

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 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.

OF INTEREST TO WOMEN

HOUSEHOLD RECIPES
MRS. LINCOLN'S RECIPES.

Soft Molasses Cookies.

Mix a cup of molasses and a cup of brown sugar, dissolve a teaspoonful of soda in a cup of boiling water and add it to the other ingredients with half a cup of shortening and five cupfuls of flour sifted with a tablespoonful each of ginger and cinnamon. Drop from a spoon on greased sheets and bake.

Prince of Wales Cake.

Black part—One cup of brown sugar, one-half cup butter, one-half cup of sour milk, two cups of flour, one cup of chopped raisins, one teaspoon of soda, dissolved in a little warm water, one tablespoonful of molasses, the yolks of three eggs, one teaspoonful each of cloves and nutmeg.

White part—One cup of flour, one-half cup each of cornstarch, sweet milk, and butter, one cup of granulated sugar, two teaspoonfuls baking powder, the whites of three eggs. Bake all in four layers, and put together with icing.

Baked Sweet Peppers.

Make a stuffing of finely chopped cold meat, breadcrumbs, and milk enough to form a paste. Season

stuffing with salt and pepper to taste, cut off the tops of the peppers, scoop out the seeds, wash carefully and fill with the stuffing. Put a small piece of butter on the top of each pepper, place in a baking pan and bake in a moderate oven for three-quarters of an hour.

Raised Dough for Buns

One cupful of milk, scalded and cooled; 1 cupful of lukewarm water 1 tablespoonful of sugar, 1 yeast cake, 1 teaspoonful of salt, 4 tablespoonfuls of shortening, 6 cupfuls of sifted flour.

Dissolve the yeast cake and sugar in the lukewarm water; add the milk, in which the shortening has been melted, the flour and salt. Mix well and set to rise: it will double in quantity, taking about three hours; more flour will be needed. Put in pans, let rise double in bulk and bake.

This dough can be used as a basis for many kinds of fancy bread and buns.

Cook's Cotton Root Compound.



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$3 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

POWERFUL BOOKS
PERFORMED MIRACLES

Works of Undying Fame Relieve Human Suffering and Benefit the World

It would be a wise man who could foresee the effect a book is destined to produce when it is issued from the press. Some very pretentious books fall flat, whilst others simply perform miracles by impressing the public in dramatic guise with some useful reform, some dreadful scandal, or some social need.

The Geneva Convention, which made the Red Cross the emblem of mercy the world over in 1864, was the direct result of a movement which sprang from the publication of a book entitled, "Un Souvenir de Solferino," by Henri Dunant, a Genevan philanthropist and physician.

With such awful detail did he describe the sufferings of the wounded that henceforth the subject was one of universal interest. It was energetically taken up by the author's friend, M. Gustave Moynier, whose agitation led to an unofficial congress at Geneva in October, 1863. This was followed by an official one at Geneva called by the Swiss Government in 1864. The Convention, signed on August 22nd, 1864, afterwards received the endorsement and adherence of every civilized Power.

No. 5 John Street

"No. 5 John Street," is not exactly a novel with a purpose, but it had an immense influence over modern methods of dealing with the rougher class of working girls in the East End of London. Perhaps this is a case of prophecy bringing its own fulfillment, for many of the methods described by Mr. Richard Whiteing are so reasonable and so eminently practicable that there is little wonder that social workers made him a true prophet.

On June 5th, 1851, commenced in the National Era of Washington a serial which in book form has been translated into over a score of languages, has been the pabulum of innumerable plays, and achieved a circulation only exceeded by the Bible. Its author was a modest little woman named Harriet Beecher Stowe, and the story was "Uncle Tom's Cabin." It probably holds the world's record as a miracle working book, for it freed every negro in the United States from slavery. The book went like a flame of fire round the world, and what statesmen could not do a book accomplished. It tore the last rag of justification from an iniquitous system which had brought untold misery to millions of human beings and sounded the knell of slavery for the whole globe.

