

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—338-11DR. S. W. SPROULE
DENTAL SURGEON

Graduate of Univ. of Toronto, Ont.

OFFICE:

Inches Building, Queen Street, lately occupied by Dr. L. R. Davison.
Telephone 261-21J. A. McADAM,
UNDERTAKER

REGENT STREET

Best and Most Modern Funera
Equipment in the City.

Residence Telephone 70-41

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HARRY R. ADAMS,
SUCCESSOR TO THE LATE
JOHN G. ADAMS
UNDERTAKER

610 Queen Street.

Phone or Telegraph Orders Shipped
on all trains or boats at short
notice.THE WINTER TERM
OF THE
FREDERICTON
BUSINESS COLLEGEOpen 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.

New Years Plants

Potted Ferns, Begonias,
Cherries, Heather Palms,
Primulas,Also Xmas Baskets with
beautiful bloom.In Cut Flowers, Roses, Car-
nations and Violets.

Celery, Lettuce and Parsley.

'Phone 217.

ADA M. SCHLEYER,
FLORIST.FREDERICTON
FIRE ALARMWhen 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.

To judge a good ham see that the skin is thin. Old hams have thick skin and they are apt to have a strong flavor.

OF INTEREST
TO WOMENHOW TO IDEALIZE THE HUMBLE
SANDWICH.

To make good sandwiches, use fine-grained cream bread one or two days old, cream the butter until soft and "spreadable" and have the filling of good spreading consistency. Do not use too much filling or allow it to be so moist as to soak the bread. If lettuce is used be sure to clean and crisp it thoroughly by washing in ice water and wrapping for a half hour in cheese cloth wrung out in ice water.

Mexican Sandwiches.

Chop fine one fresh tomato, one green pepper and one small onion. Season all with salt, vinegar and pepper and spread on bread or crackers.

Sweet Thing Sandwich.

Chop one cupful each of nuts and raisins and dates. Mix together and add two tablespoonfuls of strained honey or maple syrup and two tablespoonfuls of orange or lemon juice preferred. Good white or brown bread.

Delicate Sandwiches.

No. 1—Mix a little quince or apple jelly with sweet cream and a few shredded mint leaves.

No. 2—Spread square bakers' rusks with peanut butter and cover the butter spreading with a layer of melted sweet chocolate.

Yum-Yum Sandwich.

Melt bitter chocolate and sweeten with shaved maple sugar, thin with rich cream and add chopped nut meats. Spread on white or nut bread.

REMEMBER ALL THIS.

An ordinary tapioca pudding can be made rich with the addition of dates and raisins.

Apples, cut in rings, fried in a little fat and sprinkled with brown sugar, are delicious.

Men's common shirts, when past their regular service, make good common aprons for the kitchen.

While rising, bread dough should always be carefully covered; otherwise the surface will be hard.

Save the fat from chicken, render it and you have a good substitute for butter when making cake.

Sprinkle a little water over the ashes when removing from the stove to prevent their blowing about.

A drop of vanilla improves the flavor of a cup of coffee.

Bread that stands too long as dough will surely be sour.

Prunes are much improved by the addition of lemon peel.

Pumpkin chips can be made just as orange peel is candied.

Lemon juice and salt is an excellent medium for cleaning bone-knife handles. Apply the lemon juice first and then the salt.

TWO BRIEF RECIPES.

Salmon Loaf.

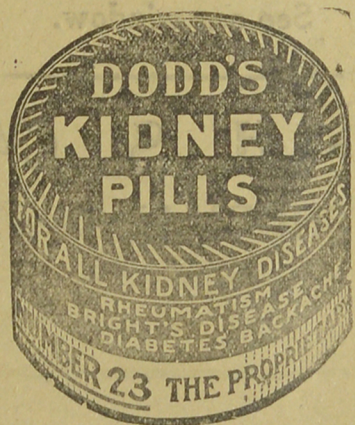
Chop finely a can of salmon drained from the liquid and freed from the skin and bones. Add two cups of fine dry bread crumbs, two beaten eggs, 3 tablespoons of melted butter and pepper and salt to taste. Mix thoroughly, turn into a well buttered mold and steam for about 45 minutes. Serve with caper sauce or egg sauce.

