

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

Recipes requested by readers are given below. The first one is for sardine rolls.

Sardine Rolls.

Make some short crust and roll out thinly, cut into oblong pieces about three by one and a half inches in size. Place on each a sardine, a little shredded lettuce, cayenne pepper and salt. Moisten edges of pastry, fold over, press edges well together and bake for fifteen minutes in hot oven. These are excellent for carrying and very nourishing.

Cheese Sandwiches.

Break one egg into a saucepan, add half an ounce of butter, two teaspoonfuls of milk, two ounces

grated cheese, pepper and salt and stir over a gentle flame. When set allow to cool, and then spread on slices of brown bread and butter, or, if liked, the filling may be spread on water biscuits. These are excellent.

Fruit Cake Tartlets.

Break up some slices of stale fruit cake and add to it one-third of the quantity of chopped up apple, a squeeze of lemon juice, mix together, fill up with this mixture some little pastry cases which have been cooked. Put two together, sticking the edges with a little egg. Chopped nuts and bananas are excellent used in this way.

Caper Sauce.

two tablespoonfuls oil, two

tablespoonfuls flour, one-half pint boiling water, two tablespoonfuls caper, one-half teaspoon salt, and one saltspoonful pepper. Put the oil and flour into a saucepan, mix and add gradually the water; stir until boiling, add the salt, pepper and capers.

English Gingerbread.

These luscious Christmas goodies require one pound of flour, one-half pound of butter, one cupful of sugar, one teaspoonful of ginger and one teaspoonful of salt. Mix the flour, sugar, ginger and salt and work in the butter. Add just enough molasses to hold the ingredients together and let stand over night. Roll very thin, shape and bake in a moderate oven.

INQUEST REOPENED OVER CHILD'S DEATH

Quebec, Dec. 28.—Some time ago Lydia Ross, aged 14, perished at Rimouski, Que., in a fire that destroyed the home of her parents.

Her father was found by the coroner's jury to have caused the blaze by building too strong a fire in the kitchen stove.

Today the inquest was reopened by order of the Attorney General, and it is said foul play is suspected in connection with the fire.

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 needful 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.

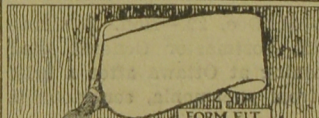
No. 5 John Street

"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 fulfilment, for many of the methods described by Mr. Richard Whitelaw 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.



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are curve cut to fit the shoulders perfectly. 15 cents each. 6 for 90c.
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NOTICE TO SUBSCRIBERS.


Beginning on January 1st, the subscription price of the Daily Mail, delivered to subscribers, will be four dollars per year, an increase of one dollar over the present price. The price of a single copy will be two cents. There will be no advance in the price of the paper delivered to subscribers by mail. An advance of nearly 100 per cent. in the cost of news print, and corresponding increases in the cost of other material necessary for the publication of a newspaper, has made it necessary to advance the subscription price. In making the change the Mail has followed the course which scores of newspapers all over the American continent have been compelled to adopt in self-protection.

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You can end gripe and break up a severe cold either in head, chest, body or limbs, by taking a dose of "Pape's Cold Compound" every two hours until three doses are taken. It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed-up! Quit blowing and snuffling! Ease your throbbing head—nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only 25 cents at any drug store.



Contributions to the Overseas Tobacco Fund may be left at the Board of Trade Room or with the Canadian Bank of Commerce.



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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, Despondency, Loss of Energy, Palpitation of the Heart, Fading Memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

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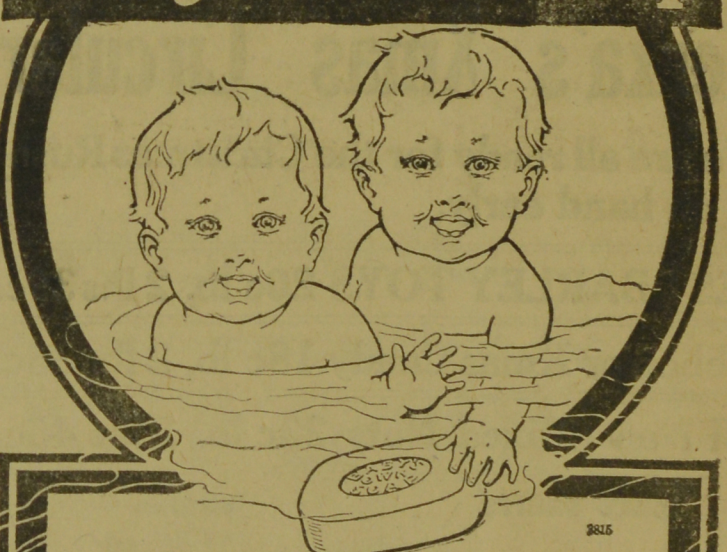
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DEPORTATION OF BELGIAN MEN LEAVES WOMEN AND CHILDREN MORE HELPLESS THAN EVER

Neutral protests do not prevent the Germans from continuing the deportation and enslavement of the able-bodied men who were left in unhappy Belgium—and we are powerless to stop it until we have won the war.

Meanwhile the Neutral Commission for Relief in Belgium, administered without pay by great-hearted Americans, is saving the women and children from starvation. Here we CAN help promptly and effectively, by giving generously to the Belgian Relief Fund.

More contributions than ever are needed, because the higher prices of foodstuffs, particularly wheat, have seriously increased the cost of feeding these millions of dependent Belgians. How much can you spare the victims of one of the blackest, most cold-blooded crimes?

Send whatever you can give weekly, monthly or in one lump sum to Local or Provincial Committees, or

SEND CHEQUES PAYABLE TO TREASURER

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Ladies and Children's Winter Coats at wonderful bargains, prices ranging from \$4.50 up to \$34.00.

Ladies' Suits, excellent styles and cloths, wonderful value, prices ranging from \$11.00 up to \$25.00.

Ladies' Blouses, beautiful styles in Habutae, Silk, Crepe de Chine, Ninon and Georgette —prices ranging from \$3.50 to \$8.25.

Ladies' Kimonos and Bath Robes in all the newest colors, selling at special prices, from \$1.75 to \$5.00.

Beautiful range of Ladies' Blouses in Voiles, Pique and Bedford Cord, selling at only 98c. Splendid range of Corduroy in marine blue, navy grey, light tan, brown, wine, copen, fawn, white, green and black; all 27 inches wide, at 75c. per yard.

Plain Velveteens in shades, copen, brown, cream, navy, green, grey, wine, purple and black, 22 inches wide, at 75c. per yard.

Ladies' All Wool Spencers with sleeves, in shades, cardinal, purple, white and brown, at \$1.90 each. Also something similar in purple, only without sleeves, at \$1.50 each

Also—A FEW NICE FURS GOING AT COST PRICE.

A nice variety of PUFFS in Chintz and Art Saten coverings with cotton batting and down filling, sizes 60x72, 66x72 and 72x72, from \$2.50 to \$10.00 each. A beautiful assortment of colorings and patterns are contained in these.

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