

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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In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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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.

Moncton Transcript: Mrs. (Dr.) R.
H. McGrath and daughter Helen, who
have been spending New Year's with
her parents, Mr. and Mrs. P. Gallag-
her, Alma Street, left this afternoon on
their return to Fredericton.OF INTEREST
TO WOMEN

SOLVING A PROBLEM.

Easy Home-Made Rolls.

Almost everyone likes rolls, and as they can easily be freshened even several days after baking a small quantity can be made at a time to last for part of the week.

Yeast rolls are more palatable and delightful, as a rule, than the baking powder roll, although the latter, of course, can be more quickly made. Remember, too, that it isn't always necessary to let the mixture with yeast stand overnight for rising. In some cases six hours is sufficient, and in the following recipe if the mixture is prepared at 10 in the forenoon it may be baked into rolls for the evening meal by 4 o'clock.

PARKERHOUSE ROLLS.

½ cupful of lukewarm water.
½ cake of yeast.
1½ tablespoonfuls of shortening.
1½ cupfuls of flour.
1 tablespoonful of sugar.
1 teaspoonful of salt.
1½ cupful of lukewarm milk.
1 egg.

Dissolve the yeast cake in the half-cupful of water, then mix the lukewarm milk, melted shortening, sugar and salt together. Stir and add the dissolved yeast. Sift the flour and all, then mix with other ingredients and beat well for one minute.

Let rise until double its original bulk then stir in the sugar and beaten egg. Add flour enough to knead, then roll out on floured board to a thickness of three-quarters-inch and cut with biscuit cutter. Gently press the middle of each cake with the flat side of the knife, lightly brush with butter substitute, and then fold. Set aside to rise and then bake for about twenty minutes.

COFFEE ROLLS.

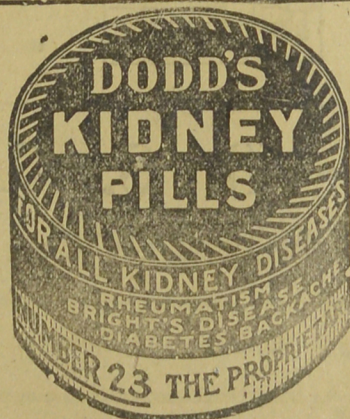
1 cupful of scalded milk.
½ cupful of shortening.
¼ cupful of sugar.
¼ cupful of lukewarm water.
3½ cupfuls of flour.
1 beaten egg.
1 teaspoonful salt.
1 teaspoonful of cinnamon.
2 tablespoonfuls of sugar.
½ yeast cake.

Add the shortening, salt and sugar to the scalded milk and set aside to get lukewarm. Dissolve the yeast in the lukewarm water and add to the liquid. Add sifted flour, knead well. Then cover, set aside to rise until double its size. Knead again and roll on the floured board to a thickness of one-quarter inch. Brush with butter substitute and sprinkle with the sugar and cinnamon mixed together.

This dough may then be twisted into fancy shapes if desired. Fold it into three layers and cut into strips about three-quarters-inch thick. Twist each strip into a figure eight, folding the ends down firmly so that they stick together. Place in a greased baking sheet and let rise until light. Bake in a hot oven twenty minutes.

Any bread dough may be formed into rolls, sweetened as desired. For example, roll out the bread mixture, brush with melted butter substitute and spread with cinnamon and sugar mixed together. Cut with a biscuit cutter, let rise until light, and bake twenty minutes in a hot oven. Or delicious small cakes may be made by cutting the dough into rounds with a biscuit cutter, brushing with the shortening, add a spoonful of jam or preserves, then fold over, pressing the ends firmly together. Prick the top so that some of the jam will show.

"Labor is not a privilege, it is a right!" exclaims a fervid orator. We don't know just what he means, but our own notion is that labor is part of a penalty.

WAR SAVINGS
STAMPS GOOD
INVESTMENT

Make Saving Easy and Pay the Investor Over 4½ per cent Interest, Compounded Half-yearly.

The paying of \$4 now for a War Savings Stamp and getting \$5 for it from the government in January, 1924, is a method of investing that appeals quite strongly to the average person. Nor is this surprising, for the money thus invested yields a little over 4½ per cent., compounded half-yearly. With a War Savings Stamp goes a War Savings Certificate to which the stamps are attached.

Obviously this is an excellent return when the nature of the security is taken into account. There is nothing safer in the world than Canada, and these stamps are backed by all the resources of the Dominion.

A person does not need to have \$4 in cash in order to take the first steps towards purchasing a War Savings Stamp. Thrift Stamps, which sell at 25 cents each, have been provided. When 16 of these have been purchased they may be exchanged for a War Savings Stamp. With the first Thrift Stamp purchased goes a Thrift Card, to which the Stamps should be fixed as soon as received.

After the 16 Thrift Stamps have been exchanged for a War Savings Stamp, the person doing so should start in again to buy Thrift Stamps, and thus begin saving for the second War Savings Stamp.

HOT BATHS FOR A COLD.

