

Children Cry for Fletcher's

CASTORIA

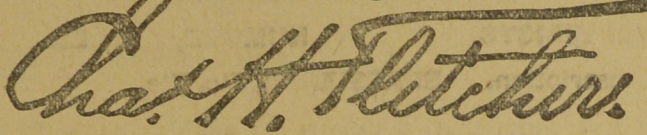
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

GENUINE CASTORIA ALWAYS

Bears the Signature of



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The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has compelled the people to seek all the information possible before buying.

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FIRE ALARMWhen You Hear the Alarm, Look for
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- 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.

OF INTEREST
TO WOMEN

FLOWER HOLDERS.

Have Them Plain to Set Off the
Beauty of the Flowers.

Highly ornamental vases are attractive in themselves, but as flower holders they may be said to be partial failures, as they do not serve their purpose to the fullest extent. They attract attention to themselves rather than set off the blooms for which they are designed.

A vase of plain material or color, or one on which the design is obscure, is more to be desired, as it represents the flowers in their full beauty and does not distract one's attention. In the same way a vase of lustreware of a shade that blends with the flowers it holds, is far more attractive than one of contrasting color.

Vases that are to be used for all kinds of flowers might better be green of a dull shade, as this resembles the plant coloring and is not noticeable.

TWO GOOD RECIPES.

Cream Biscuit.

These biscuits should be made as soft as can be handled. Sift four cups of flour with one level teaspoon of soda and six level teaspoons of baking powder. Mix with one cup of cream and half a cup of milk. Roll out lightly and cut in squares. Bake in quick oven.

Brown Betties.

A half pound brown sugar, a half pound butter, 2 eggs, 1 teaspoon soda dissolved in 2 teaspoons boiling water, 2 tablespoons cream tartar with 1 lb. flour, 2 cups currants, nutmeg. Cream butter first, then add sugar and cream together; break one egg at a time as you add flour.

LINEN IS SCARCE.

Worn tea towels may do double duty these days of high prices for all kinds of linen by being made into smaller towels to use for silver or made into dish cloths. Also old flour sacks can be ripped apart and made into good soft tea towels. Soak them first in a little soda water to remove the color, wash again and hem.

RANDOM REMINDERS.

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

Eggs will keep better if you stand them on the small end instead of the broad end.

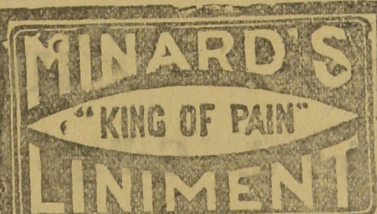
For cleansing rugs, dampen with ammonia in soapy water. It makes the rugs look bright and new.

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

Egg stains can easily be washed from dishes if a little salt is sprinkled over them before washing them.

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

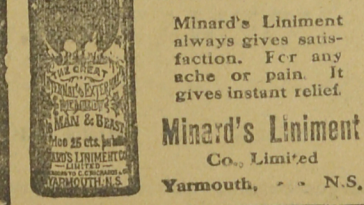
You can mend your granite ware by pressing putty well into the hole. Smooth it down and set the vessel into a hot oven until the putty is brown.



The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

MR. A. E. LAUNCEY, EDMOND, writes:—
I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was laid up for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best Liniment made.

Minard's Liniment
Co., Limited
Yarmouth, N. S.HAD WEAK AND
FAINTING SPELLS

Those feelings of faintness, those weak, "all gone," sinking sensations, which come over some people from time to time, are warnings that must not go unheeded.

They mean a extremely weakened condition of the heart and a disordered nervous system.

When the system is in this condition there is no time for delay. One fainting spell may be recovered from—will the next? One dizzy spell may pass off but the next may be more serious.

Those who are wise will start taking Milburn's Heart and Nerve Pills, before their case becomes deep rooted and perhaps hopeless.

They will act directly on the disordered heart and weakened nervous system and restore them to full strength and vigor.

Miss Mary McCoy, Algoma Mills, Ont., writes:—"I was awfully troubled with fainting and weak spells, and I could never get any doctor's medicines to help me. One day a friend of mine was at the house when I took one of those spells, and she got me a box of Milburn's Heart and Nerve Pills. That was six years ago, and from that day to this I have never had any of those spells. I would not be without your pills for any money, and can highly recommend them to any one."

