

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

SOME NEW RECIPES.

BEEF AND POTATO PIE.

The ingredients required are 1 pound of beefsteak, 1 large onion, 2 1-2 pounds of potatoes, salt to taste. Cut the meat into small pieces, also the onion. Put it to stew for about two hours, then add the potatoes which have been cut into pieces about the same size as the beef. Cover over with a pie crust made from half a pound of flour, a quarter of a pound of lard and a half a teaspoonful of baking powder. About forty minutes should be allowed for the baking of the pie.

BEEF AND TOMATO PIE.

Slices of cold beef should be arranged in a pie dish with layers

of thickly sliced tomatoes and onions, then add seasoning. Continue the layers until the dish is full; add sufficient gravy to moisten the whole, cover with parpoiled potatoes cut in slices, and bake in a moderate oven for one hour.

CHEESE AND POTATO PIE.

This is an unusual dish, but will be found very savory. The ingredients required are three-quarters of a pound of cheese, one pint milk, three pounds of potatoes, three ounces of margarine or dripping, pepper and salt. Mash the potatoes with the milk. Add three quarters of the fat and cheese, with pepper and salt to taste; mix well, and stir over a gentle heat until the cheese is melted. Put

the mixture into a well greased pie dish. Sprinkle the remainder of the cheese on the top and add the rest of the margarine cut into small pieces. The pie may be baked in front of the fire or in the oven, and will be ready for the table when thoroughly browned.

SHORTAGE OF PAPER
BECOMING SERIOUS

(By Stewart Lyon, special correspondent of the Canadian Press.)

London, March 3.—Further reduction in the size of newspapers, which are already for the most part skeletons of their former selves, or increases of price are certain to follow the announced intention of the government to lessen by every possible means the importation of print paper. The suggestion is seriously made that news and advertisements of public importance alone be printed and that no paper be put at the disposal of publishers for printing advertisements for luxuries or goods involving importation.

People at large do not fully grasp the drastic import of the order reducing imports, though the trading and manufacturing classes do.

The country's resources in bulky things like timber for use as mine props, low grade iron ores and oil producing shale, are being used for emergency supplies.

Fine old hardwood trees, the product of centuries of growth, frequently are seen on their way to the saw mills. The depletion of hoarded or unutilized natural resources is the inevitable result of the submarine blockade. It is felt that the nation which gives its manhood to the cause of freedom without stint cannot hesitate in giving inanimate things, however dear.

Be Bright, Well, Strong,
Restore Youthful Looks!

Let your fight for better health begin now! Before you feel any warning of physical collapse, cleanse and strengthen and build up your system. The one remedy for that tired, droopy feeling is Dr. Hamilton's Pills, the acknowledged king of all tonic medicines. Thousands of men and women in the late years of life retain youthful looks and feeling simply because they regulate their system with this old reliable family remedy. Nothing so good for the bowels, stomach or kidneys. Cures headaches, prevents biliousness, stops aching pains in the back and limbs. Get a 25c. box.

POINTED PARAGRAPHS

Pawnbrokers may possibly see the silver lining of your cloud. Necessity is the mother of invention; promotion is the step-father. When ambition crawls in at the window contentment flies out at the door. Many a man on the road to fortune doesn't know at what station to get off. A Quaker's advice to his son on his wedding day: "When thee went a-courting I told thee to keep thy eyes wide open. Now that thee is married, I tell thee to keep them fast shut."

The "Sneeze-Wood" Tree
Among its many other peculiarities South Africa includes the "sneeze-wood" tree, which takes its name from the fact that one cannot cut it with a saw without sneezing. Even in planing the wood it will sometimes have the same effect. No insect or worm will touch it; it is very bitter to the taste, and its specific gravity is heavier than water. The color is light brown, the grain running very close and hard; it is, too, a nice looking wood, and takes a good polish. For dock work, pliers, or jetties it is a most useful timber, keeping sound a long while under water.

As a physiciaculture apparatus the old-fashioned woodpile has no equal.

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
Yarmouth, N.S.

YOU'RE BILIOUS! LET
"CSCARETS" LIVE!
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.

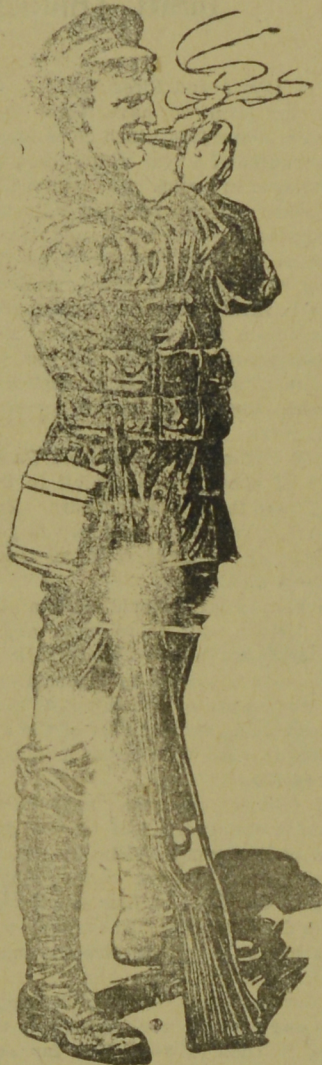
Are you keeping your bowels clean with Carcarets, or merely forcing a passageway every few days with salts, cathartic pills or castor oil?

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.

It takes a woman to worry when she happens to think what a hard time her children would have with a step-mother.

We find a grim spur to optimism in the words attributed to the Grand Vizier, that Turkey will fight to the last man. If that end should really come it would solve the everlasting problem.



Contributions to the Overseas Tobacco Fund may be left at the Board of Trade Room or with the Canadian Bank of Commerce.

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Nothing is more important to the Fur Shipper than doing business with an Honest—Reliable—Responsible—Safe Fur House.
"Ship to Shubert"
the largest house in the World dealing exclusively in American Furs, where you will always receive an Accurate and Liberal Assortment, the Highest Market Prices and the usual "Shubert" Efficient, Speedy, Courteous service.
Write for the latest edition of "The Shubert Shipper" containing valuable Market information you must have.
A. B. SHUBERT, Inc. 25-27 WEST AUSTIN AVE. Dept. C231, CHICAGO, U.S.A.

CHAPPED HANDS

Is often caused by using a soap with too much alkali. Use Swards Soap free from alkali. Oatmeal, Glycerine & Cucumber, Sandal Wood, Pama Violette and other odors.
5 and 10 cents.

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We Sell the Famous
Sherlock-Manning Player Piano

All the Latest Sheet Music on hand

E. O. MacDonald

Music Store 560 Queen Street

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NO NEED TO SUFFER WITH THE COLD when FUR COATS can be bought at such low prices from us.

WE HAVE REAL GOOD FUR COATS FOR MEN, none better to wear.

SOME GOOD VALUES IN LADIES' COATS. LADIES' NECK FURS AT BARGAIN PRICES.

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Corner York and King Streets

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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.

We do all kinds of sheet metal work, do it promptly and thoroughly and at a reasonable price.

Can we serve you in any way?

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Pretty Waists in voiles, crepe de chenes and silks.

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

"I was an hungered, and ye gave me meat; I was thirsty, and ye gave me drink..... naked, and ye clothed me....."

Then shall they answer him, saying— "Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink?or naked, and clothed thee?"

And the King shall answer.....

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

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

Whatever you can give, send your subscription weekly, monthly or in one lump sum to Local or Provincial Committees or

SEND CHEQUES PAYABLE TO TREASURER

Belgian Relief Fund

59 St. Peter Street, Montreal

The Greatest Relief Work in History.