

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 *Chas. 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

*Chas. H. Fletcher*

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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ALL THE BEST AUTHORITIES AGREE that the most profitable form of advertising is through the daily newspapers. People who have goods to sell must get the fact to the public the quickest and surest way. Local advertisements show their confidence in the Mail and we have every reason to boast that our advertising service is reliable and valuable. A word to the wise.

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## CLOTHES CLEANED

For Ladies and Gentlemen.  
W. E. SEERY  
54 George Street  
PRESSED and REPAIREDOF INTEREST  
TO WOMEN

GETTING THE MOST OUT OF A HAM.

With a bit of careful planning the prudent housewife may triple the food values of a smoked ham of four pounds, meaning either a small ham—not a shoulder known as a cally—or half a large ham.

Begin serving your ham on Sunday. Boil it slowly about two hours, after having given it a fifteen minute spurt on a high flame. Remove from the cooking pot and place it in a roasting pan after having removed the rind, insert about eight cloves in top of ham and sprinkle with brown sugar and very fine breadcrumbs. Add about one-half cup vinegar to one cup of the stock in which the ham was boiled and use this in basting. Serve with spinach or green beans, baked sweet or white potatoes or any desired vegetable.

As a leftover the ham is served cold or it can be reheated in the oven if desired, and augmented with a most delicious warm potato salad. For the salad boil small potatoes until done, not not overdone. Skin them while still hot and let cool sufficiently to slice thin. Have bacon cut in the thinnest cubes possible. Place in the frying pan over the fire. Let sizzle but do not burn. The melted fat should amount to enough to blend nicely with a scant tablespoon of flour. Good cider vinegar is added until it assumes the consistency of a thin cream sauce. If onions are preferred in potato salad they should be cut very fine and added to the potatoes. Season with salt and pepper. Have the salad timed so that it can stand about three minutes, giving the potatoes time to mix with the sauce.

For leftover No. 3 you will now have the bone. Use this in making a delightful puree of beans. Pea beans are the best. Soak the beans in cold water overnight. The following day pour off the water, adding fresh water, the ham bone and soup greens. Boil a goodly two hours. When sufficiently cooked, strain through a colander. Serve with croutons.

Should there be any ham on the third day still remaining it can be tastefully served up as ham hash, something like corned beef hash. Chop the ham fine and with it chop an onion and a cold potato, saved from the day before, add salt and pepper, and if you should have it, a stalk of table celery. Mix thoroughly and fry in good drippings. A crust should form on the under side before turning. Serve hot.

Should you have just a little ham "picklings" but not enough to go around in the hash, you can eke it out deliciously by cooking and adding a small veal cutlet, which will give a delicate chicken flavor.

N. E. SHORT SHIP  
GETS BIG ENTRY

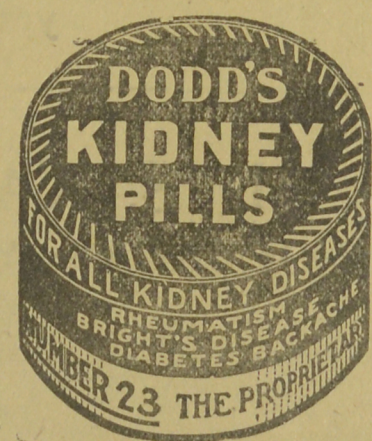
Boston, April 26—Entry lists are holding the attention of horsemen just at present, for the trotters and pacers that are to race this Summer are pretty well catalogued in the Spring entering events, so many of which have already closed.

Here in New England the interest is largely in the events opened by the various members of the Short Ship Circuit and the pleasing word is passed along of well filled classes.

As it is not possible to publish the entire entry of the circuit, Avon, Conn. the first member of the chain to have early closers—Medford and Woonsocket having only June closing events—is picked as giving a very fair line as to what horses are being pointed for the early Summer campaign.

The Boston Globe rises to remark, "What a bombardment that Swiss hockey goaltender must have suffered at the hands of our boys in Antwerp! To the spectators it may have been mimic warfare, but the fellow in front of the cage did not enjoy it."

That was before the Winnipeg Falcons put Canada's trademark on the Olympic title. Wonder what the Globe thinks of the bombardment the United States goalkeeper got.



## TRAVELLERS' CHEQUES

Convenience, security and economy are secured by the use of Travellers' Cheques issued by this Bank. They enable the bearer to identify himself and are readily converted into the current coin of any foreign country.

