## the Realm of



#### Just cut off the corner

of the carton and pour out the pure, clean, extra "FINE" crystals of

The All-Purpose Sugar"

2 and 5-lb cartons 10 and 20-lb bags

Send as a red ball trade-mark for a Fithe book of Preserving Labels Atlantic Sugar Refineries Ltd. Power Bldg., Montreal

#### How to Keep the Face Young and Attractive

The way to ward off old age is not to pressed by the derad of advancing future I was compelled to admit that ives and avoid trying experiments with test of time. An entirely safe and very young-looking and beautiful is to apply ordinary mercolized wax at bed time, using it like cold cream, washing the brink of another experience it off in the morning. This gradually which might wreck the frail bark in absorbs the withered, faded cuticle, which Arthur and I were attempting which is replaced by the more youthful, pink-tinted underskin. One ounce of to travel the tempestuous sea of mathis wax, to be had at any drug store, trimony. On the horizon of my life is enough to completely rejuvenate a

Crow's feet and other wrinkles, the first signs of advancing age, may be seemed to tantalize me; her luminremoved by a simple, harmless prepara- ous eyes taunted me. It was the tion made by dissolving an ounce of powdered saxolite in a half pint witch hazel. It is used as a face bath.



Sovereign Perfumes, Ltd. 146 Brock Ave., Toronto

I WAS somewhat peeved L'ST NIGHT. George got SENTIMENTAL about my hair AND I told him that having NICE HAIR was a duty BUT THAT having something UNDER THE hair was in a MEASURE A privilege AND I felt myself IN THE privileged class. I BELIEVE that men don't THINK OF anything but a woman's LOOKS, BUT I thought GEORGE WAS different.

Yours for beautiful hair, Herpicide Mary

Cheese Markets.

Brockville, Nov. 18 .- At Thursday's meeting of the Brockville Cheese Board 680 white and 927 boxes of colored were offered: 607 colored sold at 25c; 2,700 colored and 1,300 white sold on curb at

A German professor has proved by Materials—1 quart mashed sweet stir until smooth; then add the cold actual and delicate measurements potatoes, 4 thick slices bacon, salt, milk, slowly stirring until thick and that a woman can talk longer than pepper and parsley to taste.

### THE CONFESSIONS OF ROXANI

CONCLUDED THAT I HAVE

(Copyright, 1916, by the McClure Newspaper Syndicate) I had a good opportunity, while Arthur was at the theatre with Evelyn Phillips and her father, to take an inventory of my domestic affairs, and I proceeded to do so, al- She moves toward it with the ruththought there was nothing deliber- lessness of a monster in crime, brushate or intentional about it. My ing aside without the slightest qualm mind naturally dwelt upon those af- of conscience every consideration of fairs, just as one's thoughts involun- pity or those softer emotions which ject in which one is vitally interest- ber of her sex.

mit that thus far it was an abject from me?

about at the mercy of the never-ending martial storm. And we were still living together.

Was my future to be as troubled as my past? Would it ever be possible for me to absolutely trust and scoffed at the idea that Evelyn desir- States army. adore my husband? Or should I ed my husband. Why, he was mine; thousands whose early dreams had become withered realities; whose lives grew more and more bitter as should she want a man ten years her the years passed; whose search for happiness ended in disappointment and whose declining years were DANDRUFF GOES! spent in bitterness and regret?

As I searched my heart and peered from the misty past into the dim there were no roseate hues in either direction. With all the keenness of misdirected or unrequitted love I was forced to realize that, not only was this true, but that I stood on stood a figure whom I was compelled to recognize. Her beautiful form figure of Evelyn Phillips! What would be the end of it all? Would I not better cease the struggle and relinquish whatever claim I still had

to my husband?

I had feared the influence of Evelyn Phillips on Arthur from the terior motive such as desire for true hair health. riage is too sacred a thing to suggest careless treatment-that's all. thoughts of divorce or unlawful re- Danderine is to the hair what with the thought of marriage.

(By Frances Walter)

I was aware, and I still know from NO CAUSE FOR ALARM later observation, that in rare instances a girl may be coldly deliberate enough to marry herself off for some motive other than love, and

such a woman (despite her age, one cannot call her a girl) will stop at nothing to accomplish her purpose. tarily turn to and follow up any sub- guide the actions of the average mem-

The question which confronted me married life I was even forced to ad- husband's love and tearing him away only woman marine surveyor in this borne

except for the short space of time Ar- When I thought of some of the things California. thur and I had kept house in the I had seen her do I did not hesitate | Women are now working as engi- Mr. and Mrs. C. Bermingham, Barour platonic honeymoon, and where act. At times she seemed as heart- tion factories. Arthur was engaged in business. less as a tigress. At other times she Every subsequent change, it seemed was all tenderness and consideration. dependent candidate for congress in o me, had been for the worse. Jeal- One moment she breathed of all that the first Kansas district. ousy, suspicion, even estrangement was sweet and lovely in womanhood. had been our portion. For what and the next she suggested every- souri State University has begun to canny, unnatural.

Suddenly I laughted outright. Was beautiful, young, charming, why opened last month.

# HAIR GETS THICK,

Save Your Hair! Double Its Beauty in a Few Moments. Try

Hair Stops Coming Out and Every Particle of Dandruff Disappears.

tion of Danderine, you can not find a single trace of dandruff or falling where all the workers are women, hair and your scalp will not itch, but with one or two male administrative ter a few week's use, when you see of the personnel. new hair, fine and downy at firstall over the scalp.

