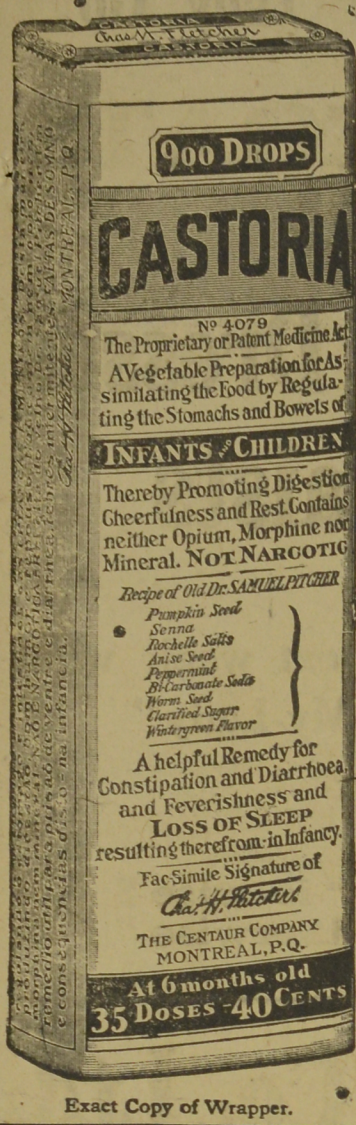




CASTORIA

For Infants and Children.

**Mothers Know That
Genuine Castoria**

**Always
Bears the
Signature**

of

Chas. H. Fletcher

**In
Use**

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

Exact Copy of Wrapper.

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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Good accommodation and service.
Coach and Auto Service to all trains
and cars. Stable in connection.

CLOTHES CLEANED

PRESSED AND REPAIRED.
For Ladies and Gentlemen.
W. E. SEERY,
George Street.

THE DAILY MAIL

is on Sale
at the following places of business
in the city:—
D. LENIHAN, 522 King Street.
D. H. CROWLEY, 612 Queen Street.
MISS QUINN, 147 West Street.
ALONZO STAPLES, 100 York St.
E. A. EARDLEY, 704 King Street.
A. J. HANLON, 83 Regent Street.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears
the
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OF INTEREST TO WOMEN

ROLLED OATS COOKIES

Mrs. J. D. C.: 1-3 cups granulated sugar, 1-2 cup butter and lard mixed, 1-4 teaspoon salt, 1 level teaspoon soda dissolved in 1-2 cup of sour milk or buttermilk, 1 beaten egg 1 teaspoon each of mace nutmeg and cloves, 3 tea-cups rolled oats. 1 large cup raisins and enough flour to make a dough just stiff enough to handle. Flour the board well, roll out and cut place in greased pans and bake in a quick oven about 15 minutes. Cinnamon may be used instead of the mace if desired. These are fine.

CHOCOLATE COOKIES.

One cup granulated sugar, 1-2 cup butter, 1 beaten egg, 1 teaspoon soda dissolved in 1-2 cup sour milk (or take 1-2 cup sweet milk and 2 teaspoons baking powder), 5 tablespoons cocoa 2, teaspoons vanilla extract, pinch of salt and 3 1-2 cups of flour sifted together. Mix in the order given and set in a cool place till stiff, then roll out and cut. Bake in a quick oven and cover with white icing.

WHITE ICING FOR COOKIES.

One cup confectioners' sugar, 1 tablespoon butter, 1 egg-white with 1-2 teaspoon vanilla extract stirred in. Beat all well together and spread.

FORT WAYNE COOKIES.

Two cups sugar (white), 1 cup of butter, 1 cup lard, 1 beaten egg, 1-3 teaspoon salt, 1 cup sweet milk, 1 whole nutmeg (grated), 3 teaspoons baking powder and enough flour to make a soft dough. Roll out rather thick (about 1-4 inch) and sprinkle with sugar. Cut in round shapes, press a raisin in the centre of each cookie, place them in a greased pan and bake about 20 minutes in a good oven.

