

## CASTORIA

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*Chas. H. Fletcher*  
**of  
Use  
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Thirty Years**

## CASTORIA

Exact Copy of Wrapper.

THE CENTAUR COMPANY, NEW YORK CITY.

### OF INTEREST TO WOMEN

THE FRENCH WAY.

French Cooking Not So Extravagant  
as it Looks.

"Oh, but French cooking is so extravagant!" some housewife may say. "And in these war times—why, almost every recipe calls for butter. Just think of it—butter for cooking!"

Exactly, butter for cooking. A very little bit, to be sure, but undoubtedly something which the American cook is telling herself today that she must go without. Well, dear madame, that little bit of butter which the French cook puts into the vegetable soup, into the sauce, upon the asparagus, is all the butter that the whole family will eat throughout the entire day.

Butter on the piece of bread that Johnny wants when he comes home from school, butter on hot biscuits, butter on the roll at dinner, butter on sandwiches—oh, la la! That is extravagance indeed!

The Frenchman eats—in normal times—a very little bit of butter on his bread, at breakfast. For the rest of the day, he dips his crust into those sauces which his wife makes for each principal dish; and for such a sauce no more butter is required than one member of an American family will use for the spreading of his bread.

Take the vegetable soups, for instance, for which the French cook has a special genius. An even tablespoonful of butter, dropped into the pot, takes the place of half a pound of meat or a pint of stock, either one of which would cost double what the butter does. And the family, eating the soup, will break dry pieces of bread into their plates, or will use bits of cold toast—and would no more think of buttering slice after slice of bread, to eat with that tasty dish, than they would of deliberately setting a match to the money in their pockets. It would be an extravagance.

#### NEW RECIPE FOR BAKED APPLE.

Try this way of baking apples. Core and pare sour apples. Place them in a baking dish and fill the cavities with sugar and cinnamon or nutmeg. Bake in hot oven till soft. Serve with rich milk.

#### WHAT DOES YOUR EATING COST?

By eating more than you really need you diminish the supply of food for others and you waste money. Dainty dishes come high. Keep to the necessities. Plain living and high thinking go together. A simple diet will fit you better for work at a time when the best work is needed. Money saved is money made available for victory. Save food—save money.

#### A LITTLE SLICE OF LIFE.

Our butcher is a pleasant man. Although very, very unfortunate. He is not able to make money—Has made none since war started. The wholesalers make it all.

He drives a Super-Six on Sundays. Has three sons in college. And has summer and winter homes. And they are not the same. He is a director in three banks. And owns a business block. But he can't make any money—The wholesalers make it all.

## SIR SAM HUGHES GIVES OUT A BREEZY INTERVIEW

(Continued from page 3.)

reviewing the situation and concluding with the simple expression that in view of his pledges in parliament and the people of Canada that party politics should not be introduced, and in view of my own promise that partisanship should find no place in the land during the war. I could not see how any man of honor could under such circumstances consent to force a general election. There was no threat, there was no bull-doing. I never spoke to a human soul on the subject until my return from England. I now learn that for four years this has been trumped up against me as having wrecked the Tory party by bull-doing the government in October 1914, and preventing a general election.

#### Sir Sam and Election Efforts

"Let me here repeat. I did favor in August, 1914, a general election before a session, but I accepted loyally the decision, not to have one. I did oppose, in October, 1914, a general election, for the reasons assigned, and

as above stated.

"Hundreds of other instances could be given of meddling on the part of a few of my colleagues, but I challenge any man, from the Prime Minister down, to show the slightest justification for the statements recently made in Toronto by at least one most distinguished member of the cabinet. While a member of the cabinet I played the game loyally in the best interests of human liberty and for the people of Canada. Self did not enter into my actions or conduct.

"Since leaving the cabinet I have to the best of my ability played the game loyally of two evils the men in power or the men seeking power, or the men seeking power, choosing the lesser. My course has been directed with one object of winning this war and establishing human liberty on a solid foundation not alone in Germany and Austria, but in all the Allied countries as well. We must ever against the possibility that while over throwing autocracy in Germany we do not overthrow democracy in Canada."

### GRANDMOTHER GAVE IT TO MOTHER, MOTHER TO ME, I TO MY BABY

Read what Mrs. Wm. Gray, Jaquet River, N. B., has to say about Dr. Fowler's Extract of Wild Strawberry. She writes: "There is no medicine I know of that can come up with Dr. Fowler's Extract of Wild Strawberry. It has been in our house for forty years. My grandmother gave it to my mother, she to me and I to my baby. For summer complaint it has no equal. I never miss a chance of telling my neighbors about it. I would not think it safe to go to the country in the summer without a bottle of it. It has saved us many a doctor bill."

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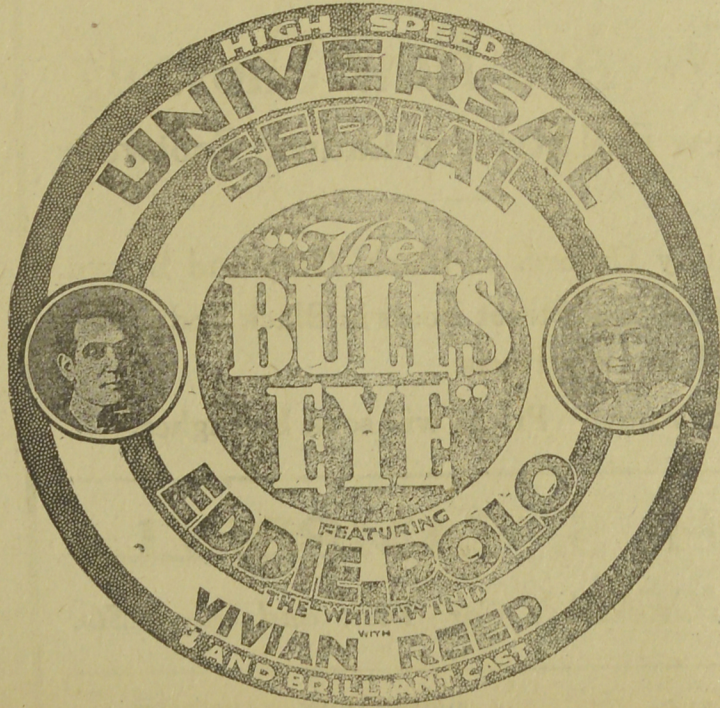
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