Milburn's Heart and Nerve Pills are 50c. a box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

TABLE OF WEIGHTS AND
MEASURES.

- 4 teaspoons of a liquid equal 1 tablespoon.
- 4 tablespoons of a liquid equal ½ gill or ¼ cup.
- ½ cup equals 1 gill.
- 2 gills equal one cup.
- 2 cups equal 1 pint.
- 2 pints (4 cups) equal 1 quart.
- 4 cups of flour equal 1 pound, or 1 quart.
- 2 cups of butter, solid, equals 1 lb.
- ½ cup of butter, solid, equals ¼ lb. or 4 ounces.
- 2 cups of granulated sugar equal 1 lb.
- 2½ cups of powdered sugar equal 1 lb.
- 1 pint of milk or water equals 1 lb.
- 1 pint of chopped meat equals 1 lb.
- 10 eggs, shelled, equal 1 pound.
- 8 eggs with shells equal 1 pound.
- 2 tablespoons of butter equal 1 ounce.
- 2 tablespoons of granulated sugar equal 1 ounce.
- 4 tablespoons of flour equal 1 ounce.
- 4 tablespoons of coffee equal 1 ounce.
- 1 tablespoon of liquid equals a half-ounce.
- 4 tablespoons of butter equal 2 ounces or ¼ cup.

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

When cooking apples add a pinch of salt. It will make them more tender.

Creamed potatoes with cheese make a pleasant change.

The stew will get a rich brown color if you save the outside of onions and cook these in it. Wash the onion skins well before using them.

Milk should be kept in covered bottle. A good plan is to wrap the milk bottle in a cloth, wet in cold water, and let stand in a draft. Keep the cloth wet.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, 50c; No. 3, 25c per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Walker & Co.)

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 wholehearted 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 below 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."

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

TIME FOR BAKING.

- Beans—8 to 10 hours.
- Beef—Sirloin, rare, per lb., 3 to 10 minutes; well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.
- Bread—Medium loaf, 40 to 60 min.
- Cake—Plain, 20 to 40 minutes.
- Biscuit—10 to 20 minutes.
- Sponge Cake—45 to 60 minutes.
- Chickens—3 to 4 lbs weight, 1 to one and a half hours.
- Cookies—10 to 15 minutes.
- Custards—15 to 20 minutes.
- Duck (tame)—40 to 60 minutes.
- Fish—6 to 8 lbs., 1 hour.
- Gingerbread—20 to 30 minutes.
- Graham Gems—30 minutes.
- Lamb—Well done, per lb., 15 min.
- Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.
- Pie crust—30 to 40 minutes.
- Pork—Well done, per lb., 30 min.
- Potatoes—30 to 45 minutes.
- Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.
- Rolls—10 to 15 minutes.
- Turkey—70 lbs., 3 hours.
- Veal—Well done, per lb., 20 minutes.

Returned Men Arrive

Two returned men Ptes. O. B. Fortin of this city and O. E. Hanson of Stone Ridge arrived in the city this morning. Pte. Fortin went overseas with the 55th Battalion in 1915 and was later transferred to the 26th Reserve Battalion in England. He was later transferred to the R. C. R. which he joined in March 1917 just before the battle of Vimy Ridge. He came through his service without a scratch. Pte. Hanson is also an R. C. R. man having seen service with that unit in France.

Try to be satisfied with the best you can get.

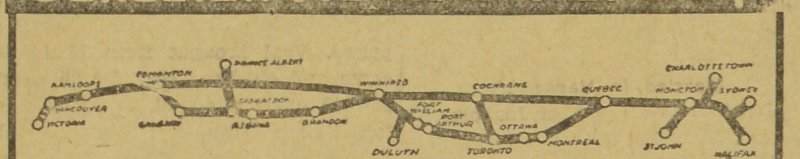
Every man may have his price, but occasionally the dietagraph prevents him from getting it.

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.

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.

Canadian National Railways

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At Home

The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send their orders out of town.

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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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