

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 *Chas. H. Fletcher* 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

Chas. H. Fletcher

In Use For Over 30 Years
The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

OF INTEREST
TO WOMEN

OUR PLANTS IN YOUR ABSENCE.

I have discovered an excellent way of providing house plants with moisture when their usual caretaker is away for a few days. Recently when I had an invitation to make a three-weeks visit in a neighboring city I be-thought myself of this scheme. I put a number of bricks into two large wash tubs and poured enough water in just to cover the bricks. Then I placed the plant pots on the bricks and departed with hope that the plan would be successful. When I reached home again the water was almost gone, having been absorbed through the bricks by the growing things. All the plants were in good condition and a rose bush had actually blossomed for the first time.

Mrs. T. H. J.

A PIE FUNNEL.

This hint may help you to keep the juice of the fruit from spoiling the appearance of the pie and soiling your oven and pie plates.

Make a cone from stiff writing paper, using a piece about 2x4 inches—something like the emergency funnels one makes when the funnel can't be found—and insert it through a cut in the centre of the top of the crust well down (about an inch) into the "filling." Cover the pie with crust as usual and insert the cone just before placing in the oven.

The cone acts as a vent for the steam and your top crust will be a delight to the eye—and the palate.

A. H.

TO CLEAN SLIPPERS.

For cleaning satin slippers, instead of using gasoline, which frequently leaves the slippers with gray spots, try scrubbing them with a toothbrush which has been dipped into denatured alcohol. They clean much more readily and better with half the labor, for a pair can be cleaned in five minutes.

WHITE SILK—WHITE

So many friends ask me how I keep my silk waist so white that I thought it might interest other women now that china silk is worn so much for underwear. To a basin of slightly warm suds of pure white soap I add a teaspoon of borax. I rinse the article in clear water twice, and hang it to dry in the shade. I press while still damp.

Mrs. S.

KITCHEN KINKS.

That the egg used for rolling the croquettes should be either the whole egg or the egg white—never the egg yolk.

That a tablespoon of warm water should be added for each white, or two for an entire egg, to dilute the egg.

That best results are obtained when the croquette is first rolled in crumbs then in the egg mixture and again in crumbs.

That hot fat to be used for frying should be tested before putting in the croquettes. It is a mistake to put the croquettes in before it has reached the right temperature, as in this way they become soggy.

That when fat is at the right temperature for frying croquettes made of materials already cooked it should brown a square of bread in one minute.

The croquettes should be well drained on brown paper before being served. The paper can be set on a platter at one side of the stove where it will remain warm and then drained for two or three minutes.

That when croquettes are to be warmed over they should be put in a very hot oven. Do not fry them a second.

LONGBOAT TO BE
SOLDIER SETTLER
IN THE WEST

Applies for a Homestead in Northern Saskatchewan from Soldiers' Settlement Board.

Prince Albert, May 6—Tom Longboat some years ago famous as a long-distance runner has arrived here from Caledonia, Ont., and presented his credentials to the Soldiers' Settlement Board, and will take up land in Northern Saskatchewan.

He has not yet decided upon his exact location. His wife is here with him, and Longboat believes he can make money farming in this district.

GREAT SPRINTER
IN HIS YOUTH

In spite of the fact that Beaurepaire was an Australian champion when he went to London 12 years ago he will not be 29 years old until May 13. He was only 17 years old at the time of the London Olympics. That year he won four English championships and in 1910 won all British titles from 100 yards up to and including the mile.

SCHANG WITH
THE RED SOX

New York May 6—Wallie Schang, who has been having differences with the Red Sox management on the salary question, reached an agreement with Manager Barrows today, and left for Boston with the club.

BARTFIELD
IN POLAND

New York, May 6—Soldier Bartfield the Brooklyn boxer, writes from Snetyn, Poland where he went to bring his mother and sister to this country. He says the country is in a deplorable condition and all one can see for miles is graves.

He reports the people near to starving and he got there just in time to save his people, he said. He was in Paris for two months, where he won two bouts, stopping Zabrzel Pioness in nine rounds. He is booked for more bouts in Paris and London. He expects to return to this country some time this month.

LIPTON'S TRIAL BOAT.

Dartmouth, Eng., May 6—The 23-meter yacht Shamrock, which is to be used by Sir Thomas Lipton in tuning up races for the Shamrock IV, the challenger for the America Cup, has sailed for New York.

