

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. 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

Charles H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CHAS. H. FLETCHER COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

GOOD MEAT SUBSTITUTES.

Cheese and Pimento Roast.

One cup cooked lima beans, one small cake cream cheese, two pimentos chopped, bread crumbs.

Put beans and pimentos through the meat chopper. Add the cream cheese and mix well. Form into a ball by adding sufficient bread crumbs to make it the right consistency. Brown in hot oven, basting occasionally with butter and hot water.

Rissoles.

One cup fine crumbs, one-half cup grated cheese, two cups milk, one teaspoonful made mustard, two tablespoonfuls grated horseradish.

Mix dry ingredients well to-

gether. Boil the milk and add. Stand for about an hour. Mix all together, roll in crumbs and fry in deep fat. Drain and serve very hot.

Pilaff.

One cup rice, one cup strained tomatoes, one cup cream sauce, two tablespoonfuls butter.

Add tomatoes to cream sauce and heat. Add rice and steam until the rice is tender. Add butter and serve hot.

Macaroni Curry.

One cup macaroni, one-quarter cup butter, one cup cooked rice, one large onion, one tablespoonful curry powder, two cups water.

Cook macaroni for twenty minutes, drain; slice onion and fry brown in butter; add curry pow-

der, add water and cook for about fifteen minutes. Put through sieve, add to macaroni and cook twenty minutes. Make a border of cooked rice, place the curried macaroni inside and serve immediately.

THE KING APPEALS

FOR VOLUNTEERS

London, Jan. 31.—King George has sent a letter to the lords lieutenant of counties throughout the country appealing for men over military age to enroll in a volunteer force for home defence.

The letter recalls the fact that the territorial force, which was originally intended for home service has since gone to the front.

After expressing his thanks to the territorialists who have gone to France, the King continues:

"While they are thus fighting the battles of the Empire abroad, we must organize and equip a force to take their place as defenders of these shores in the case of invasion."

The King refers to the fact that some volunteers have already been enrolled and that the Duke of Connaught has been appointed their commander, and concludes:

"I am confident that all who are now prevented from undertaking active service abroad will join the volunteers."

HAD SENTENCE

INCREASED ON APPEAL

Paris, Jan. 31.—William Chester Silberman, of New York, who was sentenced to five months imprisonment and a fine of 500 francs on a charge of trading with the enemy, has had his sentence increased to one year's imprisonment as the result of an appeal to the higher court.

Silberman went to Paris as the representative of the King Rubber Co., of Hyde Park, Massachusetts. He was commissioned by Gottwik, Scheffer & Co., the New York agents of the Massachusetts firm, to sell rubber gloves to the belligerent nations. He was denounced in Paris by a Serbian who had known him in New York, and was arrested late October.

Representations in regard to his case were made to the United States department by his sister, a resident of New York, and by Paul Gottwik, his employer, but he was found guilty and his sentence has been confirmed.

FATALITIES DUE TO

SEVERE WEATHER

London, Jan. 31.—There was ample time to have saved all on board the British auxiliary cruiser *Laurentic*, which was sunk by a mine off the north coast of Ireland, last Thursday, says an official statement issued today contradicting reports to the contrary. The fatalities were due to severe weather preventing some of the boats reaching shore.

It added: "The official report on the *Laurentic* stated that 121 officers and men were saved. She is believed to have had a complement of about 300, the loss of life thus being indicated at about 180.

Mother's Cough!

It distresses you as much as her! Why continue to treat it by dosing the stomach (which is not ailing) with cough mixtures, syrups, tonics, and the like? You will never cure lung troubles by dosing the stomach. The Peps way is entirely different. Peps are tablets made up of Pine extracts and medicinal essences, which when put into the mouth turn into healing vapors. These are breathed down direct to the lungs, throat and bronchial tubes—not swallowed down to the stomach—which is not ailing.

Peps contain no morphia, laudanum, nor any of the poisons which are found in many of the old-fashioned syrups. Peps are, therefore, best for aged people and for young children. Peps do not disorder the stomach; they sweeten the breath, are pleasant to take, and are the latest and best that science can offer for the treatment of coughs, colds, bronchitis and allied lung troubles. 50c. all drug stores and stores, or for price from Peps Co., Toronto. Remember the name—

Peps

NEARLY EVERY GIRL

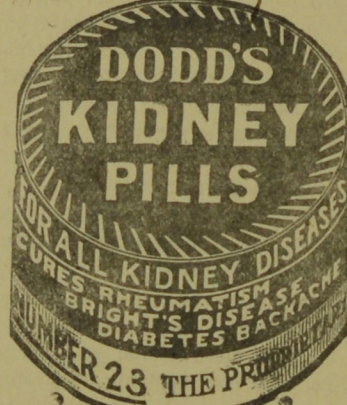
CAN MAKE HERSELF

PRETTY AND ATTRACTIVE

SOME WHOLESOME TRUTHS EVERY GIRL SHOULD THINK ABOUT.

