

Children Cry for Fletcher's

CASTORIA

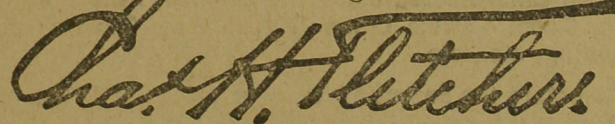
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

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Bears the Signature of



In Use For Over 30 Years

The Kind You Have Always Bought

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CLOTHES CLEANED,

PRESSED and REPAIRED
for Ladies and Gentlemen.W. E. SEERY,
251 George Street.OF INTEREST
TO WOMEN

GET MENDING HABIT.

To the task of mending the housewife should always bring considerable horse sense and intelligence, aside from the amount of those qualities needed for the actual work in hand. For mending is always of relative importance. To spend half an hour mending a pair of stockings that cost but 35 cents when with the new, mends they cannot be made to last more than two launderings would be of doubtful economic value. Its value would depend on the value of your own time. For the old grandmother in the house who would do nothing else if she did not do that, and who finds real satisfaction in the work then it would be well and good. But the housewife should attach at least as much monetary value to her time as she would to the work of the woman who comes in to do odd jobs for 25 or 30 cents an hour, and, moreover, there are always things that a housewife can do in her own house whereby she can save or conserve materials to an extent of saving at least 25 cents an hour. So in estimating whether you can afford to mend any garment, take into consideration the original price of the garment, the price of buying a new one to take its place, the number of times it can be worn after the mending and the value of your own time. Of course sometimes you can do simple mending as women do fancy work—when you would otherwise do nothing else. Possibly it is a relaxative or possibly you do it when you are chatting with a friend. Then you should put a low estimate on the money value of your time.

Now the fact that all sorts of wearing apparel have gone up in cost makes mending something that wouldn't have been worth mending some months ago well worth while. Moreover, when it comes to woolen garments there is a virtue in conservation that does not depend entirely upon the amount of actual cash we save, just as there has for some time been a virtue in saving wheat and sugar and other food commodities apart from the actual money value involved. Of course it would still be absurd to spend a dollar's worth of woolen apparel but with woolen prices always advancing and the need for conservation along that line so imperative we can feel justification in spending more time on this sort of mending than in mending fabrics such as lace and other finery for which there is no pressing demand.

By all means revive a stated mending day, such as mothers and grandmothers used to have. Remember the little motto about the stitch in time that saves nine. Even though the war has ended prices for clothes will probably continue to hold a high place and if by having a stated well defined mending day now we can conserve our family's supply of stockings and underclothing we are doing something that is really worth while.

SOME HINTS.

Rub iron stain with lemon juice, cover with salt and let stand in the sun. This may have to be repeated several times, but it is better than using oxalic acid.

An acid stain may be removed by treating with soda, ammonia or some other alkaline substance.

Likewise vinegar or lemon juice is a good home remedy for overcoming the stain or sting of an alkaline substance.

THE SALVATION ARMY IS
nHERE.

(Guy F. Lee in Chicago Tribune.)
We used to look on with a tolerant air as they marched up the street with their band.
The tambourine, drum, and the shanty chorus.
Brought smiles more than pennies to hand.
But they had the poor bum and the child from the slum.
And took light to the darkest vice den.
And wherever discouraged ones needed aid.
The Salvation Army was there.

Over there where hell's playing its tricks they have built.
Huts close to the trenches and fire.
And they're passing out cheer, for a dime or a grin.
To men clothed in misery and mire.
Handing coffee and pie and renewed hope and vim.
To liberty's sons as they dare.
Their lives for our cause—most unselfishly brave—
The Salvation Army is there.

These soldiers whose weapons are

Wood's Great Peppermint Cure.
The Great English Remedy.
Tones and invigorates the whole nervous system, makes new blood, cures old Yaws, Cures A-corns, Debility, Mental and Brain Weakness, Le-pency, Loss of Energy, Polypus, on of the Heart, Failing Memory. Price 21 per box, six for \$2. One will please, six will cure. Sold by all druggists or mail it, plain plug on each of price. Non-patented mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Toronto, Canada.)

ONLY MEDICINE
MADE FROM FRUITExtraordinary Success which
"Fruit-a-tives" Has Achieved

One reason why "Fruit-a-tives" is so extraordinarily successful in giving relief to those suffering with Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is, because it is the only medicine in the world made from fruit juices.

It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve tonics and antiseptics of proven repute.

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

WAR SAVINGS
STAMPS GOOD
INVESTMENT

Make Saving Easy and Pay the
Investor Over 4½ per cent
Interest, Compounded
Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent., compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

Java and cakes,
And whose foes are discomfort and blight,
Have won the undying affection of all
Their kahki-clad brothers in Right.
They never consider themselves, and they live
The spirit of care, share and spare.
So I'm proud to remark that in peace
or in war
The Salvation Army is there!

