

CASTORIA

For Infants and Children.

Mothers Know That
Genuine Castoria

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Bears the
Signature

of
Chas. H. Fletcher

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Use
For Over

Thirty Years
CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN.

Milk Toast.

Toast as many slices of bread as are required; butter carefully and stand in oven to keep hot. Take two table-spoons flour and two of butter, stir them in a saucepan until the flour is cooked. Add a pinch of salt and half a pint of milk, hot, gradually, stirring all the time. Let it boil up; pour over the toasted bread.

French Bread Pudding.

Butter small, thin slices of good bread, spread with apple jelly made from peelings; lay them loosely in a quart pudding dish, filling it half full. Pour over them one quart of boiled custard and cover with meringue. Brown in oven; serve cold.

Muffins Without Eggs.

Dissolve one teaspoon soda in one enough flour to make a stiff batter. quart buttermilk; add a little salt and two or three table-spoons will make them much richer. Bake in gem pans in a hot oven.

Hash Fritters.

Stew gently pieces of cold veal or lamb in a little stock or gravy. Cut in small pieces, add some bread crumbs and one beaten egg, salt and pepper. Make into small balls and cover the outside with mashed potatoes. Dip in crumbs, then in beaten egg, in crumbs again. Fry in hot fat.

Miscellaneous Suggestions.

To polish nickel apply powdered coal ashes with a wet cloth, and when dry wipe off.

A small piece of sandpaper makes a good pot cleaner.

To make jelly glasses from bottles, file a groove around the bottle deep enough to run a hot iron through and the top will come off.

In making a loaf cake, line the tin with a broad strip of waxed paper, leaving the ends hanging over the tin. Pour the cake mixture in and bake. The cake can then be removed from the tin by lifting the paper ends.

To protect the baby's mattress, use

a small square of oilcloth. A yard makes six.

In sewing lace on a hem, stitch the lace on the wrong side (of the lace) as far from the edge of the goods as you wish the bottom of the hem to be. Then fold back the cloth and stitch the hem into place. This is more durable and much neater than if done by hand.

In "letting in" insertion, stitch the insertion into the goods at both edges on the right side of the material. Then on the wrong side. Cut the goods through the middle of the two rows of stitching. Turn back the edges and stitch down.

WAS ANAEMIC FOR OVER A YEAR

Anaemia, or blood turning to water, is caused by the heart becoming deranged, and if the heart becomes weakened it cannot pump the blood as it should.

As a result the blood becomes impoverished, and it loses its nourishing qualities. The face becomes pale and thin, and the lips bloodless. There is a weakness, tiredness and loss of weight.

When those suffering from thin or watery blood start taking Milburn's Heart and Nerve Pills, they can see a change from the outset.

Every dose introduces into the blood those vital elements necessary to make it rich and red. The pale cheeks take on the rosy hue of health, the weight increases, and the whole being thrills with a new life.

Mrs. R. J. Grey, Fredericton, N. B., writes: "When I was a girl working at general housework I overtaxed my strength and became completely run down. For over a year I was very bad with anaemia. A friend told me to try Milburn's Heart and Nerve Pills so I got a box and when it was done I felt and looked so much better I decided to get six more. When I had taken them I had gained not only in strength, but in flesh and color, and best of all was good health."

Milburn's Heart and Nerve Pills are 50c. a box; three boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

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Prohibition Pays!

The Story of the Two Dakotas

BEWARE of the empty claim that Prohibition is just a "war baby," which can be effective only for "duration of the war." Now, twenty years is plenty of time for a thorough-going try-out of any law. Let us see how North Dakota has prospered under Prohibition during that long test. During the same period South Dakota under license provides an eloquent comparison—a striking example of the failure of license. Here are the facts:

Both states adopted Prohibition in 1890. After six years South Dakota returned to license. North Dakota has continued under Prohibition to this day. The area of the two states is about alike. South Dakota began the period with a population just about the same as New Brunswick has at present, North Dakota with about half as much. In twenty years (1890 to 1910) South Dakota's population increased 67 per cent., while North Dakota under Prohibition increased 202 per cent.

Between 1910 and 1915 South Dakota **lost** 4,350 people, while North Dakota **gained** 51,000! The increase of town and city population in South Dakota in twenty years was 168 per cent., while that of its "dry" neighbor jumped 494 per cent.

The increase of wealth in the Prohibition state, between 1890 and 1912, was a trifle less than double that of her rival. Values of the northern state's farm products were greater in proportion than those of any other state in the whole union. From 1898 to 1913 her bank deposits increased by more than 1,000 per cent. Prohibition pays!

How do the rivals compare in regard to employment and production: South Dakota, increase in ten years 87.5 per cent.; the Prohibition state, 205.7 per cent.!

In dry North Dakota, for the year 1909, 2,789 men produced

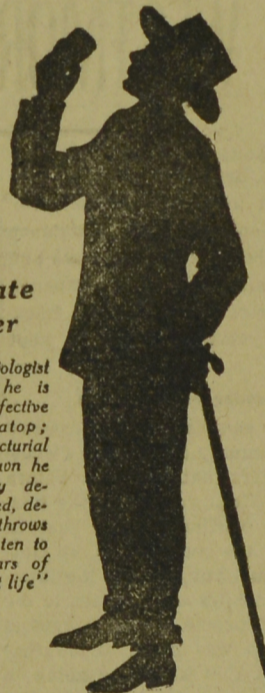
\$19,137,000 worth of manufactured goods. In the licensed state it required 3,602—811 **more men**—to produce only \$17,870,000 worth of manufactured goods, \$1,267,000 **less!** That is worth reading again.

In 1890 commitments to insane asylums in South Dakota were forty persons per 100,000 **less** than North Dakota. After twenty years of license they were forty **more!**

South Dakota has since joined the "dry" column. Twenty-five states now enjoy Prohibition, and nine others are preparing to vote.

The Moderate Drinker

"The Physiologist shows that he is morally defective—poisoned at top; the medico-actural man has shown he is physically depleted, warped, defective and throws away from ten to thirteen years of his imperfect life."



Help to Enforce Prohibition

No law is automatic. New Brunswick's province-wide Prohibition has not twenty years to prove itself. Its determined enemy hopes to throttle it, perhaps within as many months from now. The law must be **enforced!** The whole burden of enforcement must not be left to zealous officers alone. All must help. Eternal vigilance is the watchword!

Dominion Temperance Alliance

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OUR OBJECT

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SANATION

IS TO BETTER SANITARY CONDITIONS, through Knowledge of the Proper Installation of Sanitary Equipment. Special attention given to out-of-town work.

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