

Children Cry for Fletcher's

CASTORIA

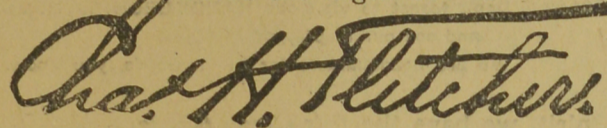
The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

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1918.We trust that all our old students
will be able to return on that date.
Information regarding our courses of
study will be furnished on request.OF INTEREST
TO WOMEN

WINTER SHORTCAKE.

Try an Orange Shortcake—Makes a
Good Winter Dessert.

Did you ever make an orange short-
cake? That is a good dessert for win-
ter days and is easily made as fol-
lows:

First make a good shortcake dough,
as for a springtime strawberry short-
cake. An excellent rule for this reads
as follows: Sift together one and one-
half cupfuls of flour, one and one-half
heaping teaspoonfuls of baking pow-
der and one-half teaspoonful of salt.
Into this rub one-half cupful of short-
ening and then mix to a soft dough
with milk. Bake in two pans, or, if
preferred, divide the dough into two
equal parts; roll one out until it fits
the pan, put it in carefully and brush
it over well with melted butter. Then
roll out the other half of the dough
and place upon the first part.

When it is all done, the two sections
may be split apart easily. Peel the
oranges, being careful to remove all
of the white skin, and slice as thin
as possible. In a saucepan put one
cupful of sugar and one-half cupful
of water or orange juice. Let this boil a
little, but not long enough to candy.
Pour the syrup over one well beaten
egg; beat as though it were for cake
frosting. Fill and cover the shortcake
with the sliced oranges and then pour
this mixture over the orange.

No other sauce is necessary. If the
old-fashioned shortcake is not wanted
for this dish, a simple layer cake may
be made and filled and frosted in the
same way.

TWO GOOD RECIPES.

Pork Tenderloin en Casserole.

Brown tenderloin well in a small
amount of fat, season with salt, pep-
per and little sage; make thin gravy
in spider meat has been browning in
and pour all into casserole. Bake for
45 minutes, serve with ring of fried
apples made by cutting apples cross-
wise and frying in a little fat. The
tenderloin is excellent when taken
out of gravy and sliced cold.

Turnip Cones.

Try this way of cooking turnips:
Wash turnips, pare and cut in cone
shape with vegetable cutter or in
cubes; there should be three cups.
Put into boiling water and boil until
partly done, then drain and put in a
casserole with 1½ teaspoons of salt,
half a teaspoon of sugar, quarter of a
cup of butter and half a cup of water.
Cover and cook in moderate oven un-
til turnips are soft.

SOMETHING ABOUT LACE.

Here's an excellent way to dry clean
white laces. Wash in flour, rubbing
in the flour as you would with soap.
Let the lace lie for some time and then
shake it out. If it is not quite clean,
repeat the process, which will make
it like new.

The best way to wash lace is to
squeeze it first in hot water, then in
cold. To stiffen, dip in milk. It
should be pressed on a well padded
board on the wrong side with a hot
iron.

HAVE YOU COLD FEET?

On general principles, it is well to
avoid the extremes of heat or cold.
Where there may be a tendency to-
ward chillblains, the feet are render-
ed susceptible to them when subject-
ed to long exposure to the cold or an
overheated room. Never by any chance
toast your feet on the fender or over a
register.

When the feet feel very cold, do not
immediately thaw them out by placing
them in hot water. The change in
their temperature should be gradual.
Remove the hosiery and shoes and re-
place by dry ones. Rubbing the feet
with oil of turpentine, bran water, mu-
riate of ammonia, kerosene oil and the
water in which potatoes have been
boiled, are among the old-fashioned
remedies.

What, one vaguely wonders, is a
"natural muskrat coat"? It would
seem that a natural muskrat would
wear its own coat, but then these are
revolutionary times!

SOME CLASS
TO MOTHER'S
LITTLE HELPER

(Chicago News)

"When romance strikes our house it
always comes in at the back door,"
said the pretty stenographer.

"Well, you have us beat," replied
the girl at the switchboard. "If it ever
comes to our house there's nobody
home. But what's on your mind this
morning. I can see it's something ex-
citing."

"We sure had some excitement at
our house last night," said the pretty
stenographer. "I haven't recovered
from the shock of it yet. You know I
told you that a young music student
was helping mother with the house-
work in exchange for room and board.
She's a cute little thing and we have
all come to be very good friends. In
fact, we often tell mother we are
jealous because she seems to think as
much of Musical Mabel as she does
of us. My brother Jim you know is at
Rockford. It happened he never met
Mabel when he came home Sundays
because she always spent the week
ends with her folks at Sycamore."

