

Children Cry for Fletcher's

## CASTORIA

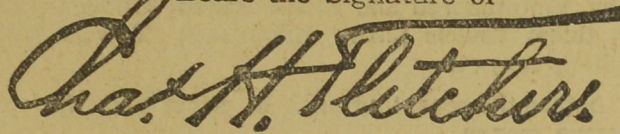
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

## What is CASTORIA

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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Bears the Signature of



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The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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FIRE ALARMWhen You Hear the Alarm, Look for  
the Location in the Daily Mail.

- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 Corner Charlotte and Smythe Streets.
- 16 Corner George and Northumberland Streets.
- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
- 25 Corner Brunswick and Westmorland Streets.
- 26 Corner Charlotte and Westmorland Streets.
- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 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.

Before frying anything in egg, dip the mixture in bread crumbs, then in the egg, then again in the crumbs. One tablespoonful of cold water may be used with the egg to good advantage.

OF INTEREST  
TO WOMEN

SEWING SUPPLIES.

Make the Best Use of the Sewing  
Table if You Have One.

The woman who has received one of the charming sewing tables known as a "Martha Washington" for a gift at Christmas should be far-sighted enough to stack it up completely with the everyday necessities in sewing materials, so that she can repair any article of apparel at a moment's need.

These quaint and graceful little cabinet tables are so roomy that the cylindrical tambour ends will hold milady's sewing, while the centre compartment is fitted with drawers and more receptacles for findings.

One drawer is usually equipped with a dozen little wooden spokes, on which to hold spools of thread. And very convenient this is, too, when sewing, for instead of a snarl of thread in the basket one can lay hands on the necessary spool in a trice. In the cabinet are also special places for knitting and crochet needles.

Findings that every woman needs to keep on hand are darning cotton, black, white and brown, basting cotton, thread numbering from 10 to 100, silk thread in black, white and several of the staple colors; black and white elastic, black and white tape, a good assortment of needles, a nemery, chalk for marking, a tape measure, lingerie tape or ribbon and a bodkin and good supply of various sizes of buttons, snap fasteners and hooks and eyes.

## GOOD WINTER RECIPES.

## Cabbage Salad.

Mix one tablespoon sugar with one teaspoon each of flour, mustard and salt, add one-half teaspoon white pepper, two tablespoons cream, one beaten egg, one-fourth cup of butter and one cup of vinegar. Cook over boiling water until thick, and when cold stir the dressing into half a head of firm white cabbage chopped very fine.

## Jelly Roll.

One cup of sugar, two tablespoons of baking powder, one cup of flour, three tablespoons of cold water, three eggs. Beat eggs very light, then beat with sugar. Flavor with vanilla. Bake and spread with jelly and then roll.

It is best to use a square pan. In rolling, trim edges, and lay cake on a moist towel a few moments and it will then roll without cracking.

## Jelly Toast.

This is a cheap dessert for a family of four. Toast eight slices of bread; place toast in shallow dish; add a little milk and water and pinch of salt and place in oven for about four minutes. Then dot with butter and leave in oven long enough to melt butter. Remove from oven and add jelly to taste. Crabapple jelly is good.

## Poor Man's Stew.

Line bottom of baking dish with very thin slices of salt pork, then a layer of sliced potatoes (thin layer), a layer of split crackers; put in another layer of potatoes, onions and crackers. Cover with milk and bake like a scallop. You probably will have to add more milk, as crackers take up a lot of liquid.

## STILL HAS HIS MARBLES.

"Look, mother," said Bobbie, exhibiting a handful of marbles. "I won all those from Willie Smith."  
"Why, Bobbie," exclaimed his mother, "don't you know it's wicked to play marbles for keeps? Go right over to his house and give back every one."  
"Yes, mother, and shall I take that vase you won at Mrs. Jones's whist party and give it back to her?"

## RELIGION AND BUSINESS.

A woman came to the cashier of a bank the other day with a check for \$50.  
"What denomination?" asked the cashier in his pleasantest manner.  
"Lutheran," replied the woman: "and what are you?"



**Wood's Phosphorine.**  
The Great English Remedy.  
Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Worries, Loss of Energy, Polycemia of the Heart, Failing Memory. Price 21 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail 14c. plain pkg. on receipt of price. Non-proprietary medicine. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly, Canada.)

WOMEN AS BRAVE  
AS THE MEN

THEIR STRUGGLE SHOWS A REMARKABLE SPIRIT.

Talk of the bravery of men, but where can you find a finer spirit than among the half-sick women who are fighting and struggling to do their duty against the terrible odds of ill-health, and who will not give up.

One woman in every three is struggling against weakness. Most of them are not exactly sick, but oh, how miserable!

The burden and misery of it all has its foundation in the blood which is thin and watery. The red cells are too few. The very stream of life is reduced in vitality. Weakness and inevitable ill-health are the certain result.

