

Children Cry for Fletcher's

## CASTORIA

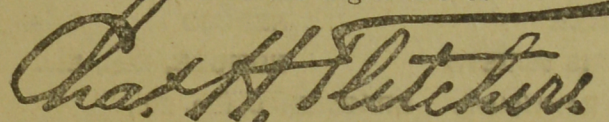
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and 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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- 12 Corner Westmorland and Aberdeen Streets.
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- 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

## PUDDINGS AND CAKES.

## Prune Filling for Layer Cake.

Two-thirds cupful of cooked prunes, one-third cup of boiling water, 2 cupfuls of sugar, 1 egg white, 1 teaspoonful of vanilla, three-eighths teaspoonful of cream of tartar.

Boil the water and sugar until a drop forms a soft ball when tried in cold water. Then add the cream of tartar and the vanilla and beat, gradually adding the stiffly beaten white of egg and beating constantly until thick. Finally, add the prunes, which have first been stoned and cut into small bits, and if desired the chopped meats from a few of the prune stones.

## Prune Pudding.

1 cupful of prunes, 2 cupfuls of water, half a cupful of sugar, one and an eighth cupful of cornstarch, one lemon and some stick cinnamon.

Soak prunes in cold water a few hours and then boil in the same water with the stick cinnamon until tender. Remove pulp from stones, mix the prune juice, boiling water and the sugar. Gradually mix the cornstarch and cold water into a smooth paste and then cook with the other ingredients for five minutes. Finally add the lemon juice, pour into a mold and set aside to get firm. Serve with cream.

## One Egg Marble Cake.

Beat one whole egg with  $\frac{3}{4}$  cup of sugar, 1 tablespoon lard, 2 tablespoons butter (melted) (add  $\frac{1}{2}$  cups of milk (or part milk and part water) and a half teaspoonful of vanilla. Sift in 2 cups of flour with  $2\frac{1}{2}$  teaspoons baking powder, half a teaspoon salt. If too thin add a little more flour. Do not have batter too thick. Beat until light and creamy, then take a few tablespoons of batter and put in a teacup. Mix well with enough cocoa to make a dark brown (about 2 tablespoons). Spread a little of the plain batter in well greased papered pan, then the cocoa batter, lastly the plain batter. Bake in steady oven. This makes one large loaf.

## HOUSEHOLD HINTS.

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

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

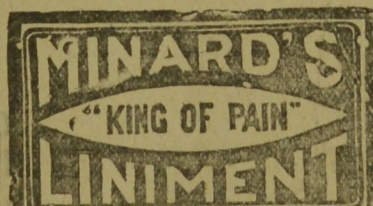
When you scorch any article in ironing, dip a cloth in diluted peroxide and rub the scorched spot. Then iron over it and the stain will disappear.

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 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.

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.

Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar  $\frac{1}{4}$  ounce.



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

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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 not to walk on it for three weeks. I used 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. It cures any ache or pain. It gives instant relief.

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HUNS HAVE  
BIG FLEET

Berlin, March 13.—The mercantile fleet in German harbors, the disposition of which will be decided at an early date at the food and shipping conference at Brussels, consist, according to German figures, of 723 steamers of 1,986,700 gross tons, and 136 sailing vessels of 52,600 tons. The sailing craft and some of the smaller steamers will however, be left by the Entente to Germany for the coastal traffic.

The steamer figures include steamers finished during the war, but not the unfinished steamers which the Germans continue to insist cannot be demanded under the armistice.

MURDER AT  
SMITH'S FALLS

Montreal, March 14.—I'm glad I did it; he struck me on the ear; I got mad and shot him" said Antonio Spreccase, who brought back to this city from Smith's Falls last night by detective Nassa for shooting dead Alfred John Roberts, engine foreman at the Grand Trunk round-house at Turcott last Tuesday night. This admission was made under questioning by Acting Chief Harry Cowan at headquarters.

## SHOULD CHANGE HIS SPOTS

John Morse fell at the corner of Church and Stallman streets yesterday and broke his arm. This is the third time Mr. Morse has fallen on this spot.—Mercyville, Ia., Banner.

"Husband Missing Forty Years," read Hazel Knutt, surveying the headlines. Then, philosophically, "That's not so bad or so common as missing a husband for forty years or more."

STOP A MOMENT!  
LISTEN TO THIS

Cincinnati man tells how to  
lift off any corn without  
hurting one bit

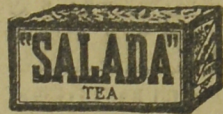
You reckless men and women who are pestered with corns and who have at least once a week invited an awful death from lockjaw or blood poison are now told by a Cincinnati authority to use a drug called freezone, which the moment a few drops are applied to any corn, the soreness is relieved and soon the entire corn, root and all, lifts out with the fingers.

It is a sticky substance which dries the moment it is applied and is said to simply shrivel the corn without inflaming or even irritating the surrounding tissue or skin. It is claimed that a quarter of an ounce of freezone will cost very little at any of the drug stores, but is sufficient to rid one's feet of every hard or soft corn or callus.

You are further warned that cutting at a corn is a suicidal habit.

## Brown Betties.

A half pound brown sugar, a half pound butter, 2 eggs, 1 teaspoon soda dissolved in a little boiling water, 2 teaspoons cream tartar, 2 tablespoons milk (or milk and water), 1 lb. flour, 2 cups currants, nutmeg. Cream butter first, then add sugar and cream together; break one egg at a time as you add flour.

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will dispel all  
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## "SALADA"

Black - Green or Mixed Sealed Packets Only.

## 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 2 hours and a half hours.  
Cookies—10 to 15 minutes.  
Custards—15 to 20 minutes.  
Duck (stuffed)—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 squaking, 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 Gilt 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.

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  $\frac{1}{4}$  cup.

## WHY IS IT?

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