

Children Cry for Fletcher's

CASTORIA

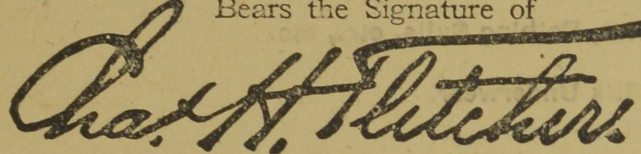
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

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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Large, reliable regulating
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degrees of strength—No. 1 \$1
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Sold by all druggists, or sent
prepaid on receipt of price.
Free pamphlet. Address:
THE COOK MEDICINE CO.,
TORONTO, ONT. (Formerly's Windsor)

OF INTEREST
TO WOMEN

SATISFYING SALADS.

They Must Have Flavor—Have French
Dressing and Mayonnaise Ready
for Daily Use.

There is hardly anything eatable in the form of meats, fish, vegetables, nuts or fruits that may not be utilized for the purpose of making a salad. But the secret of preparing an appetizing salad lies not so much in the choice of the main ingredients as in the added flavor of the marinade, with which it is covered or intermixed.

Have ready for your salad a French dressing and a suitable mayonnaise. Success is assured by first thorough admixture of the French dressing and a final overspread of the mayonnaise.

French Dressing.

One-half cup of olive oil, one teaspoon of salt, a pinch of cayenne, 3 tablespoons of vinegar. Put all ingredients together and stir until well blended. If the dressing is for fruit salad, use lemon juice instead of vinegar.

Mayonnaise Dressing.

One-half cup of lemon juice, one-half cup of water, two teaspoons of dry mustard, six whole eggs well beaten, one cup of butter (not melted) one cup of sweet cream, one-half teaspoon of salt, pinch of cayenne pepper. Heat these ingredients in a double boiler, but do not boil them. When the mixture begins to thicken, take it off the fire, let it cool and then set it on ice. This dressing will keep a month.

Salad Suggestions.

Nuts and cream cheese make a delicious salad. Equal quantities of English walnuts and Malaga grapes, skinned, cut in halves and seeded, marinated with French dressing, then served with mayonnaise on lettuce leaves, is a dainty salad.

In preparing shrimps for salad, take out the intestinal vein, running down the back of the shrimp, and remove any shells which may adhere. Pour boiling water over the shrimps and let stand for five minutes, then drain and cool.

The most attractive ways of preparing potatoes for salad is to cut them into little round balls with a potato cutter and then boil or steam them until tender. Use equal parts of potato balls and celery cut into cubes with French or mayonnaise dressing, or both, i. e., marinated with the former and served with the latter.

DANGER IN A DISH.

The housewife who continues to use cracked dishes as long as they will hold together, does not know, perhaps that she is endangering the health of the family. Cracks in dishes make a harbor for germs, which may be forced out by hot food and carried into the mouth. So throw away the old cracked dishes. New ones will cost less than illness to the family.

CLEANING A GRATER.

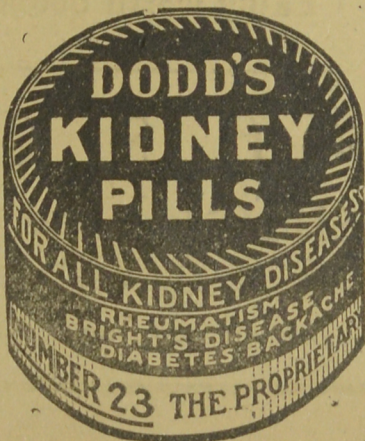
The particles of cheese, lemond rind or other foods are often difficult to dislodge from a grater, but one housewife found that a small wire brush sweeps it clean in a second. A brush kept strictly for this purpose now hangs beside the grater at all times.

The moving picture men can't be blamed for much photographing of young Wales. They couldn't make-up a more princely prince.

Something seemed to tell the Prince that he was missing something by not coming to Fredericton. Well, we could have let him see a local ball game and Chautauqua.

London experts recognize twenty-six shades of khaki. All of them may be seen at once in some uniforms on our streets today.

The world is full of folks who deliberately enter the House of Trouble to see if they can pull it down over their heads.

