



CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always Bears the Signature of

of

Dr. J. C. Wells

In Use For Over

Thirty Years

CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST TO WOMEN

THE "WHY" IN COLD STORAGE.

Canada Food Board Tells How Control of Cold Storage Helps Food Production.

"Why does controlling cold storage help food production?"

Because it encourages long-period supplies of commodities being produced, where without it only enough to eat "while it lasts" would be grown. More food is grown because it can be kept fresh in refrigerating plants.

Without cold storage perishable food could not be moved from one end of our big provinces to the other. There would be too much in some places, too little in others. There would be too much in summer and too little in winter.

But for cold storage, prices to the producer would drop in the brief time of plenty, so that he might have to quit. Prices would soar for the consumer for the long term of non-production. Steady prices encourage production.

Home supplies increase in sympathy with the means of cold storage. The bigger the supply the greater the competition. This brings smaller profits and lowest prices possible to the consumer. Cost of living is therefore helped by cold storage.

Orders in council have prevented "holding up" in foods at cold storage. Order No. 597, on hoarding, gives power to limit the stock held by anyone, and even to seize and sell excess stocks, if required.

Cold storage is as necessary as canning. The new regulations stop manipulation to keep up prices above the demand of an open market. Cold storage plants, free to all, are now to be more used for the benefit of the people. Abuse will be impossible.

THINGS TO REMEMBER.

A good salad is made of fresh asparagus and beets served on lettuce leaves with French dressing.

In making casserole combinations, do not forget to put the lighter vegetables with the lighter meats.

Cauliflower and other vegetables can be made savory fried in olive oil and sprinkled with grated cheese.

When screws or nails are difficult to remove from woodwork, let kerosene soak into the wood around them.

If you are mending a badly torn piece of embroidery, do as much of the mending as possible at the back.

An excellent soup is made with milk, sliced potatoes and onions, and seasoning of parsley and celery leaves.

Tough meat that has to be cooked a long time can have its juice saved in a gravy served with the meat itself.

Sprinkle house plants with a whisk broom if you do not like to spray them with a bath spray in the bath tub.

Saints of Humor

CLEANLINESS REIGNS SUPREME.

Everything new and up to date. Regular meals served. First Class service.

Breakfast from 7 to 9; Dinner from 12 to 2; Supper from 5 to 7. Lunches served at all hours.

Beer, ice cream and fruit always in stock.

CELESTIAL CAFE

75 REGENT STREET. HARRY L. McGUIRE, Prop.

Cabbage, Tomato

Cauliflowers, Celery, etc. Flowers, Asters, Stocks, Phlox, Balsams, etc.

Radish, Lettuce and Rhubarb. Shrubs for Cemetery Planting at BEBBINGTON GARDENS

EFFICIENCY SUGGESTION

"There is nothing sadder than wasted talents."

"You're right!" exclaimed Farmer Cornstossel. "Think of what these miserable cutworms could accomplish if they'd organize as lawn mowers."

GREAT OUTLAWS.

Rob Roy. John Doe. Robin Hood. Richard Roe. Wm. Hohenzollern. Cain.

OLD WINTER COUGHS NOW EASILY CURED

A New Remedy Now Cures Without the Use of Cough Syrups or Drugs.

Just think of it—you can clear away that hard, racking cough, drive it completely out of the system, make yourself perfectly well by the new breathing cure that employs no medicine at all.

You wonder how; very simple, indeed; you simply breathe in through a Catarrhozone Inhaler rich balsamic the cough in a few hours' time.

In using Catarrhozone you bathe essences that heal and soothe away the lining of the nose and throat with that powerful antiseptic of the Blue Gum Tree of Australia, which is probably the surest cold and cough cure in the world today.

Clarence E. Cromwell, writing from Medicine Hat, says: "To cure a sneezing cold in about ten minutes the one thing I know of to do is Catarrhozone. To relieve an irritated throat quickly, nothing can excel Catarrhozone. It simply eats up a cough or cold of any kind. I know of colds that have hung on for months that Catarrhozone cured quickly. Nearly every man I know carries a Catarrhozone Inhaler with him day and night and in this country it makes a wonderful protection against all winter ills."

Get the dollar outfit, including the hard rubber inhaler, and medication keepers and druggists, or The Catarrhozone Co., Buffalo, N. Y., and to last two months; medium size 50c., sample size 25c., at all store-Kingston, Canada.

PHARMACEUTICAL SUPPLIES

"I suppose you'd get rich if you could supply people with the tints of youth?"

"I do pretty good in that line," the druggist replied. "However, I know I could amass a fortune if I could furnish that salve for consciences you hear so much about."

WILLIAM C. CHARTERS COLLECTOR OF TAXES

(Continued from page 3.)

of the Beatty property. Another dangerous structure was the ruins of the so called Gleaner fire. All blocks in the business section were dangerous.

Mayor Hanson said the matter was important. Possibly it would be well to direct the attention of Building Inspector Ross to this matter of dangerous buildings.

City Clerk Perkins said that the legislation empowered the city to pass

a bylaw covering the matter.

Mayor Hanson said the City Clerk should be instructed to prepare a by-law to be submitted at the next meeting and also direct the Building Inspector to make a report. That official reported but once a year, yet drew \$150 annually in salary. If such an official were maintained the city should get some benefit.

A motion covering both matters was passed. The Council then adjourned.

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THE IRON AGE (Robbins) Potato Planter, the one that plants 100 per cent.

THE ASPINWALL, the best one man Planter.

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WANTED—Books and magazines for distribution to returned soldiers en route home, in the Military Hospitals, or going overseas. Telephone Mr. A. Murray, care of A. Murray & Co. Tel. No. 159, or leave at store for Military Y. M. C. A.

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Celery, Cauliflower, Cabbage, Tomato Plants. Cut Flowers, Roses, Sweet Peas, etc. Also Potted Plants of All Kinds. All orders receive our prompt attention. 'Phone 217.

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