

Children Cry for Fletcher's

CASTORIA

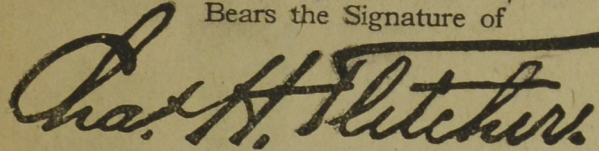
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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

OF INTEREST TO
WOMEN

YOUR MANNERS.

It is Correct.

To ask for an invitation to a social affair for another only when you are a close friend of the hostess.

To arrive at an informal dance about fifteen minutes after the hour set.

To arrive at a formal dance at any time between the hour set and midnight.

For a lady to precede a gentleman into the ballroom.

For a lady to grant a gentleman's request to sit out a dance with her if she has declined to dance a number for which she has no other partner with him.

It is Not Correct.

For a lady and gentleman to enter a ballroom arm in arm.

For a lady to refuse to dance with one gentleman and then dance with another, unless she had the number previously engaged.

For a lady to ask a gentleman to sit out a dance with her.

For a young lady to dance too many times with one gentleman.

For a young lady to sit out several numbers with the same gentleman.

THEIR BAD HABITS.

A well known child specialist says that the cracker habit is one of the most frequent bad habits permitted by mothers in their young children. You read this doctor's words telling just why crackers, that might be harmful eaten one at a time after a meal or as a well timed between meal, are unwholesome when munched continuously. Your children munch crackers in this way, too, you have to admit it, but you feel as if it were too late to change. They are used to crackers, you reflect, and it is too late now to break them of the habit.

And the chances are that you have overemphasized the strength of that habit. Simply withhold the crackers for a day or so and you will probably be able to break the habit without any really great rebellion.

Lots of children's bad habits are much more easily broken than we think. We really haven't the courage to see. We high strung mothers of the twentieth century perhaps dread more than did our huskier foremothers the prospect of letting a stubborn child cry. And so our children early learn that they can bluff us. They learn that we are sensitive to their screams and wails. They know that we will probably succumb before we know it. And often we give in when had we held out just five minutes longer we would have gained the day.

A great child specialist tells us that if we teach a child correct habits of eating during the first few years of its life we have accomplished much. And there is no gainsaying that many a bad habit in eating that persists through life is acquired within the first three or four years of our lives. The habit of eating rapidly, the habit of holding the fork and spoon too far down and the habit of poking our fingers into our food—these bad habits might all be traced to nursery days.

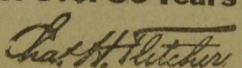
RICE AND MEAT CROQUETTES.

One cupful boiled rice, one cup finely chopped meat of any kind, half a teaspoonful salt, a little pepper, a pinch of cayenne pepper, one table-spoonful butter, half a cup of milk and two eggs. Put the milk on to boil, add the meat rice and seasoning; when it boils well add the beaten egg, stir it one minute and let it cool. Shape into rolls, dip into white of egg and cracker crumbs and fry in deep fat.

Miss Mabel Sterling is home from Buffalo, N. Y., to spend Christmas with her parents Chief Assessor and Mrs. A. A. Sterling of this city.

Albert Burnett, William Palmer, Earle Stairs and Allan Esty of Hawshaw are guests at Windsor Hall.

CASTORIA
For Infants and Children
In Use For Over 30 Years

Always bears the Signature of 

Will You Try

A SAMPLE OF

"SALADA"
TEA

You cannot know how really delicious tea can be until you have tried "Salada". Send us a postal card. Address "Salada", Montreal.

E 770

HALIFAX HAS BEEN MADE
INTO A SPLENDID NEW CITY

Good Work Accomplished by the Committee on Restoration---The Sum of Twenty-three Million Dollars was Available from All Sources---Havoc Wrought by Explosion of 1917.

