

## 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 *Dr. J. C. 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

*Dr. J. C. 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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### INSURANCE NOTICE

I wish to announce to my friends and the public generally that I have accepted the agency for the CANADA LIFE INSURANCE COMPANY.

This is a high class Canadian Company which has long carried a large amount of insurance in this province. I have several attractive propositions to offer and those who contemplate taking on insurance will find it to their advantage to consult me.

JOHN S. SCOTT,  
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### TO BE ABLE TO SAY

I received my training at the

**FREDERICTON  
BUSINESS COLLEGE**

MEANS A GREAT DEAL to a young man or woman when looking for an office position.

Those who expect to enter this school for the WINTER TERM opening JANUARY 5th, should write for full particulars NOW.

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W. J. OSBORNE, Principal,  
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### YORK HOTEL

A. HOWARD YOUNG, - Proprietor,  
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Good accommodation and service.  
Coach and Auto Service to all trains and boats. Stable in connection.

### Cook's Cotton Root Compound

For Coughs, Croup, Whooping Cough, Sore Throat, Bronchitis, Asthma, Hay Fever, Eczema, Scabies, Ringworm, etc. Sold by all druggists. Price 25c per bottle. Sold by all druggists, or sent by mail on receipt of price. Address: THE COTTON ROOT COMPANY, 100 N. 3rd St., New York, N. Y.

## MOVEMENTS OF THE STARS IN FILMLAND

Norma Talmadge left for Havana on the 17th of last month to spend a vacation, and will go from there to Palm Beach for the month of February, where her mother and sisters Constance and Natalie, will join her. While at Palm Beach Constance will take some scenes for her next picture, but Norma will merely rest.

Hobart Bosworth is an artist with brush and palette as well as on the screen, and he is no dabbler in this inspired science. Bosworth would have become internationally famous as a creator of marines had he not preferred the stage and screen as his field. He has exhibited in many of the salons of America and England and has sold a score of splendid studies to collectors.

Thomas Ince, the well known director, is now a full fledged fire chief—with an aluminum helmet and badge to prove it. Mr. Ince was elected to this honorary rank following a meeting of the fire chiefs of the Pacific, who formally presented him with the shining insignia of his exalted position.

Enid Bennett wants to tour the world. With her husband-director, Fred Niblo, she hopes to gain the passport and visit the ruins and locations of bullet-ridden Europe.

Charles Ray is sporting a brand new Mercer speedster. Between a flock of six various types of motors and a new bound pup, "Whiskers," Ray is kept so busy these days that he can scarcely find time for pictures.

Sessue Hyakawa, after having played the roles of Mexican, Hindoo, Japanese and a Hawaiian, will now be seen as a Spaniard. In his next picture the Oriental actor will portray a bull-fighting toreador.

Viola Dana and her sister, Shirley Mason, have adopted two young Chinese named Quong and Qui. They, the Chinese, are three-months-old twin Pekinese. "But," remarked a friend, "how can you possibly tell the dogs apart? They look exactly alike." "It's perfectly simple," said Viola, picking up Quong. "This is Qui."

"The Juggernaut" will be the first of a series of five Anita Stewart features to be released by Vitaphone during the first six months of the present year. It is a stirring play with a realistic railroad wreck as the big thrill.

### THE ROAST PORK SEASON.

Roast pork is more certainly in season in very cold weather than at any other time of the year. Use the loin, which should be scored, across and down about an inch or less apart.

Dredge with salt and pepper and cook slowly in the oven, allowing 25 minutes for every pound. Baste every five minutes for the first half hour and after that every ten minutes. This is served with apple sauce as a general thing.

### FUN TO ECONOMIZE.

"Why do you live in the country said one man to the other.

"So as to economize," was the answer.

"Grub cheaper?"

"No, not much cheaper, but you see in the country there are no theatres to spend money on. There are no jazz dinners, no opera and no opera suppers or distractions or amusements of any kind. Do you get the idea?"

"Sure, old man, sure. But here's a suggestion, couldn't you do a lot better if you died?"

