

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

HOUSEHOLD RECIPES

BOILED SWEETBREADS.

Parboil the sweetbreads, remove any membranes. Season with salt and pepper. Slice lengthwise and place on broiler. Cook for five or six minutes. Serve on hot platter, with toast.

Calves' brains cooked and served as above are delicious and are less expensive.

LAYER CHEESE SANDWICHES.

Put through food chopper 1-2 pound cream cheese, 1-4 cup pimento and eight green olives; mix with boiled salad dressing until soft enough to spread easily on bread. Use alternate layers of brown bread and white bread, making four slices in all. Spread

bread first with soft butter, then cheese filling. Now cut through all four slices, making the slices about one inch wide. This sandwich has the appearance of layer cake.

OAT CAKE SANDWICHES.

Spread some thin slices of brown bread with butter. Sprinkle over some grated cheese, some crumbled oat cake (unsweetened), a few watercress leaves, and pepper and salt. Place two slices together and cut into convenient sizes.

CREAMED OYSTERS.

Parboil small oysters in their own liquor. Cook egg noodles in boiling salted water until tender. Drain. Make rich cream sauce. Add the noodles and oysters. Season high-

ly with tomato catsup and a little Worcestershire. Place in ramikins. Cover with buttered crumbs and brown. Serve with sprig of parsley in top of each. Oysters and noodles should be used in about equal proportions, but quantities, of course, will depend upon number to be served.

ALMOND WAFERS.

Mix together half pound ground sweet almonds, half pound powdered sugar, and two level teaspoonfuls ground rice. Add these gradually to the very stiffly whipped whites of three eggs and flavor with vanilla. Lay sheets of wafer paper on a baking tin, put the almond mixture in a forcing bag, and force it out in pretty, tiny shapes on the paper. Decorate with glace cherries, dust with fine sugar, and bake in a slow oven until crisp.

Slants of Humor

LEARNING TO DANCE

"I am the master of my fate," The poets say. Of course the sentiment is great In every way.

"I am the master of my feet," I'd like to claim. But would the dancers that I meet Admit the same?

PRETTY GAY, HEY?

He loved her madly, so he said, And held a pistol to her head. Oh, oftentimes life seems dull and flat. How would you like a love like that?

AN UNPREMEDITATED HOAX

The measles were making their annual round of the juvenile population of the community and Flossie was very vexed because she didn't catch them. She felt that a nice little vacation was being denied her. One day she came rushing into the schoolroom, clapping her hands with delight.

"Oh, Miss Nichols! They're coming down the avenue!"

"Who?" asked the teacher, hurrying to the window and looking for—she knew not what.

"The measles! Jenny Dobbs, right on our corner, has just got them, and now it'll be my turn next!"

COULD FILL THE BILL.

Be told her the age-old story, and, torn with emotion, waited for a few short words that would decide his fate.

"George," she answered "before I give you my answer you must tell me some thing. Do you drink anything?"

A smile of relief lighted his handsome countenance. Was that all she wanted to know? Proudly, triumphantly he clasped her in his arms and whispered in her shell-like ear:

"Anything," he said.

COLD HEARTS

"Young Lord Uffington, the heir of the Craven earldom and the Brantley Martin millions, has eloped with a town clerk's daughter."

The speaker was E. Berry Wall, the New York clubman. He went on:

"Young men continually make these romantic marriages, but young women seldom do so. Dukes' sons marry beneath them regularly, but dukes' daughters—never."

"Women, I fear, have colder and more mercenary hearts than men. There's a story on that line."

"An octogenarian banker took the hand of his beautiful girl wife in his, and, shedding a senile tear, he quavered:

"Alas, darling, we are ruined. An unfortunate slump in war stocks has wiped me out completely. Not a cent is left."

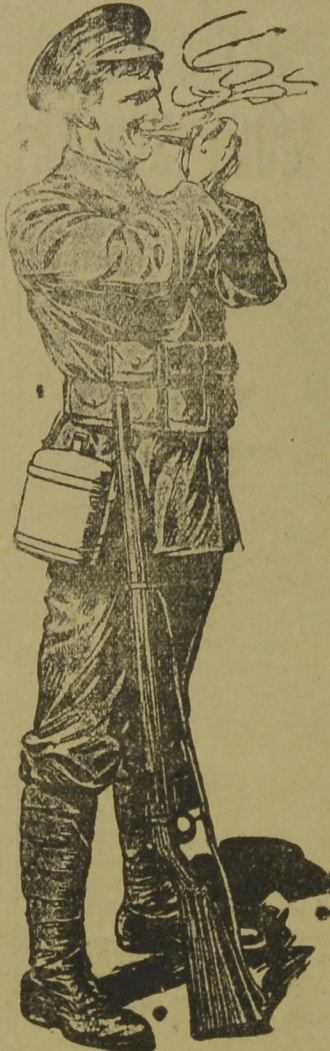
"Nathalie, the divine ex-movie queen, gave a bitter laugh.

"Then," she said, "I did marry for love, after all, didn't I?"

Once in a while you meet a bright woman who successfully boasts of the skeleton in her closet.

Grass widow? The angel whom a man loved, the human being he married, and the she-devil he divorced.

Some men are like roosters; they let their wives do all the work and they do all the crowing.



