

Children Cry for Fletcher's

CASTORIA

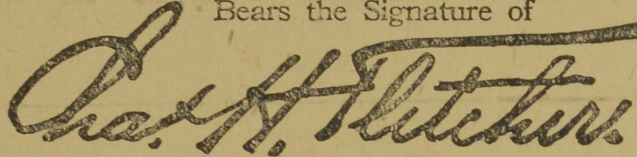
Fletcher's Castoria is strictly a remedy for Infants and Children. Foods are specially prepared for babies. A baby's medicine is even more essential for Baby. Remedies primarily prepared for grown-ups are not interchangeable. It was the need of a remedy for the common ailments of Infants and Children 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.
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- 32 Corner Needham and Regent Streets.
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- 38 Corner King and Regent Streets.
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- 46 Corner Charlotte and St. John Streets.
- 51 Corner King and Church Streets.
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- 53 Corner Union and Church Streets.
- 54 Gas House.
- 55 Intercolonial Railway Station.
- 56 Lansdowne and Waterloo Row

OF INTEREST TO WOMEN

SEASONABLE RECIPES.

Sweet Potato Balls.

Wash and cook sweet potatoes in boiling salted water until tender. Pare and mash, add to them one well beaten egg and season with salt and pepper to taste. Beat until creamy and then shape into balls and roll lightly in flour. Fry in deep fat until golden brown.

Bacon and Apples.

Cook thin slices of bacon until crisp in a hot pan, then place on hot platter. Cut apples into slices without paring about quarter of an inch thick, and remove seeds.

Fry these slices of apples in hot fat from the bacon, until tender, and delicately browned. When done, drain on brown paper; then arrange on the centre of hot platter with the crisp pieces of bacon around. Serve immediately.

Meat Pie With Mashed Potatoes.

Two cupfuls cooked meat, 1 can tomatoes drained, quarter cupful of fine bread crumbs, salt and pepper, half teaspoon onion juice, 1 teaspoonful of Worcestershire sauce, half cupful of gravy stock, mashed potatoes.

Cut meat into small pieces and arrange in alternate layers with drained tomatoes in a deep baking dish. Season each layer with salt and pepper and sprinkle with crumbs. Add onion and pour over all. Bake in the oven 20 minutes. Then remove and cover bake about 15 minutes longer, or until brown.

FOR A SCALD.

One of the commonest injuries in the home is the scald. Upon the promptness with which you treat it depends whether or not you will have blisters and sore places to show for it. Why not use a bit of preparedness? Keep some carbonate of soda somewhere in your kitchen. When the scald occurs, plunge the part immediately into one pint of lukewarm water to which has been added one teaspoonful of salt and one teaspoonful of carbonate of soda. Leave it there until the pain ceases.

Should some other part of the body get scalded, wrap the part with cloth saturated with the solution. Renew frequently until all the stinging sensation is gone. Then apply a little carbolated vaseline. Keep the air away for a few hours by means of a bandage over the vaseline.

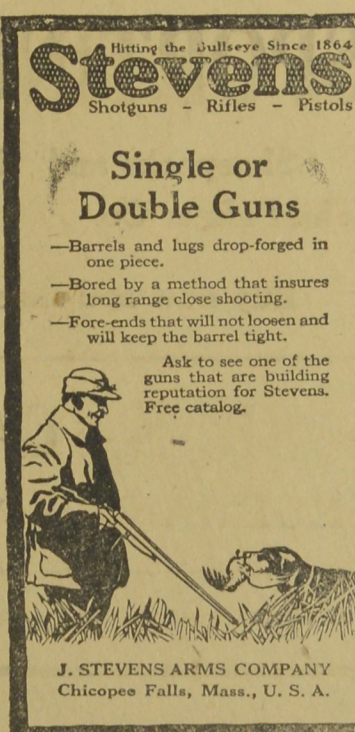
Scalds treated in this way get better in a remarkably short time and leave no disfiguring blisters; but the treatment must be applied at once.

USEFUL KNOWLEDGE.

When poaching eggs, stir the water around rapidly with a spoon, then drop the eggs in. You will find that they will poach almost round, the yolk being entirely covered with the white.

If you have not a hot water bag, a good substitute is a flannel bag filled with hot sand or salt. A good idea is to keep a half dozen little ones filled and ready.

Newspaper clippings should be neatly trimmed if they are to be kept in scrap books and given a very thin, light coat of paste or mucilage. By this means the scrapbook will present a neat appearance.



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David in his haste said all men are liars and mature contemplation seems merely to have confirmed his suspicions.

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