### THE WORM TURNS.

Notice to the loafers of Kingsley, who are loafing around on the salt barrels telling all kinds of stories and interfering with other people's business, you do not need to interfere in my business, as I have paid the house rent and settled my accounts to satisfaction.—A. Peterson, Kingsley, Iowa, News.

Wonder how the fellows who receive leap year proposals, if any, are going to tell the difference between the hold-overs from 1916 and the fresh applicants for shares in their pay envelopes.

## FROM A CHILD WAS CONSTIPATED

According to the best medical authorities, fully three-fourths of the people of the civilized world suffer in some form from costiveness or irregular action of the bowels. There is no doubt that many distressing diseases are caused by constipation. It gives rise to sick and bilious headaches, jaundice, heartburn, floating specks before the eyes, catarrh of the stomach, biliousness and the painful, troublesome piles. Therefore, it is of supreme importance to health that the bowels be kept regular. Simple food, fruit, etc. should be used, and rich food and stimulants of all kinds avoided. This, with the use of Milburn's Laxa-Liver Pills to regulate and establish healthy action of the bowels cannot fail to give permanent relief in the most obstinate cases.

Mrs. Letitia Wainman, Orilla, Ont., writes:—"From a child I was always very badly constipated, and I can well remember, when quite young, my mother giving me senna tea nearly every morning, and I got to dread it. After taking Milburn's Laxa-Liver Pills for a while I am no longer troubled with constipation any more."

Milburn's Laxa-Liver Pills are 25c. a vial at all dealers or mailed direct on receipt of price by The T. Milburn

### PRECAUTIONS AGAINST FLU

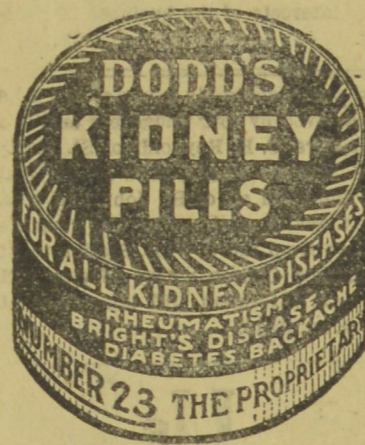
Dr. Copeland, Commissioner of Public Health for New York City, has issued the following appeal in connection with the outbreak of influenza:

To Nurses—The city is suffering from lack of nurses. Please volunteer for service at \$6 a day or 75c. a hour. Persons with practical experience in nursing will be paid \$4 a day or 50c. an hour.

To physicians—Whenever it may be done safely, please urge your patients not to demand a trained nurse. Leave every trained nurse possible for work among the poor.

To clergymen—Advise your congregations about dangers from coughing or sneezing without covering the face with a handkerchief. Persons who find it impossible to refrain from coughing or sneezing should remain at home. Tell the congregation to avoid fear and to practice the ordinary rules of the simple life.

To the public—Observe the rules of simple living. If feverish or otherwise ill, go to bed and call a physician. The ill should not come in contact with the well.



New York Herald: What reads like a complaint is the report from Halifax that non-resident hunters killed most of the moose and deer shot in Nova Scotia in 1919. That may be so, but the local government took precious good care that the profitable strangers, mostly from the United States, paid a thumping big price for the necessary licenses.

It begins to look as if the ice famine won't be important hereabouts.

## TUBERCULOSIS AND HOW IT IS CONTRACTED

(Toronto Globe)

A crowded meeting at "Holwood," Queen's Park, the home of Lady Flavelle, yesterday afternoon, testified to the public interest in work for the tubercular, in general, and the work of the Samaritan Club in particular. The President, Mrs. Harold Tovell, was in the chair, and after some very interesting moving pictures relating to the work of the organization Dr. J. H. Elliott gave an illuminating address on the subject of tuberculosis. The early knowledge of the disease was very slight, he said, although it was recognized hundreds of years before the time of Christ. Hippocrates, in 400 B. C., wrote that the malady was curable if treated from the beginning and the leading Greek physicians from the year 200 taught that patients should go to the country and drink plenty of milk fresh from the cow. With regard to the necessity of the milk being "fresh from the cow" Pliny commented that there was no particular virtue in this save that, if it had not passed through the hands of the dealer it would not have been watered.