A FEW HINTS WILL HELP THE DAUGHTER.

Always place the lid of the teapot so that the air may circulate in the pot while it is not in use; this prevents a musty odor.

A bunch of rhubarb, cut in pieces and placed in the tea-kettle, then filled with water to nearly the top and boiled for fifteen minutes, will clean the kettle whether it has a lime deposit or is only discolored.

To remove the odor of onions or fish from a knife, wash it in cold water and then scour.

Open canned fruit and vegetables about two hours before they are needed; the oxygen in the air gives this food a better taste.

Put two handfuls of shredded tissue paper in the bottom of the cookie jar; this permits the circulation of air and keeps the cookies crisp.

Dust a cake light with flour just as you take it from the oven, before turning from the pan. This will prevent it sticking when turned out and permit the icing to spread easily.

To cut hard-boiled eggs in smooth slices, dip the knife in water before cutting.

To prevent lima beans, rice, etc. from foaming up while cooking add one-half teaspoon of butter as soon as you place them on the stove to cook then they will not boil over.

Never place meat in the ice compartment of the icebox. Ice always draws the flavor of meat. Place the meat directly below the ice chamber on a plate and cover with a piece of waxed paper.

A level tablespoon of sugar added to the water used when basting roast meats will give a delicious brown, well-flavored gravy.

Always keep milk and butter in closely covered pails in the refrigerator; they quickly absorb the odors from other foods.

Do not allow scraps of food to accumulate in the icebox. They will mold and thus create undesirable bacteria that will attack the other food in the refrigerator.

Life is short, and pathetically so, because so few men live long enough to learn that many of their pet theories won't work out in practice.

Everybody Smokes OLD CHUM



There's a world of satisfaction in a pipeful of Old Chum Tobacco.

**"The Tobacco
of Quality"**



A NOVA SCOTIA WRITER SCARES PREMIER MEIGHEN

A writer in the Halifax Chronicle in commenting on Premier Meighen's recent speech at London, Ont., says:

I have read Premier Meighen's London speech with critical care and find therein just three outstanding ideas that he wishes to impress on the minds of the Canadian people on the eve of a General Election.

1.—The United States' new tariff is a "barrage" directed against Canadian produce reaching the United States' markets, and, therefore, Canada must maintain protection against the United States.

2.—The Liberal party led by Mackenzie King does not amount to much.

3.—The United Farmers have become a great menace, too big for their leaders to control, and if Premier Meighen and his "manly" men do not face and overwhelm them, they may ruin Canada with their free trade theories!

One of the great minds, whose greatness consists chiefly in his efforts to belittle Mr Mackenzie King since his appointment as Liberal leader, has said, "He made another speech, (or the same one over again)." The quotation is very apt as applied to Mr. Meighen's London speech. If my memory serves me the same three ideas did prominent duty in that noted meeting in the Princess at Truro a year ago, the principal difference being that the Farmers' Party did not loom so large as it has done since one of the Premier's standard bearers tumbled into a "hat" and was buried 10,000 ballots deep! Since then the Premier has felt as though he and his whole government had "been knocked into a cocked hat," and the thought of a Redistribution bill is sickening! Some may admire his courage in facing electors a year before he has to, especially in view of the open secret that the \$4,000 men are feeling sore as they see visions of that final check fading away; but there is the majority of the Cabinet whose declining years must be provided for, and since 1896, government "deathbed" appointments are not to be trusted! On the whole it is really easier to run a hopeless election without the support of men who won't get the chance to be candidates anyway, than to pass a redistribution measure without a Cabinet!

A queer feeling comes over one as we think of this man, lauded by many, (and perhaps justly so) as of "clear brain, keen intellect and forceful character," coming before the Canadian electors, after holding for a year the most important position in the Canadian government, and having no record to present of work attempted or accomplished for the benefit of Canada, no information obtained during the costly commissions which during the year have enquired into Tariff, Railway and other matters, no new constructive policy for the future; no suggested solution of any of the many pressing Canadian problems; no apparent thought, even, of the fact that Canada has been driven into an almost hopeless quagmire of debt, and if she should go on in the same course can only sink deeper and deeper.

