

Children Cry for Fletcher's

CASTORIA

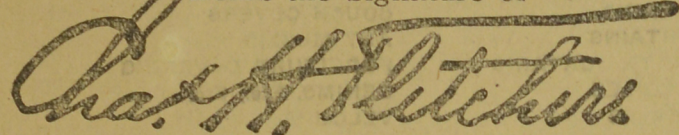
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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

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Bears the Signature of



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The Kind You Have Always Bought

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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

WHERE THE SHOCK COMES.

Why We are Amazed From Year to
Year by the Daring Changes
in Dress.

Did it ever occur to you that the element of "shock" in clothes varies enormously from season to season, and from year to year? Yet there always is this element of shock. We think that we have become so daring and callous that nothing would shock us as far as women's dress is concerned, and all that has happened is that the shock is shifted.

When women began to wear open necks on day dresses and to consider it fashionable to go forth dressed for the street with a V neck that exposed the entire neck and chest, the conservative folk felt scandalized. Yet before many seasons had gone those very shocked ones went forth with the same bareness of throat and neck. It was the same with short skirts. We looked askance at the first ones we ever beheld—"first pitted, then endured." Now the very short skirt simply seems graceless and passe. No one ever turns to look at it.

The idea of the bifurcated garment for women, whether for work, uniform or for wear in one's boudoir, seemed like the last straw of shamelessness; but now we are growing accustomed to it. We take riding breeches for women as a matter of course and no doubt it is simply a matter of time before women with housework to do will don overalls for tasks that might more easily be done without petticoats. The farmerette and the motor corps girl have accustomed us to trousers for women.

Sometimes it seems that there are no dress shocks left. We no longer blush at short skirts. Transparent blouses and low necked blouses are a matter of course, and we are placid about bloomers as the women of Turkey. These things that our grandmothers would have regarded as quite inconsistent with modesty we take as a matter of course.

But may it not be that the thing that our grandmothers took as a matter of course would seem immodest or indecent to us? While we have been growing callous in some ways we have been growing very sensible in others, and the thing that would make us stare now and that would give us the most severe shock would be the tightly laced figure, the exaggerated slenderness of waist that our grandmothers regarded as essential to the well dressed woman.

HOUSEHOLD SCIENCE.

Before washing stockings and socks turn them inside out and shake well. By this treatment they will not become hard and harsh as so often happens to hosiery when laundered.

Tinware will never rust if before using it you rub over it fresh lard and put it in a hot oven for a few minutes.

When you wash fine flannels put borax in the water. Allow half a teaspoonful of powdered borax to one quart of water. You will be delighted with the result.

Use laundry soap to stop the harsh squeaking of hinges. It is a cleaner equally as effective as oil.

The peas will be sweeter and have a better flavor if you put a few pods in the saucepan when cooking them. Good cooks often add a lump of sugar when cooking peas.

Here is a simple way to clean boots with a small cloth thoroughly rub a little glycerine into the leather. When this is almost dry, rub with a soft brush. The glycerine will also preserve the leather.

If the hot dishes leave a white mark on the polished table rub it with paraffin, using a flannel cloth. Then polish with alcohol.

To produce a creamy rice or barley pudding allow two tablespoonfuls of the cereal and half a tablespoonful of sugar to a pint of milk and let it bake very slowly.

An ardent suffragist on a farm is as rare a sight as a churn in town. Farm women usually submit to letting pa run things.



Wood's Phosphorine.

The Great English Remedy. Tones and invigorates the whole nervous system, unblocks new blood in old veins, cures Nervous Debility, Mental and Brain Worries, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 21 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail order, plain package, on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly, Canada.)

WEEPING ECZEMA
SOON RELIEVEDA Perfect Treatment For This
Distressing Complaint

WASING, ONT.

"I had an attack of Weeping Eczema; so bad that my clothes would be wet through at times.

For four months, I suffered terribly. I could get no relief until I tried 'Fruit-a-tives' and 'Sootha Salva'. The first treatment gave me relief.

Altogether, I have used three boxes of 'Sootha Salva' and two of 'Fruit-a-tives', and am entirely well!"

