

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. H. 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

Dr. H. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

ADVERTISE ON THIS PAGE OF THE MAIL

Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has compelled the people to seek all the information possible before buying.

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Repairing

SEND THEM TO
H. L. ROGERS
And Have Them Done in First Class
Style—"The Old Made New."
83 REGENT STREET.

OF INTEREST
TO WOMEN

SOUP AS MEANS OF ECONOMY.

Since many of the protein-rich foods are among the most expensive of those in common use, it is especially important to make the fullest possible use of what is bought. Not all of the meat which we buy is suitable for use as such. The masses of fat which are trimmed off before cooking or are left on the platters may be saved, rendered and used in cooking, while the bones, gristle and other refuse parts find their best use in the soup pot where the long, slow cooking in water draws out the gelatin, fat and other nutritive material they contain. This stock, as the resulting liquid is called, may serve as the basis not only of a great variety of soups, but also of gravies and sauces, and may be used for cooking vegetables, rice and similar foods.

When it is used for soup, its flavor may be varied by adding various vegetables, such as carrots, onions, tomatoes, turnips and celery. It may be thickened with flour, bread crumbs or okra.

Boiled rice, barley, macaroni and other pastes, and croutons (small pieces of stale bread fried a delicate brown in deep fat) may be put in to increase the food value of soup and vary its appearance and taste.

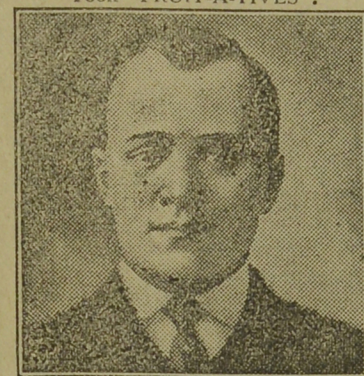
Milk Soups and Vegetable Purees.

Soup is not necessarily made from meat stock. Vegetable soups or purees are made by boiling potatoes, beans, peas or other vegetables until soft, mashing through a sieve and then heating with a little liquid (water, milk, soup stock or whatever seems desirable) and flavoring.

Using left-over vegetables for such purees is an economical practice.

RHEUMATISM WAS
MOST SEVERE

Dreadful Pains All The Time Until He Took "FRUIT-A-TIVES".



MR. LAMPSON

Verona, Ont., Nov. 11th., 1915.

"I suffered for a number of years with Rheumatism and severe Pains in Side and Back, from strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended "Fruit-a-tives" to me and after using the first box I felt so much better that I continued to take them, and now I am enjoying the best of health, thanks to your remedy."

W. M. LAMPSON.

If you—who are reading this—have any Kidney or Bladder Trouble, or suffer with Rheumatism or Pain In The Back or Stomach Trouble—give "Fruit-a-tives" a fair trial. This wonderful fruit medicine will do you a world of good, as it cures when everything else fails.

50c. a box, 6 for \$2.50, trial size, 25c. At dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

Milk soups, which are really milk thickened and flavored with some vegetable, fish, or other food to give flavor, and perhaps thickened still more with a little flour or stale bread crumbs, are both nutritious and appetizing.

They furnish also an excellent means of using up skim milk. Those who wish to bring down the cost of food should remember that skim milk a cup of which contains as much protein as a cup of whole milk, is far too valuable a food to be overlooked.

Importance of Vegetables

In soup making it should not be forgotten that vegetables are necessary for keeping the body in health, because they are relatively rich in mineral matters and mild vegetable acids, and contain recently discovered substances without which the body processes seem not to be carried on properly.

Since soups offer an excellent way of utilizing odds and ends of vegetables, and especially left-overs and parts which otherwise would be wasted, the use of vegetable soup is often a real economy.

Cook's Cotton Root Compound.



A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$3; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

WOOD FOR SALE

I have just received a carload of dry spruce lath edgings. Will be delivered for \$4.75 per Cord. Order quickly.

ELMER E. HUMES

University Avenue.

Telephone 591-31.

ONE DOSE RELIEVES
A COLD—NO QUININE

Take "Pape's Cold Compound" every two hours until you have taken three doses, then all gripe, misery goes and your cold will be broken. It promptly opens your clogged-up nostrils and the air passages of the head; stops nasty discharge or nose running; relieves the headache, dizziness, 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 a few cents at any drug store.

FAMOUS POET
DROWNED

(Canadian Press direct wire.)
Washington, Dec. 8. — The death of one of Belgium's most famous aviators, Pierre Braun, was reported today in official despatches to the Belgian legation. He was drowned when his machine fell into the sea just after rising for a patrol flight. Braun, known as "The Bambino Baby" of his squadron, was only 20 years old and had been flying for three years.

Perhaps after all the Marquis of Lansdowne merely wants the world made safe for aristocracy.

"Bolshevik" is singular "Bolsheviki" is plural. Also bolsheviki are singular.

15 TIMES
THE MONEY

was spent on doctors' bills, without any benefit, as was spent in Zam-Buk, which effected a complete cure!" says Mrs. Fred Gervais of 126 Bleury St., Montreal.

"A rash broke out on my baby's skin, and she became very fretful and lost weight. I took her to a doctor, who gave me some lotion to apply, but it did not do baby any good. I then took her to another doctor, but with the same result.

"Then a friend, who saw the condition baby was in, brought me some Zam-Buk, which she so highly recommended that I commenced using it. In one week's time baby looked much better, and before a month had elapsed she was quite well again.

"Baby is now the picture of health, and I think it wonderful that \$2 worth of Zam-Buk brought about this cure when \$30 spent in doctors' treatments did no good whatever! I certainly advise other mothers not to experiment with useless remedies, but to save their little ones unnecessary suffering and themselves needless anxiety and expense by using Zam-Buk in the first place."

Zam-Buk is also best for eczema, ringworm, scalp sores, boils, ulcers, abscesses, bad legs, blood-poisoning, piles, cuts, burns and scalds. All dealers or Zam-Buk Co., Toronto. 50c. box, 3 for \$1.25.

Zam-Buk

FOR SALE—Property 280x82, on St. John street, will be sold at public auction on December 12th at 12 o'clock noon. J. P. O'Leary. 101

Wholesale Dry Goods and Woolens

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Lace Curtains
Scrim Curtains
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eries of all kinds
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Prices Lowest Possible. Goods sold to the Trade only.

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Our Motto: Promptness, Accuracy, Courtesy, Care.

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Bicycle Repairs and Accessories always in stock.
PRICES REASONABLE.

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We have a Fine Range of FUR COATS — Korean Beaver, Wombat, Black Dog, Coon, etc. Also FUR LINED COATS and CLOTH COATS with FUR COLLARS.

Splendid Value in MACKINAW, LADIES' COATS and FURS, SLEIGH ROBES, WOOL RUGS and HORSE BLANKETS. Inspection invited.

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