

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 *Charles H. Fletcher* and has been made under his personal supervision since its infancy. *Now 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 base 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
Charles H. Fletcher
In Use For Over 30 Years
The Kind You Have Always Bought
THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN.

SOME NEW RECIPES.

Potato Chowder.
Put 1½ cupfuls sliced potatoes to boil in 1 pint of boiling water, and add 1 sliced onion. When tender, rub half of the potatoes through a colander and then mix with the other half. Add two cupfuls of milk and season with salt, pepper and butter. This should make 1 quart of chowder. Codfish, salt pork, and crackers may be added for a more nutritious meal.

Turkish Pilaff.
To 1 cup of soup stock add 1 cup boiled rice and ¾ cupful of strained tomatoes. Stir in 3 tablespoonfuls butter and simmer 10 minutes.

Hashed Turnips.
Chop boiled turnips, but do not let them get mushy. To 3 cupfuls of turnips add 1 teaspoonful of salt, 1 tablespoonful of butter, and 4 tablespoonfuls of water or meat gravy, and season with pepper. Cook until the turnips have absorbed all of the seasonings.

HOUSEHOLD HINTS.
When washing chambray add a little ammonia to the water. This cleans it beautifully and makes it soft and pliable.

When putting boiling jam into glass jars, dip a tea cloth in cold water, then fold it lengthwise and stand the jars on it. Next pour the jam into them and let them stand for a few minutes. This will prevent cracking.

To find out whether an egg is fresh or not, place a candle in a dark room or cupboard and hold up the egg between oneself and the light. It a new-laid egg there is an air space at the larger end and under examination with the candle this will appear as a dark shadow. After about a week the air space fills up; but an egg in this state is certainly good enough for use though it cannot be described as new-laid. An egg beginning to go bad will show dark spots all over it.

To clean hair brushes take a teaspoonful of ammonia to a quart of water and dip in the hair part of the brush without wetting the wood; then rinse in cold water, shake the brush well and dry in the air but not in the sun. Soda and soap soften the bristles.



Will YOU Save this Child ?

A gift that means no hardship to you means life itself to a Belgian child! In the name of humanity GIVE to the

BELGIAN RELIEF FUND
59 ST. PETER STREET, MONTREAL.

THE RUSSIAN PEOPLE ARE STRONG FOR WAR

Petrograd, March 28, via London, March 29.—A declaration in support of the war has been issued by a committee of workmen, soldiers and deputies and apparently represents the sober conclusion which the masses of the population have reached, after being swayed this way and that by the turbulent currents and cross-currents which swept through the country in the first days of the revolution. This conclusion is that liberty and victory over the Germans are inseparable and that the responsibility for plunging Europe into war rests on the Hohenzollern family and Prussian imperialistic ambitions.

The peasants throughout the country are systematically organizing militia to replace the old police. They are also establishing new local authorities and convoking communal assemblies which express the intention of supporting the new government and selling country products for victualing the army and the people.

BEGINNING TO BE DANGEROUS.

The scene was a wrecked village a few miles behind the British lines in northern France. It had been fought through and probably under the impression that troops were billeted among the ruins, the Germans dropping shells on the miserable place at frequent intervals.

The village, however, only contained a score or two of natives and a Red Cross motor detachment, who found shelter in cellars.

The invariable morning question was addressed to the old lady who presided over this underground hotel: "Has there been much doing during the night?"

"Ah, monsieur," she replied, "the Prussians dropped 200 shells on our town last night. I really think we shall have to move from here. This war is beginning to be dangerous."

WOMEN'S AILMENTS
Come From the Heart and Nerves.

Young girls budding into womanhood who suffer with pains and headaches, and whose face is pale and blood watery, will find Milburn's Heart and Nerve Pills build them up.

Women between the ages of 40 and 50, who are nervous, subject to hot flushes, feeling of pins and needles, smothering feeling, shortness of breath, palpitation of the heart, etc., are tired over this trying time of their life by the use of this remedy.

Milburn Heart and Nerve Pills have a wonderful effect on a woman's system, making pains and aches vanish, bringing color to the pale cheek and sparkle to the eye.

The old, worn out, tired out, languid feelings, give place to strength and vitality, and life again seems like living.

