

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. H. 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 Diarrhea; 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. H. 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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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.

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

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2. Crude, 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. (Formerly Walker.)

OF INTEREST
TO WOMEN

RECIPES FOR A DAY'S COOKING.

Oatmeal Maccaroons.

2 tablespoons shortening, ¼ cup of brown sugar, 2 eggs, 1 cup of rolled oats.

Good Tea Cakes.

Half cup flour, 1 teaspoon baking powder, quarter teaspoon salt, half cup raisins, quarter cup nuts.

Cream sugar and shortening, add well beaten eggs, flour, oats, flour sifted with salt and baking powder, flavoring, nuts, and raisins. Drop in spoonfuls on a greased tin and bake in a moderate oven.

Caraway Seed Cakes.

1 cup butter or substitute, half cup of sugar, 3 eggs, flour to make dough stiff enough to roll thin, 1 teaspoonful soda dissolved in 1 cup sour milk, a quarter cup caraway seeds.

Cream the butter and sugar, add the eggs lightly beaten, flour, milk and caraway seeds. Roll thin, cut into small cakes and bake in a quick oven.

Cream Scones.

Two cups flour, quarter teaspoon salt, two tablespoons shortening, four tablespoons sugar, two eggs, half cup sour cream in which 1 teaspoon soda has been dissolved.

Sift the flour with the salt and the baking powder, cream shortening and sugar, add eggs well beaten and the cream. Mix with flour into a light dough. Roll thin and cut in squares, circles or diamonds. Brush with white of egg, sprinkle with powdered sugar and bake in a quick oven. Serve at once.

Vanilla Jumbles.

Half cup butter, 1 cup sugar, 2 eggs, one teaspoon vanilla. Cream together butter and sugar, add well beaten eggs and vanilla. Add enough flour to roll into a very thin dough. Cut into small circles and bake on a greased tin sheet until brown and crisp.

MAKING SASH CURTAINS.

Sash curtains should be measured from the top of the inside of the window casing to the sill, allowing two inches at the top and bottom. The top is turned and stitched through the centre, which allows for a small heading and the casing for the brass rod. The hem is turned in at the bottom, so that curtain just escapes touching the sill and will swing free from dust and dirt.

The curtain may be perfectly plain or finished with a lace edging. A narrow gimp braid is sometimes used as a finish. The French striped net or the Brussels net are both good materials to use. It is sometimes wise in making curtains to be used in rooms where they will require frequent laundering, or where the edges are apt to wear, to make the same width hem at the bottom and top, as in this way they can be turned around and the wearing of the hem can be equalized.

KNOCKING SENTIMENT.

I remember, I remember,
O so fondly and so well,
All the fleeting lolden moments
When I courted Annabelle.

Every night with moon awning,
When we walked abroad unseen,
I remember as distinctly
As it were but yestere'en.

I remember every Sunday
That I used to spend with her—
Every path among the flowers
Where we used to coo and purr.

But I sometimes get to thinking
(I'm no sentimental moke)
And remember more especial
How I used to want to smoke.

HIGHLY ELIGIBLE.

He had bowed legs, sported whiskers
and a glass.

A wart on his nose and a cauliflower ear.

The which didn't make him of the
immune class—

Headline reads "They mistook him for
a deer."

HE GETS IT AGAIN.

Cholly—I feel like a fool tonight,
Miss Keen—So glad you've recovered.



Part of Rockaway Beach, N.Y., after the great storm which smashed four hotels and several iron piers, doing about \$2,000,000 damage.

MODERATOR
SAYS IT IS LIBEL
ON CHURCH

St. Catharines, March 4.—That the statement that the Church has lost its hold on the people is a direct libel on the Church, originating in pessimistic newspaper minds was the claim of Lt.-Col. Rev. Dr. John Pringle, Moderator of the Presbyterian General Assembly of Canada, speaking at the anniversary services at First Presbyterian Church here today.

"Why," said Dr. Pringle, "the progress made in other things—take railroads and business and industry—is as nothing compared with the progress of the Church in the past half century."

He told how when he first went to Winnipeg there were only two Presbyterian churches there, and one was bankrupt. Later the Manitoba Synod was formed, stretching from Lake Superior to the Pacific coast. At that time in all that territory he was positive there were not more than a hundred and fifty preaching places. In November last he attended a meeting of the Saskatchewan Synod and the Clerk gave the information that in the Saskatchewan Synod they have 332 preachers. This has all been accomplished since forty years ago, when Dr. Pringle first began to preach.

Peary discovered the Pole. Let it go at that. But Doc Cook made the most sensational story of the discovery of the Pole.

RASCALS

Biliousness, Headache, Colds,
Constipation, driven out
with "Cascarets"

Why take nasty cathartics, sickening salts, or stomach-turning oils to drive these rascals out? Let gentle, harmless Cascarets remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, your skin sallow, your breath offensive, and your stomach sour. Get a box of Cascarets at the drug store and rid your liver, stomach, and bowels of the excess bile, poisons, and waste which are keeping you miserable. Cascarets never gripe, never sicken, never inconvenience. They cost so little and work while you sleep.

PERISHED
IN FLAMES

Cornwall, Ont., March 4.—Charles Dixon, of Newington, suffered a severe loss yesterday morning when his dwelling house and all its contents were destroyed by fire. The parents were at the stables doing the morning chores and when they returned the house was a mass of flames and nothing could be done to save it. The most severe blow to the family is that Earl Dixon, a little fellow of about two years, was in the house at the time and perished in the flames.

REMEDY FOR
HIGH RENTS IS
MORE HOUSES

Montreal, March 4.—The only remedy for high rents is to increase the supply of houses by encouraging people to build, according to U. H. Dandurand, vice-president of the Civic Improvement League, who addressed a meeting of the Tenants' Protection Association last night.

It was dangerous, he said, to fix rents at a percentage of the value of the house, as this was likely to discourage building and make matters worse. The fault often lay with the house to let was likely to have a string of applicants at his door next morning all bidding against one another, and the highest bidder gets the house.

As to the question of monthly instead of yearly leases, they had perhaps better leave bad enough alone. If the landlord took the opportunity once a year of raising the rent at moving time, it was not wise to give him twelve such opportunities in a year.

One fine way of self denial is to forego the cold bath during Lent.

Immigration is the saving of a new country, and it is often the saving of many people who weren't doing much in the old home town.

It ought to be perfectly legal to swat the old-timer who is always telling how cheap things used to be.

What's Your Breakfast
Drink?

Taste may satisfy you, but
how about your *after* comfort?

If you drink tea or coffee
and find a before-noon let-
down, quit them and try

INSTANT POSTUM

This table beverage with its
snappy, coffee-like flavor is
pure and drug-free.

If tea or coffee disagrees,
better health will follow a
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