



CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

**Always
Bears the
Signature
of**

Chas. H. Fletcher

**In
Use**

**For Over
Thirty Years**

CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

CELESTIAL CAFE

75 Regent Street.

STERLING F. LINT, Prop.

Lunches Served at All Hours

**MEAL TICKETS FOR SALE
EVERYTHING IN SEASON**

NEWSPAPER ADVERTISING IS THE BEST

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 advertisers 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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DR. J. B. CROCKER,
DENTIST

FREDERICTON, N. B.

TELEPHONES

Residence 349-41
Office 419-11

DR. GERRARD,
DENTIST

571 KING STREET, FREDERICTON.

PHONE: Residence 796
Office 574.

W. J. IRVINE,
DENTAL SURGEON

Opp. Soldiers' Barracks and Next Door
to Bank of N. S. Building,
Queen Street.

OFFICE HOURS—10 a. m. to 1 p. m.
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Phone 338-11

DR. G. R. LISTER,
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Tel. 232-41, Burchill-Wilkinson Bldg.
Queen Street, Below Regent.

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BEST & MOST MODERN FUNERAL
EQUIPMENT IN THE CITY.

Residence Telephone 70-41
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YORK HOTEL

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

CLOTHES CLEANED

PRESSED and REPAIRED.
For Ladies and Gentlemen.

W. E. SEERY,

George Street.

BARRISTERS, ETC.

E. ALLISON MACKAY
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CHESTNUT BUILDING,
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J. BACON DICKSON
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532 Queen Street, Fredericton, N. B.
Phone 561. Bor 863.

F. M. O'NEILL, LL. B.,
Barrister, Notary, Etc.
Insurance

N. B. TELEPHONE BUILDING,
GAGETOWN, N. B.

Cook's Cotton Root Compound

*For a reliable remedy, having
years of strength—No. 1, \$1.50
No. 2, \$2.00. No. 3, \$3.00 per box.
Sold by all druggists, or sent
freight prepaid on receipt of price.
Free pamphlet. Address:
THE COOK MEDICINE CO.,
TORONTO, ONT. (Formerly Windsor)*

SECOND HAND

TO INDUCE SLEEP.

WANTED—Ladies and gentlemen's
cast off clothing, boots, fur coats,
gowns, furnishings stoves and all kinds
of second hand goods. Goods called for.
Apply or write, Uncle Sam's Ex-
change, 106 Regent street, Grievous
Building.

NEWS AGENTS IN CITY.

THE DAILY MAIL IS ON SALE
in the City of Fredericton at the
places of business of the follow-
ing:

D. LENIHAN, 522 King St.
D. H. CROWLEY, 612 Queen St.
MISS QUINN, 147 Westmorland
St.

ALONZO STAPLES, 100 York St.
E. A. EARDLEY, 704 King St.
A. J. HANLON, 83 Regent Street.

FOR SALE—Second-hand Crown Jew-
el Stove, but little used; hot water
tank in connection; will be sold at a
bargain. Apply at the Mail Office.

OF INTEREST TO
WOMEN

YOUR MANNERS.

It is Correct.

For the lady to bow first when meet-
ing a gentleman acquaintance.

For a lady to bow in public to those
who serve her in any capacity.

For a married woman to first recog-
nize her unmarried friends when meet-
ing them in public.

For a lady who has been taken to
call on a stranger to wait for the
hostess of that occasion to recognize
her before speaking at their next meet-
ing.

For a young lady who has danced
with a gentleman whom she has met
for the first time, to recognize him at
their next meeting but not necessarily
after.

It is Not Correct.

For a gentleman to speak to a lady
in public whom he has met casually
until she recognizes him.

To give even an undesirable ac-
quaintance a cool stare in return for a
bow.

To continue meeting with a pleasant
bow and smile any one who returns
only a brief nod.

For a lady to accept the proffered
umbrella of a strange gentleman.

For a lady to accept a seat in a
street car from a gentleman without
thanking him for it.

CULTIVATE GRACEFULNESS.

The average woman pays too little
attention to the training of her body
to obtain that natural freedom of mo-
tion which is called grace. If mothers
realized this there would be more
graceful women. A girl of fourteen is
not too young to begin to learn how
to appear graceful. We fail to realize
what a great charm this freedom of
motion lends to our appearance. You
can never call a heavy, awkward girl
really beautiful, no matter how perfect
her features may be or how fine her
skin is in texture.

We should begin the cultivation of
the art of walking, moving and hold-
ing ourselves gracefully, very early in
life. Deportment should have a leading
part in the training of every child, for
it is just as important to teach a child
how to hold herself properly as well
as to teach her proper table manners
or manners of general etiquette.

