Children Cry for Fletcher's

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.

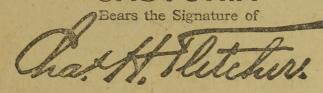
All Counterfeits, Imitations and "Just-as-good" are but

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

MANICURE YOUR NAILS.

brought back to light, if they have on the back and filling the air with back the cuticle; but unless it is ecstatic mispronunciations of Chatpressed back carefully each day, it eau Therry. The streets are jammed will soon cover them. It takes but a New Zealanders, Canadians, Tommies few minutes, and after the first time They drift by thousands through Picit is easy to do.

to make it tough and grow quicker. ses. Slowly it dawns on the American Push it down with an orange stick and that "Tipperary" is an older song than if there are hang-nails, clip a bit, but very little, and in time they will not by the sudden realization that there very little, and in time they will not are no black gowned wives and moth appear. To taper the fingers, pinch ers mourning in the streets of London them gently and separately between -that there is no daze over the heart the folds of a towel once or twice a of London. Cheerful, crowded, busy day. Rub a little vaseline or cold London swarms around the American cream on the nails at night and it as if there never had been any air will not only soften them, but it will raids, any Ypres, any Belgium or any prevent them from splitting.

The nails should be filed once bit of nail rouge can be used before she wears boots and bloomers and the polish if you like the nails tint- washes restaurant windows, that she ed. Be careful not to use too much, tends bar, runs busses, works behind ed. Be careful not to use too much, tends par, runs busses, works behind as nothing is in such bad taste as most of the counters in the city or highly rouged nails. Use a buffer and that she smokes in the street. It is tilated. Admit all the sunlight pose 4. Keep patient by himself, permita little pumice to polish.

#### CLEANING OIL STAINS.

castile soap in a pint of soft water until it has dissolved. Then add three boast than ever, Under wooden crosse quarts of cold water, one ounce of al- in France lies a generation of English cohol or ether and four ounces of am- men. Their women have taken their monia. This should be slightly dilut- places in England ed for removing grease spots. For one pint of water.

as much of the milk as possible, leaving only the grease to be treated. Vaseline cannot be removed after the Also Xmas Baskets with clothing is boiled, but will come out when fresh if the stain is soaked in turpentine or kerosene.

Wagon and automobile grease re Celery, Lettuce and Parsley. quires loosening of the grimy fat and therefore lard or olive oil should be well rubbed into the spot and then removed as any other grease. The ADA M. SCHLEYER, wax remaining on cloth after scraping the hardened spots may be absorbed with blotting paper and a hot iron. If it is in colored material it will need a final treatment with alcohol.

#### PRINCESSES TRIM HATS.

When the war work of the Y. W. C A. in Russia has all been told, one of When You Hear the Alarm, Look for the most interesting stories will lie in the establishment of the first woman's co-operative association at Moscow.

There, day after day, princess 12 Corner Westmorland and Aberdeen work side by side with peasant girls, 13 Corner Northumberland and Saun- wives of high Russian officials make dresses or trim hats at long tables Graduate of Univ. of Toronto, Ont. 14 Corner Brunswick and Smythe with simple, unlettered women-and the money is used for self-support of 15 Corner Charlo', te and Smythe these princesses and notable women as well as for the peasant class.

16 Corner George and Northumber-The need and suffering throughout Russia was so great that it was a 17 Corner King and Northumberland problem to find where the money would help the greatest number of people. It was thought best to ex-23 Corner York and George Streets. 24 Corner Queen and Westmorland pend it to help capital organizations for giving work and permanent oppor-25 Corner Brunswick and Westmortunities to families and individuals to earn their own living. 26 Corner Charlotte and Westmorland

The women bring their handiwork for sale or take orders to do dress-31 Corner Queen and Regent Streets. of the society or their own home.

32 Corner Needham and Regent Suitable work was found just in time, not long ago, to keep the wife 35 Corner Brunswick and Garleton of one of Russia's greatest generals from going out as a charwoman to 36 Corner Charlotte and Carleton earn bread for her husband, who was

#### BRIEF HINTS.

Panned chicken is delicious served with corn fritters—the latter made with canned corn.

Two tablespoonfuls of powdered su-53 Corner Union and Church Streets, gar to the white of one egg make good meringue.

It is never necessary to grease a pie tin. Pastry properly made will We often hear of the sweet simplicity of childhood, yet every mother considers her baby cunning.

promise good health.

# LONDON TAKES

London, England, Jan. 4-The Am-The half moons or crescents at the erican stops boasting when he comes base of the finger nails may be often to London. He stops patting himself cadilly and the Strand. They are in Do not cut the cuticle, as this is apt all the restaurants and on all the bus-"Over There." This dawn is followed Flanders.

There is only one outstanding oddity in London-woman. Something has week. That will be quite enough. A happened to her. It is not so much that

that she smokes in the street. It is that in four years she has grown up into a man.

A London woman dares look at the American as she sells him a package of cigarettes and her look is unfeminine. It is not hard, It is the look of one who says, "I belong to the race of human beings and not to the weaker sex." When he sees the London woman the American feels less inclined to boast than ever, Under wooden crosses in France lies a generation of English-A good cleansing fluid for sponging inine. It is not hard. It is the look of or washing woolens is made by heat one who says, "I belong to the race ing one and a half ounces of white of human beings and not to the weaker

sponging use one-fourth of a cup to boasts his way through London the



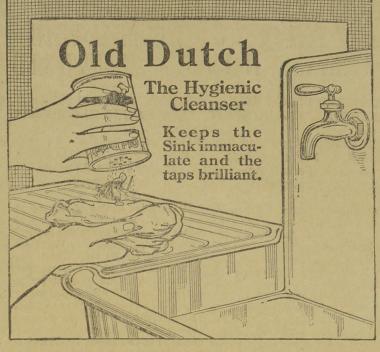
MIME

Minard's Liniment always gives satisfaction. For any ache or pain. It gives instant relief.

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## RULES FOR THE AVOIDANCE OF INFLUENZA AND CARE OF THE SICK

attention. Machine oil may be removed by sponging with turpentine. Spots of cream or chocolate should be washed first with clear, cold water to remove as much of the milk as possible, leaver the tobacconist's, the American feels and the tobacconist's, the American feels 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 as much of the milk as possible, leaver the tobacconist's, the American feels 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 ings 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 the advice of the physician.

11. If, in the family affected, there

towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. are digging coal throughout the world 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, the modern marriage. 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, In Use For Over 30 Years War Savings Stamp.

from mouth, nose and throat have 8 Patient after recovery should

Because the American no longer boasts his way through London the Londoner no longer smiles tolerantly at him. And pocketing his change at ttention. Machine oil may be removed

Because the American no longer boasts his way through London the Londoner no longer smiles tolerantly at him. And pocketing his change at the tobacconist's, the American feels a fellowship that his history and the control of the longer smiles tolerantly at him. And pocketing his change at the tobacconist's, the American feels a fellowship that his history and the control of the longer smiles tolerantly at him. And pocketing his change at the tobacconist's, the American feels a fellowship that his history and the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the control of the longer smiles tolerantly at him. And pocketing his change at the longer smiles tolerantly at him.

10. Do not be over-anxious. do not worry respecting the danger of contracting the disease. Such worry

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

11. If, in the family affected, there be no suitable provision for proper isolation of the patient, it is strongly recommended that he be removed to some hospital, or other place temporarily established, for the proper isolation and care of those affected.

For Infants and Children

Signature of Chalft Thitehers

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