"Well, the other night we were all
sitting around the dining room table
having just finished dinner when the
bell rang and Mabel went to the door.
Suddenly we heard a loud smack fol-
lowed by a scream and Mabel came
flying into the dining room with her
face like a beet."

"Such nerve," she said. "There's a
strange soldier out there in the hall
and he kissed me."

"And then who comes into the room
but Jim. He was hardly less embar-
rassed than Mabel. But it did not take
him long to get his nerve back. He
took one look at Mabel and then told
me how flattered I ought to feel that
he mistook her for me—such a pretty,
dainty little bit, Jim said she was."

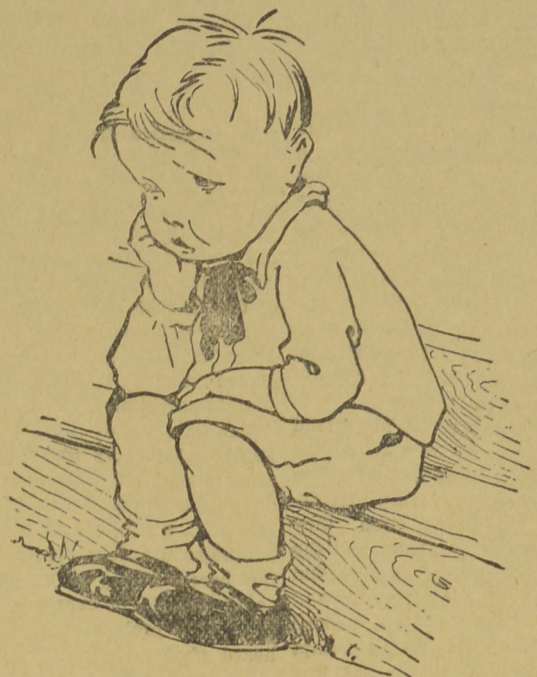
"It occurred to me afterward that
in our excitement of greeting Jim, af-
ter his unexpected and unconventional
entrance, we didn't introduce him to
Mabel. Well, of course, Jim had not
had his dinner, so he sat right up to
the table, Mabel waiting in him and
Jim declared it was the best meal he
ever tasted. I noticed though, that he
devoured more with his eyes than
with his mouth. Honestly he watched
every move Mabel made. And when he
had finished eating he said a couple
of the other boys from the camp were
in town and wanted us to go to the
Khaki and Blue club to dance."

"It's lucky for me I don't depend on
my brother when I go out, as he never
spoke to me all evening. Mabel could

No Luck for Him

This child won't play or smile. He is real sick.
His tongue is white, breath feverish, stomach sour.
He fears he is in for a dose of awful castor oil, cal-
omel or pills. How he hates them. He would
rather remain sick. No! He won't tell mother!

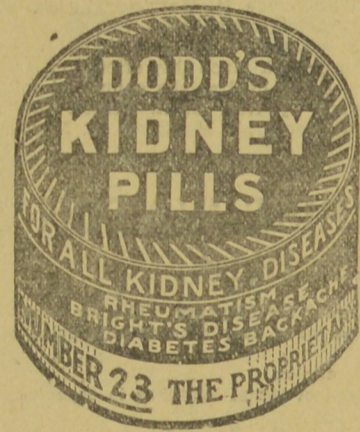
If his mother would only learn the value of candy
"Cascarets." How children love this candy
cathartic—how surely it acts on liver and bowels.



TO MOTHERS! Each ten cent box of Cascarets contains full direc-
tions for dose for children aged one year old and upwards. Nothing else
"works" the nasty bile, sour fermentations and constipation poison from
the tender little bowels so gently, yet so thoroughly. Even cross, fever-
ish, bilious children gladly take Cascarets without being coaxed.
Cascarets taste just like candy. Cascarets never gripe, never sicken,
never injure, but above all, they never disappoint the worried mother.

RULES FOR THE AVOIDANCE OF
INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ven-tilated. Admit all the sunlight pos-sible.
2. Avoid all indoor assemblies, and travel as infrequently as possible.
3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well air-ed, but so that the patient be not in a draft.
4. Keep patient by himself, permit-ting only the nursing attendant, the doctor and the clergyman to see him.
5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.
6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.
7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.
8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circum-stances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.
9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.
10. Do not be over-anxious. That is do not worry respecting the danger of contracting the disease. Such worry serves no good purpose and sometimes renders one more liable to contract it. Follow the above preventive measures and the advice of the physician.
11. If, in the family affected, there be no suitable provision for proper iso-lation of the patient, it is strongly re-commended that he be removed to some hospital, or other place tempo-rarily established, for the proper iso-lation and care of those affected.

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