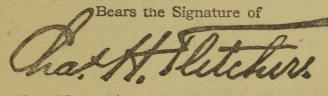
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The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of and has been made under his per-Charffellithing sonal supervision since its infancy.
Allow no one to deceive you in this.
All Counterfeits,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

Infants and Children—Experience against Experiment.

Castoria is a harmless substitute for Castor Gil, 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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TO WOMEN OF INTEREST

HOW TO DO A WASHING.

Just soak your clothes at night, putting the pieces in one tub, more soiled pieces into another tub. First draw the water; add some ammonia and soap powder, then put your clothes in. In the morning put boiler on, half full of water, one-quarter bar of shaved soap, one-quarter cup ammonia, one teaspoonful turpentine. Put in clothe: Let boil up, turn clothes over and let them boil up again. Take out into cold water and rub any soiled pieces You will have to use very little soap. Put into fresh water, rinse and wring out and put into bluing water, then hang on line. This is for fine clothes,

Now for the more soiled. Rub on board to loosen dirt and put into warm water in boiler. Let boil as before, going through the same process. For colored pieces the suds water will

For hose, always have a good, clean water, otherwise your hose will look dingy and that we don't want. If you do this way you will not only save labor but clothes also.

WORTH REMEMBERING

For coffee stains on table linen, cover with borax and pour boiling water from a height on them.

Lemon juice will often relieve

A soft cloth wrung out of very hot vater and applied to the face will freshen a tired fare. Apply hot cloths for ten minutes, then bathe face with

Strong ammonia water is good for removing iodine stains.

Alcohol is a good remedy for a shiny nose. Put a little water with the alchol, wipe the nose over with it, then

Windows can be nicely cleaned with paste made of whiting and alcohol wood alcohol).

To clean greasy, seal fur, heat fine sand in the oven and rub seal with it till it is free from grease. Repeat the process with fresh sand if necessary.

When the color has been destroyed by acid, apply ammonia to neutralize the acid, then saturate with chloroform, and the color will usually be

Regular applications of equal parts lemon juice and glycerine, after washing, will whiten the skin. If there is the slightest tendency to superfluous hair, never use fat or oil of any kind upon the skin.

I wish to announce to my friends Strength Will Return To Weak People Using This Treatment

You are discouraged.

You feel old and worn You are sick, but not aware of the

You can drag yourself around-but work is impossible.
With your stomach crying out for

assistance and the nerves all on edge why not try Ferrozone?—it will surely Ferrozone is a wonderful combina-tion of vegetable extracts, fortified by

excellent tonics for the nerves and When you feel despondent, Ferrozone cheers you up.

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> For bounding health, good looks. good spirits, nothing equals Ferrozone; makes the weak strong and the sick well. Good for men, women and children; try Ferrozone, it can work wonders, as it did for Mrs. Mary Melong, of Harbour Bouche, N. S., who

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ered by trifles, unceasingly nervous.
"The first box of Ferrozone improved my blood, gave me appetite. In a short lime I was like a new person Now I rejoice in abundant good

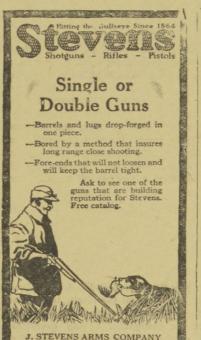
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a few moments—a delightful surprise per box, or s.x boxes for \$2.50, at all dealers or direct from The Catarrhowant cure. use Ferrozone. Price 50c. THE COOK MEDICINE CO., want cure use Ferrozon word, (Fermer's Medicine Co., Kingston, Ont.







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Canadian National Railways

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Read Down Read Up. Ar. 2.05 p.m. 4.30 Ar. Fredericton..... Lv. 10.30 a.m. 5.00 Lv. Fredericton...... Ar. 10.00 a.m. " Woodstock 7.12 a. m. Lv. 6.00 a. m. 9.00 Ar. Centreville

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