

Children Cry for Fletcher's

CASTORIA

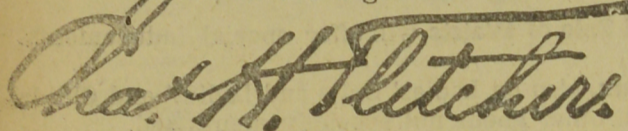
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "just-as-good" are but experiments that trifle with and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

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INTEREST
WOMEN

CARE OF A PIANO.

Dampness is very injurious to a piano. Therefore do not place the piano against an outside wall. Keep your piano free from dust. Keep it closed when not in use. Do not place heavy ornaments on top of a piano, as it deadens the quantity of tone. Have your piano tuned every three months, whether used much or little. An upright sounds better if placed two inches from the wall. To maintain the luster of the case wash it over quickly with mild, white soap, dry immediately and polish with a silk duster absolutely clean.

If any of the keys stick or remain down it is a sure sign of dampness.

THE ROAST PORK SEASON.

Roast pork is more certainly in season in very cold weather than at any other time of the year. Use the loin, which should be scored, across and down about an inch or less apart.

Dredge with salt and pepper and cook slowly in the oven, allowing 25 minutes for every pound. Baste every five minutes for the first half hour and after that every ten minutes. This is served with apple sauce as a general thing.

RANDOM REMINDERS.

Lemon rinds will clean nickel beautifully.

A pinch of salt improves the flavor of any jam.

When you want bread to rise quickly add an extra half yeast cake.

Bread that is too light when put into the oven will be coarse-grained.

Potato salad is better when made with hot potatoes, because the flavors blend better.

Lay a thin slice of onion on a roast of beef while cooking. This improves the flavor.

Changing the water two or three times while boiling will keep old potatoes from turning dark.

Before trying to break a coconut, put it in the oven to warm. When heated a slight blow will crack it.

When using canned pineapple for sauce, the juice of half a lemon with sugar and water added gives a delicious flavor.

When baking cookies use a pancake turner to lift them from the pan.

If you wish to keep fruit, citron or raisins from falling to the bottom of a cake, have them well warmed in the oven before dredging and adding to the cake.

Cornmeal mush will brown nicely if a little sugar has been added while the mush was boiling.

NIGHTCAPS WILL
PREVENT COLDS

New York, Feb. 4—Nightcaps, the plain old woolen variety, either red, white or blue, placed squarely over the head and tied around the ears and chin, will do more to prevent or alleviate colds than any kind of medicine according to Dr. George K. Brelsford, of Dayton, Ohio, who is at the Hotel McAlpin. He said that he had been preaching the doctrines of nightcap wearing in Dayton for several weeks and that his friends in the medical profession agreed with him that they were the best influenza, cold and grip chasers.

Dr. Brelsford was busy telling a score of persons in the lobby of the hotel that they should buy nightcaps and throw away the pills.

"It is natural," he said, "that if you should go out into this wintry air without a hat on you would catch cold and possibly influenza. Most persons sleep with their windows open. What is the difference between catching a cold in the daytime or at night? Common sense demands that we wear nightcaps."

Somemen stand firm for principle and others slap the majority on the back and proclaim it the salt of the earth.



MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General, will be received at Ottawa until noon on FRIDAY, 6th February, 1920, for the conveyance of His Majesty's Mails on a proposed contract for four years, three times per week on the Kingsclear Rural Route No. 1, commencing at the pleasure of the Postmaster General. Printed notices containing further information as to conditions of proposed Contract may be obtained at the post office of Kingsclear and at the office of the Post Office Inspector. H. W. WOODS, Post Office Inspector. St. John, N. B., Dec. 26th, 1919.

It is the man who runs the game that has the best get-rich-quick plan. They say a man is what he eats, but we can't think of any man as a head of cabbage.

PRECAUTIONS AGAINST FLU

Dr. Copeland, Commissioner of Public Health for New York City, has issued the following appeal in connection with the outbreak of influenza:

To Nurses—The city is suffering from a lack of nurses. Please volunteer for service at \$6 a day or 75c. an hour. Persons with practical experience in nursing will be paid \$4 a day or 50c. an hour.

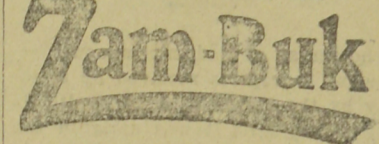
To physicians—Whenever it may be done safely, please urge your patients not to demand a trained nurse. Leave every trained nurse possible for work among the poor.

