

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 *Charles 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

*Charles 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
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CLOTHES CLEANED,

PRESSED and REPAIRED
for Ladies and Gentlemen.W. E. SEERY
251 George Street.FLOWERS IN
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CUT FLOWERS AND
POTTED PLANTS.ADA M. SCHLEYER,
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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.

OF INTEREST
TO WOMEN

WHAT IS YOUR UPKEEP?

Every Garment You Possess Needs a
Certain Amount of Upkeep.

The woman who is well dressed is the woman who appreciates the fact that every garment she possesses requires a certain amount of upkeep.

The woman who thinks that once a garment is bought or made the expense is over, really never appears well dressed, save possibly when all she wears happens to be new.

Now, if you were going to buy a coat, it would be far better to spend, say, \$30 for the coat and then have \$5 to put away for upkeep, than \$35 for the coat and nothing for upkeep, even if the coat were to be just a plain tweed mixture that looks as if it could take care of itself.

This principle is quite manifest in the matter of shoes, for when shoes are run down at the heels or even in need of polish they might as well cost \$5 as \$10. So it is better to spend \$6 for the shoes and have a few dollars laid by to spend for repairs and for shines, than too much at the outset.

Let's see what a coat at \$30 might need to make its upkeep amount to \$5 or more. First, every tailor made garment must go to the tailor's to be pressed at least semi-occasionally. And then, if the coat is fairly light it will need to be cleaned perhaps, and the chances are that the buttons will require to be replenished. And there should be enough set aside to have the coat relined when the old lining wears out or becomes shabby.

Unfortunately, there are a good many women—too many—who rather begrudge this upkeep money. Their husbands have their shoes polished at the shoe-shine parlors, but they themselves get along without it, contenting themselves with a daubing of liquid polish from a bottle at home. More-over there are many women who while they do not begrudge a high price for a new garment, do begrudge the dollar paid to the tailor for pressing a garment or a half dollar to the shoe-repairer for straightening their heels.

TEMPERANCE DRINKS.

Diplomat Punch.

3 lemons
2 pints of ginger ale
1 pint grape juice
1½ cups of sugar
1 cup of boiling water
½ cup of mint leaves
Grate the lemon rind. Pour boiling water over the mint leaves, sugar and grated lemon rind, then set aside to cool. When cold, strain into the punch bowl, pouring over the ginger ale, grape juice, lemon juice and ice. Place a few sprigs of mint on the top as a garnish.

Ginger Ale Punch.

2 tablespoonsful of lemon juice
1 quart of vichy
2 quarts of ginger ale.
Mix and pour over a piece of ice in punch bowl.

Tea Punch.

2 quarts of strong tea
1 quart of vichy
1 cupful of lemon juice
2 cupfuls of sugar
The tea should be strong, and, therefore about eight teaspoonfuls of tea should be used for the two quarts desired. After preparing the tea let it stand to cool for ten minutes, then strain from leaves. Pour the tea over a lump of ice in the punch bowl, then mix other ingredients and stir. Garnish with a few sprigs of mint leaves.

Here is a more elaborate tea punch.
2 cupfuls of strong tea
1 cupful of lemon juice
1 cupful of orange juice
1 can of grated pineapple
2 cupfuls of sugar
1 cupful of Maraschino cherries
1 quart of vichy
1 thinly sliced orange
Boil the sugar with two cupfuls of water, then add the lemon and orange juice. Pour the syrup over a cup of ice in the punch bowl, then add about five quarts of ice water and the vichy and fruit.

Acid Punch.

12 lemons
6 oranges
¾ cupful of canned strawberries
Sugar
Mix the various ingredients, except berries, adding sugar to taste, then strain through a sieve. Add water enough to make one gallon and pour over cracked ice.

Sat Up in Bed
To Get Her Breath

Palpitation of the heart, shortness of breath, inability to lie on the left side, feelings as if smothering, oppressed feeling in the chest, dizzy and faint spells, tired, weak, worn out feeling, involuntary twitching of the muscles, sleeplessness, restless, etc., all point to the fact that either the heart or nerves, or both, are not what they should be. Any of these conditions should be remedied immediately so as to avoid a complete breakdown of the whole system.

Milburn's Heart and Nerve Pills will bring energy to the weakened constitution, strengthen and regulate the heart, and tone up the tired, overstrained nerves.

Mrs. William Steeves, Chemical Road, N. B., writes: "I have been a great sufferer from nerve troubles and palpitation of the heart, which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies but got no help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box, I was feeling very much better. I took in all three boxes, and now I am in perfect health and can enjoy a good sound sleep, and can lie on my left side without any trouble."

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

RANDOM REMINDERS.

Hot vinegar will remove paint splashes from windows.

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.

Three or four cloves added to a cup of tea will remove headache almost immediately.

The under part of the cake will not burn in the gas oven if you stand the cake tin on an asbestos mat.

A quickly made glue is obtained by rubbing a little piece of cold boiled potato on a sheet of paper with the fingers.

The pie crust will be more caky if you add a level tablespoonful of cornstarch to every drop of flour before sifting it.

When mixing a mustard poultice use the white of egg. This will obviate all blistering and will in no wise affect changes of temperature as an invalid. It should not be placed near the fire because the heat draws the wood and it should not be near an open window on a damp day because the wires are apt to rust.

Cook's Cotton Root Compound.

A safe, reliable, remaining medicine. Sold in three degrees of strength—No. 1, \$1. No. 2, \$2. No. 3, \$5 per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Vicksburg).

HOUSEKEEPERS' HANDY REFERENCE

BRIEF BUT USEFUL RECIPES.

TIME FOR BAKING.

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 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.

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).

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.
Chicken—3 to 4 lbs weight, 1 to one and a half hours.
Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.
Duck (stuffed)—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 ½ 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.

Canadian National
Railways

OPERATING ONE HOUR EARLIER

Important Daylight Saving Change of Time at Two a. m.
Sunday, March 30th, 1919.

All clocks and watches used in operation of Canadian National Railways will at 2 a. m. Sunday, March 30th, be advanced one hour. To prevent serious confusion and inconvenience to the public the attention of all concerned is directed to the following conditions resulting from the important change of time.

If cities, towns, villages and other municipal bodies do not change their local time to correspond with the new railway time, all concerned should keep in mind that while trains continue to leave railway stations on present schedule, such schedule will be operated one hour ahead of present local time.

Therefore, any municipality where local time is not changed to correspond with the new railway time, passengers must reach railway stations one hour earlier than shown in current folders and public time posters.

Where municipal time is changed to correspond with the new railway time, passengers will not experience difficulty growing out of the change.

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 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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