

Children Cry for Fletcher's

CASTORIA

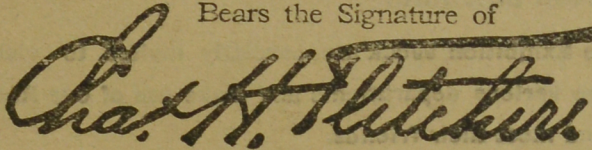
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children that brought Castoria before the public after years of research, and no claim has been made for it that its use for over 30 years has not proven.

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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 Comfort—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of



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counts of strength—No. 1, \$1;
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OF INTEREST
TO WOMEN

FOR MUTTON MONDAY.

Haricot Mutton.

Cut three pounds of lamb or mutton into inch pieces, trimming off the fat. Season with salt and pepper. Put a tablespoon of butter or drippings in a saucepan over the fire and when hot add one finely sliced onion and a half clove. Cook two or three minutes, add the meat, toss for a few moments, cover and cook twenty minutes, stirring frequently. Add a half cup of boiling water and simmer gently until the meat is tender. Meantime melt two tablespoons butter in a saucepan, put in two tablespoons flour, and when blended add a quart of meat broth made from the bones, a bouquet of herbs and a half dozen small onions. Cook ten minutes, then add to the meat, cover and cook half an hour longer. When ready to serve remove the bouquet and every particle of fat, put the meat in the centre of a hot platter and dress with one pint each cooked string or lima beans and the same amount of carrot dice. Peas may also be added or substituted for either vegetable.

Scotch Stew.

For this use three pounds of lamb or mutton from the fore-quarter. Cut the lean meat in inch pieces, discarding skin and fat. It is the skin on the mutton that gives it the woolly taste so many object to. Put into a kettle, cover with three pints of cold water, bring quickly to a boil and skim. Add a half cup barley that has been soaked in cold water over night and cook gently for an hour and a half. Put the bones into a second kettle, cover with cold water, heat slowly to the boiling point; skim and cook for an hour and a half. Strain and add the stock to the meat. Fry five minutes in butter or beef drippings a quarter cup each of turnip and carrot cut in dice, and an onion thinly sliced. Add to the stew with salt and pepper to season and cook until the vegetables are tender. Thicken with two tablespoons of flour rubbed smooth with a tablespoon of butter, and just before serving throw in a tablespoon of minced parsley.

Ragout of Mutton With Farina Balls.

One and a half pounds of neck of mutton cut into small pieces, one table spoon butter, one tablespoon flour, an onion cut into small pieces, one carrot cut into small pieces, two cups of hot water, one teaspoon salt, quarter teaspoon pepper, quarter bay leaf, one sprig parsley, six cloves, one cup fresh peas or a half can of peas. Put the butter into a frying pan; when melted add the flour and let it brown; then add all the other ingredients except the peas and cook slowly for two hours. A short time before it is done add the peas.

Serve with Farina balls made as follows: One cup farina, one cup milk, quarter teaspoon salt, eighth teaspoon pepper, a few drops of onion juice, the yolk of one egg. Cook the farina and milk in the double boiler one hour. Add seasoning and well beaten yolk; stir well and cool. When cool roll into balls. Dip in egg and crumbs and fry in deep fat. Rice may be used in a similar way.

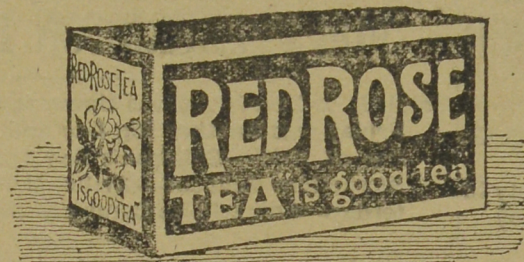
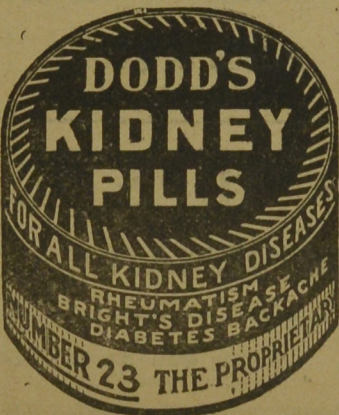
NO MONEY IN THEM.

"I've decided we can settle this case out of court," said the young law partner.

"My boy," said the old lawyer, "you will starve to death on cases you settle out of court."

Chatham Leads.

Chatham World: Green corn retails for 20 cents a dozen in Fredericton and for 40 cents in Chatham—showing the superiority of Chatham over the Fredericton product! Why doesn't some enterprising dealer import a quantity of the Fredericton corn and sell it at a reasonable profit?



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TEA "is good tea"

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The girls are warlike in this land.
In spite of all their charms;
They're very fond of powder, and
They're always baring arms.

And when you marry one you find
Her warlike powers enlarged,
The monthly bills bring into mind
The stuff that she has charged.



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TESS OF THE
STORM COUNTRY

"Tess of the Storm Country," dramatized from Grace Miller White's famous novel of the same title, was played most successfully on tour by Miss Emma Bunting. The story is as follows: The scenes are laid among the squatters on the shores of Lake Cayuga, New York, where the people are poor and of low moral standing, careless of habit and mostly endeavoring to make a living by any means—other than hard work.

Here, dwells in a squatter's cabin, Orin Skinner and his daughter Tessie—commonly called "Tess". The father is a fisherman and Tess grows up a wild child of the forest, without education or refining influence.

Orin Skinner is accused of murder; a young minister takes it upon himself to assist Tess to clear her father and becomes her staunch friend.

A half-witted fisherman who witnessed the murder finally tells the minister it was Benn Letts who committed the crime and the father of Tess is released from prison as the real murderer is apprehended. Tess asks the minister to baptize the child and he thinking it is hers, refuses; he finally consents to do so and asks the child's name. Tess does not know and when he tells her he cannot proceed with the ceremony, she tries to do so herself. At this point the sister who is present breaks down and con-

fesses that the child is hers. The real happiness begins for poor Tess and with her father freed of the murder enters upon a new life.

PALE CHEEKED WOMEN
TOLD ABOUT RESTORING
A ROSY COMPLEXION

A few years ago the girl with pale, drawn cheeks scarcely knew what to do in order to restore her fading appearance. At that time there was no blood-food medium made that really would put color and strength into systems that were more or less worn out.

Today it's different. The blood can be quickly nourished, can be made rich, red and healthy. All you have to do is to take two Freezone Tablets with a sip or two of water after meals. The effect is almost magical.

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