

Children Cry for Fletcher's

CASTORIA

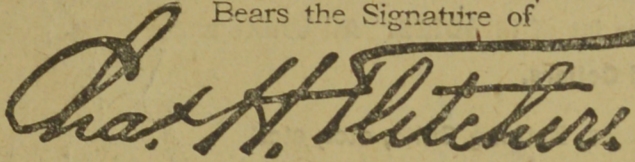
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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.

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 Comfort—The Mother's Friend.

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- 21 City Hall.
- 23 Corner York and George Streets.
- 24 Corner Queen and Westmorland Streets.
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- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
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- 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

SMALL BEETS.

Here is a very pretty way to make the most of small beets. Boil and chop beet greens, first removing the small beets. Season highly with salt, pepper, lemon juice and oil or butter and pack closely in a small, buttered melon mold or a bowl which should be set in boiling water to keep hot. Meanwhile boil the beets which are cut from the tops—they should be about the size of walnuts—and skin. Put in a hot bowl and add salt, pepper and a little butter. Tip out the greens from the mold on a hot shallow dish and surround with a close ring of the small beets. Serve very hot.

SAVORY ONIONS.

Peel two cupfuls of young onions and pack closely in a broad-bottomed saucepan in which has been melted one-fourth cupful of butter. Sprinkle with one teaspoonful of salt, one-fourth teaspoonful of pepper and one-fourth teaspoonful of sugar. Shake until all are seasoned and add enough chicken or veal stock just to cover—about two cupfuls. Dissolved chicken bouillon cubes may be used in which case do not season the onions so highly before adding the stock. Cover closely and simmer till the onions are tender, then take off the cover and boil rapidly until the liquid is reduced to about a half cupful. Pour all over squares of toast which have been buttered and sprinkle with cheese. Toast in a hot oven.

TO COOK STRING BEANS.

Cooks differ about the cooking of string beans. One cook cuts the beans into small pieces, cooks in boiling water to which a small piece of common baking soda has been added, and finds them ready for the table in half an hour.

Another cook places them in a pot with a piece of salt pork, or slices of bacon if the pork isn't easy to get. She lets the beans and pork cook for an hour and a half.

CORNMEAL DUMPLINGS

Two cups cold mashed potatoes, one cup cornmeal, one teaspoonful salt, one-fourth cup wheat flour, six table-spoons water. Mix the ingredients in the order given, form into dumplings and cook in boiling salted water for twenty minutes.

RANDOM REMINDERS.

There is no question of the value of green salads in any dietary.

Wipe an oil stove with a greased cloth to keep the enamel clean.

Sugar is a cheap food, even at present prices, but it has a limited use for bodily needs.

Dishes that have been used in the sick room should never be washed with those used by the family. Infectious diseases have been known to spread that way.

It is easier to pay women compliments than it is to argue with them—also more satisfactory for all concerned.

The moralist no more thinks of putting all his ideas into practice than the shoemaker does of wearing all the shoes he makes.

MINARD'S "KING OF PAIN" LINIMENT

I was cured of terrible lumbago by
Minard's Liniment
—Rev. Wm. Brown.

I was cured of a bad case of earache by
Minard's Liniment
—Mr. S. Kaulbach.

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Manufactured by the
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And square with the enemy every man gets when he separates himself from his corns by Putnam's Corn Extractor. For fifty years "Putnam's" has cured every man it treated—use "Putnam's" only—it's painless and sure, 25c. at all dealers.

A SOVIET SCHOOL MEETING.

(Chatham World.)

We have seen a copy of the petition to the Board of Education signed by nineteen ratepayers of the Nordin district, asking that a new school meeting be held under efficient police protection for the election of trustees, and the precise and particular charges it makes will certainly be investigated by the Chief Superintendent. Among the minor charges is the statement that all supporters of Mr. Daughney, regardless of whether their names were on the tax list or not, were allowed to vote; that Mrs. Peter DeWolfe was allowed to cast a ballot because her husband was absent; and that a boy of eighteen was allowed to vote as proxy for his father, although the latter was present and had voted. The ratepayers ought to have the privilege of considering school matters and choosing trustees without interference from persons, young or old, male or female, without any legal right to speak or vote at a school meeting.

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