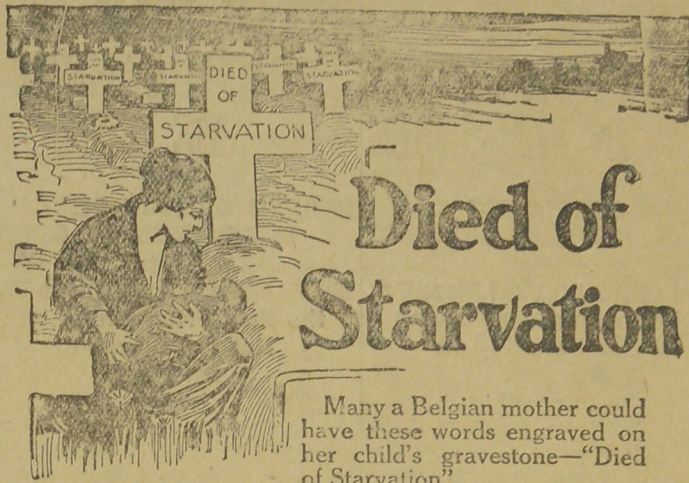
If one catches cold by getting the feet wet, it is not the moisture but the long chilling that does the harm. The best way to prevent this is to take a very hot foot bath as soon as possible. If one catches cold by exposing the neck to a draft, resulting in a lame or stiff neck, hot applications should be made at the base of the neck.

If the cold is the result of general exposure and a lowering of the general temperature, then a hot bath is good. Take the bath if possible at night and stay in it at least half an hour. Drink three or four glasses of hot water or hot lemonade and go right to bed.

Have the bath hot enough to start perspiration, then lower the temperature to about 100 degrees and keep it there for 15 minutes, then lower it to about 95 degrees (normal). Drink all the water that you can, as it will add much in clearing out the system. Plenty of water is good at any time.

Mistletoe was scarce, but with so many soldiers coming home its absence was scarcely noticed.

Thousands of cases of shell shock, according to reliable reports, were cured completely by the news of the signing of the peace armistice. We have a notion that thousands of cases of so-called influenza would be cured if the docs would quit throwing the public into a panic about it and declare a truce with nature.



Many a Belgian mother could have these words engraved on her child's gravestone—"Died of Starvation".

Perhaps the child has wasted away with Consumption, or has been twisted into a mockery of happy childhood by Rickets, but starvation is at the root of the tragedy.

What else can be expected for a growing child whose daily ration is the bowl of soup and two pieces of bread provided by the United States loans to the Belgian Government?

The only hope for the destitute children of Belgium is that we who can afford three meals a day will be moved to pity and send help immediately. Even a small contribution will help to take some child, sinking under its load of trouble, over to Holland, where with good milk, nutritious food, medical care and loving treatment, he or she may regain health, strength and the wish to live.

GIVE—give until you feel the pinch! Don't wait until someone asks you personally. THIS is personal!

Make cheques payable and send contributions to

Belgian Relief Fund

(Registered under the War Charities Act)

to your Local Committee, or to

Headquarters: 59 St. Peter St., Montreal.

RULES FOR THE AVOIDANCE OF
INFLUENZA AND CARE OF THE SICK

1. Live as much as possible in the open air, and have houses well ventilated. Admit all the sunlight possible.
2. Avoid all indoor assemblies, and travel as infrequently as possible.
3. If the disease appears in the family, put the patient at once to bed, preferably in an upper room, well aired, but so that the patient be not in a draft.
4. Keep patient by himself, permitting only the nursing attendant, the doctor and the clergyman to see him.
5. Have whoever enters the room to wear a mask of simple gauze over the mouth and nose. The same gauze should not be used for more than two hours, and then burned.
6. Insist upon the patient using a handkerchief to cover coughing or sneezing (paper ones will do); these should be burned at once after use.
7. Do not permit patient to mingle with his family or the public until all fever is gone, and until all discharges from mouth, nose and throat have dried up.
8. Patient, after recovery, should take particular care to avoid exposure to chills and dampness, as pneumonia is quite frequent under these circumstances and constitutes the gravest danger connected with the disease. Remain in house three or four days after feeling well, as this is a critical period after recovery.
9. Call a doctor upon the occurrence of suspicious symptoms as unusual backache, headache, chills followed by fever, etc., as it is dangerous to depend upon household treatment in this disease.
10. Do not be over-anxious. That is

PRISONERS
TURNED LOOSE

Saloniki, Jan. 6.—The escape of old offenders from prisoners in Constantinople and throughout Turkey continues. Several thousands already have been able to obtain their freedom. The belief is expressed generally that the release of the prisoners is being facilitated by Turkish authorities through a desire to terrorize the Greek irredentists.

Wood's Phospholine.
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Tones and invigorates the whole nervous system, makes new blood in old veins, cures nervous debility, mental and brain worry, loss of energy, paleness of the face, failing memory. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail it in plain package, no need of a prescription. **THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly, Canada.)**

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