

Children Cry for Fletcher's

CASTORIA

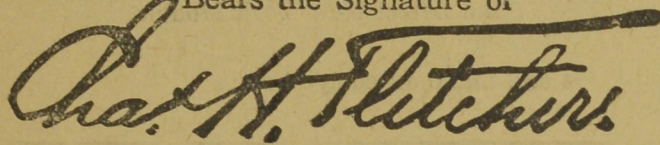
The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "just-as-good" are but experiments that trifle with and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

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Bears the Signature of



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The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

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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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PRESSED and REPAIRED
for Ladies and Gentlemen.
W. E. SEERY
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OF INTEREST TO WOMEN

SOME SEASONABLE RECIPES.

Old Fashioned Molasses Cake.

Place in a mixing bowl one cup of brown sugar three quarters cup of shortening, two eggs. Cream well and then add one cup of molasses, one cup of strong black coffee, five cups of sifted flour, three level tablespoonfuls of baking powder, two level tablespoonfuls of cinnamon, one level tablespoonful of ginger, one teaspoon of allspice, one teaspoon of cloves.

Beat to mix and then bake in well-greased and floured pan in a slow oven for fifty minutes.

Cinnamon Cake.

One cup sugar, half cup shortening, two cups flour, two teaspoons baking power, one egg broken into a cup and the cup filled with milk, one teaspoon of cinnamon, salt, lemon extract.

Mix flour, baking powder, sugar, shortening and salt together the same as for biscuit dough and reserve half a cup of this mixture to put on top of the cake when in tin. To remaining mixture add milk and egg. Beat well and bake.

Chocolate Pudding.

One pint milk, 1 square unsweetened chocolate, 1 cup fine stale bread crumbs, half cup of sugar, two tablespoonfuls maple syrup, 1 tart apple, 2 eggs and 1 teaspoonful vanilla. Melt chocolate in milk in a double boiler, pour this over the bread crumbs, add sugar, syrup, apple, which has been pared, cored and grated, and beaten egg yolks. Mix well, then fold in the egg whites beaten stiff and dry add the vanilla. Pour into a buttered pudding dish and bake in a slow oven.

May be served with whipped cream or any similar sauce.

RANDOM REMINDERS.

Milk served in large quantities is often nauseating to the invalid. The glass may easily be refilled.

Slices of cold corned beef covered with stewed tomatoes and set in a slow oven till the meat is well flavored with the tomato are delicious.

Clean light trimmings on a dark dress by covering them with cornmeal saturated with cleaning fluid. When the fluid evaporates brush off the meal.

A mustard plaster should not be kept in the same place all the time. Just as much good is accomplished if it is placed a short distance from the spot affected.

FASHION'S FANCIES.

All-over beaded gowns are in favor. Plush is being used in place of fur. The semi-fitted bodice is frequently seen.

Porto Rican blouses are much favored at Palm Beach.

The coin spot is much featured as trimming.

Shadow checks and stripes appear in jackets.

Frills and drawn work appear on the white blouse for spring.

Children's dresses show the bouffant hip line.

Plaid effects are used not only for entire frocks, but for facings and trimmings.

A black satin waistcoat of navy blue suit was seen trimmed with Bulgarian embroidery.

Cherry red and pearl gray are favored colors in the millinery world this year.

SOME BRIDE, THIS.

The bride is a woman of wondrous fascination and a remarkable attractiveness, for with manner as enchanting as the wand of a siren and a disposition as sweet as the odor of flowers, and spirit as joyous as the caroling of birds and mind as brilliant as those glittering tresses that adorn the brow of winter and with heart as pure as dewdrops trembling in a coronet of violets, she will make the home of her husband a paradise of enchantment like the lovely home of her girlhood, where the heaven bond barp of marriage, with its chords of love and devotion and fond endearments sent forth the sweetest strains of felicity that ever thrilled the senses with the rhythmic pulsing of ecstatic rapture.—Charlotteville, Ky., Chronicle.

ASTHMA CURED TO STAY CURED

Thousands Testify to the Lasting Benefit Secured from

CATARRHOZONE

CURES WITHOUT DRUGS

One of the finest discoveries in medicine was given to the public when "Catarrhozone" was placed on the market about fifteen years ago. Since then thousands have been cured of asthma and catarrh. An interesting case is reported from Calgary in a letter from Creighton E. Thompson, who says:

"Nothing too strong can be said for Catarrhozone. I suffered four years from asthma in a way that would beggar description. I went through everything that man could suffer. I was told of Catarrhozone by a clerk in Findlay's drug store and purchased a dollar package. It was worth hundreds to me in a week, and I place a priceless value on the benefit I have since derived. I strongly urge every sufferer to use Catarrhozone for Asthma, Bronchitis and Catarrh."

