

Children Cry for Fletcher's

CASTORIA

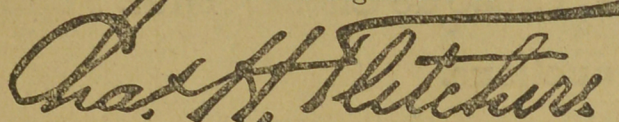
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

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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.

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OF INTEREST
TO WOMEN

LONDON TURNS TO GAY HATS.

Even the Queen Appears in Toque Reminiscent of June.

London, Dec. 10.—During several drives that the Queen made through London during armistice week she wore a remarkably becoming and quite unwinter-like toque. Its basis was black tulle, the transparent crown allowing her pretty fair hair, tinged with gray, to be seen. The brim was surrounded by a wide wreath of bright colored flowers, petunia, green, mauve and soft red. With this went a magnificent sable coat, so that the Queen was June in headgear and January in the rest of her attire, without in the least looking incongruous.

There is a decided tendency at present to be gay in the matter of headgear, and at church parade and other places where the expensively dressed congregate, one sees every color of the rainbow where hats are concerned, while the show of furs is more magnificent and varied than has ever been known.

DRESSING UP SALAD.

Here are some variations of plain French dressing:

Use grapefruit juice in place of vinegar for grapefruit salad; also use the juice of pineapple in the same way when serving pineapple salad; add a minced hard-boiled egg to the dressing to serve on plain lettuce or cucumbers.

Add mashed Roquefort, cream or American cheese to French dressing for plain, lettuce salad; add chopped olives, pimientos or chives to a mixed vegetable salad; add a tablespoonful of chili sauce and green peppers chopped fine to a salad in cold weather.

In making a salad dressing always hold the mixing fork loosely. Mix the dressing at least half an hour before using it, but do not put it on the lettuce until just before you are ready to serve it.

The addition of a little pineapple to a fruit salad helps to make it digestible, as well as adding a delicious flavor to the combination. One of the best dressings for a fruit salad is made with pineapple juice as a base.

FOR MRS. NEWLYWED.

"How may I prevent the color in hosiery from running?" asked Mrs. Newlywed.

"When you wash colored hosiery, put a little salt and a tablespoon of vinegar in the water," replied Mrs. Neighbor.

HOUSEHOLD HINTS.

To judge a good ham see that the skin is thin. Old hams have thick skin and they are apt to have a strong flavor.

Flour, meal, powdered sugar and soda should be sifted before measuring. A cupful is measured level; do not shake down.

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.

Now that picnic days are over the Thermos bottle may be used in many ways. One excellent use is to prepare a pudding sauce in the morning and pour it piping hot into the bottle and when ready to serve the dinner dessert the sauce is all ready.

To preserve fresh apples, use dry sand which has been heated and cooled again. Cover bottom of stone jar with sand, put in one layer of apples, having the fruit about one-half inch apart, cover with the sand, put in another layer of apples, and so on till the jar is full. The jar must be closed airtight and kept in a cool place. The sand will keep the apples dry and preserve the flavor.

The war is over; so are a lot of the made-to-order war songs.

To measure a level teaspoonful or tablespoonful, make smooth with a knife, but do not pat down.

APPENDICITIS PREVENTED
LIFE LENGTHENED
HEALTH MAINTAINED

Thousands Finding Wonderful Benefit in a Simple Home Remedy That Costs But a Quarter.

Doctors say if people kept their bowels in proper order there would be no such disease on record as appendicitis. It is due solely to neglect, and is therefore preventable.

If you have constipation, bad breath or headache you need medicine right away.

The moment you suspect you bowels are clogged you should take Dr. Hamilton's Pills, the smoothest regulator of them all. They move the bowels and cleanse the liver so smoothly you scarcely notice the effect. But you can get the action just the same. Taken at night you wake up next morning clear-headed, hungry, rested, energetic feeling like a different man.

Why don't you spend a quarter today and try Dr. Hamilton's Pills. They work so easy, just as nature would order, never gripe or cause headache. Finest thing for folks that are out of sorts, depressed, lacking in color and spirits.

Folks that use Dr. Hamilton's Pills are never sick, never an ache or a pain—feel good all the time simply because their system is clean, regulated and healthy. This you can easily prove yourself.

THE LAST POST.

The bugler sent a call of high romance "Lights out! Lights out!" to the deserted square.

On the thin, brazen notes he threw a prayer,

"God, if it's this for me next time in France—

O spare the phantom bugle as I lie Dead in the gas and smoke and roar of guns,

Dead in a row with the other broken ones,

Lying so stiff and still under the sky. Jolly young Fusiliers too good to die."

To broil steak, see that the fire is bright and clear, put the steak on the gridiron, turn often and allow time according to the thickness of steak; dust with salt and pepper and serve very hot.

