

Children Cry for Fletcher's

CASTORIA

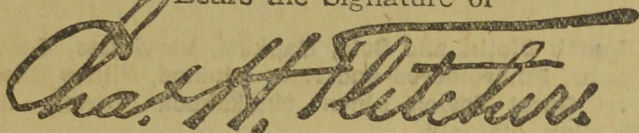
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but experiments that trifle with and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

USE OF CORNSTARCH.

A good many of us were so weary of corn flour substitutes when the war ended and food restrictions were lifted that we felt that we would banish this food staple from our diet. We had been corn muffled and corn poned and Johnny caked almost to death.

But in your desire to be done with corn products don't overlook the usefulness of cornstarch, an old time cooking adjunct that we use perhaps less than it deserves, surely less than our mothers did. Yet it is something that no cook or housewife ought to overlook, there are so many ways that it can save both time and money and add to the goodness of the dishes we make.

Did you know that with cornstarch you can make ordinary milk into a very good substitute for cream? It can thus be used in place of cream with baked apples and other fruit, or it may be used in coffee or chocolate. To prepare, it dissolve four or five level teaspoonsful of cornstarch in a very little cold milk and add this to a pint of thin milk. Mix and boil for a few minutes. If you eat rice as a dessert with milk and sugar you will find it much improved if you substitute for ordinary milk this cornstarch mixture.

It is easier to make custard with the aid of cornstarch than without and fewer eggs are needed when you do use it. To make a good custard heat a quart of milk till it comes near the boiling point, and add one and a half tablespoonsful of cornstarch that has been rubbed smooth in a little cold milk. Add the eggs that have been broken and beaten together slightly. Now let this come quickly to a boil, add a pinch of salt and a half teaspoon of vanilla or any desired flavoring. If it is not thick allow it to boil up a second time.

In making almost any kind of dessert if you add a little cornstarch dissolved first in cold water and then cooked with the milk used in the dessert you will find that you will need less eggs.

You really don't need to have special table salt when you have corn starch on hand, for a very little added to salt used in the salt cellars or shakers keeps it from lumping.

When you ice a cake first dust it lightly with cornstarch and then you will not be troubled with having the icing run too freely over the sides of the cake.

And when you are making a pie from any juicy canned fruit add a teaspoon or so of cornstarch to the juice. This will thicken it slightly and prevent it from running over or soaking into the crust.

DON'T FORGET THE SALAD.

The most important thing to remember when making a salad, is to have everything cold. Never serve a heavy oil mayonnaise after a big dinner or a very heavy luncheon. These salads are better as a main course at a luncheon or to serve with sandwiches in the evening.

Have something crisp in the salad, like green peppers, radishes, onions, parsley or lettuce cut fine. These are all to mix with softer fruits, meats and vegetables. Cut everything for the salad about the same size. Add green peppers and chili sauce for a cold weather salad.

Fruit salad is splendid to serve at any time of the year. In winter it is needed as an aid to digestion and in summer for its cooling effect. For a fruit salad cut the fruit up and let it stand in a sieve over a bowl for an hour or so, so the juice will drain off and not thin out the dressing. It can be used for fruit gelatines or often it is used with a little oil in place of vinegar or lemon juice. Mix most salads with the dressing just before you are ready to serve them. Mash a bit of cheese, add to a French dressing and serve poured over plain lettuce once in a while.

After telling an old man your troubles he will tell you a few of his own that will make yours look like 30 cts.



Wood's Phosphorine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Nervous Debility, Mental and Brain Weakness, Loss of Energy, Palpitation of the Heart, Fainting Memory, etc. Price 1/6 per box, six for 1/3. One will please, six will cure. Sold by all druggists or mail, in plain plug on receipt of price. Your prompt order noted. THE WOOD MEDICINE CO., TORONTO, ONT. (Formed, Kinta J)

NO MORE NERVOUS
HEADACHESSince She Tried "FRUIT-A-TIVES",
The Famous Fruit Medicine.

MISS ANNIE WARD

112 Hazen St., St. John, N.B.

"It is with pleasure that I write to tell you of the great benefit I received from the use of your medicine, 'Fruit-a-tives'. I was a great sufferer for many years from Nervous Headaches and Constipation. I tried everything, consulted doctors; but nothing seemed to help me until I tried 'Fruit-a-tives'.

After I had taken several boxes, I was completely relieved of these troubles and have been unusually well ever since."

Miss ANNIE WARD.

'Fruit-a-tives' is fresh fruit juices, concentrated and increased in strength, combined with finest tonics, and is a positive and reliable remedy for Headaches and Constipation.

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

Self-Supporting, At Least

Pat was driving cattle through the country town, accompanied by a collie. The dog, unknown to him bolter into a butcher's shop and ran off with a leg of mutton. Whereupon the butcher issued forth demanding of Pat if that was his dog.

"No" replied Pat, slyly eyeing the erring dog, which by this time was almost out of sight, "he was once mine but he seems to be doing for himself now."

