

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.

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

CLOTHES CLEANED,

PRESSED and REPAIRED for Ladies and Gentlemen.

W. E. SEERY
251 George Street.OF INTEREST
TO WOMEN

THE AMERICAN RIVIERA. 6

This Part of the World Looks to Palm Beach to Settle the Hot Weather Fashions.

New York dressmakers make the same kind of showing at Palm Beach, Florida, as Paris achieves on the Riviera. The public follows whatever Palm Beach people do with the interest that is always given to the shadow of a coming event.

We are not ready to wear these clothes in this part of the country yet, but in a few weeks, before we have got our hot weather wardrobe together, the real spring will burst upon us.

Then we will be given the fashions that Palm Beach settled in March.

Therefore, here is the result of keen observation on the part of one who knows, buys and wears good clothes. She sums up the season thus:

One-piece, one-color gowns are in high fashion. Pink, blue, yellow and mauve in the paler shades—particularly pink and orchid color—are worn. Organdy, dotted Swiss and gingham seem to be the popular fabrics. Solid colors are undoubtedly seen more frequently than mixed colors. Plain, straight lines—the uncorseted effect—seems to be the fashionable figure.

Large organdy and muslin hats to match the gowns, and also to contrast are the Palm Beach fashion. Frequently a mauve frock is worn with a blue hat or a yellow gown will be seen with a purple hat. These are good, though daring contrasts.

White tricolette is very smart in a one piece frock, sometimes heavily covered with embroidery in large designs—clusters of grapes with large leaves, for instance.

Sport clothes are not as general as they were several seasons ago.

Sweaters made of wool to imitate flannel are very smart. Silk sweaters with a ribbed stitch in Tuxedo effect are also a feature of fashion, while the lapels of coats are flat, in Tuxedo style.

Every one wears handsome stockings with four or five clocks, or fine, ribbed, open work hose.

HOUSEHOLD WISDOM.

A damp woollen cloth will pick up small pieces of broken glass.

Use glass bottles and wooden knives and forks in preparation of pickles.

Egg-beaters should never soak in water, as the oil will be washed off the gears.

When cleaning greasy utensils, wipe off the worse of the grease with soft paper first.

Oysters can be broiled in a toaster over a charcoal fire and served with lemon and cayenne.

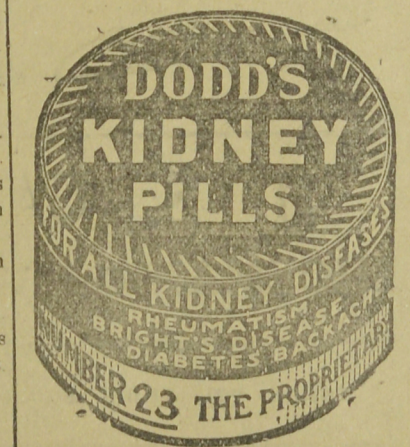
To make frosting deliciously creamy add a pinch of baking powder to the sugar before boiling.

Boil a perspiration stained garment in water in which you have put a little washing soda.

Frozen fish is just as nutritious as fresh and considerably cheaper. To thaw it out, lay it in cold water. Cook as soon as it is thawed out.

To prevent a soggy undercrust in fruit pies, brush the crust with white of an egg before putting in the fruit.

Warm lemons before squeezing and you will secure nearly double the quantity of juice.

TO CREATE A
DEPARTMENT
OF HEALTH

Ottawa, April 5.—Hon. N. W. Rowell's bill creating a Department of Federal Health came up for a second reading in the Commons today, the minister supporting it delivering a speech of considerable force. He quoted statistics to show that in the matter of public health Canada takes a very unenviable position among the nations, citing our abnormally high infant mortality rate and the astonishingly high percentage of defectives disclosed by the Military Service Act as constituting an imperative demand that some immediate step be taken for the conservation of human health and life. Replying to criticisms that have come from certain sources, that health was a provincial matter, and should not be interfered with by the Federal government, Mr. Rowell pointed out that the government was already dealing with matters of health. In the Agricultural Department they were already taking care of sick animals and giving medical assistance to Indians.

Replying to a question from the opposition benches, Mr. Rowell said that with the conclusion of the war the number of cabinet ministers would be decreased and that in the reorganization some member of the government would be transferred to the new Department of Public Health.

Until the return of the Prime Minister, however, he was not in a position to state who the minister would be.

HOUSEHOLD SCIENCE.

Lamp chimneys are much less liable to break if cleaned with a cloth moistened in alcohol.

If you stand your patent leather shoes where the leather will become warm each time before you put them on they will not crack and the leather will keep soft and pliable.

A teaspoonful of salt added to the water in which eggs are boiled will prevent the shells from cracking and the consequent escape of the whites.

Maximilian Harden is believed to be at work upon his sixty-seventh explanation of the war.

Sometimes half the evening is spent in coaxing some guest to sing, and the other half in listening to poor music.

Most men are careful givers when they have a chance to hand out advice.

Cook's Cotton Root Compound.

A pure, reliable, regulating medicine. Sold in three degrees of strength—No. 1, \$1 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. (Incorporated in Canada)

HOUSEKEEPERS' HANDY REFERENCE

BRIEF BUT USEFUL RECIPES.

Restore Gilt Frames.—Rub with a sponge moistened with turpentine.
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.

Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce.

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 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.

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.

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).

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 one and a half 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 ¼ gill or ¼ cup.
½ 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. ½ cup of butter, solid, equals ¼ lb. or 4 ounces.
2 cups of granulated sugar equal 1 lb.
2½ 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 ¼ cup.

PRESIDENT
IS BETTER

Paris, April 4.—Reassuring news from President Wilson's bedside was sent to the peace delegates this evening although the news indicated that President Wilson's condition was such as to make it advisable that he remain in his room at least for tomorrow.

Photographers are nowadays justly called artists. They can make your picture look so much better than you do.

DEMAND FOR
FOOD PRODUCTS

Toronto, April 4.—That enquiry from the Roumania and French governments for food orders amounting to two million dollars had been received in this city was the statement of a produce broker here today. Thousands of tons of lard, butter, bacon and cheese were asked for, he said. Shipments were to be made as soon as possible. There is no bacon or lard obtainable in Canada for new business at present.

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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 the 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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