Disease of Congested Cities  
It was recognized even in those days, that it was a disease of congested cities and places where hygiene was poor.

Scrofula in which the suffering was from tubercular glands in the neck was known as "the King's Evil", and supposed to be curable by the King's touch. In this belief the Kings of France and England touched thousands upon thousands of children.

The progress and prevention of any disease is based on the knowledge of its cause and the method by which it is spread. In illustration Dr. Elliott spoke of the way malaria had been cleared up in the tropics through the discovery that the germ was carried by mosquitoes, and of the disappearance of the yellow fever from Havana and other places in the same way. Leprosy was a terrible scourge in England two or three centuries ago, until its transmission was discovered and also smallpox, before vaccination was discovered. The latter was a dreaded disease among the American Indians and they were probably the only people who officially voiced their appreciation of Jenner's work. They sent him two strings of wampum and an address of thanks for having saved their race from decimation.

It was not until 1882 that the tubercle bacillus was discovered by Professor Robert Koch in Germany, and the campaign against it started.

If we could segregate the tuberculous and segregate or kill all the tuberculous animals we would do away with the disease in a short time, Dr. Elliott said. But so many families have some slight taint of the disease that such a program could not be carried out and the work of the world carried on.

England was the first country to open hospitals for the tubercular. These were called hospitals for chest diseases, and the first was established in City Road in London in 1798. They were factors in keeping tuberculosis from other people and in lessening the death rate in England.

Many people have tuberculosis without recognizing it.

## BREAKS A COLD IN A FEW HOURS

"Pape's Cold Compound" Instantly Relieves Stiffness and Distress.

Don't stay stuffed-up! Quit blowing and snuffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a severe cold and ends all grippe misery.

The very first dose opens your clogged-up nostrils and the air passages of the head; stops nose running; relieves the headache, dullness, feverishness, sneezing, soreness and stiffness.

"Pape's Cold Compound" is the quickest, surest relief known and costs only a few cents at drug stores. It acts without assistance, tastes nice Pape's!

Dirt is brought in on one's boots from the street; children play on the carpet, and there's the point of attack. Adults rarely catch it from contact.

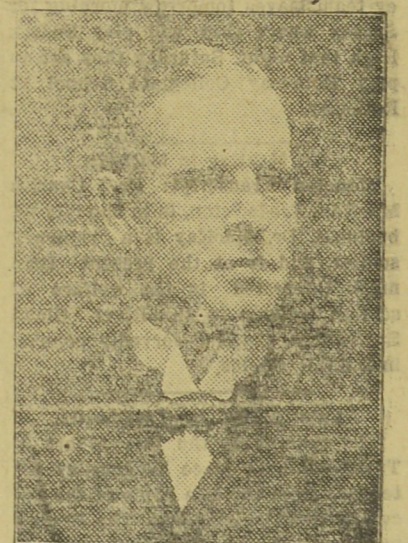
Practically all those who suffer from tuberculosis in later life received the primary infection in childhood, Dr. Elliott said. In many cases it never develops, but certain exciting causes make it active, such as unhealthful occupations or living conditions. He spoke of the value of open air schools and said that prevention must go hand in hand with treatment. The efforts so far he said had been directed too much toward the individual and not enough toward the larger issues involving social conditions. And he emphasized very strongly the necessity of all organizations working together to combat the disease.

### HIS COMPLAINT.

Young Man (at lunch counter)—Gimme a hamburger steak, gimme a hamburger steak, gimme a hamburger steak.

Counter Man—What's the matter, young feller? Shell shock?

Excited young man—Shell shock—nothin'. I used to be a company clerk and we always made our requisitions in triplicate.



HUME CRONYN, M.P.

The newly elected President of the Mutual Life Assurance Company of Canada, to succeed Mr. E. P. Clement, K.C., whose continued impaired health impelled him to resign the position.

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should cause you to  
investigate the merits of  
this table beverage—

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