Mrs. Alfred Winter, Castor, Alta., writes: "I would like every woman who is suffering from nerves or heart trouble to know how much Milburn's Heart and Nerve Pills have helped me. For two years I kept a hired girl, and was doctoring all the time. After having taken four boxes of your pills I am able to do all my own work. I would especially recommend them to women between 40 and 50, as at that time they are more liable to be far from well. One of my neighbors knows how they helped me, and she is now using them."

Milburn's Heart and Nerve Pills are 50c., or three boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.

INTERNAL DISORDERS REPORTED IN SPAIN

The official gazette at Madrid published today a decree suspending constitutional guarantees in all provinces of the kingdom. Reuter's Madrid correspondent cables. No information had been received here early this afternoon in explanation of the suspension of the constitutional guarantees in Spain.

Internal disorders and widespread strikes in Spain have been reported at intervals during the last year. In December a general strike of 24 hours was called by the labor organizations as a protest against the increased price of food.

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JOHNSON'S ANODYNE Liniment
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Internal and External Use
Healing Powerful
Soothing Penetrating

Wonderfully effective for over 100 years in the treatment of coughs, colds, chills, cramps, sore throat, sprains, strains, cuts, bruises, swellings, muscular rheumatism, etc.

MADE IN CANADA

"CASCARETS" FOR A COLD, BAD BREATH OR SICK HEADACHE

Best for the Liver and Bowels, Bad Breath, Bad Colds, Sour Stomach.

Get a 10-cent box.

Sick headache, biliousness, coated tongue, head and nose clogged up with a cold—always trace this to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach.

Poisonous matter clogged in the intestines, instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue, it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a ten cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months.

TONG WAR ON PACIFIC COAST.

Chinese Merchant Murdered on Street in Portland Oregon.

Portland, Ore., March 28.—Chinese tongmen in an automobile in the business district last night poured bullets from automatic pistols into another moving machine, killing Joseph Gue, a Chinese merchant, and wounding his chauffeur. Gue's was the second death here in the Tong war, which has been raging in Pacific coast cities for several weeks. Jim Bow, restaurant proprietor, was recently found dead in his bed with his throat cut.

Wood's Phosphodine
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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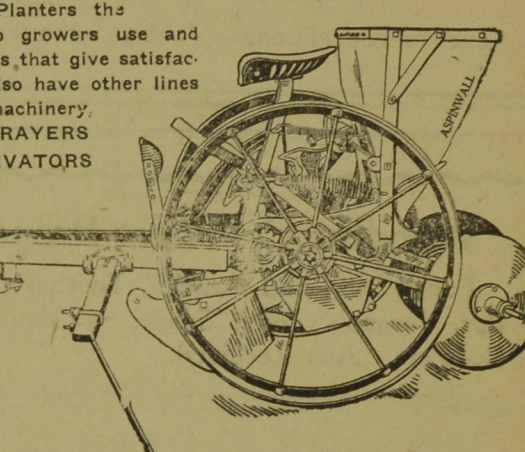
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These are the Planters the large potato growers use and are the kinds that give satisfaction. We also have other lines of up to date potato machinery, including WATSON SPRAYERS, JOHN DEERE CULTIVATORS and HORSE HOES.



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Finishing ON THE ROOF

of the house depends much of the health and comfort of the inmates. Don't neglect the leaks and weak spots. Have the rusty eaves and leaders repaired. It will save the ceilings and walls and incidentally save money.

We are experts in this line of work, but charges are reasonable.

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Mail Ads Will Bring You Results

A Great 2 Days Month-End Sale Of Easter Requirements in our Ready-To-Wear Dept. A Special 10 p. c. Discount For Friday and Saturday

We have just received another large shipment of Coats, Suits, Dresses and Blouses.

Coats in tweeds, Velours, Coverts and Corduroy. The very latest styles from \$9.75 to \$27.75.

Suits in Serges, Gaberdines, Whipcords and All-Silk Materials. The very latest styles from \$12.75 to \$45.00.

Dresses in Silks, Crepe de chene and Serges, in all the leading shades and newest styles, from \$10.00 to \$27.75.

Pretty Blouses in Voiles, Wash Silk, Shantung Silk, Paillette Silk, Crepe de chene and Georgette Crepe, from \$1.25 to \$10.25.

New Skirts, Underskirts, Raincoats and Whitewear.

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