

Children Cry for Fletcher's

CASTORIA

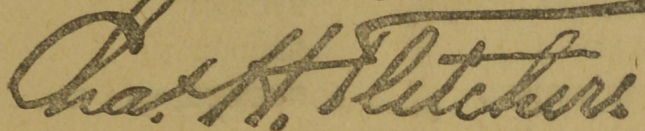
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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

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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.

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FIRE ALARMWhen You Hear the Alarm, Look for
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- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
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- 14 Corner Brunswick and Smythe Streets.
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- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
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- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 35 Corner Brunswick and Carleton Streets.
- 36 Corner Charlotte and Carleton Streets.
- 37 Corner George and Regent Streets.
- 38 Corner King and Regent Streets.
- 44 Corner Queen and St. John Streets.
- 45 Corner Brunswick and St. John Streets.
- 46 Corner Charlotte and St. John Streets.
- 51 Corner King and Church Streets.
- 52 Corner George and Church Streets.
- 53 Corner Union and Church Streets.
- 54 Gas House.
- 55 Intercolonial Railway Station.
- 56 Lansdowne and Waterloo Row.

OF INTEREST
TO WOMEN

MAN'S IDEA OF COMFORT.

Men often say that the things they look for in a room are a comfortable chair, a strong writing table and a good light. That does not seem much for a man to want, but how many men get it? The girls and women of the household decorate and furnish their rooms to please themselves, but it is not very often that very much thought or trouble is spent on the men's rooms. One reason that they don't think more about it is that as most men have these comforts at their offices they do not bother to voice their opinion about what they might have at home. Every one who has a boarding house is rather anxious to rent rooms to men, as they are proverbially less trouble and easier to please than women; and how much more easily their rooms might attract men if they should bear in mind the three things that men say are essential to their happiness.

DARK FRUIT PUDDING.

Two quarts of bread crumbs, two quarts milk, two eggs, one cup of molasses, one pound of raisins, one rounding teaspoon of salt, one of cinnamon, one teaspoon of cloves, a bit of allspice. Break the bread in small pieces, all the milk, let set on back of stove until the bread is soft, stir it well, then add the other ingredients. Bake in a slow oven five hours. This makes a dark, nice pudding. Make a hard or foamy sauce, as you prefer.

SCOTCH OAT CAKES.

One cupful fine oatmeal, one-third teaspoonful baking soda, one-third teaspoonful salt, two teaspoonfuls melted fat, half cupful hot water.

Mix meal, salt and soda in a bowl, make a hole in centre, add melted fat and hot water to make a soft consistency. Sprinkle meal on board, turn out mixture, knead well into a round shape, roll out very thin, cut into eight pieces and place on hot griddle for about five minutes; then place on a rack in roasting tin and put in hot oven for a few minutes. The cakes should curl up a little.

MOLASSES CANDY.

This is the old-fashioned molasses candy. Ingredients: 1 pint molasses, 1 teaspoon ginger extract (or vanilla or lemon extract) 1 tablespoon vinegar, 2 tablespoons butter, half teaspoon baking powder.

Place molasses, vinegar and butter in saucepan. Bring to boiling point. Boil, stirring constantly until mixture is brittle when dropped into cold water. Stir in baking powder and flavoring and pour into buttered tin. When it's nearly cold, pull until it is golden brown. Cut up and lay on buttered plate. This makes one pound.

TIMELY TIME SAVERS.

If a lump of sugar is put into the teapot when making tea, one spoonful of tea can be dispensed with.

If too much salt has been added to soup, slice a raw potato and boil in the soup for a few minutes. The potato will absorb much of the salt.

To obtain a really good cup of coffee place the coffee in a saucer and put it into a fairly hot oven for about three minutes before making. This brings out the flavor.

The water in which rice has been boiled can be used instead of milk in making tomato bisque. It will give a pleasing flavor and it is also an item of economy.

Remove red ink stains from table linen, spread freshly made mustard over the stain and leave for half an hour. Then sponge off, and all trace of the ink will have disappeared.

Equal parts of ammonia and turpentine will take paint out of clothing, no matter how dry and hard it may be. Saturate the spot two or three times and afterward wash out in soapsuds.

You will be able to scale the fish much more quickly if you dip it into boiling water for a minute before beginning the cleansing process.

BREAKS A BAD COLD
IN A JIFFY! TRY IT

You can end gripe and break up a severe cold either in head, chest, body or limbs, by taking a dose of "Pape's Cold Compound" every two hours until three doses are taken. It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dullness, 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.

OH YOU, MARY!

Mary had a little cold,
And started in her head,
And everywhere that Mary went
That cold was sure to spread.

It followed her to school one day.
(There wasn't any rule)
It made the children cough and sneeze
To have that cold in school.

The teacher tried to drive it out;
She tried hard, but, kerchoo!
It didn't do a bit of good,
The teacher caught it too.