## THE CANADIAN BANK OF COMMERCE

PAID-UP CAPITAL - \$15,000,000  
RESERVE FUND - \$15,000,000  
FREDERICTON BRANCH, W. T. Gerald, Manager.

BOSTON FANS  
WILL SEE WILDE  
ON SATURDAY

Boston, April 26—Good 'bouts are booked for this week. The fans of the State have been anxious to see Jim Wilde the wizard flyweight of England, and they are to have the opportunity next Saturday afternoon at promoters Cuddy's arena in Lawrence where he will meet Bobby Dyson of New Bedford. Though no decision will be given, it has not lessened the interest in the contest.

If the weather Saturday is good, the arena will be packed.

Since Wilde has become acclimated he has been displaying the ability that made him famous in Europe, and it is the opinion of the American sports that he does not fear any of our boxers within 15 pounds of his weight.

Dyson is a rugged lad and believes in carrying the fighting to his opponent. He intends to do this against Wilde and figures that he will go

ADIDOO GUY IN  
FAST ENTRIES  
AT CANTON, O.

Grace Direct, 2.00%; Adidoo Guy, 2.00%; Hal Mahone, 2.01%; O. U. C., 2.00%; Verlie Patchen, 2.02%; Gladys B., 2.02%; South Bend Girl, 2.02%; and Roy Grattan, 2.03, are named in the fast pace at Canton, O., June 14-18.

Adidoo Guy made his first performance in the Maritime Provinces last season on the Fredericton track. Later his owner "Kid" O'Neill of Halifax took him to the States.

## Jack Leonard Has Good One

Jack Leonard has a green pacer at Readville that he regards highly, by The Earle, 2.14%, out of mare by Klatawah, 2.05%.

Driver Leonard is well known in the Maritime Provinces and was located in Fredericton some years ago.

REFEREE FOR  
TRACK EVENTS

By the way when Rudd of Oxford and Butler of Cambridge ran their heart-breaking dead heat in the quarter in the interspersed meet at Queens Club the judges disagreed and the referee decided the dead heat.

through the 12 rounds in the hurricane style that will earn him the credit of having outpointed the Englishman. New Bedford fans have the same opinion, but others believe that Wilde carries too many guns for him. Sharkey and Friedman, Too

Before the fans see Wilde, they will have a change to watch Jack Sharkey of New York in action. This boy can get \$15,000 to meet Wilde in England. Sharkey battles Abe Friedman of New York in the feature number at the Armory A. A. show in Mechanic's Building Tuesday night.

Friedman is going like a champion and many of the local fans who saw him defeat Roy Moore figure he will give Sharkey a surprise. He is after a bout with Wilde and if he wins the English promoters as well as those in this country will pick him as Wilde's opponent.

## NOTICE TO CONTRACTORS.

SEALED TENDERS marked "Tender for Gravel" will be received by the undersigned up to noon of the 7th day of May, 1920, for 4,000 cubic yards of gravel to be delivered at Young's Cove Wharf; 2,000 cubic yards at the shore of Cumberland Bay, at the forks of the road that leads to Young's Cove. The quality of the gravel must be subject to the approval of the Provincial Road Engineer. Place of landing must also be subject to the approval of the Provincial Road Engineer, and the gravel to be delivered not later than June 15, 1920.

The Department reserves the right to increase the quantity to be delivered.

Each tender must be accompanied by a certified cheque for \$500, payable to the Honorable Provincial Secretary-Treasurer, which cheque will be forfeited in case the tenderer fails to complete his obligation.

The Department does not bind itself to accept the lowest or any tender.

P. J. VENIOT,  
Minister of Public Works,  
Department of Public Works,  
Fredericton, N. B., April 26, 1920.

## HOOF PRINTS

Cum Laude, 2.08½, goes to England.

Springfield has a fine entry.

Harvest Girl, 2.11½, is a new boarder in the Cox stable.

R. H. Brett, 2.03½, is getting his Spring training at Dover.

The Portland trainer, Johnny Amato, is at the Dover track.

The Kentucky Futurity for foals of 1920 has 758 nominations.

Verlie Patchen, 2.02½, is in Al Whitney's stable at Indianapolis.

Lon McDonald is training the U. Forbes 2-year-old Eternal, 2.24½.

Youngstown, O., has 215 entries in six early closing classes for its June meeting.

