

Children Cry for Fletcher's

CASTORIA

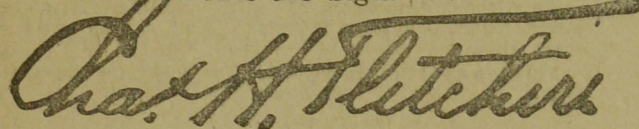
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Dr. J. C. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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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



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The Kind You Have Always Bought

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And Have Them Done in First Class Style—"The Old Made New."
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OF INTEREST TO WOMEN

SUGGESTIONS FOR SIGNERS OF FOOD PLEDGE CARDS.

Oatmeal Bread.

Two cups rolled oats, two cups boiling water, half a cup of molasses, 1 tsp. melted fat, 1 yeast cake (or less) 1 cup lukewarm water, 3 tsp. salt, 7 cups of bread flour.

Method—Scald oats with boiling water; when cool add yeast, molasses, salt and fat. Stir in bread, knead, let rise twice; bake 45 to 60 minutes.

Remarks: This is an excellent bread and yields 3 good sized loaves. This recipe costs 23c. and has been tested by Mrs. George Hodge.

Cereal Muffins.

One cup cooked cereal.
One and one-half cups flour.
Two tablespoonfuls sugar.
Four teaspoonfuls baking powder.
One-half teaspoonful salt.
One-half cup good milk.
One egg.
Two tablespoonfuls melted fat.

Method: Mix and sift dry ingredients. Add egg well beaten and one-half the milk. Beat remaining milk into cereal, add this to first mixture, beat all thoroughly. Add butter or fat. Bake in muffin pans 30 minutes in moderate oven.

Military Hospitals Commission
Canada.

NOTICE TO CONTRACTORS.

Lump Sum Tenders addressed to the undersigned will be received at the Head Office of the Military Hospitals Commission, Ottawa, until Tuesday, noon, Dec. 11th, 1917, for the complete erection of a Vocational Building, in connection with the Fredericton Military Convalescent Hospital. Plans and specifications can be seen, and forms of tenders obtained at the Works Branch of the Military Hospitals Commission, Old Government House, Fredericton.

The lowest or any tender not necessarily accepted.
J. H. W. BOWER,
General Superintendent,
Works Branch, M. H. C.,
Ottawa, Ont.

THE HALIFAX CATASTROPHE

(Continued from page 2.)
calm autumn sunshine.

Suddenly like a bolt from the blue there came an explosion. From one end of the city to the other glass fell and people were lifted from the sidewalks and thrown flat into the streets. In the downtown offices, just beginning to hum with the usual day's activity, clerks and heads alike covered under the shower of falling glass and plaster which fell about them.

Collision Was Terrific.
The collision was a terrific one, the munition boat being pierced on the port practically to engine room. The relief vessel which was practically uninjured kept going ahead with the wounded craft and when fire was seen to break out aboard her backed away as the crew started to abandon her.

The Mont Blanc drifted away a burning wreck, while the relief boat beached near Tuft's Cove on the Dartmouth side of the harbor. Seventeen minutes after the collision, the explosion occurred. Under the force of the explosion houses crumpled like decks of cards, while the unfortunate residents were swept to death in the debris.

In the main portion of the city, where the buildings are more or less of stone or concrete, the damage was confined to the blowing in of windows and the injuries sustained by the citizens were due in the main to cuts owing to flying glass. Proceeding south to the extreme end of the city the same thing was observed.

Houses Blown to Atoms.
In the west end, and north west the damage was more extensive and the walls of houses were in places blown to atoms and the plaster and laths strewn on the streets more like a shell torn section of Flanders than a town or city of Canada.

The main damage, however, was done in the north end of the city, known as Richmond, which was opposite the point of the vessels' collision.

Here the damage is so extensive as to be totally beyond the field of description. Street after street is in ruins and flames swept over the district.

In this section many of the larger buildings are a smouldering heap of ruins and the ordinary frame houses are a mere heap of shattered, flattened debris.

Remarks: Rather tasteless with cream of wheat but delicious with oatmeal.

This recipe makes twelve muffins and costs 15 cents. It has been tested by Mrs. Robin Cropley.

MEAT SUBSTITUTES.

Mock Chicken.

Two cups cooked beans.
One and a half cups stale bread crumbs.

Three-quarters cup milk.
Three-quarters teaspoon salt.
Two tablespoons butter.

Method: Press beans through strainer, add milk, arrange alternate layers of bean pulp and buttered crumbs (melt butter in crumbs). Have crumbs on top. Bake in moderate oven 45 minutes. Serve with tomato sauce.

Four servings; total cost, 29 cents. Tested by Mrs. J. J. F. Winslow.

YOU CAN'T FIND ANY DANDRUFF, AND HAIR STOPS COMING OUT

Save your hair! Make it thick, wavy, glossy and beautiful at once.

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair and your scalp will not itch, but what will please you most, will be after a few weeks' use, when you see new hair, fine and downy at first—yes—really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment. A small trial bottle will double the beauty of your hair.

55 DOLLARS

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