

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 Paraceta—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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Opens on MONDAY, JANUARY 7,
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of our courses of study, rates of tuition,
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W. J. OSBORNE, Principal,
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OF INTEREST TO WOMEN

MORE LOW COST RECIPES.

Rice and Apples.

Core and pare some good-sized apples and steam them until they are almost soft. Scrape maple sugar and fill the centre of the apples with it. Have ready some well-drained, warm and tender boiled rice and spread a little of it for each apple on a square of cheesecloth. Wrap one of these rice-covered squares around each apple and tie securely. Steam for twenty minutes and then carefully remove the cloths. Serve with maple syrup or with any liquid pudding sauce.

Salmon Loaf.

Free enough canned salmon to measure two cupfuls from bone and skin and mix with the same amount of creamy mashed potatoes, hot and well seasoned with pepper, salt and butter. Add a tablespoonful of finely chopped onion, a tablespoonful of melted butter and some paprika. Put into a buttered baking dish, cover with fine breadcrumbs and bake in a moderate oven for half an hour. Turn from the dish when it is done and serve with cream sauce in which two or three tablespoonfuls of capers have been mixed.

"The Fall of the Romanoffs"

HARKING BACKWARD!

Backward, turn backward, O, time in your flight; give me the nose that I breathed through last night! Bring back the smeller that two days ago knew not the torment of continual blow. Wipe from my moustache the moisture of sneeze; put woolen splints on my poor weakened knees; rub my red nose as you oft did before, with tallow, dear mother, oh, it is so sore. Backward, flow backward, O, tide of the nose, I am so tired from my head to my toes; tired of mopping and coughing and sneezing; weary from handkerchief constantly seizing; I have grown weary of snuffle and snuff; of wiping my bugle until it is rough. Stick my poor head in a big pillow slip, and sew it up, mother, for I have la grippe.

"The Fall of the Romanoffs"

MR HARDENS'
OPINIONS

London, Jan. 7.—Maximilian Harden in the Die Zukunft, urges that the Reichstag, which is Germany's only popular organization, should be assembled immediately or otherwise chances of peace with Russia will be lost.

The Reichstag must shoulder its responsibility, he said, and tell the world what Germany wants, not what this general or that minister wants. or otherwise can the world be convinced that Germany's peace aims are sincere. If the Reichstag misses this supreme chance, the war must continue and no mortal being can foresee for how long, or what the end will be.

"The Fall of the Romanoffs"

WANTED FOR
WORK IN HALIFAX

One hundred carpenters, wages 40 cents per hour; 50 carpenter helpers at 35 cents per hour. Board, \$4 per week in company camp. Fare paid both ways if stay three months.

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WHEATON,
131 Barrington Street, - - Halifax.

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CROP OF

ROSES

Off Our New Plants.

Richman's American Beauties, Taft, etc.
CARNATIONS IN STOCK as usual.
POTTED PLANTS, including a good selection of Ferns of the leading variety.
A Fine Lot of PALMS in all sizes.
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CUT FLOWERS always on hand for the sick.

ADA M. SCHLEYER,
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Phone 217.

Fish Hash.

Remove the bone and skin from cooked fish, then chop very fine. Cook enough potatoes to make twice as much potatoes as fish. When done, add the potatoes to the fish and mash fine. Fry six slices of bacon until crisp, then remove to a hot platter. Turn the fish and potato mixture into the hot fat, spread evenly across the top and cook until brown on the under side. When done, fold it as you would an omelet and serve hot on a hot platter with the crisp bacon. Butter may be used in place of the bacon if desired.

Butter Cakes.

Sift two cups of flour with four level teaspoonfuls of baking powder and 1 level teaspoonful of salt. Rub into this 2 tablespoonfuls of butter. Gradually add three fourths of a cup of milk. Roll out half inch thick as for biscuits.

Bake on a hot griddle on top of the stove, leaving room for them to rise. Bake rather slowly and turn but once. They will puff to double the size they were when put on pan.

Cinnamon Toast.

Boil one cup of sugar with half a cup of water an dtwo level teaspoonfuls of cinnamon. When it spins a thread spread over hot toast and serve.

IN FIVE MINUTES! NO
INDIGESTION, GAS OR
SOUR, ACID STOMACH

The moment "Pape's Diapepsin" reaches the stomach all distress goes.

"Really does" put bad stomachs in order — "really does" overcome indigestion, dyspepsia, gas, heartburn and nervousness in five minutes—that just that makes Pape's Diapepsin the largest selling stomach regulator in the world. It what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction or your druggist hands you your money back. It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach regulator in the world.

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"THE FIGHTING TRAIL"

IS A "BEAR" OF A PICTURE.

And the NOVELIZATION is in the same class. To be in the "running" you'll SEE THE PICTURE, and the NOVEL will be a welcome addition to the screen portrayal you have already witnessed.

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Each Instalment of THIS MARVELOUS SERIAL
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Good Bye,
Old Time Melodrama!

Sorry to see you go, but the new melodrama is here—"THE FIGHTING TRAIL." Greater Vitagraph's Duncan-Holloway Serial. The mortgage on the old home hasn't a chance in this, the only kind of melodrama that goes is that of brand new thrills and sensations. And there are dozens of 'em in every episode. William Duncan and Carol Holloway risk their necks two dozen times in THIS serial and THAT'S what we call melodrama! Stunts that amaze and mystify. Be sure to see it.

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