Apple Fritters.

Slice three apples, add 1 tablespoon of lemon juice; mix 1 cup flour, one teaspoonful baking powder, two tablespoonfuls sugar and half tablespoonful of salt. Beat 1 egg lightly, add half a cup of milk, mix together and drop by spoonfuls in hot fat. Serve with maple syrup or honey.

Nothing so shocks and disappoints a man as the discovery that a girl is giving him a lot of devotion when all he wanted was a little diversion.

What's become of the old-fashioned woman who used to call a cold a "distemper"? Ah, here she comes now—bless her!—bearing some onion syrup.

HAD SEVERE COLD
AND TICKLING SENSATION
IN THE THROAT.

This trouble is most distressing, and is caused from a cold that has settled in the throat.

How many people have lost a good night's sleep by that nasty, tickling irritating sensation in the throat?

The dry, hard cough keeps you awake, and when you get up in the morning you feel as if you had had no rest at all.

Dr. Wood's Norway Pine Syrup, which is composed of the most soothing and healing expectorant herbs and barks, combined with the lung healing virtues of the world-famous Norway pine tree, will give almost instant relief in all cases of this nature.

Mrs. G. C. Routley, Bright, Ont., writes: "I take great pleasure in writing you of Dr. Wood's Norway Pine Syrup."

For several weeks I was troubled with a severe cold, and a tickling in the throat. I tried numerous remedies but found no relief until I used Dr. Wood's Norway Pine Syrup, which I had heard so much about, and on taking one bottle got instant relief. I highly recommend it to those who need a quick cure."

So great has been the success of "Dr. Wood's" in curing coughs, colds, bronchitis, etc., it is only natural that many imitations have been placed on the market. The genuine is put up in a yellow wrapper, three pine trees, the trade mark. Price 25c and 50c. Manufactured by the T. Milburn Co., Ltd., Toronto, Ont.

DAY OF INTERCESSION.

Ottawa, Jan. 22.—Sunday, February 16, has been fixed by the government as a national day of intercession that the deliberations of the peace conference may result in "the establishment of a world-wide peace on a just and permanent foundation."

CITY COUNCIL DOINGS

To put through the license reduction will require some tall hustling. Meantime lots of corn will be tramped on. The cure is "Putnam's" the old reliable corn extractor that has been curing corns and warts for years. "Putnam's" never fails, 25c. at all dealers.

