

Children Cry for Fletcher's

CASTORIA

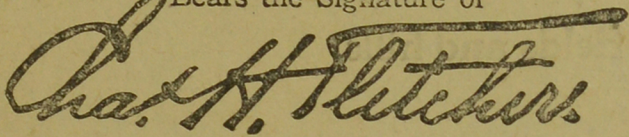
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

A wise man knows all he tells, but
never tells all he knows.
The "siren" who wrecks a man's life
is not so often the woman who has
"driven him to distraction" as the one
who happened to come along when he
was looking for distraction.

OF INTEREST
TO WOMEN

THE SUIT THAT SUITS.

This year suits are welcomed back into fashion's folds, for while separate coats have a place, and a most important one, in the modern wardrobe nevertheless one never quite outgrows a fondness for a beautifully tailored coat and skirt costume of irreproachable lines. Today the word "suit" does not mean a severe mannish looking affair of serge or covert, but a costume fashioned of lovely supple fabrics and made on lines graceful and feminine. There is infinite variety in the style of suits worn by women famous for their styles. Some prefer the knee length coat slightly fitted at the waistline and flaring a bit just below. Others whose figure permits show a decided liking for the short straight box coat, which is so simple but so wonderfully smart when worn by the right person. Frequently these are without fur trimming of any description and are completed by a small sable or fox scarf, but at times a medium size close collar is added. When this made of squirrel or kimmer and finishes a suit of black or dark blue duxetyn the effect is usually smart and becoming.

A PATCH IN TIME.

It is a waste of time to darn garments that are very much worn. If they must be mended for a little longer wear, add patches. In darning take great pains to match the silk or cotton that you are to use, for it will more than repay in the looks of the garment when it is finished.

Remember that threads always work quite a bit lighter, and that the sheen often makes repairing too conspicuous. Ravelings of the material are good for darning, provided the thread used in the work is smooth and does not knot or break.

In mending plaids or checked materials, several shades of the silk or wool threaded into one needle give good results. These, of course, must harmonize with the chief tones of the material. For a bad tear in a long glove, cut off the top of another old pair of gloves and set underneath. Turn in the edges and hem with small stitches. This holds better than a darn and shows less.

Patches set underneath before a hole actually comes will often hold so that the garment will last a long time without its being darned through to the surface. Silk stockings will last much longer if, after they show signs of a thin place, they are darned with silk of the same shade.

KITCHEN KINKS.

To prevent batters from sticking to spoon when filling muffin tins dip the spoon in hot water each time before dipping into batter to fill tins.

A slice of fresh bread placed in box of cake will keep cake moist. Renew slice as bread dries.

Never let the white of eggs stand even for a moment during the process of beating, as they will turn to a liquid state which cannot be restored and also make a heavy cake.

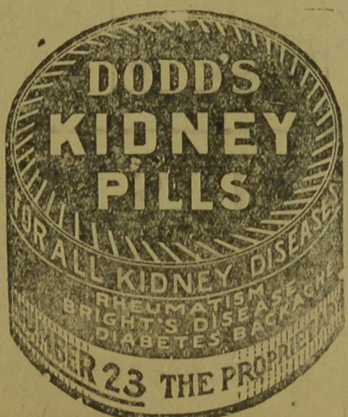
In making cake sift all dry ingredients together, mix all liquids together and in combining the two be sure to pour the liquid into the solid to prevent lumping.

If you use pastry flour in recipe calling for bread flour, add two table-spoonfuls more for each cupful used.

Never wash poultry. Wipe with damp cloth. Washing renders the flesh sodden and the skin soft.

Pour boiling water on potatoes to be baked, let stand ten minutes, drain. They are fine prepared in this way.

One-fourth teaspoonful ginger in doughnut batter will prevent soaking fat in cooking.

WAR SAVINGS
STAMPS GOOD
INVESTMENT

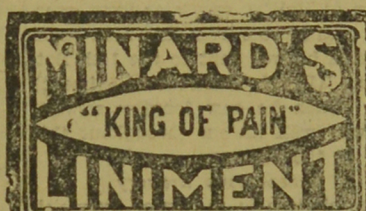
Make Saving Easy and Pay the Investor Over 4½ per cent Interest, Compounded Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent., compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card, to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.



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

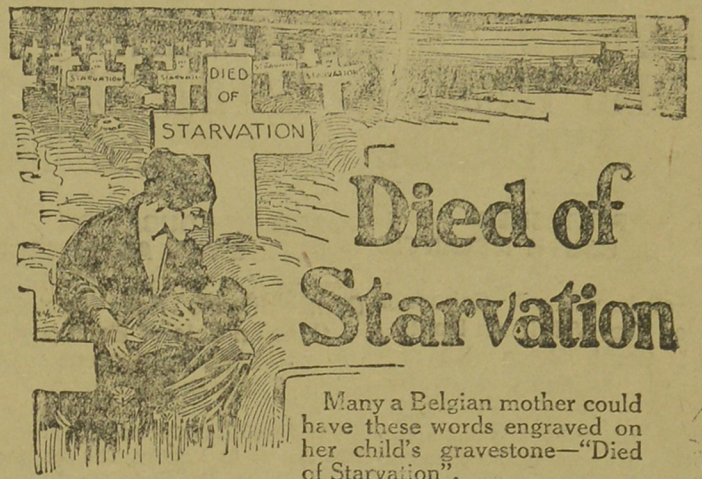
Minard's Liniment Co., Limited
Yarmouth, . . . N.S.

How nice it would be all around if good resolutions were as easy to keep as they are to make!

A man's reputation for wisdom depends less on what he really knows than on what he doesn't say.

After all, Moses was considerate. He led his people out of their land of bondage—he didn't try to overthrow the government. Evidently Moses was not a good democrat.

10. Do not be over-anxious. That is



Many a Belgian mother could have these words engraved on her child's gravestone—"Died of Starvation".

Perhaps the child has wasted away with Consumption, or has been twisted into a mockery of happy childhood by Rickets, but starvation is at the root of the tragedy.

What else can be expected for a growing child whose daily ration is the bowl of soup and two pieces of bread provided by the United States loans to the Belgian Government?

The only hope for the destitute children of Belgium is that we who can afford three meals a day will be moved to pity and send help immediately. Even a small contribution will help to take some child, sinking under its load of trouble, over to Holland, where with good milk, nutritious food, medical care and loving treatment, he or she may regain health, strength and the wish to live.

GIVE—give until you feel the pinch! Don't wait until someone asks you personally. THIS is personal!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

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 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.

VERY PUZZLING.

The old colored man walked into the bank and presented a check to be cashed. This being his first visit he, of course, went to the wrong window.

"Take it to the opposite window," said the clerk, and then went on with his work again.

After careful examination of the check the old man went off.

A few minutes later the clerk was confronted by the same old man with the same check.

"Look here," said the Negro, "you must fix me this bit paper. I been round to all windows and there ain't one marked 'Opposite'."

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