FUNNY EFFECT.

Closing the churches during the flu ban had a funny effect. Three Methodist families had washings out on Sunday.—Jewell, Kan., Republican.

At the age of 21 a man starts out to reform the world, but at the age of 50 he is busy trying to keep the world

To soften boots, wash them with warm water and then rub castor oil thoroughly into them. This makes the leather soft and elastic. Any ordinary oil will answer the purpose, but castor oil is best.

To make glassware glisten, wash the glass in hot water and then plunge into cold water into which a handful of starch has been dissolved. Drain the glassware on towels until perfectly dry, after which polish with a dry cloth.



MINARD'S
"KING OF PAIN"
LINIMENT

The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

Dr. A. E. LAUNDRY, EDMONTON, writes:—
I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for two weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made.

Minard's Liniment always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment Co., Limited
Yarmouth, N.S.

HOUSEKEEPERS' HANDY REFERENCE

TIME FOR BAKING.

Beans—8 to 10 hours.
Beef—Sirloin, rare, per lb., 8 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.
Bread—Medium loaf, 40 to 60 min.
Cake—Plain, 20 to 40 minutes.
Biscuit—10 to 20 minutes.
Sponge Cake—45 to 60 minutes.
Chickens—3 to 4 lbs weight, 1 to one and a half hours.
Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.
Duck (tame)—40 to 60 minutes.
Fish—6 to 8 lbs., 1 hour.
Gingerbread—20 to 30 minutes.
Graham Gems—30 minutes.
Lamb—Well done, per lb., 15 min.
Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.
Pie crust—30 to 40 minutes.
Pork—Well done, per lb., 30 min.
Potatoes—30 to 45 minutes.
Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
Rolls—10 to 15 minutes.
Turkey—70 lbs., 3 hours.
Veal—Well done, per lb., 20 minutes.

TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.
4 table-spoons of a liquid equal 1/2 gill or 1/4 cup.
1/2 cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1 quart.
2 cups of butter, solid, equals 1 lb.
1/2 cup of butter, solid, equals 1/4 lb. or 4 ounces.
2 cups of granulated sugar equal 1 lb.
2 1/2 cups of powdered sugar equal 1 lb.
1 pint of milk or water equals 1 lb.
1 pint of chopped meat equals 1 lb.
10 eggs, shelled, equal 1 pound.
8 eggs with shells equal 1 pound.
2 tablespoons of butter equal 1 ounce.
2 tablespoons of granulated sugar equal 1 ounce.
4 tablespoons of flour equal 1 ounce.
4 tablespoons of coffee equal 1 ounce.
1 tablespoon of liquid equals a half-ounce.
4 tablespoons of butter equal 2 ounces or 1/4 cup.

BRIEF BUT USEFUL RECIPES.

Drive Away Ants.—A little quicklime placed in the infested places.
Kill Insect Life.—Burn sulphur in a tightly closed room. It will kill almost all insect life and their eggs and larvae.
Make Leather Waterproof.—Saturate it with castor oil; to stop shoes squeaking, drive a peg into the middle of the sole.
Remove Tar from Cloth.—Rub it well with turpentine till every trace is removed.
Egg Stains on Spoons.—Rub with common salt.
Fruit Stains on Hands.—Wash the hands in clear water, dry slightly and while still moist strike a sulphur match and hold your hands around the flame.
Restore Gilt Frames.—Rub with a sponge moistened with turpentine.
Clean Gloves.—Pour a little benzine into a basin and wash the gloves in it, rubbing and squeezing them until clean. If much soiled, they must be washed again through clean benzine and rinsed in a fresh supply. Hang in the air to dry.
Clean Hair Brushes.—Dissolve a little soda in warm water and pour in a small amount of ammonia. Hold the brushes with the bristles downward and avoid wetting the back as far as possible; shake until the grease is removed; then rinse in cold water and put in the air to dry.
Remove Stains from Linen.—Wet the part stained and lay on it some salt of wormwood; then rub without diluting it with more water.
Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar 1/4 ounce.
Remove Mildew from Cloth.—Put a teaspoonful of chloride of lime into a quart of water, strain it twice, then dip the mildewed places in this weak solution and lay in the sun. If not effective the first time repeat.
Cure Mosquito Bites.—Put ten drops of refined carbolic acid into an ounce of rose water; shake well and apply. (If you hold your breath while a mosquito has its bill in you it cannot withdraw it until you breathe again).
How to Remove a Rusty Screw.—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

Hardly anybody knows anything about Mabel Osgood Wright's book "The Love That Lives," but we do know that the love that lives in nourished, and made like a healthy baby, by buckwheat cakes and a smile in the morning.

The more money a man has the harder it is for him to convince the world that he is a fool.

If at the age of 2 a child does not know whether it pays to cry or not it will never set the world on fire.

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The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send their orders out of town.

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