

OF INTEREST TO WOMEN

MRS. LINCOLN'S CANDY RECIPES.

Nougat Bars.

Grease a clean, bright, tin pan tightly with olive oil, cover the bottom with a mixture of almonds, English walnuts, pecans, hazel of sugar by stirring it in an iron liquid is straw-colored pour it over the nuts in the pan. When cool mark it into bars.

Glazed Fruits and Nuts.

have a short piece of stem. the nuts where they can be easily handled, and have them free from loose particles. Put a pound of sugar and three drops of lemon juice over the fire and stir until the sugar melts and is slighty straw-colored; Take from the fire: auts and Brazil nuts: Melt I pound hold the pan in the left hand put each piece on the dipper and into aucepan over the fire; when the the syrup. Turn at once into small paper cases.

Pecan Creams.

Mix a pinch of cream of tartar Have the fruits perfectly dry with two cupfuls of brown sugar and free from dust. If you are go- and one cupful of maple sugar. and free from dust. If you are go- and one cupful of maple sugar. to empty the bowels, and the result is tity of Old Crop Red and White Fife ing to glaze oranges, separate the Pour over it one cupful of water they become tightly clogged with Seed Wheat, which we offer for sale carpels without breaking the skin; and stir until all is dissolved; boil waste, liver gets sluggish, the stomach sours, then your little one becomes crop contains only a small percentage sours, then your little one becomes of choice wheat, prices next spring will be extremely high, and we can sell at grapes must be so cut each will allow it to cool and then stir until

Tuberculosis Rapidly Increasing Among Children of Belgium and Northern France.

More Food Urgently Needed to Keep up Their Strength

An interview with Mr. W. L. Honnold, American Director of the Belgian Relief Commission, brings to light a new danger threatening the population of the territory occupied by Germany.

Mr. Honnold reports that about 5,000,000 wholly or partially destitute people, who have been dependent on the Commission, generally show diminished vitality. The effects are most apparent among the older children, particularly those in the adolescent stage. Among these there is an alarming increase of tuberculosis, due to the lower power of resistance consequent on an inadequate diet.

To overcome this serious danger, the Commission appeals for extra contributions so that a special meal can be served every day in the schools. Efforts are also being made to provide as far as possible for children outside the schools.

This can only be done—Belgium's children can only be saved—if every one of us who can possibly do so will give something toward the Fund. Whatever you can afford, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees, or

Payable to



it creams. Form into small, flat cakes and stick whole pecan meats on opposite sides.

Stuffed Dates.

Pull apart the desired quantity of very good Fard dates, put them in a sieve, plunge them quickly down and up in boiling water, and throw them out to dry. Remove the stones by making a slit at the side, and fill this space with a mixture of chopped nuts and fondant, or with flavored fondant. Press the dates together so that you cannot see the filling, and roll in powdered sugar.

Sea Foam.

One pound of dark brown sugar and one cupful of water; boil together until it spins a heavy thread. Remove from the stove, add half a teaspoon of vanilla, and beat until soft and creamy. Then erty. drop from a spoon in large irregular mounds. Chopped nuts may be added if liked.

SHACKELTON TO

London, Dec. 8.—Sir Ernest Shackle on will sail from Dunedin, New Zea and, for Ross Sea on Dec. 16, to rescue en members of the Antarctic expe euter's despatch from Wellington. The explorer will take his auxiliary

hip, the Aurora. The ten men whose rescue Sir Er nest will attempt, are Capt. McIntosh and nine members of the crew of the Aurora, who were marooned in the neighborhood of the Ross Barrier when the ship broke away in a blizzard 21 months ago. They had only a scanty supply of provisions at that time and nothing has been ehard from them

MOTHER! GIVE CHILD

If Cross, Feverish, Sick, Billous, Clean Little Liver and Bowels.

Children love this "fruit laxative, and nothing else cleanses the tender tomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is sleep or act naturally, breath is bad, system full of cold, has sore throat, tomach-ache or diarrhoea. mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well, playful child

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and

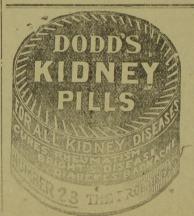
COURT MILICETE, I. O. F.

Officers Elected Last Night-Oyster Supper Held.

The annual meeting of Court Miliere, No. 139, Independent Order of Foresters, took place last night in the O. O. F. Hall, Queen street. Officers vere elected for the ensuing year. At he conclusion of the meeting the court was entertained to an oyster upper at the Imperial Lunch Rooms,

Chief Ranger—Judson Barker, V C. R.—Hugh Dougherty. Treasurer—M. L. Stevenson. Fin. Sec.—E. H. Boone.

Rec. Sec.-E. A. MacKay.



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J. B .- W. Christie. Physician-Dr. W. H. Irvine. Orator-Alex. Boyd.

Financial Committee and Trustees-Johnston McKenzie and Hugh Dough-

The installation of officers will take lace on the second Friday in January

WATER RATES DUE.

CONSUMERS of water are again reminded that their Water and Sew erage Rates are now due and payable at the Water Office, City Hall. G. R. PERKINS,

Collector Water Rates.

NEW SUBSCRIBERS

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The of yourself for many the former of the f TO PUT AN END TO LEAKS Solder and the soldering iron in the hands of the intelligent workman may be all that's re-

Perhaps more extensive repairs may be necessary. The n quickest way to set defective plumbing to rights is to send a message here. We will have a workman quickly on the spot, and what he does will be done well. The bill will cause no pangs in the pocketbook.

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The November of the conference of the conference

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