Pete Carney will train Lee Grand, 2.03, and the other J. J. Orr horses at Brockton.

Will Hodson is entering Achoo' Guy, 2.00%, at both the early meetings in Ohio and New England.

Washington, April 26—Everett Monday equalled Fred Lucas' record of playing in 533 consecutive games and is now after the big mark for the major leagues established by George B. Pinckney, who, with the Brooklyn American Association and National League clubs, took part in 577 straight games from Sept. 21, 1885 to May 2, 1890 when an injury terminated his streak.

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The Great English Remedy.  
Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, indecision, loss of energy, palpitation of the heart, failing memory. Price 21 per box, six for \$1.00. Sold by all druggists or mail at 111, 113, 115, 117, 119, 121, 123, 125, 127, 129, 131, 133, 135, 137, 139, 141, 143, 145, 147, 149, 151, 153, 155, 157, 159, 161, 163, 165, 167, 169, 171, 173, 175, 177, 179, 181, 183, 185, 187, 189, 191, 193, 195, 197, 199, 201, 203, 205, 207, 209, 211, 213, 215, 217, 219, 221, 223, 225, 227, 229, 231, 233, 235, 237, 239, 241, 243, 245, 247, 249, 251, 253, 255, 257, 259, 261, 263, 265, 267, 269, 271, 273, 275, 277, 279, 281, 283, 285, 287, 289, 291, 293, 295, 297, 299, 301, 303, 305, 307, 309, 311, 313, 315, 317, 319, 321, 323, 325, 327, 329, 331, 333, 335, 337, 339, 341, 343, 345, 347, 349, 351, 353, 355, 357, 359, 361, 363, 365, 367, 369, 371, 373, 375, 377, 379, 381, 383, 385, 387, 389, 391, 393, 395, 397, 399, 401, 403, 405, 407, 409, 411, 413, 415, 417, 419, 421, 423, 425, 427, 429, 431, 433, 435, 437, 439, 441, 443, 445, 447, 449, 451, 453, 455, 457, 459, 461, 463, 465, 467, 469, 471, 473, 475, 477, 479, 481, 483, 485, 487, 489, 491, 493, 495, 497, 499, 501, 503, 505, 507, 509, 511, 513, 515, 517, 519, 521, 523, 525, 527, 529, 531, 533, 535, 537, 539, 541, 543, 545, 547, 549, 551, 553, 555, 557, 559, 561, 563, 565, 567, 569, 571, 573, 575, 577, 579, 581, 583, 585, 587, 589, 591, 593, 595, 597, 599, 601, 603, 605, 607, 609, 611, 613, 615, 617, 619, 621, 623, 625, 627, 629, 631, 633, 635, 637, 639, 641, 643, 645, 647, 649, 651, 653, 655, 657, 659, 661, 663, 665, 667, 669, 671, 673, 675, 677, 679, 681, 683, 685, 687, 689, 691, 693, 695, 697, 699, 701, 703, 705, 707, 709, 711, 713, 715, 717, 719, 721, 723, 725, 727, 729, 731, 733, 735, 737, 739, 741, 743, 745, 747, 749, 751, 753, 755, 757, 759, 761, 763, 765, 767, 769, 771, 773, 775, 777, 779, 781, 783, 785, 787, 789, 791, 793, 795, 797, 799, 801, 803, 805, 807, 809, 811, 813, 815, 817, 819, 821, 823, 825, 827, 829, 831, 833, 835, 837, 839, 841, 843, 845, 847, 849, 851, 853, 855, 857, 859, 861, 863, 865, 867, 869, 871, 873, 875, 877, 879, 881, 883, 885, 887, 889, 891, 893, 895, 897, 899, 901, 903, 905, 907, 909, 911, 913, 915, 917, 919, 921, 923, 925, 927, 929, 931, 933, 935, 937, 939, 941, 943, 945, 947, 949, 951, 953, 955, 957, 959, 961, 963, 965, 967, 969, 971, 973, 975, 977, 979, 981, 983, 985, 987, 989, 991, 993, 995, 997, 999.

A missionary says that natives of Africa don't use the outfit board. What's he trying to do, boost Africa?

## Post Toasties

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among corn-flakes

They represent the highest skill of the food maker's art, and are far and away the most popular corn food in Canada. If you are not acquainted with POST TOASTIES, order a package from your grocer and enjoy this delightful food.

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