To clergymen—Advise your congregations about dangers from coughing or sneezing without covering the face with a handkerchief. Persons who find it impossible to refrain from coughing or sneezing should remain at home. Tell the congregation to avoid fear and to practice the ordinary rules of the simple life.

To the public—Observe the rules of simple living. If feverish or otherwise ill, go to bed and call a physician. The ill should not come in contact with the well.

DO YOU KNOW
WHY

that old sore or skin disease of yours breaks out again? It's because the remedies you have been using do not get to the root of the disease, but remain on the surface. Try Zam-Buk! It penetrates to the underlying tissues, destroys all germs and cures from the "root" up. Hence Zam-Buk cures are lasting. All dealers, 50c. box.



It's not where you live, but how you live that really counts.

One of the great grievances of the times is that nobody is able to invent a substitute for work.

"Go Teach All Nations
Beginning at Jerusalem"

"THAT'S it," says a critic, "beginning at Jerusalem! You should correct paganism at home before going abroad to look for it. I do not believe in Foreign Missions."

The Need of Africa

Africa was first explored by a Missionary who lies in Westminster Abbey, honored by all nations. David Livingstone was succeeded by other devoted men, who gave themselves unreservedly to the people of the Dark Continent. Triumphant success in some districts—Uganda for instance—is balanced by dull failure in others. Yet the general prospect is encouraging. Through Canadian Missions in that land, men are raised out of savagery, women are ennobled, children are cared for and educated.

Yet Jerusalem was not Christianized when the Apostles went to Antioch; when Philip was sent to the Ethiopian.

Remember This

The man who does not believe in Foreign Missions stands today clothed and educated because of Foreign Missions. When did English culture begin? With the visit of St. Augustine, a Foreign Missionary from Rome. Who Evangelized Rome? A Foreign Missionary named Paul, of Tarsus and Jerusalem! What if he had gone to the Ganges instead of to the Tiber?

Certainly Canada needs more Christianity, but the best way to improve our own spiritual life is to help bear the burdens of the world.

The Missions Established

Five Christian Communions in Canada—Anglican, Baptist, Congregational, Methodist and Presbyterian—have an extensive mission work abroad. They have sent overseas many devoted men and women.

By their work, barriers have been broken down and in every land there is an eager call for more missions, more teachers, more doctors, more hospitals. Now, owing to the declining value of the dollar, it is necessary to double the expenditure in order even to hold the ground won. Until that is done, an advanced Missionary programme can not be undertaken.

Mass Movements in India

India is our brother-land, a loyal British dependency. Illiteracy is the rule. Caste imprisons the people and stifles all ambition. British administration has taught the folk the value of peace. English-speaking Missionaries from Canada are teaching them the value of education and the power of the Name which is above every name. Great masses of the people are asking for baptism, but there are not enough Missionaries to teach them.

A Mandate for Expansion

All men, who think honestly realize that the Gospel of Christ is unique in moral splendor, in spiritual force, in civilizing influence. It redeems the individual and exalts the nation. It has made the modern world of thought, of industry, of progress. It must go out over all the earth to ease international relationships, to put an end to cruelty and misery. There is free entry for the Gospel in every nation under Heaven. Lift up your heads, O ye Gates of India, and be ye lifted up, ye everlasting Doors of China and Japan and Africa, and the King of Glory shall come in.

The Chance in China

China is attempting to develop a democratic spirit before the nation is prepared for it. Many of the leaders got their first glimpse of true liberty in Christian Mission Schools. Now they talk of establishing one million Government primary schools. They look to Canadian Missionaries for help in the establishment of normal courses. Was ever such an opportunity before the Church—to help influence the school teachers of a great, new nation of four hundred million people?

The Call to Action

Canadians, Churchmen or non-Churchmen, you met the charges of the war with cheerfulness, since it was waged to establish righteousness in the earth. Now hear the call of the Churches for adequate means to continue by peaceful suasion the work which for four years was done by batteries and bayonets. Your Church appeals directly to you, civilized and educated by Foreign Missions of an ancient time, to meet your obligation to that same Great Cause today.

The Need of the World

Japan, Formosa, Korea, the South Sea Islands, South America, and not least, the pagans in our own land, need the Gospel. The Missionary is welcomed in all lands. Men everywhere appreciate the spirit of those Canadians who forget themselves in order to serve the suffering and the weary. Idealism in action counts!

National Peace Thank-Offering
Simultaneous Every-Person Canvass by Each Communion
February 9-14

The United National Campaign

Representing the Simultaneous but Independent Forward Movements of the Anglican, Baptist, Congregational, Methodist, and Presbyterian Communions in Canada