The Shamrock sailed the latter part of April from Dartmouth for New York, but met with terrific weather off the English Coast and had to put back into port.

HERRESCHOFF
SLOOP THOUGHT
TO BE DEFENDER

Lipton's Trial Boat Has Sailed from Old Country—Some Changes in American Boat's Rig.

Bristol, R. I., May 6—Chief attention now at the Herreshoffs is centered in fitting out the cup sloop, with the feeling strong here that she will be selected to sail against the Shamrock IV.

There is the reservation that to be a winner in the trial races, however the sloop must have sufficient time to tune up for the contests.

The countersunk bands to reduce windage and the form of rig have attracted the attention of experts. Officers from the Navy base at Newport who came up the bay spent considerable time viewing the spar and the features of rig.

The work of shipping the yacht's bowsprit, the longest of the Resolute's pair is finished. The attaching of the longest of the head spars shows that the mainmast will be stepped in the forward mast hole, and that the long head rig will be in use.

VERDICT OF
\$25,000 FOR
TACK IN SOUP

New York, May 6—A verdict of \$25,000 damages caused by a tack in a bowl of soup was awarded to Dr. Moritz D. Spitzer, 225 East 14th Street, in his suit against the Childs Restaurant Company. The verdict was given in Justice Finch's part of the Supreme Court.

The evidence showed that Dr. Spitzer ate the soup in a Childs restaurant at No. 42 East 14th Street on December 28, 1915, and that the tack is still in his abdomen. Two of the witnesses were in France during the war, and their testimony was not available until now.

Physicians said the tack might remain for years without doing any harm but might at any time necessitate a serious and possibly fatal operation.

BROWN TAIL
MOTHS MORE
PLENTIFUL

Washington, May 6—Quarantine of the New England States to prevent spread of the gypsy and brown-tail moths will be considered by the Federal Horticultural Board at a hearing Friday. Due to unusually favorable conditions, experts of the board said today, the spread of the gypsy moth during 1919 was very rapid.

Investigation has shown new territory infected now includes 46 towns in Maine, 45 in New Hampshire, 23 in Vermont, 14 in Massachusetts and three in Connecticut.

Busy people don't gossip about each other. They're too tired.

SHORT OF BREATH

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When you go to a physician to be examined for any heart trouble, one of the first questions he asks is: "Are you short of breath?"

Now when the heart becomes affected there ensues a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular beatings, smothering sensation, dizziness and a weak, sinking, all-gone feeling of oppression and anxiety.

On the first sign of the heart becoming weakened or the nervous unstrung Milburn's Heart and Nerve Pills are just the remedy you require. They regulate and stimulate the heart and strengthen and restore the whole nerve system.

Mr. Stephen Crouse, East Clifford, N. S., writes: "I suffered for five years with heart trouble. I could hardly walk from the house to the barn without resting as I used to get so short of breath. Doctors could not help me. My wife told me to get a box of Milburn's Heart and Nerve Pills and I felt better after taking them. Three boxes made me quite well. I am now helping my son to work the farm, and can truthfully say I feel like a different man."

Price 50c. a box at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

HOME BREWING
MATERIAL TO
BE HELD UP

Chicago, May 7—The home breweries are in for a rest. John F. Kramer prohibition chief, sent from Washington today a notice that the sale of malt and hops which may be used in manufacture of beer at home is illegal and a violation of law. He writes:

"This is a manifest attempt to sell materials for the manufacture of intoxicating malt liquors in homes and elsewhere and, in consequence is in direct violation of Section 18 of the amendment. Any person selling these materials under circumstances which would point that they were to be used for intoxicants is liable to fine as a conspirator."

The letter was also interpreted to mean that dealers selling fruits, raisins, yeast and other materials from which alcohol might be distilled will be subject to arrest if they know the materials are to be used for an illegal purpose.

Thousands of stores in Chicago, including some of the largest department stores are now selling beer and malt and other supplies for the home brewer.

New York, May 6—Many theories have been advanced for the high cost of almost everything one is required to buy. The usual method is to pay the price and worry about the general situation as little as possible. One explanation, however, has been advanced which may not bear too much scientific probing. It is this:

The Einstein theory has played "hob" with the law of gravity, under the rules of which everything that goes up must come down. With gravity abolished, what more can we expect than that everything will go up and stay up?

Only the return of life and power of Sir Isaac Newton, according to this theory, can save the world from transmutation.

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