

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 HELPS.

Once a week all cooking utensils should be boiled in strong washing soda water.

Anything breakable being sent by mail should be securely packed in cotton or tissue, and placed in a strong box.

Brussels sprouts are not ready to pick from the garden until they have been frosted several times.

To prepare a tub of bluing water have the water cool, and stir while you add the bluing.

All cottons and linens in the weekly wash should be soaped thoroughly before rubbing.

Veal potpie makes a good and inexpensive dish for winter. The breast of the veal is best for this.

If the baby is inclined to be nervous do not bathe it in the tub, but give it a sponge bath on your lap.

Where the family is small the white meat of a chicken may be used for salad and the dark meat for croquettes.

Even in winter canned string beans may be used—cold—for a simple salad.

All the juices left from jars of opened fruit will make good flavoring for gelatine.

Cabbage cut and served with

French dressing makes a very dainty winter salad.

## GOOD WAY TO WASH FLANNELS.

To wash flannels satisfactorily, cut up half a pound of good soap, put it into a quart of water, and boil for five minutes. Have ready a bath of tepid water. Pour in the soap solution and beat up to a lather. Put in the flannels, and wash them thoroughly. Do not rub any soap on them, but rub in the lather. Rinse in warm water: wring, and dry quickly in a strong current of air. Press with a cool iron.

Choose sunny, windy days on which to wash the blankets. They will be ready by night, with a delicious open-air smell.

## Slants of Humor

## THEY KNEW.

"Children," asked the kind, old gentleman, who was addressing the school, "how many of you can tell me what it was that Napoleon's soldiers used to call him?" Nobody answered. "Think a moment. 'Little—' Still no reply. 'Little Corp—' 'A little corpulent!' shouted the children.

## PROOF WANTED

Father sat in his study one afternoon writing out a speech, when his son called shrilly from the garden:

"Dad, look out of the window."

"What a nuisance children are at times!" grumbled the parent as he put down his pen and advanced to the window. With a half smile he raised the sash and stuck out his head. "Well, Harry, what is it?" he asked.

The boy, from a group of youngsters, called out, "Dad, Tommy Perkins didn't believe that you had no hair on the top of your head."

## DIVIDENDS

Some folks are rich in love, they say. And they are quite content. But others barely make it pay. A measly two per cent.

## "PLUCK, PLUCK, PLUCK."

A man who had made a huge fortune was speaking a few words to a class at a business college. Of course, the main theme of his address was himself.

"All my success in life, all my financial prestige," he said, proudly, "I owe to one thing alone—pluck. Just take that for your motto—'Pluck, pluck, pluck!' He made an impressive pause here, but the effect was ruined by one student, who asked impressively:

"Yes, sir, but please tell us how and whom did you pluck?"

## How He Did It.

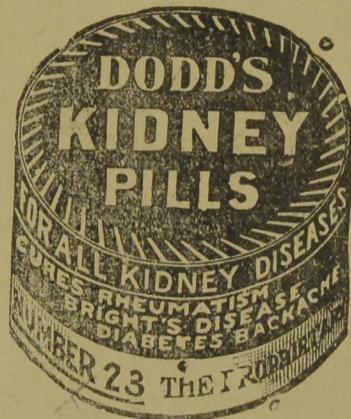
To look at, Pendip wasn't the sort of man you would have expected to possess any particular talent, except perhaps a gift for never missing his train to work. He looked the sort of little person who would always be at the office on the stroke of time.

He had a face rather like a damaged pear, and wore a tie that hooked on to his collar stud.

As a matter of fact, he played the cornet very well, did Pendip, and, as he lived in a small house with a small wife and big family, people wondered that he had ever been allowed to practice enough to become efficient.

One day someone asked him how it was his wife had never objected to being disturbed by his ear-splitting hobby.

"Well, you see," said Pendip confidentially, "though my wife is, of course, frightfully fond of me, still I know there is something about my face that she doesn't like, and I rather fancy she welcomed the change of expression I had to adopt to play the cornet properly. That's merely my idea, of course, but it's the only explanation that occurs to me!"



Sometimes a man's judgment enables him to do a thing almost as well as a woman can do it, without any judgment.

## MINARD'S "KING OF PAIN" LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

## Best Liniment Made

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Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

Minard's Liniment Co., Limited  
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Contributions to the Overseas Tobacco Fund may be left at the Board of Trade Room or with the Canadian Bank of Commerce.

Before marriage it costs a man lot of pride and the price of a box of orchids to "make up" with a woman after a love spat; after marriage it costs him just a few lies and the price of a new hat. Most of the old saws have lost their teeth.

**Wood's Phosphatine,**  
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, Failing 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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We are ready to transform any old style, non-inviting bath room into one that is sanitary and luxurious at a moderate cost.

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IT'S BEST FOR BABY AND BEST FOR YOU

ALBERT SOAPS, LIMITED, MONTREAL

## 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

Belgian Relief Fund

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The Greatest Relief Work in History.

## A. Murray &amp; Co.

Take this opportunity of wishing their many friends the compliments of the season; also of extending their thanks for the liberal patronage afforded them during the past year, and soliciting the continuance of the same for the future.