

Children Cry for Fletcher's

## CASTORIA

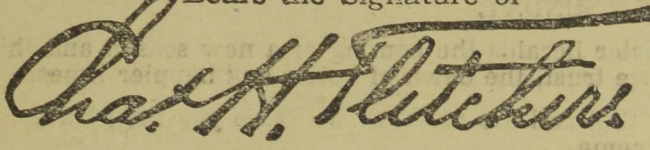
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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

GENUINE CASTORIA ALWAYS

Bears the Signature of



In Use For Over 30 Years  
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

## ADVERTISE ON THIS PAGE OF THE MAIL

Each day we meet with conclusive evidence that our advertising pages are as faithfully scanned by our readers as the news columns. Necessity has compelled the people to seek all the information possible before buying.

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CLOTHES CLEANED,  
PRESSED and REPAIRED  
for Ladies and Gentlemen.  
W. E. SEERY  
251 George Street.

## OF INTEREST TO WOMEN

## PUDDING SAUCES.

One of the best sauces for puddings made with gelatin is a soft custard sauce and no cook should be without the recipe for such a sauce. Here is a good one. Heat two cups of milk with a half cup of sugar in a double boiler. Beat the yolks of three eggs, pour the hot milk over them, stirring slowly, then return to the double boiler and cook carefully until thick. Add a pinch of salt and when cool add a teaspoon of butter and two egg whites beaten stiff and flavor with vanilla and serve cold.

## Lemon Sauce.

Mix together in a saucepan a tablespoonful of corn starch and three-fourths of a cup of sugar. Stir in carefully one cup of boiling water, possibly more, as cornstarch varies in its thickening qualities. Cook for ten minutes stirring often. Add the juice of one lemon and a little of the grated peel, and one tablespoonful of butter. Push back on the stove and as soon as the butter is all incorporated stir in quickly the beaten yolk of an egg. Beat the white very stiff, and stir in lightly so as to give the sauce the effect of foam.

## LAUNDRY LORE.

The methods which bring snowy whiteness to muslin underwear bring ruin to silk underwear, and the laundress who does not understand this fact finds herself in a sorry fix on Monday night. Rubbing and boiling and starching and drying in the sunshine—all tending to bring cleanliness to muslin—must be avoided.

To wash silk mesh and crepe de chine underwear satisfactorily prepare a suds of pure soap and soft water, warm but not hot. If the water is naturally hard dissolve a little borax in it. Then knead the silk garments about in the suds with the hands until all the dirt is loosened. Put them in one piece at a time, as they are to be thoroughly cleaned.

If they are badly soiled they will need to be immersed in a second suds bath.

After they are clean rinse them in two changes of clear lukewarm water and wring them gently dry. Hang them out of doors in the shade or else in the house in an open window where there is no sun. When they are almost dry iron them. If possible iron them with a piece of thin muslin between them and the iron. This method prevents a shiny gloss from coming on the silk.

Some persons find it better to let crepe de chine dry thoroughly and then iron it on the wrong side.

After the garments are ironed they should be thoroughly aired before they are put away.

Crepe paper towels offer one means of lessening the work of the laundress in the summer, or, if the laundry is done out of the house, of lessening the size of the laundry bill. The towels, of substantial thickness, are sold in packages of 100 for 50 cents. Granted that they can be used only a few times—sometimes only once—surely five of them would last as long as a freshly laundered huckaback towel; and the price charged in most laundries for washing and ironing a huckaback towel is 2½ cents, the price of five paper towels. Moreover, the wear and tear which the huckaback towels would otherwise have is saved.

## Cook's Cotton Root Compound.

*For the reliable regulation of the female system.* Sold in three degrees of strength—No. 1, 81; No. 2, 82; No. 3, 85 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

## HOUSEHOLD SCIENCE.

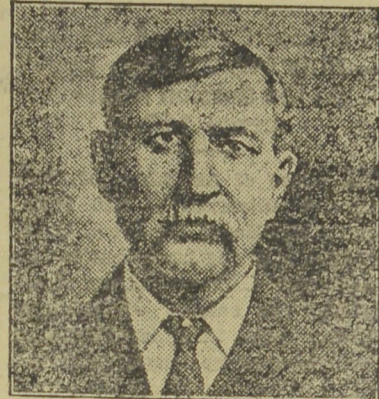
When you soak your clothes, put in half a cupful of ammonia and it will readily loosen the dirt.

When you wash silver or glass, add a teaspoonful of borax to the suds. Rinse well in hot water and polish with a linen cloth which sheds no lint.

To harden the gums and sweeten the breath, rinse the mouth out with tincture of myrrh twice each day. A teaspoonful to a glass of water.

## FRIENDS THOUGHT HE WOULD DIE

"FRUIT-A-TIVES" Conquered Dyspepsia and Restored His Health.



MR. ROBERT NEWTON.

