

Children Cry for Fletcher's

## CASTORIA

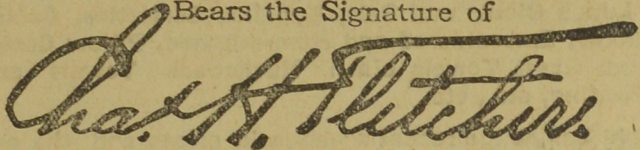
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

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TO WOMEN

IT TAKES TIME.

Allow Yourself Plenty of Time to Dress  
if You Wish to Look Neat  
and Not "Sloppy."

Allow yourself plenty of time to dress, for the girl or woman who boasts of being able to dress in 15 or 20 minutes usually looks the part. It takes time to poise a hat and adjust a veil properly. One of the marks of the careless dresser is the sloppy manner in which she adjusts her blouse.

It is not an uncommon sight to see the belt of a blouse show above the skirt belt, and yet it requires only a narrow piece of elastic to which hook and eye is fastened to keep a blouse in exact position.

Next see that your skirt is adjusted perfectly straight. Many well made skirts appear badly fitted because they are not put on properly. If the seams are but half an inch out of line the skirt is often robbed of all its style.

Have you ever noticed that the majority of girls and women seem to neglect the appearance of their feet? They wear shoes the lasts of which are not suitable, their heels run over and their stockings wrinkle at the instep. When putting on your stockings see that the back seam is absolutely in a perpendicular line, then smooth out all the wrinkles and snap the supporters to retain their neatness. When selecting shoes choose the styles that will bring out the good lines of the feet.

## CHEESE FRAPPE.

One rounded tablespoon granulated gelatine, one cup highly seasoned hot chicken stock, ten tablespoons grated cheese, one-half teaspoon salt, pinch of cayenne pepper, one cup of thick cream, croutons.

Soak gelatine in cold water, add stock and stir until gelatine is dissolved; set in pan containing crushed ice and salt until stock begins to thicken. Beat until foamy, add cheese, salt, pepper and whipped cream. Turn into small moulds, place in receptacle with tightly fitting cover and bury in ice and salt for three hours. Serve on small circles of fried or toasted bread with hot coffee.

## RANDOM REMINDERS.

Half an onion dipped in salt and rubbed on a wart is said to cause it to disappear.

Nothing is better to ease sore, blistered feet than a salve made of mutton tallow and alcohol.

A few chopped raisins or dates added to apple salad is an improvement.

Equal parts of linseed oil and lime water makes a soothing application for burns.

Black stockings are more likely to keep black if, after washing, they are rinsed in rather deep bluing water.

Tea leaves and vinegar will clean the inside of a vase which has become discolored.

Try first scalding milk and cooling it when making custard pie.

In large families where cream is a luxury, the "top" milk, thickened with evaporated milk, will be found very nice for cereal and coffee.

## A COLD WINTER.

Bacon—What kind of a winter do you think is coming?


Ham—Well, I think it's going to be hard sledding for the Germans.

## SOUNDED DIFFERENT.

Redd—That's a new engine you've got in this car, isn't it?

Green—Why no; what made you think that?

Redd—That's a new engine you got nize those knocks, you know.

 Wood's Peppermint Cure.  
The Great English Remedy.  
Cures and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, loss of energy, palpitation of the heart, falling memory. Price 1/6 per box, six for 1/3. One will please, six will cure. Sold by all druggists or mail it plain plug-on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Incorporated, Canada.)

WAR SAVINGS  
STAMPS GOOD  
INVESTMENT

Make Saving Easy and Pay the  
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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.

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.

Those British "hush" ships were what lulled the German fleet to sleep.

## "My Little Pets Love Cascarets"

TO MOTHERS! If you will learn to give this harmless candy cathartic to your children, instead of castor oil, calomel and pills, you will save money and avoid lots of worry and trouble. Truly!



When one of the kiddies has a white tongue, a tainted breath, sour stomach or a cold; when bilious, constipated, feverish, remember, a Cascaret to quickly "work" away the nasty bile, sour fermentations and poisons should always be the first treatment given.

Children really like to take candy Cascarets and they never gripe the tender bowels, never injure, and never disappoint the worried mother. Give Cascarets to children one year old and upwards. Each 10 cent box contains full directions for children and adults.

SAD HOMES OF FRANCE DESCRIBED  
BY A YOUNG Y. M. C. A. WORKER

(New York Sun.)

Here is an interesting bit from a letter recently received from one of the Y. M. C. A. girls doing canteen work in Coblenz. She is the daughter of Mr. Elbert Francis Baldwin, of the Outlook and this is what "the little general" writes:

Just now, en route to Germany, we are on familiar ground and our car is on a siding outside the Nancy station. We expect to be picked up by the Metz special in a few minutes, and with good luck ought to reach Coblenz by tomorrow night. Our days in Paris were filled with red tape, getting our movement orders. We left one night on a special Y. M. C. A. car. We had a whole compartment to ourselves. I rolled up in my fur coat on a seat and had a bully good night.

We passed through Pont-a-Mousson "the famous" and the landscape now takes on a familiar aspect. Everywhere complete and utter devastation and ruin—the little villages through which we pass are heaps of ruins, the few houses that are left standing have been bitten into by huge shell holes, round junks are blown out of the walls and roofs and through these one sees a vista of country or a branch or two and a patch of sky. It's terribly, horribly picturesque in its way, and the crumbling stone and tile the most exquisite tone. Scarcely a human in sight and certainly no women for miles and miles. Away back we saw a solitary figure standing in his little garden patch. He was looking pensively at the house, a tipsy looking object reeling to one side and gazing at him from hollow eyes which once were windows.

There is something uncanny in the human attitude of these houses. I remember three especially at Verdun. They looked as if they had been hit from every side at once and in their terror had fallen toward each other for moral support. Their roofs are caved in and their walls are filled with holes, and yet they stand, no one sees quite how, unless it be that they hold each other up with their shattered frames. They stand at the edge of the town and look across the desolate sweep of ground that is known as the most famous battlefield of the war.

## Planning Trip to Woodstock

The Palace Alley team consisting of T. G. Powers, J. Giles, G. Garvie, M. Williams and J. Searles are planning a trip to Woodstock to play at Walsh's Alleys Friday evening. The local quintette wish to defeat the Woodstock team on their own alleys.

## PROPHECY FULFILLED.

"And the crooked shall be made straight," which means, perhaps, that under prohibition corkscrews will be made into bradaws.

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