

Children Cry for Fletcher's

CASTORIA

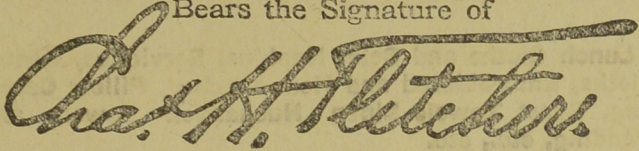
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54 Gas House.

55 Intercolonial Railway Station.

56 Lansdowne and Waterloo Row.

To judge a good ham see that the
skin is thin. Old hams have thick
skin and they are apt to have a strong
flavor.OF INTEREST
TO WOMEN

MIND THE MILK.

The Advanced Price as Well as Considerations of Health Demand
Much Care.

Can you remember the time when milk was so cheap and plentiful that it was a common occurrence in many households to let a little go sour and then to throw it away without a quiver at the waste? The advanced price of this valuable food prevents that sort of offence, and housewives now feel that it is their duty to take the best care of the milk, and they would be really shocked at the methods of handling milk that used to prevail in more than half the homes. Milk was kept in open dishes that really could not be properly covered. Now, if we do not get the milk in bottles we put it in bottles or some closed jar as soon as we get it, so as to safeguard it against contamination.

Even in winter it is necessary for us to remember to keep milk in a cool place, for it ought always to be kept at a temperature considerably lower than that of the average kitchen.

When the milk is frozen when it arrives at your door, be careful how you thaw it. The best way is to introduce the bottle into a bowl of fairly warm water. Do not use too hot water or you may break the bottle. It is best to allow the entire bottle to thaw out before using the milk, so that it may be well mixed as the fat is usually pretty well separated from the rest of the milk when it has been frozen. If you have no refrigerator for winter use arrange a window box of some sort where milk can be kept cold without freezing.

Any dish that you use to contain milk, such as pailers, should be scalded with boiling water. After scalding them cool them under running water so as not to put the milk into a hot dish.

EMERGENCY DESSERTS.

Hasty Rice Pudding.

One cup cooked rice, one-half cup sugar, two cups of sweet milk, two eggs, one-half teaspoonful vanilla or other flavoring. Stir all together except whites of eggs and steam until it forms a custard. Take from stove and spread the beaten whites together with two tablespoons of sugar over the top and set in the oven to brown slightly.

Prune Nut Whip.

One pound of prunes stoned and chopped, whites of four eggs and one cup sugar beaten lightly, one-half cup chopped walnuts. Bake until brown. Serve with whipped cream.

HOUSEWIFE'S SCRAPBOOK.

Use a spoon to mix batters and always use a knife to mix dough.

The bitter taste of an orange pudding may be due to the oranges being sliced long before they were used.

Griddle cakes are ready to turn as soon as they are well filled with bubbles.

When you are in a hurry for the baked potatoes, boil them in salted water for ten minutes, then put them into the oven.

Try mixing salt, a liberal pinch, with flour before adding the water when thickening gravies or sauces, and you will avoid the annoyance of having it lumpy.

In making omelets you will find them more tender if you use hot water instead of milk. One tablespoonful of water to each egg is the proper proportion.

Either mashed or scalloped potatoes are nice with hot boiled ham. Also serve spinach and apple sauce. Potato salad made with bacon fat and served hot is a delicious accompaniment to hot boiled ham.

ATTEMPTED DYNAMITE OUTRAGE

Montreal, Jan. 24.—An unsuccessful attempt was made last night to blow up the Mountain street bridge of the C. P. R. Two men were seen lurking under the bridge and ran away on the approach of an officer. Twelve sticks of dynamite were found under the bridge.

INFLUENZA LEAVES
THE BLOOD THIN,
THE NERVES WEAK

The Danger from the Disease is Seldom Over When the Acute Stage is Passed—Tonic Treatment Strongly Recommended.

Doctors have agreed that Spanish influenza is really a severe form of the grippe which became known in this country a number of years ago under the French name of "la grippe" and which has been epidemic several times since.

The danger from grippe is seldom over when the characteristic symptoms, the fever, the catarrh, the headache and the depression of spirits pass away. The grippe leaves behind it weakened vital powers, thin blood, impaired digestion and oversensitive nerves—a condition that makes the system an easy prey to pneumonia, bronchitis, rheumatism, nervous prostration and even consumption. Too much stress cannot be laid on the importance of strengthening the blood and nerves during convalescence. Until the blood is built up there can be no complete recovery of strength and health.

COULD HARDLY CRAWL ABOUT

Among the many victims of la grippe who proclaim the value of Dr. Williams' Pink Pills is Mr. Amos Kaulback, of Petite Riviere, N. S., who says:—I was taken down with a severe attack of la grippe, or influenza. After a time the early symptoms of the trouble left me, but I did not regain my usual strength, and I had always been a strong man. There were times when I felt I could hardly crawl about, and I was so run down I could scarcely go about my business. I continued taking medicine but it did me no good. Then I found the trouble was affecting my digestion and the disagreeable feeling from this added to my general misery. I was finally advised to take Dr. Williams' Pink Pills, and I decided to try them. I had only been taking the pills a few weeks when I found my strength returning, my appetite improved, and still continuing the use of the pills a few weeks more found me restored to my old-time vigor. I can most strongly recommend Dr. Williams' Pink Pills to all who have passed through an attack of influenza, as a safe medicine for renewing their strength."

REGAINED FLESH AND
STRENGTH

To rebuild the blood, to strengthen the weakened nerves and to get back the lost flesh and strength is the problem of the victim of an attack of influenza. How Mr. Charles Darling, of No. 14 Week street, Bath Me., accomplished this is best told in his own words.

