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## 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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The Kind You Have Always Bought

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TO WOMEN

## THE WHEN AND WHY OF TEA.

From being a decidedly English custom, drinking tea in the afternoon has come to be decidedly the American mode—especially the mode of the larger cities. At least to most Americans there is but one really "correct" time to drink tea, and that is in the afternoon, whereas English folk, while they drink tea then, also drink it at other hours. But who ever heard of an American having "early morning" tea, or of an Englishman or English woman getting alone cheerfully without this maternal bracer?

The fact is that no time but dinner time seems an inappropriate time for the through-going Britisher to have his cup of tea. If he comes in after a chilling motor ride at eleven at night his mind naturally turns to tea. At eleven in the morning, no less, should he feel the need of a mild stimulant he would not hesitate to ring for a maid to fetch a tea tray, or to brew his own infusion if no maid were to be summoned.

There are really very few Americans who turn to tea in that way. Coffee is a far more popular beverage when merely a stimulant is needed, and it may be that there is something in the British climate to account for the preference for tea. Tea with us is a more formal beverage. We have a certain respect for afternoon tea; it is more or less an acquired habit with most of us. We associate it with the late afternoon throngs at the big hotels with twilight gatherings in some interesting studio, or a formal at-home in a not so interesting drawing-room.

Now we are learning—since we have taken to reading Russian literature—that the natives of what was once the Tzar's empire are as devoted to their tea hour since every hour is a possible occasion for imbibing this stimulant brew.

And the pretention is made that when we have prohibition there will be more tea drinking in our own land. Possibly every man's club will have its tea table, and why should it not be popular when it is the most bracing beverage obtainable in the whole wide land?

## RANDOM REMINDERS.

In making cake, eggs should have yolks and whites beaten separately.

Earth worms in flower pots can be destroyed by mixing a little pulverized tobacco with the earth in each pot.

A few drops of ammonia in the water in which silver is washed will keep it bright for a long time without cleaning.

For cleansing rugs, dampen with ammonia in soapy water. It makes the rugs look bright and new.

Warm tights for the youngsters may be made from one or two pairs of discarded stockings.

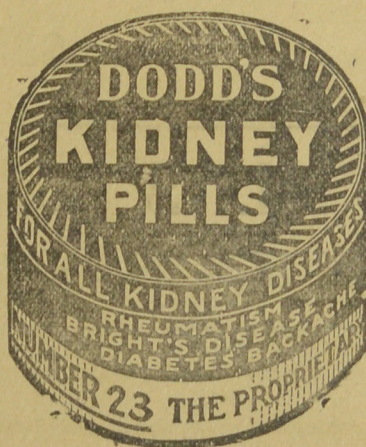
When boiling fresh fish put a drop of vinegar to the water. It makes the fish white and firm.

To clean faucets use sand with a small amount of water. When through rub briskly with a woolen rag.

If the fire is dull and the meat must be broiled in a hurry, drop a handful of salt on the fire and you will speedily have a clear fire.

When pouring boiling milk or water in a tumbler or glass dish stand the tumbler or dish on a knife and the glass will neither break nor crack.

If you want to serve the sirloin or rib roast rare, allow scant fifteen minutes to the pound in cooking. A five-pound piece should be done in sixty-five minutes. If you desire it well done it will require twenty minutes to the pound.



## HOUSEWIFE'S SCRAPBOOK.

After frying fish or onions, throw tea leaves and left-over tea into the pan, add water if necessary and a little washing soda and let it boil. This will remove all odor.

One housekeeper uses the potato ricer to cream the butter for cake. It saves time and labor and has excellent results.

An inexpensive chocolate cake is made with one cup of sugar, a quarter cupful of shortening, one cup sour milk, one teaspoonful of soda, one tablespoonful of cocoa, one and a half cupfuls of flour, one teaspoonful of vanilla extract and a half-teaspoonful of cloves.

Creamed potatoes with cheese make a pleasant change.

Egg stains may be removed from spoons by common salt.

Cold slaw may be improved by a cupful of chopped celery.

If curtains do not draw easily, rub the pole with paraffin.

Onions stuffed with minced ham are a good luncheon dish.

Eggs in potato nests are a good substitute for eggs on toast.