Toronto Globe: Mr. F. L. Fowke of Oshawa formerly member for South Ontario, who, for the past three years has been one of the commissioners charged with the rebuilding of that portion of Halifax devastated by the great explosion of December 6, 1917 was in the city yesterday. The commission has practically completed the work of rebuilding and the greater part of its duties will now be to oversee the expenditure upon pensions, the care of those left orphaned by the explosion and of tubercular cases in which there are many resulting from the exposure which followed the disaster, when thousands of people were suddenly deprived of shelter. The other members of the commission were Judge Wallace of Halifax and Mr. Rogers one of the prominent men of that city. For the restoration of the area destroyed by the terrific explosion of a munitions ship in the harbor the sum of \$23,000,000 was available from all sources. This included a grant of one million pounds from the Imperial Government much aid from Canadian and Eastern United States municipalities, and grants from the Federal authorities aggregating something like \$16,000,000.

North End Rebuilt

In less than three years the commission which was at first engaged in erecting temporary houses for the victims, has practically rebuilt the north end of Halifax. New streets have been laid out and public squares have been provided. The quarter has been well paved and 1000 homes accommodating 6000 people have been erected. Of these over 600 are fireproof, having been built by the Hydro Stone process. This consists in the construction of cement blocks, and while the blocks are still plastic of the application to them of cut stone shavings brought from quarries in Upper Canada. These fragments of stone were pressed into the concrete blocks under a pressure of 1660000 pounds to the square inch of surface. The result was a stone surfaced granite block which will wear almost like granite. Of the remainder of the 1000 houses erected quite a number were constructed of wood. A large part of the district before the explosion consisted of wooden houses and it was not possible to provide modern fireproof houses for all the residents to replace what in many cases were cheap wooden structures. Every house built however, has been provided with a bath and inquiries have shown that 95 per cent of the people make systematic use of this accommodation which was not at all plentiful in their former homes.

Even Replace Furniture

In addition to providing new homes for those who lost everything in the disaster the commission restored damaged properties to their former condition, replaced furniture where it had been destroyed, and generally speaking, made good the losses caused to the citizens by the explosion. No less than thirty people were permanently blinded by the shattering of glass in their homes and while they were passing along the streets at the moment of the explosion. Many others had their eyes injured, and the restoration of vision required skillful treatment. Everyone of the totally blind persons receive a pension, and those whose eyesight has been partially hurt have been provided with the best possible aids to vision.

Many Tubercular Children
The exposure of the winter of 1917-18 resulted in the development of not a few tubercular children in

the families deprived of their homes. A portion of the money contributed by the people of the United States is being devoted especially to the care of these children. A fund of half a million dollars will be available for this purpose, and will be expended under the care of a committee representing the donors. This portion of the work will unquestionably do much to improve the standard of public health in the city of Halifax.

It is a rather remarkable evidence of the growth of Halifax and the difficulty of securing housing there, that of the temporary houses erected by the commission to take care of the victims of the disaster while permanent homes were being constructed, something like 350 are still occupied by people who have come to Halifax and cannot get any other shelter.

Mr. Fowke, who has been residing in Halifax with his family during the last three years, will return to Oshawa in the spring and again take up his residence there.

IF STRENGTH DECLINES AS
AGE ADVANCES, FOLLOW
THIS SUGGESTION

So many women grow old before their time, perhaps your wife or sister. A little while ago, buoyant, full of vigor and activity—she enjoyed life and imparted pleasure to the whole family; but now in a few short years she has faded and lost color and strength. She is just ready to develop some disease that will further weaken and debilitate. You remember how it began, failure of appetite, tired in the morning, found housework burdensome, always nervous and a little irritable. It's a shame to let her go down hill further when you can build her up so quickly with Ferrozone. The change this nourishing tonic makes in a weak woman is surprising. It gives great zest for food, increases appetite and digestion enormously. The blood gets richer and stronger and adds new life to every organ in the body. A rebuilding process works through the entire system. The first week will show an improvement and a month or two will fatten up the thinnest, most run-down woman you can think of. Take Ferrozone for lost color, for nervousness, for weakness,—use it when run-down and feeling poorly—it will do you more lasting good, keep you in better health, than anything else. Just as good for men and children, too, because Ferrozone is harmless and safe, 50c. per box or six for \$2.50, at all dealers, or direct by mail from the Catarthozone Co., Kingston, Ont.

