

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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Residence 349-41  
Office 419-11

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Telephone 574.

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**DR. G. R. LISTER, DENTIST**  
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Best and Most Modern Funerals  
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**HARRY R. ADAMS, UNDERTAKER**  
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Phone or Telegraph Orders Shipped on all trains or boats at short notice.

**CLOTHES CLEANED, PRESSED AND REPAIRED for Ladies and Gentlemen.**  
W. E. SEERY  
251 George Street.

## OF INTEREST TO WOMEN

LITTLE THINGS THAT COUNT.

It is Not the Big Things in a Room  
But the Little Things That  
Make for Comfort.

No living room can be considered really complete in its furnishings until it boasts a number of corners just meant for reading or sewing or writing. To make everything as easy as possible should be the aim of the real home maker, so she should provide a small book rack within easy reaching distance of the most comfortable chairs, or if she prefers book troughs they can be had just the height of chair arms.

Lights should be arranged so that a warm glow is thrown from behind the chair or lounge, providing an inviting spot for reading or writing in the evening and work baskets should be easily available so that good intentions don't get worn out in hunting for sewing materials.

A nest of small tables make an attractive addition to any room, and they can be put to a dozen different uses. Wherever one wants to have a table for the interest of the moment, one can be taken from the nest with little trouble, and when not in use they all stand together out of the way and are an excellent lamp stand or small console table.

Another convenience that adds a pleasing decorative note to the room in addition to being very useful is a leather lap desk holding pens and paper. With one of these one can sit comfortably back in a big arm chair and enjoy writing letters or checking up accounts, for there is all the convenience without any of the discomfort of sitting at a desk.

## COFFEE BUNS.

One cup scalded milk, one half cup sugar, one-quarter cup lard, cup butter, one half even teaspoonful salt and cinnamon. Melt and dissolve these in the hot milk. When lukewarm add one yeast cake dissolved in one-quarter cup lukewarm water, add two eggs, beaten, mix in three and a half cups of bread flour, cover and let rise over night. In the morning add enough more flour and knead twenty minutes. Let it rise until double its bulk.

Knead again for five minutes, roll, cut into a sheet about one-half inch thick, spread lightly with softened butter, sift over a very little cinnamon and one cup of sultana raisins. Roll up like a jelly roll, cut off slices one and one-half inches wide lay them down on a well greased pan, let rise until double their size. Bake in a moderately hot oven fifteen or twenty minutes. When done glaze them over with confectioner's sugar dissolved in cream or milk.

## FASHION'S FANCIES.

Smart little waists have collars and cuffs of dotted voile.

A novelty in wool is chanella, popular for sports wear.

Foulard and lace combined are revived for afternoon dresses.

The newest gumpes are made of extremely fine and dainty laces.

Necklaces for mourning are made of black beads of ebonyized wood.

Eyelet embroidery is increasing in popularity for afternoon frocks.

## HOMELY HINTS.

It takes only a minute to convert a pair of old white stockings into neat, serviceable sleeve protectors.

The sewing machine refuses to be hurried. If you try to pull the material as it is being stitched a stretched, tight and ugly seam is almost sure to result.

It is distressing to reflect that the kitten that is so amusing playing with a ball on the floor will grow up and make dreadful noises in the backyard.

Opportunity doesn't always mean well when he knocks on the door. He may merely want you to go out and have a time.

## GIRLS! MAKE A BEAUTY LOTION WITH LEMONS

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as sallowness, freckles and tan, and is the ideal skin softener, smoothen and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is wonderful to smoothen rough, red hands.

## BRIEF BUT USEFUL RECIPES.

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

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 squaking, drive a peg into the middle of the sole.

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

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.

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.

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.

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).

Another public benefactor is the merchant who inserts a large mirror in his display window.