Probably you know just such a girl. Perhaps she is sixteen—good to look at, and pretty—quite interesting because she reflects the graces and the charm that give promise of happiness to herself and others. But she is not strong. The color in her cheeks, once so rosy, has faded away—her eyes are listless—the buoyancy of spirit and vigor she once possessed are sadly lacking. Parents, friends, this girl needs Ferrozone—needs it that her blood may be renewed—needs it to restore the nerve force that growth, study and the development of her fresh youth have exhausted. This girl will become a queen with Ferrozone—which will restore her color—bring back her old-time energy—give brightness to her eyes and vivacity to her spirits. In Ferrozone every girl finds strength—then she can do things. In Ferrozone there is endurance—that drives away morning tiredness and languor. For the girl or woman that wants to be happy, healthy, winning—who values rosy cheeks, laughing eyes and abundant good spirits, nothing can compare with Ferrozone. 50c. per box or six for \$2.50. Get it today from any dealer in medicine, or by mail from The Catarrhzone Co., Kingston, Ont.

The girl who is wise never gives a young man a look of her hair. She may decide to change the color of it later.



NEW SUBSCRIBERS

- 21-41 Brown, Frank T., Res., 226 King Street.
- 2300-11 Harrison, Rev. W. Res. Marysville.
- 218-21 Pickard, Mrs. Byron, Res. Gibson.
- 224-41 Rainsford, T. W., Insurance Agent, 659 Queen St.

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Take "Pape's Cold Compound" every two hours until you have taken three doses, then all griping misery goes and your cold will be broken. It promptly opens your clogged nostrils and the air passages of the head; stops nasty discharge or nose running; relieves the headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed up! Quit blowing and sniffling. 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.

A GIRL ALWAYS REFUSES A MAN WHEN SHE KNOWS HE WILL PROPOSE AGAIN. Perhaps that is the reason you have not consulted us about your PLUMBING and HEATING—you know we will come back with the same offer. But in the meantime you have lost a lot of satisfaction, and maybe you have done a heap of haggling.

THE SOONER WE TALK IT OVER THE BETTER it will be for us both. Our suggestions will prove useful and it will pay you to get our prices.

D. J. SHEA & SON

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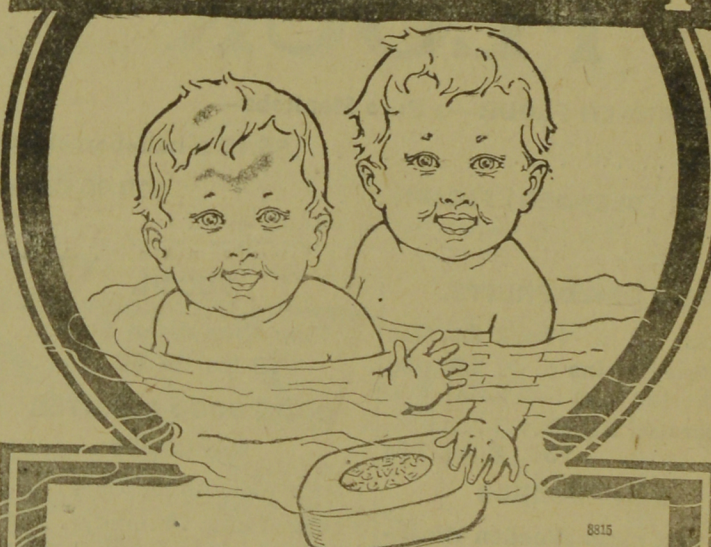
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SEND CHECKS PAYABLE TO TREASURER or Provincial Committees or

Whatever you can give, send your subscription weekly, monthly or in one lump sum to Local of them?

Have you done what you could for any hungry, thirsty, thinly clad—looking to us? 3,000,000 of "the least of these" are Overseas, in ravaged Belgium, more than done it unto me?

"Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me."

And the King shall answer.....

.....or naked, and clothed thee?"

"Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink?"

Then shall they answer him, saying— "I was an hungred, and ye gave me meat; I was thirsty, and ye gave me drink; I was naked, and ye clothed me....."

Then shall the King say unto them on his right hand.....