"My doctor treated me successfully for the grippe," he says, "but he did not seem to help the after-effects of the disease. I had headaches nearly all the time, my strength was nearly spent and I often had to lie down and rest. I was pale and lost in weight and had a dull, languid feeling most

of the time. My blood was very thin and poor and my stomach troubled me.

"One day I got a box of Dr. Williams' Pink Pills at the drug store and after taking them for about a week I noticed my health was better. My headache was relieved and I was getting stronger. I continued their use and have a better appetite and can eat anything I want. I no longer have that tired feeling, my color is normal and I am gaining in flesh."

Dr. Williams' Pink Pills for Pale People contain just the elements needed to build up the blood and restore the lost color and vitality. New energy circulates through the system with the enriched blood, the heart stops its alarming palpitations, color returns to cheeks and lips. Nothing more is needed except sunlight, good air, proper food and rest.

WEAK AND RUN DOWN.

Miss Irene Bootes, Portsmouth, Ont., says:—"I take much pleasure in recommending Dr. Williams' Pink Pills, because I have proved their worth in my own case. Last winter I had a severe attack of la grippe and it left me weak and all run down. I had severe pains in the chest and under the arms, palpitation of the heart and attacks of neuralgia which left me with the feeling that life was scarcely worth living. I was taking doctor's medicine, but it did not help me, and I was much discouraged. I was advised to try Dr. Williams' Pink Pills and began their use only on the principle that I would try anything that might better my condition. I had only been using the pills a couple of weeks when the pains began to leave me. Gradually my strength returned, my appetite improved, and in a little more than a month I felt my old-time vigor had returned. I am sincerely

glad I was persuaded to try Dr. Williams' Pink Pills, and I shall always have a good word to say for them."

HELPED HIM WONDERFULLY.

Following an attack of grippe, Mr. William Fielder, of No. 132 First street Albany, N. Y., suffered from stomach trouble. He says:

"I was very much run down after having the grippe and lost both in weight and strength. My stomach was often sour and was very weak. A dull aching pain in the back of my head caused me much distress. An article in the paper brought my attention to Dr. Williams' Pink Pills and I gave them a trial. Before the first box was finished I felt stronger and kept on with the remedy. I am feeling good, and my stomach is as strong as it ever was. I have gained in weight and strength and no longer suffer from headaches. Dr. Williams' Pink Pills certainly helped me wonderfully and I am glad to recommend them."

GRIP VICTIMS NEED A TONIC

The debility that invariably follows the grippe is not a disease of any one organ. It is a general condition of unfitness. It must be met by a remedy whose good results will be quickly generalized throughout the entire system. In fact, it must be corrected by building up the blood which, when rich and red, carries renewed health and strength to every part of the body.

Dr. Williams' Pink Pills are a tonic, not a stimulant. They build up the blood and not only cure the disastrous after effects of grippe, but are also a specific for all troubles due to poor blood, such as anemia, rheumatism, indigestion, women's ailments, and the generally worn out feeling that affects so many people. You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from the Dr. Williams' Medicine Co., Brockville, Ont.

WINTER CARE
AND FEEDING OF
BREEDING EWE

(Experimental Farms Note.)

Ewes that are strong and in good flesh when winter sets in can be carried until near lambing time without much grain. They will need, however, a supply of good clover hay and a few roots, about three pounds per head each day. If a little grain is fed for about four weeks before they lamb, one pound per head each day of mixed oats and bran, they will be in good condition when lambing time comes. These feeds stimulate the milk flow and their use before and after lambing is advisable.

The present price of such feeds is extremely high, but even at the price they should be used, as the results will more than pay. It has been found from ewes which had not been grain-fed previous to lambing, were weaker and required more attention than those from grain-fed ewes, also the ewes

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 ventilated. Admit all the sunlight possible.

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 aired, but so that the patient be not in a draft.

4. Keep patient by himself, permitting 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

fed grain are better milkers, which is a big factor in the growth and development of the lambs.

It is best to separate the ewes and put them in a small pen one week before the lambs are due, as it gives the ewes a chance to get acquainted with their new surroundings. It also prevents them from being injured by overcrowding and they seldom refuse to mother their lambs when they are separated from the flock.

If the ewe is not shorn until after lambing, all tags of wool should be trimmed from around the udder before and immediately after lambing. If this is neglected, the lambs sometimes will suck the tags and swallow them, often causing balls of wool to form in the stomach.

Soon after lambing the ewe should be given water with the chill removed. Feed a light grain ration for a couple of days to avoid udder trouble, but the ewe should receive all the roughage she needs.

Just as soon as the weather is warm enough in the spring, all the sheep and lambs should be dipped to free them from lice and ticks.

After the sheep have been turned out to pasture, they will not require much attention, except to see that the pasture is not overstocked and that they have plenty of fresh water and salt.

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 circumstances 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 isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

If After Eating
You Have Pain,
Stomach Needs Aid

Specialists who have devoted their lives to the treatment of stomach ailments now tell us that many people who complain about their stomachs have no stomach ailment at all.

You may suffer from bloating gas, sourness and other unpleasant symptoms. If so your best course is to tone up the bowels with a reliable vegetable remedy like Dr. Hamilton's Pills. This old-time family medicine is a wonderful corrective of all digestive and stomach disorders.

There is no mystery about the quick effect you get from Dr. Hamilton's Pills. They simply supply the additional aid required by the system to enable it to do its work correctly.

You'll enjoy your meals' direct everything you eat, look better, feel better, be free from headaches, constipation and indigestion. All these benefits come to all that use Dr. Hamilton's Pills. Every man or woman with a stomach ill is advised to spend 25c on a box of this wonderful vegetable remedy.