

Children Cry for Fletcher's

## CASTORIA

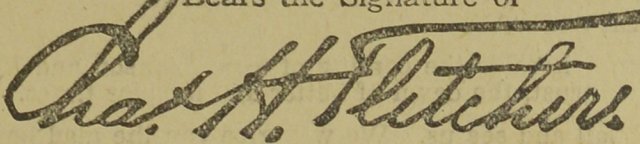
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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



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The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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When You Hear the Alarm, Look for the Location in the Daily Mail.

- 6 Shoe Factory.
- 12 Corner Westmorland and Aberdeen Streets.
- 13 Corner Northumberland and Saunders Streets.
- 14 Corner Brunswick and Smythe Streets.
- 15 Corner Charlotte and Smythe Streets.
- 16 Corner George and Northumberland Streets.
- 17 Corner King and Northumberland Streets.
- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
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- 26 Corner Charlotte and Westmorland Streets.
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- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 35 Corner Brunswick and Carleton Streets.
- 36 Corner Charlotte and Carleton Streets.
- 37 Corner George and Regent Streets.
- 38 Corner King and Regent Streets.
- 44 Corner Queen and St. John Streets.
- 45 Corner Brunswick and St. John Streets.
- 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

THRIFT IN THE HOME.

There is more truth than fiction in the old saying that "A woman can throw away more with a spoon than a man can bring in with a shovel." I heard a thirty little woman who, out of her years of experience, has learned to set a splendid table for four adults on a \$10 a week instructing a new maid as follows:

"Mary, don't you throw away a bit of anything good to eat. Put all the pieces of meat on one dish, the vegetables on another, the left-over butter on another and put them in the refrigerator. You'll marry some struggling young fellow some day and you'll be as poor as poverty all your lives if you throw good food away like that."

Besides enabling the mature housewife to live within her food allowance this is wonderful training for the maid.

All left-over vegetables and meats are saved for soup, combination salad, pot pies, stews, etc. All butter left from the table is saved for baking. Bacon drippings should be saved separate from all other drippings. This makes a very good and nutritious spread for bread and is greatly relished by children. Spread the bread thinly with the bacon drippings and sprinkle with salt. This brings the expense of a side of bacon way down. Using the bacon dripping for butter and shortening has been a general practice among European nations for many years.

## CLAMLESS CLAM CHOWDER.

Try this clam chowder for two or three. Cut 2 slices salt pork or bacon into cubes. Fry nice and brown in your soup kettle, pour off some of the grease, as it can be added if required. Cut uncooked potatoes into dice (about 1 pint), 3 or 4 medium-sized onions chopped fine, celery tops, parsley, chopped pepper, salt, a dash of paprika ½ can tomatoes. Put all together, boil slowly until potatoes are done, stirring so they won't cling. Keep enough hot water on just as you would if you made the real. Then just before you take it from the stove use a generous bit of thyme. Season highly. A couple of crackers can be broken in also.

## HINTS TO HOUSEWIVES.

Milk will remove discolorations from gilt frames.

Do not limit supplies of milk and butter, but do not waste them.

Apples cored and baked with raisins in the cores are delicious.

Beef can be made more tender by soaking in vinegar and water.

To bake potatoes, either sweet or Irish, pour boiling water over them and let them stand a few minutes. They will bake more quickly, and seem more flaky.

Cheese cloth bags are almost invaluable for lettuce, radishes, etc., in the ice box. Any hot green pepper can be used the same as sweet, if you will remove the part to be used without cutting the rein of the pepper.

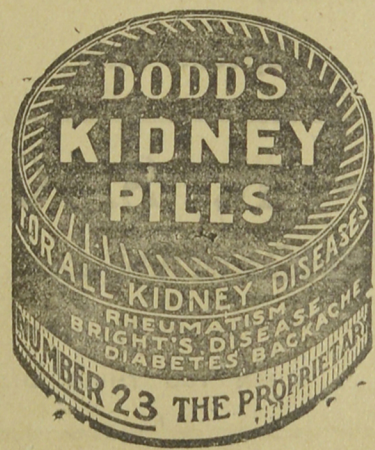
You can clean any white paint with warm water, using a little whiting on the wash cloth, and rinsing afterward with clear water.

If the pans in which milk, custards and salad dressings are to be boiled, the first wiped with a soft cloth greased with a little lard, they will not scorch.

The sputtering of hot fats can be avoided when eggs are dropped in the pan to fry, by sifting a little flour into the fat just before the eggs are added.

If the sewing machine band becomes loose drop a little castor oil in the groove in which the wheel turns, and turn it rapidly for a few moments.

When your sink is clogged, flush it with kerosene, later with boiling water. This will cut the grease.

"DANDERINE" FOR  
FALLING HAIR

Stop dandruff and double beauty of your hair for few cents.



Dandruff causes a feverish irritation of the scalp, the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of "Danderine" at any drug store for a few cents, pour a little in your hand and rub it into the scalp. After several applications the hair stops coming out and you can't find any dandruff. Your hair appears soft, glossy and twice as thick and abundant. Try it.

U. S. SOLDIER  
ACTED AS SPY  
FOR GERMANY

New York, April 10.—Because Mrs. James W. Gerard, wife of the former American ambassador to Germany, has an excellent memory for faces, Henry Bode, the only American soldier convicted of serving Germany as a spy, is now serving a ten year sentence in the disciplinary barracks at Governor's Island.

Bode, according to his confession after Mrs. Gerard had identified him as a man in German uniform who had appeared one day at the American embassy in Berlin, wearing the Iron Cross, deserted from the American Army at Fort Bliss, Texas, in July, 1914, and made his way to Germany, where he entered the German army.

After winning his Iron Cross in action, Bode entered the German intelligence service and was sent to New York and eventually to Mexico, where he was ordered to work toward embroiling Mexico and the United States in war. Fearing for his life in Mexico, Bode crossed into California and surrendered to the authorities. At his court martial Mrs. Gerard identified him.

A recipe for washing soda. Dissolve 1 pound sal soda in 1 quart of water and boil together. When cool bottle for future use, and label, liquid soda. Sal soda used in this way will whiten clothes.

Medical authorities are certain there will be another epidemic of "flu" next winter. Another? When has this one stopped—or even definitely hesitated? "You never can tell—a bad man oftentimes delivers the goods," says a Philadelphia paper. True enough; but not all drivers of delivery wagons are bad men.

## HOUSEKEEPERS' HANDY REFERENCE

BRIEF BUT USEFUL RECIPES.

TIME FOR BAKING.

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

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).

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 one 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.

## 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.

Canadian National  
Railways

OPERATING ONE HOUR EARLIER

Important Daylight Saving Change of Time at Two a. m.  
Sunday, March 30th, 1919.

All clocks and watches used in operation of Canadian National Railways will at 2 a. m. Sunday, March 30th, be advanced one hour. To prevent serious confusion and inconvenience to the public the attention of all concerned is directed to the following conditions resulting from the important change of time.

If cities, towns, villages and other municipal bodies do not change their local time to correspond with the new railway time, all concerned should keep in mind that while trains continue to leave railway stations on present schedule, such schedule will be operated one hour ahead of present local time.

Therefore, any municipality where local time is not changed to correspond with the new railway time, passengers must reach railway stations one hour earlier than shown in current folders and public time posters.

Where municipal time is changed to correspond with the new railway time, passengers will not experience difficulty growing out of the change.

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Printing Done  
At Home

The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send the orders out of town.

Give us a trial order and be convinced.

We have a new office and up-to-date machinery, all run by electric power, and can turn out work promptly and efficiently. If you have a job of printing call up No. 67 and we will do the rest.

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