

## 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

*Charles H. Fletcher*

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

*Charles H. Fletcher*

In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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- 26 Corner Charlotte and Westmorland Streets.
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- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
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- 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

## WHY ALWAYS MAYONNAISE?

Use Some Other Salad Dressing, for  
Variety if Nothing Else.

For some reason the present day American cook seems to feel content if she knows how to produce two salad dressings—Mayonnaise and French.

Doubtless these are the two most useful dressings, but for the sake of variety—which is ever the spice of good cookery—as well as of life—one should know how to make some other sorts. Here are some culled from an old cook book:

## With Pineapple Juice.

Beat two eggs till frothy and add a quarter of a cup of pineapple juice and one-fourth of a cup of lemon juice. Put in a double boiler and stir constantly until it thickens. Season with a little salt and set in the ice box to cool. This is delicious with any fruit salad, but especially so with one made of apples, nuts and celery.

## For Potatoes or Cabbage.

Beat slightly two eggs in a double boiler and add a rounded tablespoon of butter that has been slightly melted. Add a half cup of sour cream and season with mustard, pepper and salt. Cook until it thickens.

## For Plain Lettuce.

To a cup of mayonnaise dressing add a cup of whipped cream, measured after it is whipped. Stir in a little paprika and chili sauce to make it a light pink, also a little sugar.

## With Boiled Eggs.

Mash the cooked yolks of three eggs until smooth and then the yolk of one raw egg and work in a half teaspoon of salt and a dash of mayonnaise. Add a gill of olive oil, drop by drop, mixing in gradually three tablespoons of vinegar. This is good with any sort of salad.

## THE SEASON FOR WAFFLES.

## Just Waffles.

Sift together 2 cupfuls of white flour, half teaspoonful of salt and two teaspoonfuls of baking powder. To the dry ingredients add two cupfuls of sweet milk and two tablespoonfuls of melted butter or lard. Beat the mixture very thoroughly and bake on hot irons. Irons should be very hot before the batter is poured in.

## Southern Waffles.

Make a smooth batter by mixing two cupfuls of flour with two cupfuls of milk and half cupful of soft butter. Beat the yolks and whites of three eggs separately. Add the yolks to the batter, then the stiff whites. Just before baking, add 1 heaping teaspoonful of baking powder. Bake fast on a very hot iron.

## Buckwheat Waffles.

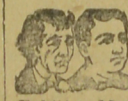
Mix and sift together 1 cupful of buckwheat flour, two teaspoonfuls of baking and a quarter teaspoonful of salt; add to the flour 1 cupful of milk 1 tablespoonful of molasses, 1 tablespoonful melted lard or butter. Beat separately the yolk and white of one egg, adding first yolk, then white to the batter. Bake on hot iron and serve with thin marmalade.

## Hominy Waffles.

Mix two cupfuls of flour, a pinch of salt and 1 teaspoonful of baking powder with 1 cupful of cold boiled hominy, 1 egg well beaten, 1 tablespoonful of melted butter and two cupfuls of milk. Mix thoroughly and bake in hot irons. Serve with maple syrup.

## KNOWING CHILD.

Pointing to the picture of a tiger in a book on animals, the fond father asked little three-year-old what it was. She answered promptly "Kitty." To the same question about the lion came the answer "doggie." Elated with the quick perception of the little one, father turned to the picture of a chimpanzee and asked, "And what is this?" "Papa" was the reply.



## Wood's Phosphodin.

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TEA "is good tea"

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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, 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.

The peace conference seems to be covering everything from Greenland's key mountains to India's coral strand.

## EASY ENOUGH.

The late John Purroy Mitchell, when mayor of New York was discussing prices. "Some of them are staggering," he said, "but most of the suggestions for reducing them are as absurd as Joshua's.

"I'll tell you how to cut your bills in half," said Josh one night at the club.

"How?" came the chorus.

"Use a pair of shears," said Josh.

Fully two-thirds of a woman's troubles result from reasoning with her heart instead of her head. Foolishness doesn't make so much trouble unless it is combined with stubbornness.

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