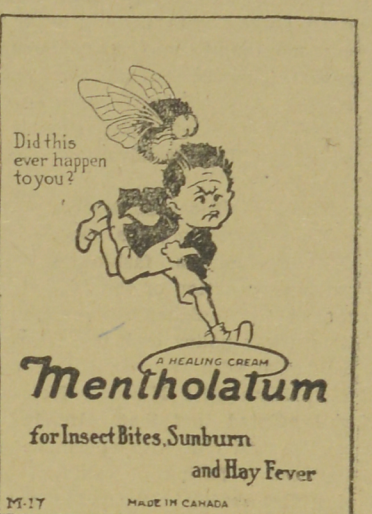
Surely if the "clear brain and keen intellect" is there, it must be suffering inexpressible humiliation and distress!

To come back again with the same old plea that "Protection" is what Canada needs against the United States, when after "forty years" of it she can only sell one dollar's worth when she buys two, is surely, (to use

a word of which Premier Meighen is very fond,) humbug.

If his statement in regard to the relative value of our exports and imports, to and from the United States is correct, we must obtain the money somewhere to pay for this excess of imports. If then, we can get the money and find it more profitable to buy these goods from the United States than elsewhere, why should we not continue to do so, especially when by doing so we are raising revenue for our country's needs? If we are importing goods from the United States and paying duty, transporting charges and exchange thereon, and yet find it profitable to do so, rather than pay the prices and use the goods produced in Canada, then there is but one conclusion to come to, our manufacturers have become either so greedy or so inefficient as to be useless to Canada, and should be placed either in the penitentiary or in a home for the feeble minded.

If, on the other hand, we are importing goods that are neither better, cheaper nor more suitable than home produced goods of the same class, (supposing those to be available) Premier Meighen should at once appoint a commission to inquire into the sanity of those who import such goods into Canada. Should the Canadian people return the present government to power at the forthcoming election it will then be in



Did this ever happen to you?

Mentholatum

for Insect Bites, Sunburn and Hay Fever

M-17 MADE IN CANADA

REWARD OF MERIT.

The defendant, accused of stealing chickens, had been duly examined in court, and at the conclusion the judge said:

"As I understand it, Sam you entered the henhouse and then just deciding to resist the temptation, left it. Is that correct?"

"Yesuh, jedge, Dass about right."

"In that case, can you explain how two of the hens were missing?"

"It was jes' dis way jedge. I took em. I reckoned I was entitled to dat many for leaving de rest."

Halifax Chronicle: There seems to be a unanimity almost unprecedented in Canadian political history, in the press comments on the coming elections that the Meighen Government is doomed to defeat. In short it is a brilliant opportunity for our old friend "forlorn hope."

order to extend the scope of the aforesaid commission to include the whole Canadian people.

The Folly of Cheating Nature

Many people get the idea that they can keep their nerves on edge and their digestion upset year after year, and "get away with it." They sleep only half as much as they should — and never get properly and thoroughly rested.

If you tire out easily, if you are getting pale and anemic, if your food doesn't digest as it should, would it not be well to stop and consider whether tea or coffee is having its effect on you?

The thein and caffeine found in tea and coffee are drugs, as any doctor can tell you. Is it any wonder that the steady use of these drugs sometimes causes serious damage?

If you really want to be fair with your-

self, and give yourself the opportunity you deserve in order to do your best work, make up your mind to quit tea and coffee for awhile — and drink delicious, appetizing Postum instead.

Postum permits sound, refreshing sleep which builds strength, energy and endurance.

Order Postum from your Grocer today. Drink this hot, refreshing beverage in place of tea or coffee for 10 days and see what a wonderful difference it will make in the way you feel.

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes.

Postum for Health
"There's a Reason"