

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

KEEP CLOTH NEW.

Take Care That Colored Materials Do
Not Fade, and That White
Ones Remain White.

To have fabrics after laundering possess their original appearance, care must be taken with colored materials that they do not fade and with white materials that they remain snow-white. Aside from this, suggests the best authorities, much depends on the sizing of the cloth. Too much stiffening spoils its appearance and too little is quite as bad.

Most housekeepers use starch for stiffening ordinary clothing. Starch keeps the clothes clean longer and also acts as an absorbent for stain, thus saving wear on the fibre by making excess friction in laundering unnecessary. Manufacturers add other substances besides starch to their finished mixture and their practices have been adopted in home laundry work with success.

For instance, borax gives smoothness; paraffine, wax or turpentine gives gloss, and alum a certain degree of pliability. The substance used to whiten is bluing, which counteracts the yellow tinge.

To use any finishing process successfully, the mixture must be carefully worked into the fabric to insure uniform finish. This is done by dipping in and out of the starch and bluing and rubbing well between the hands.

HINTS TO HOUSEWIVES.

Salt often curdles milk. Hence in preparing gravies, porridge, etc., add the salt the last thing.

Save the excess liquor from your pickled peaches. It may be used for mince pies, sauces, etc.

Bread should never be wrapped in a cloth, as the cloth absorbs the moisture and imparts an unpleasant taste.

When a cake or bread is too brown, or is burned, grate with a nutmeg grater until it is a golden brown.

In cooking vegetables, cover those that grow under the ground, as onions, etc. Leave uncovered all vegetables that grow above the ground.

In boiling rice it is well to plan to have some left over. With an egg, milk or a little fruit juice added, it will make a delicious pudding, or it may be made into croquettes or cream of rice soup.

To frost a cake evenly and to the very edge and prevent the icing from running down the sides, double a piece of stiff paper and pin it closely about the cake letting the paper extend about an inch above the top of the cake. Spread icing and do not remove paper until icing is set.

TIMELY TIME SAVERS.

If too much salt has been added to soup, slice a raw potato and boil in the soup for a few minutes. The potato will absorb much of the salt.

To obtain a really good cup of coffee place the coffee in a saucepan and put it into a fairly hot oven for about three minutes before making. This brings out the flavor.

The water in which rice has been boiled can be used instead of milk in making tomato bisque. It will give a pleasing flavor and it is also an item of economy.

Remove red ink stains from table linen, spread freshly made mustard over the stain and leave for half an hour. Then sponge off, and all trace of the ink will have disappeared.

Equal parts of ammonia and turpentine will take paint out of clothing, no matter how dry and hard it may be. Saturate the spot two or three times and afterward wash out in soapsuds.

You will be able to scale the fish much more quickly if you dip it into boiling water for a minute before beginning the cleansing process.

ONLY MEDICINE
MADE FROM FRUITExtraordinary Success which
"Fruit-a-tives" Has Achieved

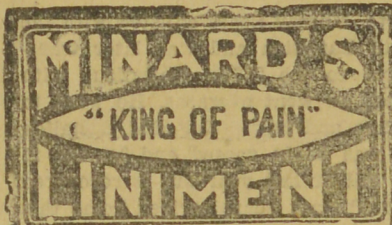
One reason why "Fruit-a-tives" is so extraordinarily successful in giving relief to those suffering with Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is, because it is the only medicine in the world made from fruit juices.

It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve tonics and antiseptics of proven repute.

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

PARKER'S RIDGE.

Parker's Ridge, March 15.—The death of Jessie, beloved wife of Mr. James MacLellan, took place at Parker's Ridge on the night of March 11th. The deceased, who was 55 years of age, was born in Dunoon, Scotland, and in early life came to this country with her parents, who settled at Kingsley. Engaging for some years as a teacher, her unusual qualities of mind and heart soon won for her a position of high regard which after her marriage, when her energies were directed to domestic, church and community interests, became established in general respect and personal esteem. In the Presbyterian church, in the Sunday School, in the Womens Institute as well as in the home, her talents, energy and attractive personality was always exercised to help and cheer and inspire. Besides a sorrowing husband she leaves to mourn one son and two daughters, Bertrand on the homestead, Mrs. William Hurley, Green Hill and Mrs. Benjamin Wallace, Cloverdale. Her mother Mrs. John Barnett of Kingsley and two sisters and three brothers also survive.