LABELS FOR
PRESERVING

Cut these out and use for labelling your bottles of preserves. This list will be printed every day for a while and thus afford a good supply of labels.

STRAWBERRY

RASPBERRY

BLACK CURRANT

RED CURRANT

GOOSEBERRY

BLUEBERRY

RHUBARB

PEACH

PLUM

CHERRY

GREEN GAGES

GRAPES

CRANBERRY

SPICED JELLY

JELLY

BLACKBERRY

CRABAPPLE

CHOW-CHOW

MIXED PICKLES

MUSTARD PICKLES



I was cured of terrible lumbago by
Minard's Liniment
—Rev. Wm. Brown.

I was cured of a bad case of earache by
Minard's Liniment
—Mr. S. Kaulbach.

I was cured of sensitive lungs by
Minard's Liniment
—Mrs. S. Masters

Manufactured by the
Minard's Liniment
Yarmouth, N.S.

WOULD PLACE
AUTOMOBILES
ON FREE LIST

(St. John Telegraph)

One of the resolutions adopted by the National Liberal Convention in Ottawa, dealt with the duty on the cheaper automobiles. Mr. N. W. Brown, a New Brunswick delegate, moved: "That with a view of improving rural life and assisting the 'back to the land movement', automobiles up to \$1,000 f.o.b. at the point of manufacture be placed on the free list." This is highly to be desired, and the country would not lose by it. The motor car has become a necessity in many rural communities, and if it were not for the excessive duty more farmers would have automobiles, thereby making their work easier as well as adding tremendously to the pleasure of living.

Mr. Brown's resolution strikes no false note in its reference to the "back to the land movement." It would be folly to ignore the highly important fact that something must be done to make life in rural communities more pleasant than it is now, if the boys are to be kept on the farm. Each year sees a greater exodus from the land by the young men who crave the excitement and social intercourse of the cities. The automobile is overcoming this tendency to some extent, for it not only brings the farmer within a convenient distance of the nearest town or city, but it very often adds to his profits by making it possible for him to keep in close touch with markets which without some rapid means of transportation, such as his motor car affords, he would have to neglect. And the removal of the duty, as proposed at the Ottawa Convention, should do a great deal more to improve rural conditions and stimulate the effort which is being made to keep the farmers' sons on the land.

CLOTHES CLEANED

PRESSED and REPAIRED
or Ladies and Gentlemen.
W. E. SEERY
251 George Street.

NOTICE

I have taken out a truckman's license and now a prepared to give prompt attention to all orders in that line.
Call up 204-41.

CHARLES WELSH.

NOTICE TO TAXPAYERS.

Taxpayers will please take notice that Thursday, August 21, 1919, is the last day to pay their taxes and get the discount.

G. R. PERKINS,
City Treasurer.

posed at the Ottawa Convention, should do a great deal more to improve rural conditions and stimulate the effort which is being made to keep the farmers' sons on the land.

But the people in rural communities are not the only ones who would benefit by the removal of the duty on the cheaper grade of automobiles. A great number of the residents of cities would find it a blessing. Many a man who could pay for a motor car of average price, if there were no duty, does not now feel that he can afford to pay that price plus the tariff tax. So it has become a matter which deserves the careful consideration of Parliament and the action of the Liberal Convention in adopting Mr. Brown's resolution will doubtless be warmly commended by the people of average means throughout the Dominion.

ABOUT RIGHT.

Wise men say that if we could see ourselves as others see us we wouldn't believe it.

IF YOU ARE INTERESTED IN

LOWER INSURANCE RATES

Than You are Now Paying, Consult

CRUIKSHANK & BOX

BROKERS

Insurance,

Real Estate,

Stocks and Bonds.

Queen St., opp. Post Office, Fredericton, N. B.

'New Brunswick Grown'

Orders should now be placed for early May delivery. We make a specialty of **Apple Trees, Shrubs, Hedging, Roses and Strawberry Plants.** Experts have pronounced our apple trees excellent, comprising the leading varieties, including Mackintosh Red, Fameuse, Wealthy, Dudley and Bethel. This season's stock will soon be exhausted. Write for terms. Discount for cash with order. Mail orders solicited.

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BURTON,
N. B.Have Your Job Work
Done at Home

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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.

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