

Children Cry for Fletcher's

## CASTORIA

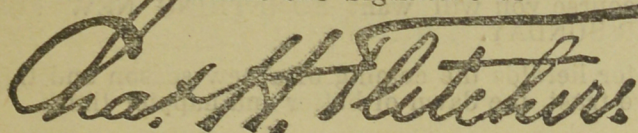
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and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

OF INTEREST  
TO WOMENSUNSHINE FROM YELLOW  
CURTAINS.

Golden yellow wall paper in a living room is the most satisfactory and all around suitable color one could choose. It catches the sunlight, making the room brighter, and most furniture "goes" with it. If one can go farther and paper a whole flat or a small house in the same golden color an effect of greater space and light will be created.

But white or ecru curtains are somewhat lacking in individuality in a yellow room. Black and white curtains look smart, if one's eyes can stand the stripes! Chintzes with a dash of black in them are good. But chintzes shut out a certain amount of air in the summer time and light in the winter.

Summer dress goods were seen to advantage on the windows of a yellow living room. They were made of a black organdie with mauve flowers clustering over it, and the effect was delightful.

Curtains of gold tissue are expensive, but with valance and narrow end-over-curtains of black China silk they make a most delightful dressing on a group of windows or upon single windows. They do not look well, however, in that combination if they are to be made to hang below the sill.

## THE HOUSEWIFE'S SCRAPBOOK.

Medical authority now claims that the pancake contains all the ingredients necessary for a complete meal. Furthermore, it contains a certain medicinal value that is essential in digestive processes.

If your cake frosting becomes sugary add a teaspoonful of vinegar to it.

Sometimes jelly will not set. By adding lemon juice or a little white vinegar to it the difficulty will be overcome.

If you have oversalted the vegetables stretch a cloth over the saucepan and sprinkle at least a tablespoonful of flour on this and allow the contents to steam. The flour will absorb the salt.

You can freshen the bread by wrapping it in a cloth that has been dipped in hot water. Leave it wrapped a minute, then remove and place bread in oven for half an hour.

If you have white clothes that have become yellow, put them in the boiler in which you have water, with a handful of salt and washing soda. Bring this to a boil then simmer for several hours. Rinse thoroughly in cold water and hang where the sun will strike them.

To remove the odor from the pan in which fish or onions have been cooked put a little vinegar in it immediately after using and let it stand over the fire a few minutes. Then wash again in soapy water.

Save the egg shells in a paper bag. They will come in handy to wash bottles and cruets. Crush them fine and put them into the cruet or bottle with soap water and shake well. This will not scratch the finest glass.

Save the old broom handles. You will find them convenient when washing the scrim curtains. To dry these pin one end to the wash line and through the hem of the opposite end run the broom handle which has previously been scoured. The curtains will dry perfectly straight and only the hems will need pressing.

HOW TO GET RID  
OF RHEUMATISM"Fruit-a-tives" Point the Way  
to Quick Relief

VERONA, ONT.  
"I suffered for a number of years with Rheumatism and severe Pains in my Side and Back, caused by strains and heavy lifting.

When I had given up hope of ever being well again, a friend recommended 'Fruit-a-tives' to me and after using the first box I felt so much better that I continued to take them; and now I am enjoying the best of health, thanks to your wonderful fruit medicine."

W. M. LAMPSON.  
"Fruit-a-tives" are sold by all dealers at 50c. a box, 6 for \$2.50, trial size 25c.—or sent postpaid by Fruit-a-tives Limited, Ottawa.

## KING ALBERT RETURNS HOME

Paris, April 5.—King Albert of Belgium returned to Brussels today by airplane. The King is said to have carried away excellent impressions as to the result of his conversations with the members of the various peace delegations.

## No Other Kind.

A young boker said to George Ade at the Chicago Athletic Club

"Don't you think a talkative woman is more popular than the other kind?"

"What other kind is there?" Mr. Ade asked.

## Ladies! Salute Him!

Discovers drug that loosens  
sore, touchy corns so  
they lift out

A noted Cincinnati chemist discovered a new ether compound and called it freezone and little quarter ounce bottles can now be obtained from any drug store for a few cents.

You simply apply several drops of freezone upon a tender corn or painful callus and instantly the soreness disappears, then shortly you will find the corn or callus so loose that you can just lift it off with the fingers.

No pain, not a bit of soreness, either when applying freezone or afterwards and it doesn't even irritate the skin.

Hard corns, soft corns or corns between the toes, also toughened calluses just shrivel up and lift off so easy. It is wonderful! Seems magical. It works like a charm. Millions of women will hereafter keep a little bottle of the wonderful freezone handy and never let a corn ache twice.

When garnishing food the cook should use only such appeals to the eye in order to make it look appetizing. Edible garnishes are preferable, and these should not interfere with the carving or serving. A good rule to follow is to cover only two-thirds of the dish with food, including the garnish.

## HOUSEKEEPERS' HANDY REFERENCE

## BRIEF BUT USEFUL RECIPES.

Restore Gilt Frames.—Rub with a sponge moistened with turpentine.

Drive Away Ants.—A little quick lime 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.

Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce.

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.

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.

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).

## 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, 2 to 3 hours 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.

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.

## Wonders Never Cease.

He strolled into a barber shop  
With quite a jaunty air  
And ordered every item on  
The barber's bill of fare.

The manicure drew near  
And deftly did his nails;  
You never would have thought he'd  
seen

The inner side of jalls.  
And when at last he issued forth  
So very span and spick,

The barber swooned, for someone  
said,  
"That chap's a Bolshevik."

The easiest and most direct way to go to the devil is to try to live according to some one else's conscience.

## Cook's Cotton Root Compound.

A reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$2; No. 3, \$5 per bottle. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Wicks).

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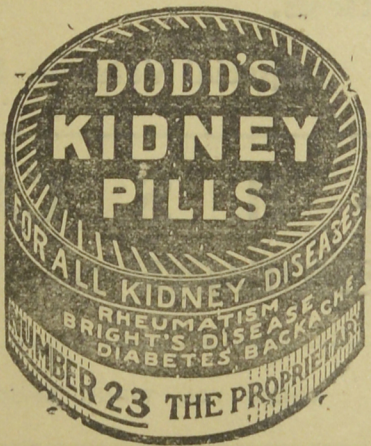
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