The old reliable remedy for rheumatism, neuralgia, sore throat and sprains.

Best Liniment Made

"I fell from a building and received what the doctor called a very bad sprained ankle, and told me I was not to walk on it for three weeks. I got MINARD'S LINIMENT and in six days I was out to work again. I think it the best liniment made."

Minard's Liniment always gives satisfaction. For any ache or pain it gives instant relief.

Minard's Liniment
Co., Limited
Yarmouth, N. S.

vive namely Mrs. William Smith, Parker's Ridge, Mrs. Harry Seymour, Kingsley, John Barnett and James Barnett of Seattle. The funeral services were conducted by her pastor Rev. A. J. MacNeill assisted by Rev. H. F. Smith. Interment was at Boles-town.

THE REAL CATCH.

He and she went angling. Neither one, though, caught a thing; When I ventured this: "And you?" Cupid shyly answers "Two."

April is the big egg month, and the world anxiously waits to see if the bolshevist influence has affected the hen.

If a lump of sugar is put into the teapot when making tea, one spoonful of tea can be dispensed with.

The mahogany furniture will glisten if you use a polish made of boiled linseed oil, one part to two parts of alcoholic shellac varnish.

When you scorch any article in ironing, dip a cloth in diluted peroxide and rub the scorched spot. Then iron over it and the stain will disappear.

SICK HEADACHE
and CONSTIPATION
CURED BY
Milburn's Laxa-Liver Pills

When your liver becomes sluggish and inactive the bowels become constipated, the tongue becomes coated, the breath bad, and the stomach all out of order.

Then come those terrible sick headaches. They take out every bit of life and ambition, bring on depression and often end in complete mental and physical prostration.

To keep the liver active, and your bowels moving regularly is the only way to get rid of the constipation and the distressing sick headaches. Milburn's Laxa-Liver Pills will do this for you by stimulating the sluggish liver into manufacturing sufficient bile to act properly on the bowels, thus making them active and regular.

Mrs. Winslow McKay, Jordan Branch, N.S., writes: "I have been sick for a number of years with sick headache and constipation. I tried all kinds of doctors' medicines, but none did me any good. I tried Milburn's Laxa-Liver Pills, and after using four vials I am completely cured. I would heartily recommend them to all sufferers."

Milburn's Laxa-Liver Pills are small and easy to take; and do not gripe, weaken or sicken as so many pills do. Price 25c. a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

HOUSEKEEPERS' HANDY REFERENCE

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.

TABLE OF WEIGHTS AND MEASURES.

4 teaspoons of a liquid equal 1 table-spoon.
4 tablespoons of a liquid equal ½ gill or ¼ cup.
½ cup equals 1 gill.
2 gills equal one cup.
2 cups equal 1 pint.
2 pints (4 cups) equal 1 quart.
4 cups of flour equal 1 pound, or 1 quart.
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.
2½ cups of powdered sugar equal 1 lb.
1 pint of milk or water 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-ounce.
4 tablespoons of butter equal 2 ounces or ¼ cup.

BRIEF BUT USEFUL RECIPES.

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 larvae.

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

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

Egg Stains on Spoons.—Rub with common salt.

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 flame.

Restore Gilt Frames.—Rub with a sponge moistened with turpentine.

Clean Gloves.—Pour a little benzine 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 rinsed 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 ammonia. 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 salt of wormwood; then rub without diluting it with more water.

Clean the Hair.—Wash well with a mixture of soft water, 1 pint; sal soda 1 ounce; cream tartar ¼ ounce.

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 mosquito has its bill in you it cannot withdraw it until you breathe again.)

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 is hot.

Have Your Job
Printing Done
At Home

The Mail now has every facility for turning out High Class Job Printing work and there is no longer any reason why manufacturers, merchants and others should send their orders out of town.

Give us a trial order and be convinced.

We have a new office and up-to-date machinery, all run by electric power, and can turn out work promptly and efficiently. If you have a job of printing call up No. 67 and we will do the rest.

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