Little Bras d'Or, C. B.  
"I was a terrible sufferer from Dyspepsia and Constipation for years. I had pain after eating, belching gas, constant headaches, and did not sleep well at night. I lost so much weight—going from 185 pounds to 146 pounds—that I became alarmed and saw several doctors who, however, did me no good. Finally, a friend told me to try 'Fruit-a-tives'."

In a week, there was improvement. The constipation was corrected; and soon I was free of pain, headaches and that miserable feeling that accompanies Dyspepsia. I continued to take this splendid fruit medicine and now I am well, strong and vigorous". ROBERT NEWTON.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

## 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 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.  
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

A special voter's list for the ladies! Sure! On nicely tinted and perfumed paper!

## MARYSVILLE HAPPENINGS

Marysville, N. B., April 117—Miss Alicia Simpson who has been visiting her sister Mrs. E. J. Kingsley has returned to her home in Cornwall.

Mr. H. Franchere has returned to North Adams, Mass. after visiting Mr. and Mrs. J. Dolphin.

At the Dawson Club Rooms on Tuesday evening the winners in the bowling match between the Captains of the different teams which participated in the recent bowling tournament were entertained at luncheon by the losing five. The team headed by Captain Dunbar were winners in the second match.

Major Pincombe is making a tour of St. Stephen, St. Andrews and other points in Charlotte County this week looking after the protection of migratory birds under the direction of the Department of Interior.

Mr. Joseph Robinson of St. Stephen was a recent visitor here.

Mr. J. W. Pincombe is visiting his brother Mr. C. A. Pincombe at Edmundston.

The Misses Kathleen Dailey and Myrtle Higgins left today to visit relatives at St. Stephen.

Miss A. Jessiman is visiting her home at Chatham for a few days.

Charles Boyce of the American Army who recently returned from overseas is visiting here in company with his wife. Gnr. Boyce enlisted at Bangor with the 75th Regiment of Railroad Engineers. A warm welcome is being extended to him by his many friends here.

Mr. and Mrs. G. B. Fullerton and family are occupying the house recently vacated by Mayor Stafford and family.

A very pretty wedding took place at the Olivet Baptist Parsonage last evening when Miss Jennie May, eldest daughter of Mr. and Mrs. Harry Stevenson was united in marriage to Mr. George W. Banks of Durham who recently returned from overseas. Miss Goldie Stevenson sister of the bride acted as bridesmaid and Mr. Frank Banks brother of the groom acted as groomsmen. Rev. E. J. Barrass officiated. After the wedding a sumptuous wedding supper was served at the home of the bride who was the recipient of many useful and beautiful gifts.

Mr. David Bruce has returned from Millinocket, Maine.

If Fatty Arouckie gets even one-fourth his reputed salary, he is our most shining example of a man capitalizing his misfortune.

You can tell there is much downright perversity in this world by the large number of people who disagree with you.

As an authority on gambling, the Prince of Monaco points out that the Kaiser made the old mistake of plunging on a sure thing.

## ALL CHILDREN LOVE "SYRUP OF FIGS" FOR LIVER AND BOWELS

Give it when feverish, cross, bilious, for bad breath or sour stomach.

Look at the tongue, Mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without gripping, and you have a well, playful child again.

You needn't coax sick children to take this harmless "fruit laxative;" they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine ask to see that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

## NOCTURNE.

And now the dames clean house with zest.

A thing pa claims to be a pest.

He bumps into the chairs

Proceeds to try his way to grope,

Is waylaid by a cake of soap,

And tumbles down the stairs.

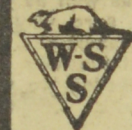
**Wood's Peppermint Cure.**  
The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worries, Languor, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 21 per box, six for \$5. One will please, six will cure. Sold by all druggists or mail in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Formerly Windsor.)

Patches sewed on with the sewing machine are smoother and look better when repairing underwear.

Potatoes are served with meat in order to neutralize the acids. One potato will neutralize the acids of two slices of roast beef. While rice is a substitute for potatoes, it only provides the starch and in order to obtain the potassium necessary for neutralizing the acids, you should include cabbage, beans, celery, milk, apples or prunes in the meal.

In the new long tight skirts women find it difficult to stand erect, it is said. Again the upkeep cost.

Hank Ford is going to have a car now that any ordinary can-opener will get out of the garage.



HERE'S a welcome to the returned soldier and his bride. May their wedded life be a long and happy one.

If she is a "British Bride" she will be very fond of tea—and good tea, at that.

She will first be attracted to Red Rose Tea by the name which will remind her of the "Red Rose" of "Old England".

And when she tries it she will again be reminded of the "Homeland", for she will find Red Rose Tea the same kind of Tea that she has used at home—a rich, full-flavored blend, consisting chiefly of ASSAM teas grown in British-owned plantations in northern India.

Red Rose Tea is sold always in sealed packages.

**RED ROSE**  
TEA "is good tea"

Red Rose Coffee is as generously good as Red Rose Tea