Every ailing or weak woman can quickly regain her health in this very simple way. By filling the system with the nutrition that comes from rich red blood, a quick change for the better will result. To accomplish this, take two chocolate-coated Ferrozone Tablets after each meal. You'll feel better immediately for the simple reason that Ferrozone renews the blood. It gives you vim, vigor, endurance, restores a tired, worn-out system very quickly.

You'll feel like new all over once you get Ferrozone working through your blood. It puts color into faded cheeks, brightens the eye, quickens the step, brings back that wonderful feeling of youth.

One of the finest things Ferrozone does is to make you eat lots and digest it as well. With keen appetite, sound sleep, strong nerves and lots of nourishing blood you're bound to regain robust health. Any sickly girl or ailing woman that Ferrozone won't make well must be incurable. There is a secret power in Ferrozone and it is worth a trial at all events. Fifty cents per box, six for \$2.50. At all dealers in medicine, or by mail from The Catarrhzone Co., Kingston, Ont.

## RANDOM REMINDERS.

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

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

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

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.

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

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.

For dusting furniture, dampen the duster with kerosene. When through dusting open the windows so that the smell of kerosene may get out.

BEHAVIOR OF  
ANIMALS WHEN  
UNDER FIRE

Some interesting notes have been made in regard to the behaviour of various animals under the terrific conditions of noise, vibration, explosion and other disturbances at the front. Thus it seems clear that some kinds of birds, under the dominance of instincts of feeding, nesting or brooding behave as if they were indifferent to all the turmoil. Living creatures of many kinds are not in the least impressed by sounds which have no interest for them. To terrific disturbances, which have neither inherited nor acquired "meaning," an acutely sensitive organism may remain quite indifferent.

But another point is raised, says "Nature," by some observations which refer to the diverse ways in which sheep and cows react to dummy bombs released from an aeroplane. The cows seem entirely indifferent to the swish of the falling bomb, but the sheep invariably scatter in panic. Have the cows a different—more placid—temperament? But how excited they get at times by the buzzing of flies that cannot hurt them. The excitement is probably due to fallacious association with the buzzing of bloodsucking flies which can hurt them; and the suggestion is that sheep are panic-stricken because the swish of a falling bomb is probably not unlike the sound of a bird of prey, say a golden eagle, swooping upon the lambs.

## OUR LIMITATIONS.

As we grow older we must take  
Such comforts as we may—  
We cannot in the selfsame spots  
Be bald as well as gray.

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.

15  
YEARS  
SUFFERING  
FROM  
PILES

Mr. J. McEwen of Dundas, Ont., writes:—"For fifteen years I suffered with Piles and could get no permanent cure until I tried Zam-Buk. Perseverance with this herbal balm resulted in a complete cure, and I have not been troubled with the painful ailment since."

Mr. Henry Fougere of Poulamond, N.S., says:—"I suffered terribly with Piles and could find nothing to give me relief until I tried Zam-Buk. This cured me. I consider Zam-Buk the finest ointment on the market."

The above are specimens of the many letters we are constantly receiving from men and women who have ended their suffering by using Zam-Buk. Why not do likewise?

Zam-Buk is best for eczema, blood poisoning, ulcers, sores, cuts, bruises, and all skin injuries and diseases. 50c. box, all druggists and stores, or post free from Zam-Buk Co., Toronto. Send this advertisement with name of paper and one cent stamp for free trial box.

ZAM-BUK  
WRITE FOR FREE SAMPLEN. Y. PAPER  
ON DEATH OF  
SIR WILFRID

New York, Feb. 18.—The New York Times, commenting on the death of Sir Wilfrid Laurier, says: "Not as of the painful warrior, famous for fight, after a thousand victories once foiled will tolerant memorials, softened by death, recall the engaging and brilliant figure of Sir Wilfrid Laurier. If his good fortune had been quite equal to his rhetorical, literary and personal charm, he would have died at the end of his ministry of fifteen years in 1911. For the extension of the Canadian transportation, commerce, agriculture, for the development of Canadian national sentiment with an indefinite but strong imperial scope no other public man in Canada did so much."

DO YOUR EARS RING?  
HAVE YOU CATARRH?

A buzzing noise in the head is the beginning of chronic Catarrh. If not checked the result is deafness. A simple remedy that many physicians advise is to slowly inhale Catarrhzone a few times each day. The soothing vapor of Catarrhzone cures the Catarrhal condition, and hearing improves at once. Head noises, buzzing ears are cured. For Catarrhal deafness, throat, nose and lung Catarrh, there is probably no remedy so efficient. The large one dollar outfit lasts two months and is guaranteed; small size 50c; trial size 25c. Sold everywhere by dealers, or The Catarrhzone Co., Kingston, Ont.

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At Home

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We have a new office and up-to-date machinery, all run by electric power, and can turn out work promptly and efficiently. If you have a job of printing call up No. 67 and we will do the rest.

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