MINARD'S
"KING OF PAIN"
LINIMENT

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

Best Liniment Made

Mr. A. E. LAUNDY, EDMONTON, writes: "I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was to walk on it 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 always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment Co., Limited
Yarmouth, N. S.

MORE EVIDENCE
IN NORTHLAND
INVESTIGATION

Men Chased Off the Promenade Deck Like a Bunch of Sheep, Sergt. Says.

Ottawa, Jan. 8.—Acting Sergt. Geo. Prudhomme, of Ottawa, was the first witness heard at the resumption of the Northland inquiry this morning. He said he had made no complaint although every time he went down to the men's quarters he turned sick. He had a weak stomach and stayed on deck as long as he could. When he did go to the table he got all he wanted to eat. Prudhomme also bought food at the canteen.

Private Archer said that at practically every meal the men had to send back for more food. Bread was stale and the pork chops served on Christmas day were tough and greasy. For supper Christmas night he had cheese, jam, stale bread and tea.

Drew a Chicken.

Private H. Ross of Ottawa, was one of those who found a chicken in his Christmas egg. Aside from that he found the food fairly satisfactory.

Sapper Henry Gravel told a reporter the officers chased the men off the promenade deck like a bunch of sheep. Lieut. Vautelet of Montreal told him that if they did not leave the deck a ship's crew with bayonets would charge them off. On Christmas eve they were also moved off a portion of the deck. He made no complaints of the food during the trip. The crew did not hold back rations. He saw one soldier pay five shillings to an assistant steward for three eggs and a piece of ham. The man who made the purchase had missed his supper while playing cards; consequently he bought food.

Major Westmore, officer commanding the conducting party on the Northland, was then recalled. He said he and his staff went on the Northland on Sunday morning and the ship sailed that afternoon, the troops coming aboard about four o'clock.

The district officers had not met their non-coms before sailing, but were told by Major Westmore that he would hold them personally responsible for everything connected with the troops on board, and the adjutant was his mouthpiece. He described the duties of the various members of the party.

A bag of pumice stone makes a good window cleanser in cold weather. Make a bag 6x12 inches of soft, porous, unbleached muslin, and into this put about two ounces of powdered pumice stone. Use no water. Simply rub the window with tissue paper and polish it with the bag. To keep the bag clean slip it into a washable case.

EVERY WAGE EARNER
SHOULD ANSWER
QUESTION HIMSELF
OR HERSELF

WHAT DOES THE FUTURE HOLD FOR YOU IF HEALTH GIVES WAY?

In dollars and cents, what is the worth of the brawn of your arm; what is the value of the staying power that permits continuous labor—what are they worth to you?

Suppose you did something so foolish as to reduce your strength, vitality or judgment one half, and it were impossible to get them back—how much would you pay to regain the lost portion?

When you let yourself run down, you reduce your chances for success in life—if sleeplessness comes you score lower still—should appetite or digestion fail, you are stared in the face by physical bankruptcy.

Don't let it go so far, take Ferrozone, it has cured thousands and it will cure you; it builds up bodily strength, makes muscles like steel, replaces Spring tiredness by energy and new life. Ferrozone rebuilds sick folks because it contains the strengthening elements that every run-down system requires.

Especially before the hot weather comes, everyone needs a purifying tonic—Ferrozone fills the bill exactly—nothing known that juvenates and uplifts so fast.

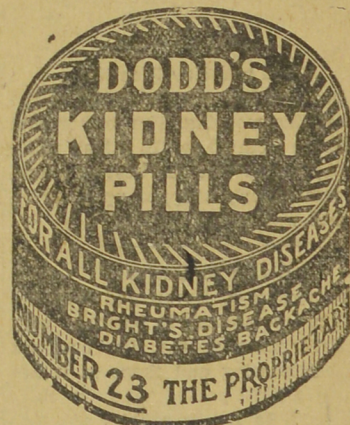
At once the appetite improves. You rest well and arise next morning feeling fit and fine.

Headaches disappear, weakness gives way to the vigor that only Ferrozone can supply. Try it, results are guaranteed. 50c. per box or six for \$2.50 at all dealers or by mail to any address if price is remitted to the Catarrozone Co., Kingston, Ontario.

WAR TIME
INVENTION A
LIFE SAVER

London, Jan. 9.—A device which for more than three years helped to protect British warships from German mines has won for its inventor, Lieut. Charles D. Burney, of the British navy, the order of Companion of St. Michael and St. George and a grant of \$150,000. The invention is said to have saved the lives of hundreds of sailors and prevented the loss of many warships. It consists of a waterplane shaped like a torpedo, having a pair of large flat fins projecting on either side. It is towed overboard by a wire rope in such a way that it runs from the ship's bows outward. The wire rope is intended to pick up the mooring ropes of mines and slide them along until they reach to the nose of the device, where a sharp saw is fixed inside a V-shaped slot. The saw cuts through the mooring rope and allows the mine to float free, where it can either be avoided or destroyed.

The invention is known in the service as the "P.V." or paravane.

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