45 to 60 minutes.
Chickens—3 to 4 lbs weight, 1 to 2 hours; 4 to 6 lbs weight, 1 1/2 to 2 hours.
Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.
Duck (tame)—40 to 60 minutes.
Fish—6 to 8 lbs., 1 hour.
Gingerbread—20 to 30 minutes.
Graham Gems—30 minutes.
Lamb—Well done, per lb., 15 min.
Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.
Pie crust—30 to 40 minutes.
Pork—Well done, per lb., 30 min.
Potatoes—30 to 45 minutes.
Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
Rolls—10 to 15 minutes.
Turkey—70 lbs., 3 hours.
Veal—Well done, per lb., 20 minutes.

TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.
4 tablespoons of a liquid equal 1/2 gill or 1/4 cup.
1/2 cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1 quart.
2 cups of butter, solid, equals 1 lb.
1/2 cup of butter, solid, equals 1/4 lb. or 4 ounces.
2 cups of granulated sugar equal 1 lb.
2 1/2 cups of powdered sugar equal 1 lb.
1 pint of milk or water equals 1 lb.
1 pint of chopped meat equals 1 lb.
10 eggs, shelled, equal 1 pound.
8 eggs with shells equal 1 pound.
2 tablespoons of butter equal 1 ounce.
2 tablespoons of granulated sugar equal 1 ounce.
4 tablespoons of flour equal 1 ounce.
4 tablespoons of coffee equal 1 ounce.
1 tablespoon of liquid equals a half-ounce.
4 tablespoons of butter equal 2 ounces or 1/4 cup.

BRIEF BUT USEFUL RECIPES.

Drive Away Ants.—A little quicklime placed in the infested places.
Kill Insect Life.—Burn sulphur in a tightly closed room. It will kill almost all insect life and their eggs and larvae.
Make Leather Waterproof.—Saturate it with castor oil; to stop shoes squeaking, drive a peg into the middle of the sole.
Remove Tar from Cloth.—Rub it well with turpentine till every trace is removed.
Egg Stains on Spoons.—Rub with common salt.
Fruit Stains on Hands.—Wash the hands in clear water, dry slightly and while still moist strike a sulphur match and hold your hands around the flame.
Restore Gilt Frames.—Rub with a sponge moistened with turpentine.
Clean Gloves.—Pour a little benzine into a basin and wash the gloves in it, rubbing and squeezing them until clean. If much soiled, they must be washed again through clean benzine and rinsed in a fresh supply. Hang in the air to dry.
Clean Hair Brushes.—Dissolve a little soda in warm water and pour in a small amount of ammonia. Hold the brushes with the bristles downward and avoid wetting the back as far as possible; shake until the grease is removed; then rinse in cold water and put in the air to dry.
Remove Stains from Linen.—Wet the part stained and lay on it some salt of wormwood; then rub without diluting it with more water.
Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar 1/4 ounce.
Remove Mildew from Cloth.—Put a teaspoonful of chloride of lime into a quart of water, strain it twice, then dip the mildewed places in this weak solution and lay in the sun. If not effective the first time repeat.
Cure Mosquito Bites.—Put ten drops of refined carbolic acid into an ounce of rose water; shake well and apply. (If you hold your breath while a mosquito has its bill in you it cannot withdraw it until you breathe again.)
How to Remove a Rusty Screw.—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

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.

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