## TEACHING THE MUNITION GIRLS HOW TO COOK

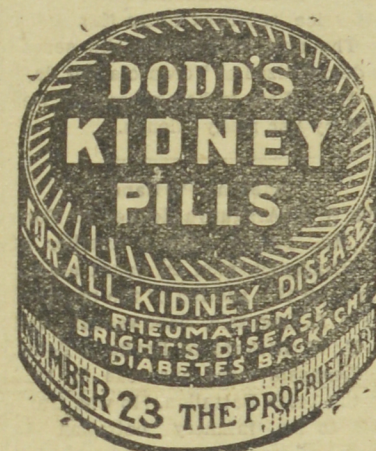
London, April 5.—So many young girls have been employed in munition factories during the years of war and have been deprived of training for the household that the London County Council has opened domestic science schools where they may be trained as servants or to look after their own houses after they are married.

In one school, which has been opened at the "unemployed centre" in Shepherd's Bush, the girls, who had just been freed from factory work, spent their time singing, whistling and throwing dishtowels across the room. They appeared at the school clad in their best finery, with ringlets about their necks and trinkets hanging from their ears.

Their neatly capped teacher, however, soon convinced them this was not the raiment for household work, and in a few days they were as neatly and sensibly clad as she.

Some of the girls already have been engaged by candy and chocolate manufacturing concerns. Others are finding employment in clubs and restaurants under competent chefs, while still others are going into families as cooks.

When questioned upon admission to the school as to the kind of employment they preferred, a majority of the girls expressed a desire for factory work, but after becoming interested in cooking they invariably put factory work second.



## TIME FOR BAKING.

Beans—8 to 10 hours.  
Beef—Sirloin, rare, per lb., 3 to 1½ 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.  
Chicken—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.

## "TIZ" EASES TIRED, SORE, SWOLLEN FEET

Instant Relief for aching, puffed-up  
Calloused Feet and Corns.



Why go limping around with aching puffed-up feet—feet so tired, chafed sore and swollen you can hardly get your shoes on or off? Why don't you get a 25-cent box of "Tiz" from the drug store now and gladden your tortured feet?

"Tiz" makes your feet glow with comfort; takes down swellings and draws the soreness and misery right out of feet that chafe, smart and burn. "Tiz" is glorious for tired, aching, sore feet. No more shoe tightness—no more foot troubles.

## CHURCH SERVICES.

St. Paul's Presbyterian.

Rev. J. S. Sutherland, M. A., minister. Morning service at 11 o'clock; Sunday school and Bible classes at 2.30 p.m. Evening service at seven o'clock. All are welcome.

Methodist Church.

Rev. G. M. Young, pastor. Services at 11 a.m. and 7 p.m. Sunday school at 2.30 p.m. Seats free; all are welcome.

Brunswick Street Baptist.

Rev. G. C. Warren, B. D., pastor. Services at 11 a.m. and 7 p.m. The cantata "The Crucified" will be repeated at the evening service. Bible school and men's class at 2.30 p.m. All are cordially invited to these services.

George Street Baptist.

Rev. Z. L. Fash, the pastor, will preach at 11 a.m. and 7 p.m. Prayer service at 10 a.m. and Sunday school at 2.30 p.m. Strangers welcome at all services.


Reformed Baptist.

Rev. H. C. Archer, pastor. Preaching on Sunday at 11 a.m. and 7 p.m. Sunday school at 2.30 p.m. Prayer meeting on Friday evening at 7.30. All are welcome.

Salvation Army.

"We run on daylight saving time." Week-end services as follows: Saturday, 8 p.m., special Welcome to Brigadier and Mrs. Moore; Sunday, 7 a.m., Knee-drill; 11 a.m., Holiness meeting; 3 p.m., Praise, 7 p.m., Battle for Souls. Mrs. Moore will speak. Directory Class, 10.15 a.m.; Sunday school 1.45 p.m.

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.



ASSAM is the original home of the tea bush. In this section of Northern India, the plant finds the most suitable soil and most congenial climate. In the crack plantations of ASSAM are grown the richest and strongest teas in the world—and it is of these teas that Red Rose chiefly consists. That is why Red Rose has such an exquisite aroma, a rich, satisfying flavor and a strength that makes it economical.

Always sold in sealed packages.

**RED ROSE TEA is good tea**

Red Rose Coffee is as generously good as Red Rose Tea