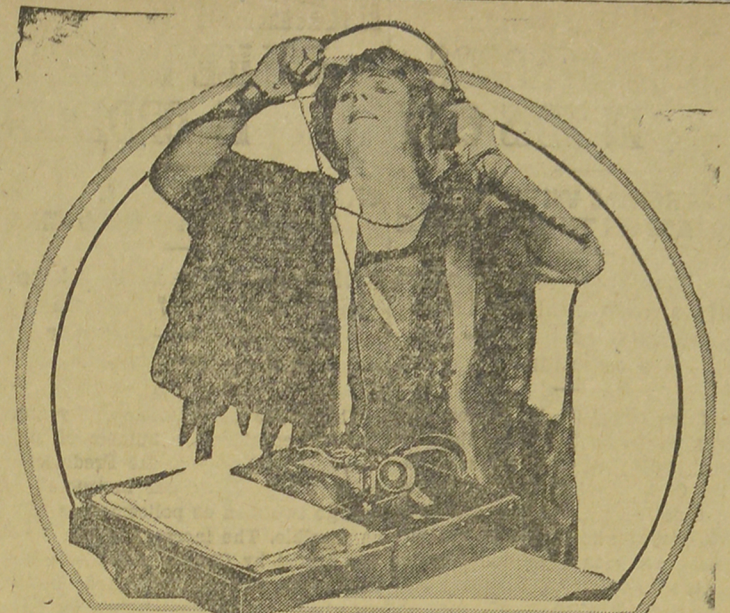
Training Disabled Soldiers

ABOUT 18 months ago it first became possible for a returned soldier, who had been so disabled by service that it was impossible for him to resume his former civil occupation, to take a course of training under government supervision and pay, which fitted him for some new occupation, the pursuit of which would not be prevented by his disability. In other words, his case was carefully considered, his disability taken into account, and his training arranged so that in his new occupation he could develop 100% efficiency. As an example take a machinist who had lost a leg; obviously his disability was such that he could not resume that occupation. He had a knowledge of blue prints and drawing and some latent ability in a drawing line. He was passed for a course as a mechanical draughtsman. At the termination of his course he was employed at a wage nearly equal to his wage as a machinist. The loss of a leg was no handicap as his new occupation did not call for any moving around. Thus this man seriously handicapped as a machinist, was enabled to overcome his handicap and compete successfully with any other draughtsman.

Owing to the increasing number of different trades and occupations in which it was necessary to train such men it became imperative that training places should be found. Obviously if a man was to be trained for a position in a machine shop, the place to train him was right in the particular machine shop in which he would eventually be employed. This resulted in the institution of industrial surveys. One of the first industries in Montreal to be surveyed was the Angus Shops (Canadian Pacific Railway). It can readily be understood that these shops, employing thousands of skilled men, in practically all kinds of mechanical work, offered great opportunities for the training of disabled men. The above mentioned industrial survey consisted of a detailed report on every position in the Angus Shops; it showed among other things the exact nature of the work done and what disabilities would hinder a man from doing the work. This survey was a guide to the District Vocational Officer, as a reference to it showed immediately what mechanical work a disabled man would be physically able to do without being troubled by his disability.

From the outset every official of the C. P. R. who was approached expressed great interest in the work, and by co-operation rendered most material assistance in the re-instating of disabled soldiers in civilian occupations.

The general scheme of training adopted by the Invalidated Soldiers' Commission is to give any man taking a machine shop training about three-quarters of his course in the machine shop at McGill University, then place him out with an industry such as the Angus Shops to finish that course and gain the necessary practical experience. During the time that the man is taking this training, he is drawing full pay and allowances from the Invalidated Soldiers' Commission so the firm with which he is working is not called on to pay him anything. In this way the man becomes accustomed to his work in a place where he will probably be employed at the termination of his course, and the employer, having had the man under him for some time, knows something about his work. This method generally results in disabled men being absorbed into the industries for which they have been trained with no gap between termination of course and employment and is thus satisfactory to all



CECIL B. DeMILLES "We Can't Have Everything"

AT THE GAIETY THEATRE WEDNESDAY and THURSDAY
JAN. 22-23.

ANNOUNCEMENT.

Fredericton, Jan. 14th, 1919.

I wish to announce to the Public that the Furniture Store on King Street now bearing the name of HOWARD ROGERS will be changed tomorrow, the 15th January.

The time to save is NOW. Goods marked down the remainder of the month.

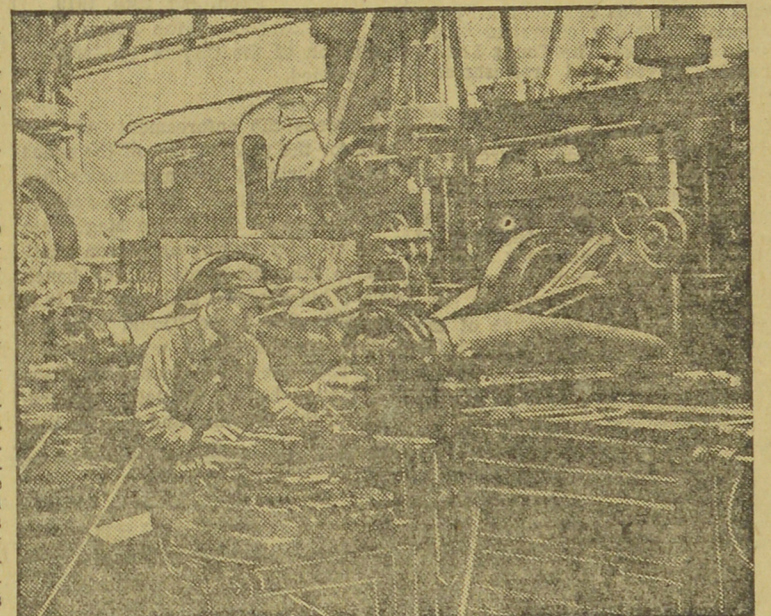
Don't forget the date (15th). Make it your appointment to be here, rain or shine.

