

Children Cry for Fletcher's

CASTORIA

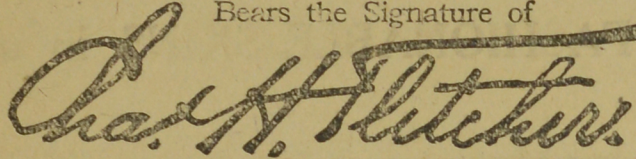
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY

OF INTEREST TO WOMEN

DELICIOUS WAYS OF USING GRAPES.

Grape Meringue Sauce.

This is especially good with ice cream, blanc mange or any simple pudding. Squeeze out sufficient pulp from ripe grapes to fill two cups and place over the fire with three tablespoonfuls of water or grape juice. Simmer until quite soft and press through a sieve to remove seeds.

Return to the fire, adding as much sugar as you have pulp, and cook till quite thick. Remove from fire, cool and fold in the stiffly whipped white of one egg, the juice of half a lemon and two tablespoonfuls of stiffly whipped cream.

Grape Jam.

Wash the grapes and press out the pulp from the skins. Heat the pulp in a saucepan and when it begins to darken in color rub through a potato ricer. To the pulp add the skins and the same amount of heated sugar that you have of skins and pulp. Mix well and cook for about eighteen minutes after it begins to boil. Skin, place in jars and cover when cold with paraffine wax.

Pickled Grapes.

Strip the pulp from the skins of seven pounds of grapes, cook the pulp slightly, press through a sieve to remove the seeds, and add half the quantity of grape skins that you have pulp.

Place over the fire in a porcelain-lined kettle one quart of cider vinegar and a teaspoonful each of whole cloves, stick cinnamon, allspice, mace blades and a pound of sugar. Cook for ten minutes, then add the grapes with half teaspoonful of salt and quarter of a teaspoonful of black pepper. Cook all down until thick like Chili sauce and seal airtight as for canned fruit.

CORRECT SITTING AND WALKING.

The busy people who are denied outdoor exercise should realize how important to health is the position of the body in sitting and walking. A Hindu writer on spiritual and bodily health reminds us that "we cannot think high thoughts with the chest in."

The spinal column should always be free, the chest, neck and head held as much as possible in a straight line, the weight of the body supported on the ribs, with the spine straight; for it is along the spine that lies the fine network of nerves that supply the various functions of the body. Drooping shoulders throw the various organs into unnatural positions, shown most amazingly in X ray photographs, and thus come about indigestion, irritability, depression, a sluggish state of the system and a train of various ills.

Then we all know the mental effect upon others of a drooping, stoop-shouldered body—and the bracing influence that comes from a straight, erect, easy carriage.

If one is seated most of the day, one may change the position or take a few deep breaths by a open window or take a chair of a little different height. Small matters make a vast difference.

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A flexible metal belt appears on

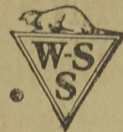
Canadian National Railways.

CHANGE TO STANDARD TIME OCTOBER 26

At 2.00 a.m. Sunday, October 26th, Daylight Saving Time, now in effect on the Canadian National Railways, will be changed to Regular Standard Time.

All clocks and watches will be set back one hour, viz., to 1.00 a.m. o'clock.

Travellers and Railway Patrons will be governed accordingly.



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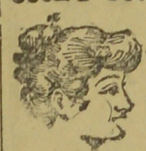
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