

Children Cry for Fletcher's

CASTORIA

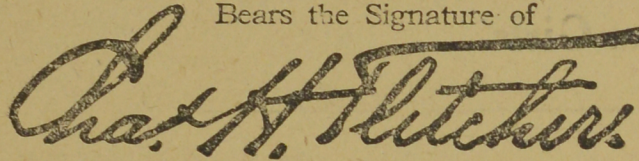
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children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

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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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- 17 Corner King and Northumberland Streets.
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- 24 Corner Queen and Westmorland Streets.
- 25 Corner Brunswick and Westmorland Streets.
- 26 Corner Charlotte and Westmorland Streets.
- 27 Corner King and York Streets.
- 28 Corner Saunders and York Streets.
- 31 Corner Queen and Regent Streets.
- 32 Corner Needham and Regent Streets.
- 34 Corner Queen and Carleton Streets.
- 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

TAPIOCA SUGGESTIONS.

Read Them and Realize What a Good Article Tapioca is.

Now listen—apart from the many delicious desserts, it can be used, if rightly prepared, for soup thickening, gravy, cereals and as a cereal by itself.

Stew tomatoes the regular way, five minutes before serving add one tablespoonful of granulated tapioca to about one pint (or more) tomato, boil for five minutes, then serve.

Pudding, using one quart of fresh milk, half a cupful of sugar, a pinch of salt, one teaspoonful of vanilla, two large tablespoonfuls of tapioca, is made by mixing, then baking for one hour; stir three times, then brown it; serve cold.

For variety, four tablespoonfuls of cocoa and a pinch of cinnamon are mixed with the sugar, added to milk and finished as above. Serve icy cold.

Corn Bread.

Sift together 1 cup wheat flour, one and a half cups bolted cornmeal, one tablespoonful sugar and 1 level teaspoonful salt. Beat 1 egg until light and add one and a quarter cups sour milk or buttermilk and 1 teaspoon of soda; beat until it begins to foam and put in sifted dry ingredients, together with a tablespoonful of oleo or bacon drippings. Bake in a well greased pan thirty minutes.

Quick Pudding Sauce.

One egg, 1 cup sugar, small piece of butter, beat all together until it becomes a froth and add 1 cup of boiling water; put over the fire, stirring for five minutes. Flavor with nutmeg or any desired flavor.

Potatoes and Cob Corn.

Cut cold potatoes into dice and cut leftover corn from the cob. Heat in a frying pan a good spoonful of oleo or dripping and stir into this the potatoes and corn; let brown slightly and add a cupful of sweet milk and season with pepper and salt. Let simmer for five minutes and serve.

USEFUL KNOWLEDGE.

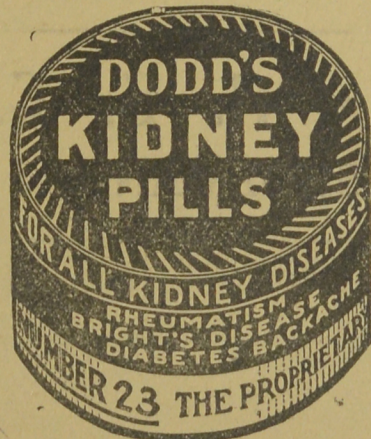
One of the best ways of cleaning walls—that is, the removing of dust from them—is to take a large wad of cotton batting and place it in a loosely woven piece of soft cheesecloth and go over every part of the walls with it, changing to a clean piece of cheesecloth when necessary. This is an improvement over the old plan of wiping the walls with the batting alone, because it is impossible to leave the tiniest atom of lint when the batting is inclosed in cheesecloth.

If you find it impossible to keep the top of a highly polished dining table free from marks caused by hot dishes get some heavy asbestos paper and cut into round or oval table mats and make some embroidered linen covers or slips for them.

The use of nuts as everyday food is increasing. One of the newest ways of baking apples is to core them and fill the centres with sugar and shopped almonds. They are really very much better than ordinary baked apples and possess a higher food value.

If you have a pan or bottle of sour milk, let it stand until it is thick. Put tarnished silver forks, spoons and small pieces into a shallow pan and pour the milk over them. Let them remain in the milk half an hour or longer, then wash them and rejoice in their brightness.

Orange juice is one of the best of dressings for black shoes. Rub a slice of an orange over the leather and brush until it shines like a looking glass.



The Associated Board of the Royal Academy of Music & the Royal College of Music LONDON, ENGLAND. For Local Examinations in Music in British Empire

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Two Gold and two Silver Medals are offered annually also one Scholarship, entitling winner to 2 years free tuition at one or other of the Colleges in London.

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RESTORING THE CABLES

London, Sept. 26.—Every possible effort is being made to restore to its pre-war basis the cable system of the world, it is announced. The five Anglo-German cables, which were cut by the British fleet in the early days of the war, are being repaired, and so are the four cables connecting England with Belgium.

Cable communication with Iceland, interrupted by the war, has just been restored. Messages now are being despatched to Australia in as many hours as it required days in war time.

Communication with the European continent is steadily improving.



Scene from "Pals First," as presented by the Urban Stock Co. Wednesday Night, October 1st.

There are times when a rounder finds it difficult to square himself.

In the spring a young man's fancy lightly turns to thoughts of love; the girl's fancy stays on that subject the whole year around.

ROUGH ON RATS.

London, Sept. 26.—During three days' threshing at a farm near Long Lane, Derbyshire, 1,126 rats were killed.



The Prince Inspects Overseas Nurses at Calgary.

Have Your Job Work 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.

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