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

BREAKS A BAD COLD IN A JIFFY! TRY IT

You can end gripe and break up a severe cold either in head, chest, body or limbs, by taking a dose of "Pape's Cold Compound" every two hours until three doses are taken. It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness. Don't stay stuffed-up! Quit blowing and snuffling! 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.

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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 Wood's).

Emergency Plumbing Services

DOWN IN THE CELLAR where the pipes are, is where there is apt to be trouble. If any should occur at your place, send for us at once. WE ARE EXPERTS AT ALL KINDS OF REPAIR WORK and we also are expert at getting on the job promptly and keeping the bills down. Keep our address and phone number near at hand.

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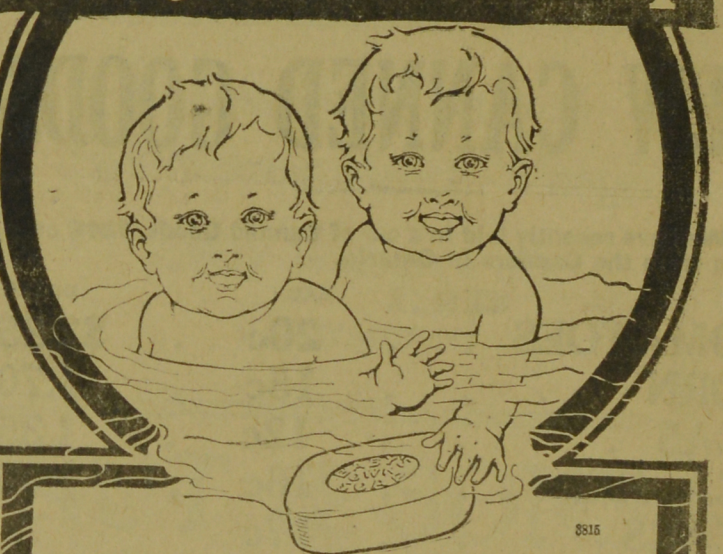
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IT'S BEST FOR BABY AND BEST FOR YOU

ALBERT SOAPS, LIMITED, MFGS., MONTREAL

DEPORTATION OF BELGIAN MEN LEAVES WOMEN AND CHILDREN MORE HELPLESS THAN EVER

Neutral protests do not prevent the Germans from continuing the deportation and enslavement of the able-bodied men who were left in unhappy Belgium—and we are powerless to stop it until we have won the war.

Meanwhile the Neutral Commission for Relief in Belgium, administered without pay by great-hearted Americans, is saving the women and children from starvation. Here we CAN help promptly and effectively, by giving generously to the Belgian Relief Fund.

More contributions than ever are needed, because the higher prices of foodstuffs, particularly wheat, have seriously increased the cost of feeding these millions of dependent Belgians. How much can you spare the victims of one of the blackest, most cold-blooded crimes?

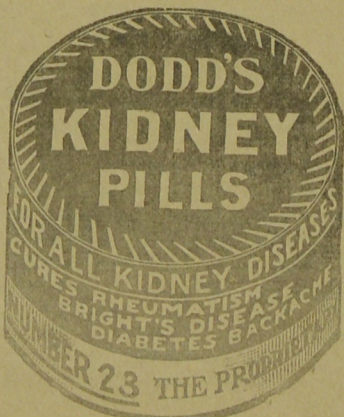
Send whatever you can give weekly, monthly or in one lump sum to Local or Provincial Committees, or

SEND CHEQUES PAYABLE TO TREASURER

Belgian Relief Fund

59 St. Peter Street, Montreal.

The Greatest Relief Work in History.



-After Xmas Bargains- Specially Priced for Quick Clearance

Ladies and Children's Winter Coats at wonderful bargains, prices ranging from \$4.50 up to \$34.00.

Ladies' Suits, excellent styles and cloths, wonderful value, prices ranging from \$11.00 up to \$25.00.

Ladies' Blouses, beautiful styles in Habutae, Silk, Crepe de Chine, Minon and Georgette—prices ranging from \$3.50 to \$8.25.

Ladies' Kimonos and Bath Robes in all the newest colors, selling at special prices, from \$1.75 to \$5.00.

Beautiful range of Ladies' Blouses in Voiles, Pique and Bedford Cord, selling at only 98c

Splendid range of Corduroy in marine blue, navy grey, light tan, brown, wine, copen, fawn, white, green and black; all 27 inches wide, at 75c. per yard.

Plain Velveteens in shades, copen, brown, cream, navy, green, grey, wine, purple and black, 22 inches wide, at 75c. per yard.

Ladies' All Wool Spencers with sleeves, in shades, cardinal, purple, white and brown, at \$1.90 each. Also something similar in purple, only without sleeves, at \$1.50 each

Also—A FEW NICE FURS GOING AT COST PRICE.

A nice variety of PUFFS in Chintz and Art Sateen coverings with cotton batting and down filling, sizes 60x72, 66x72 and 72x72, from \$2.50 to \$10.00 each. A beautiful assortment of colorings and patterns are contained in these.

ALL ODDS AND ENDS TO BE CLEARED REGARDLESS OF COST.

A. MURRAY & CO.

WHERE COURTESY AND QUALITY GO HAND-IN-HAND