STRENGTHENING WEAK ARCHES.

Weak arches or weak ankles may
be helped and strengthened if the
trouble is not neglected too long, by
proper exercise. The very first thing
in the morning after getting out of
bed practice the following exercises:
Rise very slowly on your toes, holding
this position for a minute and then
lower, yourself to your heels.

Rest a minute and start the second
exercise. Now throw your weight on
your heels while you lift your toes,
from the floor. Do this every morning
beginning with forty or fifty times
and increasing the number until you
can do it three or four hundred times
without becoming very tired.

These two troubles are not at all
hard to overcome in a young person
and they can be done while one is
dressing. If you take these simple ex-
ercises every morning you will find in
a month's time that both the ankles
and the arches have been greatly
strengthened.

TO INDUCE SLEEP.

Sleeplessness, due to nervous dys-
pepsia, may be cured sometimes by
eating spinach, apples or onions with
the evening meal. Digestion of these
calls the blood from the over active
brain to the stomach. If they can be
digested without difficulty, raw onions
or an apple, taken just before retiring
have a soothing effect. If the stomach
is weak, hot malted milk is good.

RELIEF FROM TOOTHACHE.

If one is suffering from a toothache
and it is not possible to visit the den-
tist relief may be obtained by using
pepper bags. They are made from a
circular piece of muslin three-quarters
of an inch in diameter. The cloth is
double. Fill the little bag with an
equal part of pepper and ginger. Then
sew the edges together. Place against
the aching tooth.

Miss Valerie Steeves, who has been
visiting friends in Woodstock, has re-
turned home.

Mrs. S. B. Hatheway is visiting her
father, Mrs. Rennie Murray at St.
John.

Their Glory Shall Not Fade

In the special order issued to the
Canadian troops on March 27, 1918,
General Sir Arthur Currie wrote:
"To those who will fall I say, 'You
will not die but step into immortality
—your names will be revered forever
and ever by your grateful country,
and God will take you unto Him-
self.'"

The pledge thus given is being
faithfully fulfilled in relation to em-
ployees of the Canadian Pacific Rail-
way Company by the placing of
bronze memorial tablets at over a
score of its principal offices and
stations. Furthermore two imposing
bronze statuary groups have been de-
signed for the great C.P.R. Stations
at Montreal and Winnipeg to stand
forever as tribute to the heroism and
self-sacrifice of C.P.R. men who died
in the cause of freedom. Far-flung
and scattered are their graves, but
single was their spirit and their
deal, the service of their country.

Out of 11,602 employees who were
reported as joining the Forces, 1,096,
or nearly ten per cent paid the su-
preme sacrifice. These came from
every rank of the company, from
every department, and they served
by air, land and sea—faithful unto
death.

The bronze tablet, replicas of
which will be placed at the principal
railway centres in each province of
Canada, and also in London, Liver-
pool and the Orient, has been de-
signed by Mr. Archibald Pearce, of
the Chief Engineer's Department of
the company, and is being engraved
at Worcestershire, England, by the
Bromsgrove Guild and Applied Arts.
The tablet depicts an advancing army
of infantry, cavalry, artillery, sup-
plies, munitions, tanks and railway
transport flanked on either side by a
warship and a C.P.O.S. liner with
aeroplane flying overhead. Britan-
nia clasp with outstretched hands to
the Overseas Dominions and points
out the road to death and glory. While
underneath is a scroll with the list
of the chief battles in which the C.
P.R. men fell. The inscription com-
memorates:

"Those in the Service of the Cana-
dian Pacific Railway Company who
at the call of King and Country, left
all that was dear to them, endured
hardship, faced danger, and finally
passed out of sight of men by the
path of duty and self-sacrifice, giv-
ing up their own lives that others
might live in freedom. 'Let those
who come after see to it that their
names be not forgotten.'"

The large bronze statuary group
which will be duplicated for the C.
P.R. Stations at Windsor Street,
Montreal and at Winnipeg, is the
work of Coeur de Lion MacCarthy,
the well known Montreal sculptor. In
majestic and impressive allegory, it
represents the uplifting of the soul
of a hero from the battle lines to
that borne from which no traveller
returns. The armed figure of a sol-
dier clad in khaki, battle-stained, yet
tranquil to death, is borne heaven-
wards by a winged and laurel
wreathed Angel of Victory. The fig-
ures in the group are of heroic pro-
portions, over seven feet high, sup-
ported upon a marble pedestal.
Thus shall the memory of the gal-



lant dead remain in inspiration to
their comrades and to the world at
large. By their sacrifice for the Em-
pire, they kept clear and even the
Imperial Highway, and on the sta-
tions of that Highway their glory
shall forever be recorded.

