

Children Cry for Fletcher's

CASTORIA

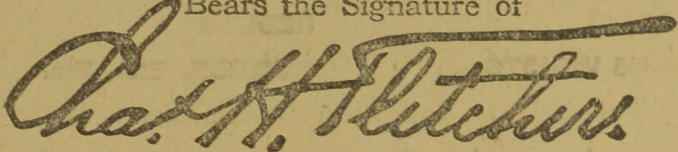
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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



In Use For Over 30 Years
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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CUT FLOWERS AND
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FIRE ALARM

When You Hear the Alarm, Look for the Location in the Daily Mail.

- 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

SANDWICH BREAD.

It is a Common Mistake to Think that Sandwiches Depend Mostly on the Filling.

Although a sandwich is known by its filling, still the first thing to do in making a good sandwich is to make sure of satisfactory bread. Sandwich bread can be bought at almost all caterers in larger cities, but it may be necessary to select the bread yourself and choose a loaf that will shave thinly to make a dainty sandwich without breaking.

To do this the bread knife must be very sharp. A good idea is to butter each slice on the loaf before cutting it off. The butter should be softened but not actually melted.

As the slices are taken from the loaf care should be taken to keep adjoining slices in pairs, so that after the filling is added the slices can be fitted exactly together again. Usually the butter is spread on one slice and the filling on the other.

A good way is to buy a baking tin in which you can make the sandwich bread at home. Use ordinary bread dough, but fill the tin just enough so that when it is baked it will fill the cylindrical tin evenly.

COOKED DRESSING.

Beat the yolks of two eggs until creamy, then add to them one-half teaspoon of melted butter and six table-spoons of melted butter and six table-spoons of hot vinegar. Cook in double boiler until it thickens. When cold and just before serving, a cup of cream—sweet or sour—may be folded in. This is excellent where one does not care for oil, and will keep for a long time in a cool place.

BUCKWHEAT NUT BREAD.

Mix and sift together 1 cupful of buckwheat flour and 1 cupful of rye flour, adding half teaspoonful of baking soda and a half teaspoonful salt and two teaspoonfuls of baking powder. Dissolve half cupful of brown sugar in 1 cupful of sweet milk and add to it 1 egg, well beaten. Combine the milk and flour mixtures, beating thoroughly. Add half cupful of raisins and half cupful of chopped nuts and beat again. Bake 1 hour in moderate oven.

NEW BROWN BETTY.

Two cups cooked oatmeal, 2 apples, cut up small, half cup raisins, half cup corn syrup, quarter teaspoon cinnamon. Mix and bake for one-half hour; serve hot or cold. Any dried or fresh fruits, dates or ground peanuts may be used instead of apples. This recipe will serve five persons.

HOUSEHOLD HINTS.

Hot vinegar will remove paint splashes from windows.

Three or four cloves added to a cup of tea will remove headache almost immediately.

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

When the cream seems on the turn add a pinch of soda and it will not curdle, even in hot cocoa or coffee.

Scatter salt on a carpet when sweeping. It has a cleansing effect and keeps away moths.

The under part of the cake will not burn in the gas oven if you stand the cake tin on an asbestos mat.

A quickly made glue is obtained by rubbing a little piece of cold boiled potato on a sheet of paper with the fingers.

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.

Match marks on a polished surface may be removed by being first rubbed with a cut lemon and then with a rag dipped in clean water.

INTESTINAL
PARALYSIS"Fruit-a-tives" Quickly
Relieved This Chronic Trouble

589 CASGRAIN STREET, MONTREAL.

"In my opinion, no other medicine is so curative for Constipation and Indigestion as 'Fruit-a-tives'."

I was a sufferer from these complaints for five years, and my sedentary occupation, Music, brought about a kind of *Intestinal Paralysis*; with *nasty Headaches*, belching gas, drowsiness after eating, and pain in the back.

I was induced to try 'Fruit-a-tives' and now for six months I have been entirely well". A. ROSENBERG.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

RANDOM REMINDERS.

If you sustain a burn and no remedy is at hand, try common toilet soap at once. Simply rub it over the burn and you will secure immediate relief and there will be no blistering.

When pressing ribbon you will avoid the shiny appearance if you press it first on the wrong side, then on the right with tissue paper over it.

The mahogany furniture will glisten if you use a polish made of boiled linseed oil, one part to two parts of alcoholic shellac varnish.

When you scorch any article in ironing, dip a cloth in diluted peroxide and rub the scorched spot. Then iron over it and the stain will disappear.

Lemons Beautify!

Strain lemon juice well before mixing and massage face, neck, arms, hands.

In all weather the skin and complexion can be kept wonderfully clear soft and white by the use of this inexpensive lemon lotion which any girl or woman can easily prepare.

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothen and beautifier.

Just try it. Get three ounces of orchard white at any pharmacy and make up a quart of this sweetly fragrant lemon lotion. It naturally should help to soften, freshen, bleach and bring out the roses and hidden beauty of any skin. Those who will make it a habit to gently massage this lotion into the face, neck, arms and hands once or twice daily, may be repaid with a skin that is flexible and young looking and a peach-like complexion.

TEXTILE STRIKE
PROLONGED

Boston, March 17.—The textile strike here entered upon its seventh week today with some minor disturbances for which three arrests were made. Pickets appeared in the vicinity of the mill gates and approaches more in numbers than in front, and pursued their activities in a sleet storm. One of the men arrested was a discharged soldier in uniform, who the police said had attempted to create a disturbance with a call to the crowd to pull a mounted officer off his horse.

It is wonderful how much easier it is to tell your age to a woman who is older than yourself than to one who is younger.

Men who are too lenient towards their own faults will find the crop increasing in the amiable warmth of this sunshine.

You always know just where to find the fellow who is forever talking about morality, in any crisis. You will find him talking about morality.

Had Hacking Cough
Couldn't Sleep Nights

Hacking coughs are very wearing on the system. The constant coughing disturbs the rest, and keeps the lungs and bronchial tubes in an irritated and inflamed condition.

Don't neglect the hacking cough. You can get rid of it with a few doses of Dr. Wood's Norway Pine Syrup; the most prompt, pleasant and perfect cough remedy known.

Miss Catherine M. McLean, Craik, Sask., writes:—"Last winter I caught a heavy cold and was laid up for some time. I had such a hacking cough I couldn't sleep at night. I didn't think I would get over it. One day a friend dropped in to see me and was surprised to see how bad my cough was. She advised me to try Dr. Wood's Norway Pine Syrup. The next day I sent for a bottle and I soon got relief and by the time I had taken two bottles my cough was all gone, and now I am able to do my work again. I don't think there is anything to equal it."

There are plenty of "pine" preparations on the market trying to live on the reputation of "Dr. Wood's." The genuine is put up in a yellow wrapper, three pine trees the trade mark, price 25c. and 50c. a bottle. Put up only by The T. Milburn Co., Limited, Toronto. Milburn Co., Limited, Toronto, Ont.

HOUSEKEEPERS' HANDY REFERENCE

TIME FOR BAKING.

Beans—8 to 10 hours.
Beef—Sirloin, rare, per lb., 8 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.

BRIEF BUT USEFUL RECIPES.

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.
Restore Gold Frames.—Rub with a sponge moistened with turpentine.
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.
Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce.
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).
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.

TABLE OF WEIGHTS AND
MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.
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.

Have Your Job
Printing Done
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.

Give us a trial order and be convinced.

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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