TELEPHONE CO.
WOULD BOOST
ITS RATES

Ottawa, Ont., Feb. 12.—The resumed hearing of the application of the Bell Telephone Company of Canada for a general increase of twenty per cent. in exchange rates between the railway board this morning was marked by a clash of expert opinion. At the last previous hearing, W. H. Butler, city solicitor of Montreal, presented a report on the company made by Mr. W. J. Magenah, the American Telephone expert, based upon the company's own figures. In this report Mr. Magenah made the general recommendation that the company should be granted a temporary increase in rates such as would increase its earnings by one million dollars per annum and that a further inquiry be held to fix rates upon a permanent basis.

Exception was taken to this report by the representatives of the Municipalities, and I. S. Fairley, city solicitor for Toronto, was instructed by Sir Henry Drayton, chairman of the Board to have his expert, Mr. Francis Daggar, also prepare a report. Mr. Daggar's findings were submitted to the

board when the hearing was resumed this morning, in the absence of Sir Henry Drayton who is in the west. Mr. Daggar disagrees with the Chicago expert as to what should be done. He declares that a temporary fixing of the rates would be unfair to the Board as well the public and that the company could cure its financial position by setting aside four per cent. of its revenue as a depreciation reserve thereby providing a sum in excess of one million dollars. Mr. Daggar finds that the company is not in a bad position financially owing to the large sums that have been set aside by way of reserves, most of which had been earned during the war period.

ORANGE CHARLOTTE.

A cupful of orange juice, the juice of one lemon, a cupful of sugar and a little grated orange peel are added to a dissolved half package of gelatin. Let cool, but before it has jellied add a pint of cream that has been whipped solid. Turn into a large glass dish that has sections of oranges in the bottom and sides and let set. It can be placed in a mold, but it makes a prettier dish for the table when seen through the glass.

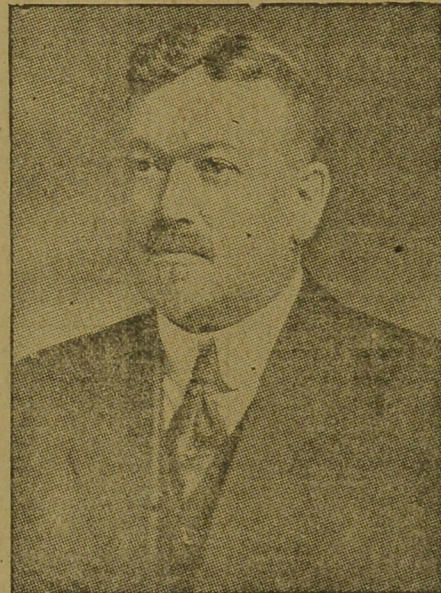
There is no rest, says Ivorydome. If you don't attend to your own business somebody else will.

Transportation Matters

Mr. Melanson's Promotion.
SOMEBODY wrote a letter to the Halifax newspapers recently stating that in the selection of officials for the new Canadian National Railways, old employees of the Intercolonial were being passed over for MacKenzie & Mann men. We do not know how much truth there is in this statement, but we do know that three of the best men of the old Government Railways have been given three of the biggest positions in the Canadian National, namely, C. A. Hayes, as Vice-President and Traffic Manager; F. P. Brady, General Superintendent, Eastern Division, and H. H. Melanson, as chief of the passenger business for the whole system.

The public probably know more of Mr. Hayes and Mr. Brady than they do of Mr. Melanson. Mr. Melanson's position as Passenger Traffic Manager of the I.C.R. was not one that officially brought him in contact with the Halifax and St. John Boards of Trade and other business organizations; for while his work had to do with a larger number of people than the work of the other two combined, the constituency he served—the great washed and unwashed public—were not an organized body, with a President, a Secretary, and a Board of Directors to advise public officials with regard to their various shortcomings. Mr. Melanson, therefore, was the ordeal of having to appear before public bodies to answer questions; for which fact, no doubt, he is sincerely thankful. Such conferences, however, have their compensations. They give a strong man an opportunity to show his strength and to develop

public confidence in him. Mr. Melanson, as we have said, did not have the opportunity to meet the public and impress them, but he did have an opportunity that for all practical personal purposes was quite as valuable to him. He had the chance to demonstrate to the directing heads of the Government Railways that he was a man of efficiency in his own department, and it is the fact that he did so demonstrate, and none other, to which he owes his appointment to his new position. Mr. Melanson is a Maritime Province man, born in Westmorland County, New Brunswick, and has been in the service of the Canadian Government Railway for a great many years; in fact he started with it as a boy since which time he has thoroughly learned every section of the passenger business from the ground up. The citizens of Moncton no doubt will regret his departure to Toronto, his headquarters in the future, but the Maritime Provinces as a whole will be the gainer thereby, because in Mr. Melanson it will have a warm advocate of Maritime attractions to visitors. Mr. Melanson in his larger field will have the opportunity to send a great many more people to visit the provinces than he ever could have reached while in his old position at Moncton. We therefore look to him for a very great help in this connection in the future, for what more natural expectation could we have from one who knows the provinces as he knows them, than that he would do everything possible to spread the news of their attractions for summer visitors in all parts of the land.—Maritime Merchant.

MR. H. H. MELANSON,
Passenger Traffic Manager Canadian National RailwaysHave Your Job
Printing Done
At Home

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