G. W. HALL.

Both these sterling remedies are sold by dealers at 50c. a box, 6 for \$2.50, or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

"Fruit-a-tives" is also put up in a trial size which sells for 25c.

POINTED PARAGRAPHS.

No use painting the beauties of Nature to a young girl nowadays, unless you can paint in a few young men in uniform in the foreground.

The number of times a man actually runs off with a woman is surprisingly small considering how many he has had in his mind.

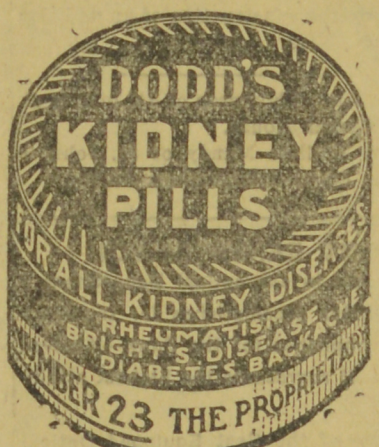
After all, happiness isn't dependent on riches, position, a good complexion, love or clothes, but upon a contented soul.

No matter how you knock or boost, the philosophic weather goes comulatively ahead piling itself up into climate.

They are making chairs and tables of reinforced concrete in Paris. But will they be really any harder than the wooden kind when you bump your shins against them in the dark?

Friendliness A Good Gospel

"Get to know your neighbor—you might like him!" is a very good slogan. Most of the people you don't like are people you don't know, and hence don't understand. Acquaintance levels the hills of prejudice so that all meet on the level of a common understanding. This old world of ours is just full of good people—if you know them!



HOUSEKEEPERS' HANDY REFERENCE

BRIEF BUT USEFUL RECIPES.

TIME FOR BAKING.

Restore Gilt Frames.—Rub with a sponge moistened with turpentine.
Drive Away Ants.—A little quicklime placed in the infested places.
Kill Insect Life.—Burn sulphur in a tightly closed room. It will kill almost all insect life and their eggs and larvae.

Make Leather Waterproof.—Saturate it with castor oil; to stop shoes squeaking, drive a peg into the middle of the sole.

Remove Tar from Cloth.—Rub it well with turpentine till every trace is removed.

Egg Stains on Spoons.—Rub with common salt.

Fruit Stains on Hands.—Wash the hands in clear water, dry slightly and while still moist strike a sulphur match and hold your hands around the flame.

Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce.

Clean Gloves.—Pour a little benzine into a basin and wash the gloves in it, rubbing and squeezing them until clean. If much soiled, they must be washed again through clean benzine and rinsed in a fresh supply. Hang in the air to dry.

Clean Hair Brushes.—Dissolve a little soda in warm water and pour in a small amount of ammonia. Hold the brushes with the bristles downward and avoid wetting the back as far as possible; shake until the grease is removed; then rinse in cold water and put in the air to dry.

Remove Stains from Linen.—Wet the part stained and lay on it some salt of wormwood; then rub without diluting it with more water.

How to Remove a Rusty Screw.—Apply a red hot iron to the head for a short time, the screw-driver being applied immediately while the screw is hot.

Remove Mildew from Cloth.—Put a teaspoonful of chloride of lime into a quart of water, strain it twice, then dip the mildewed places in this weak solution and lay in the sun. If not effective the first time repeat.

Cure Mosquito Bites.—Put ten drops of refined carbolic acid into an ounce of rose water; shake well and apply. (If you hold your breath while a mosquito has its bill in you it cannot withdraw it until you breathe again).

Recipes for making carrot marmalade are still going the rounds of the press. But there is no law that compels you to even try it once.

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 2 hours and a half hours.

Cookies—10 to 15 minutes.
Custards—15 to 20 minutes.

Duck (stuffed)—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—20 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.

TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.

4 tablespoons of a liquid equal ¼ 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.

½ 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.

There is generally a family in every neighborhood which furnishes all the amusement for the others—and does not know it.



"THE BETTER 'OLE" at GEM THEATRE

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At Home

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