SNUFFS OUT A COLD IN A FEW MOMENTS

Clears the Nostrils, Stops Sneezing
Heals the Throat Quickly.

Catarrhazone Works Wonders
Lots of people used to let their colds
"work off"—they suffered a whole lot,
sneezed around the house, till the
whole family finally caught the infec-
tion.

Nowadays colds are cured by Cat-
arrhazone before they really get a
good start. This healing vapor, full of
pure essences, gives instant relief. It
fills the breathing organs with a heal-
ing, soothing vapor that relieves irri-
tation at once. Ordinary colds are
cured in ten minutes. Absolutely sure
for Catarrh, and in throat trouble it
works like a charm. Catarrhazone is
a permanent cure for bronchitis and
throat trouble. Not an experiment—
but a cure that's guaranteed. Get
"Catarrhazone" today, and beware of
substitutes. The dollar outfit is guar-
anteed, and small size 50¢. Trial size
25¢., at all dealers in medicine or by
mail from The Catarrhazone Co., King-
ston, Ont.

SAYS MOONEY CASE WAS A BIG FRAME-UP

San Francisco, Nov. 12—The con-
viction and sentencing of Thomas J.
Mooney and Warren K. Billings on
charges of murder in connection with
a preparedness day explosion here
July 22, 1916, "was a gigantic frame-
up from first to last" Policeman Drap-
per Hand, an important figure in the
case, said in a statement submitted to
Mayor James Rolph today, according
to the San Francisco Call.

Mayor Rolph said Hand had made a
statement to him, but had nothing to
say regarding the use he would make
of the statement.

Hand, according to the Call, was ac-
tive in the gathering of witnesses. Sev-
eral witnesses, he said, were coached
for weeks. Some of them showed
signs of weakness before giving their
testimony, but were induced to go
through with the plan. A "corpora-
tion detective had an important part
in arranging the perjury programme,"
Hand declared.

DUMFRIES.

Dumfries, Nov. 14—The weather
for the past few days has been very
favorable.

Our school is progressing rapidly
under the management of Miss Helen
Jones.

A very pleasant evening was spent
at the home of Mr. and Mrs. John R.
Scott. A dainty lunch was served.

We are glad to hear that Mrs. Wil-
lie Embleton has returned home after
a serious operation.

Mrs. T. Thompson and Mrs. Eben
Rosborough spent the afternoon at
Mrs. Andrew Carlin's one day last
week.

It is very lonesome around here
now since the men have all gone to
the woods but we all hope to see there
smiling faces Christmas.

Miss Mildred Hood was visiting
her Aunt, Mrs. Eben Rosborough for
a few days last week.

Miss Helen Jones, Miss Almo Rae
and Mr. Willie Lockhard made a fly-
ing trip to Rosborough Settlement to
attend a dance one evening last week.

We are glad to hear that Mrs. W.
R. Scott who has been in poor health
for sometime is around again.

Mrs. Arthur Ellegood has gone to
Boston to spend the winter.

Mrs. Joe MacDonald is spending
the winter with her parents Mr. and
Mrs. Arthur Ellegood.

We are sorry to hear that Mrs.
Stewart King is in poor health and
hope for her a speedy recovery.

Miss Mamie Cartin spent the even-
ing at Mr. and Mrs. George Carsons.

The members of the Institute held
there last meeting at Mrs. Andrew
Carlins. Luncheon was served. Our
next meeting will be held at the home
of Mrs. W. E. Scott's Dec. 2nd and
we hope to see all members present.

We are sorry to hear that Mr. Ar-
buckle is very poorly but we hope he
will soon be around again.

Mr. Chas Ellegood made a trip to
St. John one day last week.

Mr. Donald Ellegood who has been
away for sometime, is coming home
in the near future.

Mr. Harry Love makes frequent
trips to the Barony and also Mr. Wal-
lace Scott enjoys a trip to the Barony.
We can hear wedding bells in the
near future.

Our Mail driver, Mr. Richard Moody
who we are always glad to see com-
ing, for he always greets us with a
smile.

Miss Lonnie Moody who has been
in poor health, we are glad to say is
recovering.

Mrs. Christopher Murray who has
been spending a few weeks with her
mother, Mrs. Jacob Lounsbury has re-
turned home again.

Knitting is the order of the day in
this section of the country.

**Some say that tea or coffee
should not be drunk
within four hours of
bedtime. But the rule
doesn't apply to**

POSTUM CEREAL

**Mighty fine flavor—no
caffeine—healthful!**

"There's a Reason"