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The Kind You Have Always Bought, and which has been in use for over thirty years, has been the signature of and has been made under his per-Charly The Sonal supervision since its infancy.
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Castoria is a harmless substitute for Castor Oil, Paregoric,
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land Streets. 17 Corner King and Northumberland

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54 Gas House. 55 Intercolonial Railway Station. 56 Lansdovne and Waterloo Row.

### OF INTEREST \*\*\* TO WOMEN

GOOD LITTLE CAKES.

Perhaps the Best of All Little Cakes is the Simplest.

What is better than the little plain cakes that are baked just to a turn and then eaten crisp, without icing, when they have been out of the oven only two or three hours, or else freshly frosted with plain white or chocolate icing? Here is a simple recipe for making the plain cake:

Sift together one cup of sugar, one and a half cups of flour, three level teaspoons of salt. Now break two eggs in a cup and fill the cup with milk. Add this to the dry ingredients and also add three tablespoons of melted butter or cooking oil of some sort. Beat it thoroughly with an egg beater or spoon and when it is smooth fill patty tins half full and bake in a moderate oven.

### Spice Cakes.

Mix one cup of sugar and a half cup of cooking oil or butter and add one egg and one cup of milk. Measure out one teaspoon of cinnamon, one teaspoon of salt, one of nutmeg and a scant teaspoon of ground cloves. Also measure out a half cup of seeded raisons and a half cup or more of broken nut meats, preferably English walnuts, or pecans, and a little citron cut in yolks and whites beaten separately. small pieces if desired.

Now measure two cups of flour and take away enough to mix with the raigether and sift the remaining quantity of flour with the spices and salt and with four level teaspoons of baking powder. Add the flour to the butter, sugar eggs and milk and when smooth add the nuts, fruit and a teaspoon of vanilla. Mix quickly and put in patty tins and bake in a moderate oven.

These cakes really need no icing, but they are made more attractive when iced with white sugar icing.

### Chocolate Cakes.

This is another cake that can be made either with sour milk or fresh milk. If sour cream is used the re sult is truly delicious. The rule calls for one cup of sugar, four tablespoons of butter, one egg, a quarter of a cake of bitter chocolate, one cup of sour milk or cream and a scant teaspoon of baking soda dissolved in cold water. Add one teaspoon of baking powder sifted in the flour; two cups of flour measured after sifting, one half tea- sues. spoon of salt and a teaspoon of van-

Cream the butter and sugar and add the egg. Melt the chocolate in a small into the chocolate, so as to get it out of the pan more easily. Now add this to the cake mixture and stir well.

Next add the dry ingredients and the avnilla, and last of all if sour milk Kingston, Ont. is used the baking soda. Mix well and put immediately into patty tins. It is most attractive when iced with white icing, though chocolate may be used.

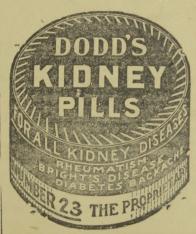
### HELPFUL HINTS.

The paraffine paper that comes in cracker boxes, etc., can be used to line cake tins before the batter is poured

Put scrubbing brushes to dry with the bristles face downwards. This prevents the water from soaking into the wood and rotting the bristles.

To keep linoleum bright and make it last longer, apply white shellac with a clean paint brush two or three times

When black shoes attain a rusty appearance, rub them with an equa quantity of black ink and olive oil.



Look at tongue! Remove poisons from stomach, liver and bowels.



Accept "California" Syrup of Figs only—look for the name California on the package, then you are sure your child is having the best and most harmless laxative or physic for the little stomach, liver and bowels. Children love its delicious fruity taste. Full directions for child's dose on each bottle. Give it without fear.

HOUSEHOLD SCIENCE.

Zine 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 runsed 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 amonia. 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

Creamed potatoes with cheese make pleasant change.

Be sure to have ironing tables of a comfortable height.

In making cake, eggs should have

Milk should be kept in covered bottle. A good plan is to wrap the sins to keep them from sticking to. milk bottle in a cloth, wet in cold water, and let stand in a draft. Keep the

ONCE YOU START USING THE NEW BLOOD-FOOD REMEDY YOU'LL GET WELL QUICKLY.

You're nervous and uneasy, Appetite is poor. Sleep is hard to get.

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## HOUSEKEEPERS' HANDY REFERENCE

BRIEF BUT USEFUL RECIPES.

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

Make Leather Waterproof.—Saturate it with castor oil; to stop shoes squaking, drive a peg into the middle

Remove Tar from Cloth.—Rub it well with turpentine till every trace

Egg Stains on Spoons.—Rub with

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

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

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

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 mos quito has its bill in you it canno withdraw it until you breathe again). TIME FOR BAKING

Beans-8 to 10 hours.

Bread—Medium loaf, 40 to 60 min. Cake—Plain, 20 to 40 minutes.

Biscuit—10 to 20 minutes. Sponge Cake—45 to 60 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 (tame)—40 to 60 minutes.
Fish—6 to 8 lbs., 1 hour.
Gingerbread—20 to 30 minutes.
Graham Gems—30 minutes.
Graham Gems—30 minutes.
Lamb—Well doe, 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 taploca,
1 hour; plum, 2 to 3 hours.

hour; plum, 2 to 3 hours. Rolls—10 to 15 minutes. Veal-Well done, per 1b., 20 minutes.

### TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a fiquid equal 1 table-

4 tablespoons of a liquid equal 1/2 gill

or ¼ cup.
cup equals 1 gill.

gills equal one cup. cups equal 1 pint. pints (4 cups) equal 1 quart. cups of flour equal 1 pound, or 1

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. ½ cups of powdered sugar equal 1 lb. 1 pint of milk or water equals 1 lb.

1 pint of chopped meat 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-

4 tablespoons of butter equal 2 ounces

# 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 Na-Work must be done, but where is tional 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 an following conditions resulting from the important change of

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 schedreserve of energy into the body that defies weariness or exhaustion from ule 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 to these will Ferrozone bring a new reach railway stations one hour earlier than shown in current

For growing girls, women of all folders and public time posters. Where municipal time is changed to correspond with the ages—no tonic is more certain. Sold Where municipal time is changed to correspond with the in 50c, boxes by all dealers, or direct new railway time, passengers will not experience difficulty

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