No goods on approval.

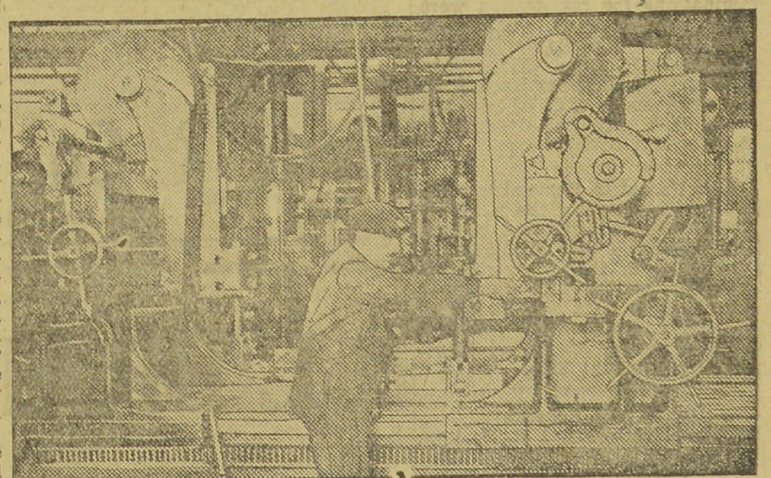
E. CAMERON, King Street.

House Furnisher.

'Phone 127-11



Finishing a locomotive link and union bearing cap.



Operating a double headed vertical slotting machine.

concerned.

It might appear from the foregoing that the employment offered by the C. P. R. to men being trained by the Invalidated Soldiers' Commission is confined to positions in the Angus Shops. Such however is not the case. Every department has taken on men clerks, draughtsmen, telegraphers.

In some industries there has been a tendency to fight shy of the returned men, the reason stated being his inability and apparent lack of power of concentration on his work. Not so with the C. P. R. Every consideration is shown the returned man and every possible allowance is made which will assist him in re-establishing himself in civil life. The attitude taken by the higher officials of the C. P. R. in regard to disabled soldiers is mirrored in the following letter of instructions issued to foremen:

THE RETURNED SOLDIER AS AN EMPLOYEE.

How do you treat a returned soldier working under you? Do you consider him as an ordinary workman, let him shift for himself and look on his mistakes only as you would an ordinary employee? If so, you are assuming that he is in all respects just a normal man and should be able to do the same work as quickly and as well as the average employee. If you do, you are wrong.

Many returned soldiers' constitutions are broken down. They have

been gassed, shell shocked and tortured by wounds, and consequently are highly strung and nervous and will be for some time to come. What they make of themselves depends on you. If one of these men make a mistake and is roughly reprimanded, he is likely to shake like a leaf, get excited, etc., and be very difficult to make anything of; this is wrong. The greatest tact, care and attention that you can give these men in helping them to become useful employees is what the Company expects, and, moreover, you owe it to them.

There are bound to be some exceptions and some men will fail to make good. The success or failure of the majority, however, depends on you, and it is your privilege to help your country in this national crisis by endeavoring to make useful citizens out of the nerve-shattered men that are commencing to come back to us from the front.

Is further proof of the interest of the C. P. R. necessary? No! Now for results. Of the first hundred men to complete Industrial Re-educational Courses in this unit, ten were employed by the C. P. R. on the termination of their courses. Up to date, about two hundred men have completed courses and now many of these men are employed by the C. P. R., i. e.: These men have taken courses in no less than 12 different trades, so it is obvious that the C. P. R. is assisting splendidly.