The one-dollar package last two months; small size, 50c; sample size, 25c; all storekeepers and druggists, or the Catarrhozone Co., Kingston, Ont.

USE THE BEST PULLETS FOR BREEDING

By this time it should be fairly well decided what birds are to be used in the breeding pens. In the main, dependence should be placed on hens, but it is always well to use some of the best pullets, as by so doing a year's time is very often saved.

As none but the best pullets should have been carried over the second season, there should be very little culling of the hens required. However, there are always a few that have not kept in prime breeding condition; some

may have put on too much fat, others may have shown a tendency to colds or other undesirable qualities. These should not be put into the breeding pens.

The hens intended for breeders should be carried through the winter in a normal condition, without forcing or stimulation of any kind, so that they come to the breeding season full of vim and vigor. To obtain and retain this condition green feed should be plentifully supplied. Chopped clover, sprouted oats or mangels are all good.

Pullets Hatched Early.

The pullets used should be early-hatched, vigorous and well-matured. To these selected females should be mated either vigorous cock birds that have already been proven as breeders or strong, vigorous, well-matured cockerels, that are not only the sons of high-producing hens, but the brothers of pullets that have shown by their performance that they carry the quality for high production.

Do not make the matings too large. A good, vigorous cockerel of the general purpose type on free range may successfully mate with fifteen or twenty, or even more, females, but the same bird in confinement might "fall down" lamentably with more than half that number. Do not expect a cock to attend to the number of females that

NERVES ALL GONE TO PIECES

"Fruit-a-tives" Conquered Nervous Prostration

R. R. No. 4, GILBERT PLAINS, MAN.

"In the year 1910, I had Nervous Prostration in its worst form, dropping from 170 to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives".

I began to mend almost at once, and never had such good health as I have enjoyed the past eight years. I am never without "Fruit-a-tives" in the house". JAS. S. DELGATY.

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

a cockerel would and if you are looking for early chickens use cockerels at the head of the breeding pens, as they are much more reliable early in the season.

Add the beaten whites of two eggs to cornstarch custard after taking it from the stove.

The Electric Lights

Illuminate your home with it and ask for particulars

THE MARITIME ELECTRIC CO.

FREDERICTON, N. B.

Carnival Spirit at Banff



Banff is to have an elaborate winter carnival this year, and will be on foot from February 2nd to the fourteenth inclusive. Situated as it is in the Canadian Pacific Rockies and surrounded by the grandeur of Tunnel Mountain, Rundle Mountain, and Sulphur Mountain, Banff, the national resort, is fast becoming the centre of winter sport in Canada, as Christiania in Norway. It is a perfect winter playground with its natural mountain slides and ideal skiing. The preparations for the carnival this year are on a larger and broader scale than previous years; the aim being to make Banff attractive in winter as it is in the summer. In one aspect the visitor will find combined summer and winter amusement in the hot sulphur springs, which give one the privilege of swimming out in the open with the thermometer above or even below zero, in not tepid but warm water.

The spirit of the carnival will again have full sway throughout the town, and those who arrive at night will find themselves in a veritable fairyland. Colored lights are to be strung across the streets, down the famous toboggan slide, and on the rinks in thousands giving a great gala effect.

The list of amusements is a long one. There are hockey and curling matches, toboggan races, snowshoe and ski races. The ski jumping this year promises to be one of the big events, for a new jump has been built costing several hundred dollars, and some of the best skiers in Canada will take part in the competitions. The Pony ski races are on the programme, and will doubtless create much excitement. Snow shoe tramps have been planned and lunch will be served at the game warden's cabin. Those exhilarating tramps are conducted by men who

know every inch of the country. The carnival will be just one continued round of gaiety and anyone who imagines the world in the mountains to be dead in the winter will have a pleasant surprise. Rivers, brooks, cataracts and falls are all pursuing their merry course, as in the summer except in a few occasional spots. The animals are not huddled up inside their burrows or seeking shelter away from the world, but roam around as in summer.

The carnival will be opened by the Superintendent of the National Park, and a special programme has been arranged for each day and will conclude with a farewell ball and distribution of prizes. There are three comfortable hotels which remain open throughout the winter.

The carnival and bonspiel at Banff are becoming amongst the most important and widely known events of the Canadian Winter, and will attract thousands to see "Top of the World" in the winter. Nature in all the beauty of her winter garb is at her best at this time of the year. Instead of being dead Banff will be very much alive.