## PROGRESS THE WATCHWORD

Sir Edmund Walker, President of the Canadian Bank of Commerce, in his annual address to the stockholders of that great financial institution, said:

"Progress appears to be the watchword in New Brunswick. The Department of Agriculture has the whole-hearted support of the Government, and is giving the farmers of the province inspiring leadership. This is evidenced by a general increase in production, the amount of land cultivated in 1918 being 125,000 acres more than in 1917. Of this increase 33,000 acres were planted in oats, 34,000 acres (or 200 per cent increase) in wheat, and 13,000 acres in turnips and potatoes. The potato crop is estimated at 8,650,000 bushels, somewhat be-

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WHY BELGIANS  
STILL NEED HELP

"In travelling through Belgium with the Belgian armies, I have been able to see the country recently tenanted by the Bochs in the condition in which they left it, and never was there such desolation anywhere. One cannot get away from signs of destruction, no matter where one goes, along the country roads or in the city streets.

Not only has property been destroyed and every means of livelihood taken away from the people, but the peasants, especially in the country districts, have been left destitute both of home and food. We travelled twelve miles yesterday through open country and as but one small instance of the vast plundering of the Germans, let me state that in all twelve miles not one solitary live animal did we see, and practically every tree had been felled, so you can imagine the dreary aspect of the scenery.

All the peasant women and children we met on our way, said a news correspondent, while they greeted us with cheers and received us into their homes with open arms, those that had homes, showed the greatest suffering from insufficient food and nourishment. They did not complain, but merely stated as a fact that they had not tasted meat for two months and had lived largely on soup and coffee.

The cry of the Belgians today is for food and clothing and those who would help, no matter how little, should send their contributions to their committee, or direct to the Central Committee, Belgian Relief Fund 59 St. Peter street, Montreal.

A Muskegon, Mich. judge held that juries in liquor cases have a right to taste the evidence. Jury work will come easy if that view spreads.

"A good husband ought to tell his wife his faults," explains the Milwaukee Sentinel. If we are permitted to add a word of advice: Be quick about it too, or she'll tell you first.

low the average, but 50 per cent. more than in 1917. The yield of hay was good and that of oats and wheat excellent, but of only fair quality owing to the bad weather which prevailed during harvesting. Reference was made in our report last year to the effort being made under government auspices to improve the quality and number of live stock. This policy has been continued, with specially good success in the case of sheep."

## CHURCH SERVICES.

Christ Church Cathedral,  
Sunday, March 1: 8 a.m., Holy Communion; 11 a.m., Matins; 7 p.m., Evenson. Rev. A. F. Bate will preach in the morning. The Dean will preach in the evening.

## St. Paul's Presbyterian.

Rev. J. S. Sutherland, M. A., minister. Services at 11 a.m. and 7 p.m. Morning preacher, Rev. V. M. Purdy, B. D. Evening, the pastor; subject for the evening, "The Cross and the Crescent," the fifth of a series of sermons on the "Spiritual Significance of the World's Greatest Wars." Sunday school and Bible classes at 2.30 p.m.

## Methodist Church.

Rev. Geo. M. Young pastor. Services at 11 a.m. and 7 p.m. The pastor will preach. Sunday school at 2.30 p.m. Strangers welcome.

## Brunswick Street Baptist.

Rev. G. C. Warren, B. D., pastor. Services 11 a.m. (children's sermon) and 7 p.m. Bible school and Men's class at 2.30 p.m. Rev. W. D. Wilson will talk to the men of the Spurgeon Class on The Present Temperance Situation. Communion service at 8 p.m.

## George Street Baptist.

Rev. Z. L. Fash, the pastor, will preach at 11 a.m. and 7 p.m. Prayer service at 10 a.m. and Sunday school at 2.30 p.m. Strangers welcome at all services.

## Reformed Baptist.

Rev. H. C. Archer, pastor. Preaching on Sunday at 11 a.m. and 7 p.m. Sunday school at 2.30 p.m. Prayer meeting on Friday evening at 7.30. All are welcome.

## Salvation Army.

Week-end services as follows: Saturday at 8 p.m., salvation meeting. Sunday, 9.45 a.m., knee-drill; 11 a.m., Holiness; 3 p.m., praise and Thanksgiving; 7 p.m., salvation. 10.15 a.m., directory class.

## Advent Church.

Mrs. Wallace will occupy the pulpit at the Advent Christian Church, North Devon, tomorrow. Services at 11 a.m. and 7 p.m. Sunday school at 10 a.m., before the morning service.

It has been so mild that fashionable girls have been compelled to wear their furs all winter.

The name Kelly is spelled Cealligh in the ancient Irish—and they wonder why the language is dead!

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