

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 CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

LUSCIOUS AND NUTRITIOUS FIGS.

Figs at this time of the year are especially useful, both because they are appetizing and wholesome and because they are one of the foods that can always be kept on the pantry shelves. The cook who finds herself in need of fruit or the flavoring quality for dessert can always fall back on figs.

Steamed figs can be served for dessert or they can be served for breakfast. To prepare them select large figs and cook them for an hour and a half with half a cup of water in the top of a double boiler. If they are for breakfast simply serve two or three of them thoroughly chilled for each person. If they are for dessert pour over them the juice of one orange and top with half a cupful of cream whipped stiff with two teaspoonfuls of confectioner's sugar.

Fig whip is one of the dainty desserts that can be made with this fruit. To make this, whip until stiff a cupful of cream and one egg white and two tablespoonfuls of confectioner's sugar, and then add enough chopped figs to make the mixture very firm and stiff and a tablespoonful of grapefruit marmalade to give it tartness. Serve in long stemmed glasses.

LAUNDRY LORE.

Put this up in your laundry: To set colors; green, blue, lavender, red, purple and pink should be soaked in alum water, two ounces to a tub. Black, gray and dark blue should soak in strong salted water.

To iron embroidery or thin muslins, also any article having buttons on it, fold a Turkish towel beneath the portion being ironed. Iron on the wrong side of the ar-

ticle.

Scorch marks on linen can be removed by rubbing with a freshly cut onion, the garment being afterwards soaked in cold water. Brush fringe on towels and tablecloths with a wisk broom before ironing and they will be straight and fluffy.

Slants of Humor

POETICAL OUTBURST

Here's some genuine poetry from a soldier in the trenches, whose emotions were so strong for prose:
"Received your socks, lady,
Some fit!
Used one for a hammock,
One for a mat—
I'd like to meet you, lady,
When I've done my bit,
But in the meantime, lady
Where in h—did you learn
To knit?"

THE TROUSSEAU GOWNS

"How dear to my heart" are the gowns of my trousseau,
As trips to the garret reveal them to view,
In them I recapture "that first careless rapture"
Of waist, eighteen inches, and bust, thirty-two.

It's not that they thrill me and tenderly fill me,
With memory of honeymoon kisses from Jim.
But sweetly and sadly and gladly and madly
They speak of the days when I used to be slim.

EXPENSIVE

Seth Woodbury was a tight-fisted, hard-hearted old farmer, his brother William, dying, the neighbors said, from lack of proper treatment. Seth hitched up and drove into town to have a notice about his death inserted in the weekly newspaper.

"There ain't no charges be there?" he asked anxiously.
"Oh, yes, indeed," answered the advertisement manager; "Our price is one dollar an inch!"
"Cracky," muttered the old man, "an Bill six foot two."

Suffered From Severe Headaches

FOR TWO YEARS

Headaches are many and varying; but when the head starts to ache you may be sure there is some chief cause. The stomach may go wrong, the bowels become constipated, the blood may not circulate properly, but the presence of the headache clearly shows that unless the cause is removed some other beneficial disease is liable to assert itself.

Burdock Blood Bitters has, for the past forty years, been erasing all kinds of headaches and has proved itself to be a remedy that cures where others fail.

Mr. I. N. Petersen, Dnleper, Man., writes: "I am only too glad to be able to state that I derived wonderful benefit from Burdock Blood Bitters. I suffered from severe headaches for two years. I was treated by several doctors, but received no benefit until by chance I heard of B.B.B., and I at once procured two bottles and in a short time I was completely cured. I am, and always will be, grateful for what Burdock Blood Bitters has done for me. I am glad to recommend it to all who suffer from headaches."

B.B.B. is the oldest and best known blood medicine on the market today, having been manufactured for the past forty years by The T. Milburn Co., Limited, Toronto, Ont.

FEEDING PHILOSOPHY FOR EGG PRODUCTION

The whole philosophy of successful feeding for eggs consists in the substitution of something which will take the place of the bugs and worms of spring and summer, and of the green food which is available then, says Wm. A. Lippincott, head of the poultry department at the Kansas Agricultural College.

Either commercial beef scrap or skim milk may be substituted for bugs and worms. Commercial beef scrap is a product cooked from the trimmings of the packing house. It can be purchased at from \$50 to \$60 a ton.

Skim milk should always be fed sour, as the milk sugar contained in sweet milk cannot be digested by the chickens. After this sugar has been changed to lactic acid, however, which is the case when milk sours, it is then available for food. Besides furnishing protein for the birds, sour milk acts as a corrective and helps to keep the digestive tract in good tone.

Where possible, sprouted oats, mangels or cabbage should be fed during the cold months. If this cannot be done, among the best substitutes are silage, leaves of alfalfa hay cured

YOU'RE BILIOUS! LET "CSCARETS" LIVE IN LIVER AND BOWELS

Don't Stay Headachy, Constipated, Sick, With Breath Bad and Stomach Sour.

Get a 10-cent box now.

You men and women who can't get feeling right—who have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold.

Are you keeping your bowels clean with Carcarets, or merely forcing a passageway every few days with salts, cathartic pills or castor oil?

Carcarets work while you sleep; cleanse the stomach, remove the sour, undigested, fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated waste matter and poison in the bowels.

A Carcaret tonight will straighten you out by morning—a ten-cent box from any drug store will keep your stomach sweet, liver and bowels regular and head clear for months. Don't forget the children. They love Carcarets because they taste good—never gripe or sicken.

green or steamed cut alfalfa. Once a day the birds should have all the green feed that they will clean up in half an hour.

It is almost as difficult for a young man to get over a case of lovesickness as it is for a woman to get over a barbed wire fence.

It is the man at the little end of the horn who is either applauded or hooted by the audience.

MINARD'S "KING OF PAIN" LINIMENT

I was cured of terrible lumbago by
Minard's Liniment
—Rev. Wm. Brown.

I was cured of a bad case of earache by
Minard's Liniment
—Mr. S. Kaulbach.

I was cured of sensitive lungs by
Minard's Liniment
—Mrs. S. Masters

Manufactured by the
Minard's Liniment
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337-31 Gorman, Miss Lizzie E., Res., St. Marys.
584-21 McLeod, Rev. A. D., Methodist Parsonage, Gibson.
339-31 Springfield, Wm. E., Res., 632 King Street.

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of special size or shape, of tin or sheet iron of any kind. We shall be glad to take your order and install them wherever needed.

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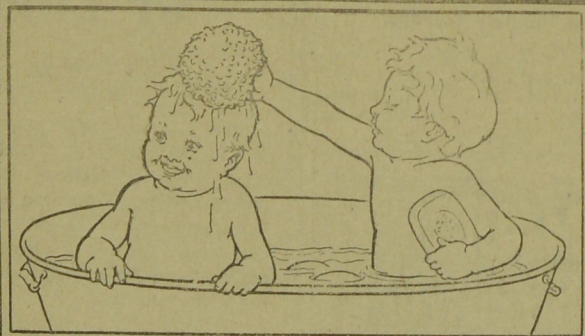
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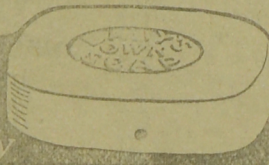
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