The splendidly organized system of nursing with which Queen Alexandra's name will ever be associated, and of which the late Florence Nightingale was the pioneer, was largely the result of the lurid pictures Dickens drew of the typical nurses of his earlier days. "Sairey Gamp" embodies in her fat person all the vices of her obnoxious sisterhood.

Charles Reade killed the horrible system of transportation for life and removed from Australia and New Zealand the stain of being criminal dumping grounds. His novel, "It is Never Too Late to Mend," did the trick, and the great and self-respecting and self-governing dominions in the southern hemisphere owe the novelist a debt of gratitude which they have not failed to pay.

COUGHING PLANT

Travellers tell us that in Eastern lands there is a peculiar plant called the coughing bean. The strange feature about this plant is that every once in a while it will make a sound that is just like the cough of a human being. When this plant is about to cough, it shakes all over, and then tightening up as a man does when he is about to sneeze, it gives a violent cough, which is followed by a little cloud of dust. Some of our readers are no doubt asking, "Why does the plant cough?" This seems to be the explanation: In the long, dry heat which prevails in the desert, where the coughing plant grows, the pores of the plant become choked with dust, and it would die of suffocation, but for the fact that a powerful gas accumulates inside the plant, and when this gas has gained sufficient pressure, it explodes with a sound just like a human cough. This explosion shakes the pores of the plant free from dust, and thus once more the coughing bean is in good health again.

SOME QUAIN SIGN

Don't Believe All You Read But Go in and See

A notice has been seen in a shop window in Norway which reads: "English spoken here; American understood." In foreign countries where English tourists foregather some very quaint notices have been seen at various times. On most of the large stations in Switzerland for instance one can see, "It is prohibited to traverse the rails unless one is invited to do so by the chief of the station."

In Milan Cathedral there used to be a notice—it may be there now—which read: "Appeal to charitable. The Brothers, so-called, of Mercy ask slender arms for the hospital. They harbor all kinds of diseases, and have no respect to religion."

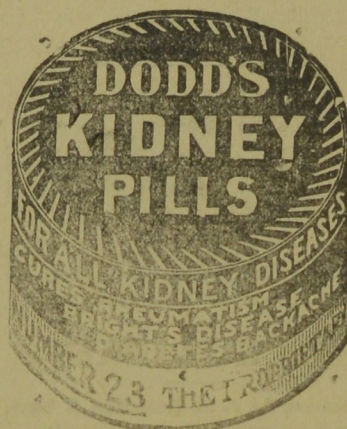
Japan has the most harmonious notices displayed. Nearly every shop in Japan exhibits a placard, printed in English, advertising goods, some of which are very comical. "Horse-shoe maker instruct by French horse leech," you read, or, "If you want sell watch, I will buy. If you want buy watch, I will sell. Yes sir, we will, all will. Come at my shop. Watchmaker."

A Japanese laundry company announced: "We most carefully and cleanly wash our customers with cheaper prices. Gentlemen, \$1.75 a hundred, ladies \$2.00 a hundred, while a certain dairy announced that they sold "Extracts of fowls."

Be Bright, Well, Strong,
Restore Youthful Looks!

Let your fight for better health begin now! Before you feel any warning of physical collapse, cleanse and strengthen and build up your system. The one remedy for that tired, droopy feeling is Dr. Hamilton's Pills, the acknowledged king of all tonic medicines. Thousands of men and women in the late years of life retain youthful looks and feeling simply because they regulate their system with this old reliable family remedy. Nothing so good for the bowels, stomach or kidneys. Cures headaches, prevents biliousness, stops aching pains in the back and limbs. Get a 25c. box.

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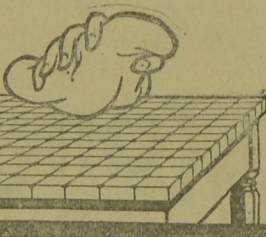
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