There is no longer a limit on the stock market—nor any shortage in the supply of lambs.

CLAIMS ARE
PRESENTED TO
CONFERENCE

(Continued from Page Two)

Eastern Mediterranean including those known as the Dodescanes claimed by Italy.

Belgium

Belgium asks that her reparation for damages wrought by Germany shall be the first lien upon German assets, to the extent of at least fifteen billion francs or up to a much larger sum if Germany does not return the machinery and the materials taken from Belgium. Belgium believes she should be paid first because she was the first to be invaded because her neutrality was violated and because she has suffered more from despoliation than any other country in the war.

Belgium, which has reasserted her independence and thus emerges from her old state of neutrality, desires from Holland the left bank of the Scheldt and the Peninsula of Maas-tricht, which protrudes into Belgian Limburg. Belgium also will assent to a plebiscite in Luxembourg to decide whether that country wishes to join Belgium or France or to retain its autonomy.

The foregoing may be considered the extreme claims of Belgium. They come into conflict with Holland, which resists any infringement of the frontiers asked for by the Belgian annexationists. The government of Holland appears willing to revise the Scheldt Navigation treaty so that Belgium should enjoy equal rights with Holland.

REAL RESULTS
OF GARDENING

A Massachusetts newspaper which is very enthusiastic in the matter of amateur city war gardens, advances the idea that the home gardener who raises a bushel of potatoes should not value them at what they will bring in the open market, but what they



Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Badly cures degrees of strength—No. 1, \$1. No. 2, \$2. No. 3, \$3 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Farmer's Market)

A CHILD HATES OIL,
CALOMEL, PILLS FOR
LIVER AND BOWELS

Give "California Syrup of Figs" if cross, sick, feverish, constipated.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

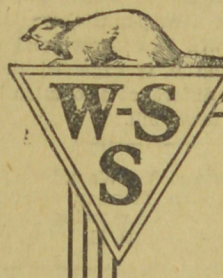
Ask your druggist for a bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Beware of counterfeits sold here. See that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

would bring if the home gardens were not operated. It is estimated that potatoes with the supply from this source lacking, would have cost \$4 a bushel, and that it is contended, should be the valuation put upon the tubers. It must though not be forgotten that there is a value to a few bushels of choice potatoes, and for that matter units of other vegetables raised by the city consumer, that is purely sentimental, and cannot be estimated in terms of ordinary currency.

The Canning Season is Upon Us
CHARLES M. PICKEL,
Undertaker.
SWEETWATER, TENN.

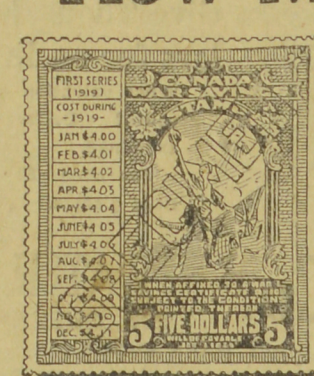
A man may not know that he has done anything wrong, but that makes no difference; his wife is willing to forgive him anyway.

At 10 a boy will spend a whole week's pocket money on a Christmas present for his sweetheart; at 20 a whole month of agonizing thought, and at 40 a whole minute at the telephone ordering something from the florist's or the jeweler's.




\$5.00 for \$4.00
And Each Dollar Worth More

How Money Grows



Price this month \$4.01

AT the rate of interest you receive on War-Savings Stamps, approximately 4½ per cent compound interest, \$4.00 grows to \$5.00 in the five-year term; \$4.00 grows to \$9.76 in 20 years; to \$37.24 in 50 years; to \$346.88 in 100 years!

START TODAY!

Buy your first War-Savings Stamp today at any Money-Order Post Office, Bank or wherever the Beaver-Triangle sign is shown.

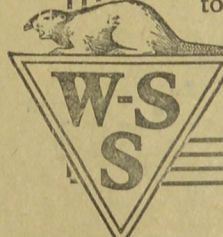
It will cost you \$4.01 this month. (W-S.S. have earned 1 cent interest since last month). A War-Savings Certificate will be provided free. Affix your stamp to it and sign your name.

You are now a "War-Saver". Save for your next stamp. When you have filled your certificate, start another. By careful economy now, and the regular purchase of W-S.S. this year, you will have a large cash fund in 1924 for re-investment.

A boy or girl buying W-S.S. this year and keeping the money continuously invested at the same rate of interest as is paid on W-S.S., will have for EACH War-Savings Stamp, \$50.00 or more to his or her credit, at the age of 70.

THRIFT
STAMPS

In the Government's new plan for helping people to save, every quarter counts. Whenever W-S.S. are sold, and at many stores, Thrift Stamps may be purchased at 25 cents each. Sixteen Thrift Stamps affixed to a Thrift Card represent \$4.00 on the purchase of a W-S.S.



BUY WAR-SAVINGS STAMPS