PUBLISHERS
WILL TAKE A
HOLIDAY

Special to Daily Mail. Copyright 1920 by Cross Atlantic News Service. (By Hugh Dryden)

London, Dec. 23—England will be thrown back into ignorance of passing events which obtained through the dark ages, during the three days at Christmas. Publishers of all the daily and Sunday newspapers have decided to suspend publication for the three days of December 25, 26 and 27, to give their employees a rest, and also the general public, which lately has been surfeited with news, mostly bad. This is the first time since daily newspapers began publication in this country that the public will be three days without news.

Jack Robinson returned yesterday from Vancouver. He went out with the harvest excursion and is loud in his praise of the prairie provinces.

PRICE AND QUALITY

Everybody wants lower prices. Nobody wants them more than WASHINGTON—but not at the expense of quality.

WASHINGTON'S prices are low, considering the quality, and will automatically go lower as costs decrease.

But whatever the price may be, the quality will always justify it.

For the WASHINGTON policy is to provide the best of food, service and sanitation at a reasonable price.

WASHINGTON'S
YORK STREET

CAPITAL BRAND

Have you tried our BUTTER yet? It is positively the best on the market. You are invited to call and see our plant at 448 King street. Visitors always welcome.

Capital Brand ICE CREAM 60 cents a quart.

FARMERS' CO-OPERATIVE
DAIRY CO., LTD.

King Street.

MINARD'S
"KING OF PAIN"
LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

MR. A. E. LAUNDRY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I must not walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.
Minard's Liniment Co., Limited
Yarmouth, N.S.

SIR GEORGE
IN A LEAGUE

London, Dec. 23—Premier Lloyd George speaking today at a luncheon given by member of parliament at the House of Commons to overseas delegates of the League of Nations, described Sir George Foster, Canadian Minister of Trade and Commerce as a veteran Canadian statesman, whose reputation had already gone far beyond the bounds of the great continent he represents.

"Sir George," said the premier, "has entered recently another League. I understand that Hon. Arthur Balfour was present at his wedding representing Great Britain. I have no doubt that Sir George will return the compliment when Mr. Balfour does likewise."

Made a Laugh

Much laughter greeted this sally, especially as the older generation of Westminster parliamentarians is fully persuaded that Mr. Balfour, who is one year younger than Sir George Foster has for thirty years at least never exhibited the slightest leaning towards matrimony.

Robert C. Parent of Douglas returned this morning from Truro, where he has been attending the Agriculture College.

Rheumatic Pains

Are relieved in a few days by taking 30 drops of Mother Seigel's Syrup after meals and on retiring. It dissolves the lime and acid accumulation in the muscles and joints so these deposits can be expelled, thus relieving pain and soreness. Seigel's Syrup, also known as "Extract of Roots," contains no opium or other strong drugs to kill or mask the pain of rheumatism or lumbago, it removes the cause. 50c. a bottle at druggists.

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S. HOWARD YOUNG, Proprietor. or. Westmorland and King Street. Good accommodation and service. Coach and Auto Service to all trains and boats. Stable in connection.

CLOTHES CLEANED

PRESSED and REPAIRED. For Ladies and Gentlemen.

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George Street.

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SECOND HAND

WANTED TO BUY — Ladies and Gentlemen's cast-off clothing, furs, boots, bicycles, watches, skates, jewelry, guns.

Also all kinds of Stoves and Furnishings. Highest prices always paid for second hand goods.

Write or call for all goods. When you deal with us you are not dealing with a Jew.

Uncle Sam Exchange

Phone 636-21. Grievous Building.

NEWS AGENTS IN CITY.

THE DAILY MAIL IS ON SALE in the City of Fredericton at the places of business of the following:

D. LENIHAN, 522 King St.
D. H. CROWLEY, 512 Queen St.
MISS QUINN, 147 Westmorland St.
ALONZO STAPLES, 100 York St.
E. A. EARDLEY, 704 King St.
A. J. HANLON, 83 Regent Street.

el Stove, but little used; hot water.

Christmas gets nearer and nearer—of course that's no reason why we should get that way too.