A little Danderine immediately ber of the board of factory inspectors first night I saw her, and those fears, doubles the beauty of your hair. No of her state. I thought now, were certainly well difference how dull, faded, brittle and Mother Gertrude of the Sisters of founded. The only ray of hope that scraggy, just moisten a cloth with Charity in Dubuque, Ia., has been a I had was based upon my inability to Danderine and carefully draw it nun for 75 years, having joined the imagine how a woman of Evelyn's through your hair, taking one small sisters in Philadelphia in 1841, when beauty, youth and inexperience could strand at a time. The effect is im- she was fourteen years old. be attracted by a married man. There mediate and amazing-your hair will is, I know, something in every girl be light, fluffy and wavy, and have an which rebels at the thought of receiv- appearance of abundance, an incoming attention from one who is wedded parable lustre, softness and luxuri- erine W. McCullough having been to another, unless there be some ul- ance, the beauty and shimmer of named with three men.

cases can one find where a young and or toilet counter and prove that your innocent girl has fallen in love with hair is as pretty and soft as any-that a married man. To such a girl mar- it has been neglected or injured by

lations. Men who have wives are fresh showers of rain and sunshine looked upon much in the same way are to vegetation. It goes right to as youths who are too young to wed. the roots, invigorates and strength-They are not eligible, and the mind ens them. Its exhilirating, stimulatat once dismisses them, or, rather, ing and life-producing properties the mind never has associated them cause the hair to grow long, strong and beautiful.

### "Low Cost of Living" Menu

Menu for Sunday

Oranges or Stewed Fruit
Cereni of Choice
Waffles and Honey
Raisin Bread Coffee or Cocoa

DINNER Strained Vegetable Soup Ronst Beef
Ronsted Sweet Pointoes
Creamed Carrois with Peas
Romaine Saind
Frozen Custard

Cold Roast Beef Potato Saind Spiced Fruit Cocoa Sponge Cake

Menu for Monday

BREAKFAST Boiled Cereal with Fruit Syrup Bran Muffins Grape Butter Coffee or Cocon

LUNCHEON OR SUPPER Sweet Potato Loaf With Bacon Celery and Apple Salad Cocoanut Cake from Yesterday Milk or Tea

DINNER Split Pea Soup lice of Ham with Milk

Sweet Potato Loaf with Bacon.

Frozen Custard

cup sugar, 1/2 teaspoon salt, 2 tea-

spoons cornstarch, flavor to taste.

ing cup, teaspoon, small mixing bowl,

Directions-Put the milk in top of double boiler; when it comes to a boil add the cornstarch, which has been mixed with a little cold milk, sugar, salt and well-beaten eggs. Boil five minutes; set aside to cool. Flan vor to taste. Pour in freezer, pack with ice and salt and turn 10 minutes. Fruit can be added if desired.

Directions-Season the potatoes. Put into small bakedish, which has been brushed with drippings. Cover top with bacon, put in moderate oven. bake until bacon is nice and crisp. This makes a very tasty dish.

Baked Slice of Ham with Milk Gravy Materials-1 slice of ham about 1 1/4 pounds, 1 cup milk, 1 tablespoon flour, a little pepper, 1 teaspoon su-

Utensils-Bakepan, small saucepan, measuring cup, tablespoon, teaspoon, small knife.

Directions—Put the ham in pan; cover with cold water; bring to boil and simmer slowly 25 minutes; drain, dust with sugar and put in hot oven to brown. When brown put on bot platter; then put the flour in pan; smooth. Boll three minutes; pour Utensils-Saucepan, small bake- over ham; garnish with parsley.

senior, the best years of whose life already had been given to another woman? It was impossible! I arose and prepared for bed.

was right. Evelyn did not desire Arthur. He was still mine, but even so what of our future? I confessed it ooked dark.

(To be Continued.)

#### THE ACTIVITIES OF WOMEN

Women miners in Bohemia receive 28 cents a day. One Glasgow firm employs

women cab drivers.

Miss Eileen Lee is a champion woman swimmer of Great Britain. Over 3,000,000 women are engaged in agricultural pursuits in Italy. Clara Haywood is said to be the cleverest billiard player of her sex. Mrs. Albert T. Leatherbee is plan-

failure. Never throughout the en- Almost in one breath I answered Mary Brundage, 75 years old, is a tire period had I even been contented the question both ways, yes and no. high-school student in Bakersfield, Sanderson left yesterday for Mon- Ont. The marriage will take place

Dr. Eva Harding will run as an in-Miss Addue B. Root of the Mis-

state into clubs. Mrs. E. B. Merryman of Portland. it possible that I was permitting my Ore., recently watched the enlist-

church and the land. She, unmarried, Women's Medical college when it re- guests of Mrs. Walker. Mrs. Charles G. Johnson of Sacra-

> mento, Cal., is the only woman inspector of weights and measures in the United States. Mrs: Harold Dodge of West Woodbury, Vt., has a copper plate quilt

which is 114 years old and still in good condition. WAVY, BEAUTIFUL Mrs. Harold Dodge of West Wood-bury, Vt., has a copper plate quilt

> good condition. The French government is considering the advisability of organizing a bureau for the registration couples eligible for marriage. Mrs. Belva Lockwood, the only

woman who ever ran for President nominated ticket, has declared her-Try as you will, after an applica- self for President Wilson. One munition factory in England

what will please you most, will be af- heads, is noted for the good looks Miss Ella M. Haas of Ohio has yes-but really new hair-growing spent 32 years in a factory and for the last seven years has been a mem-

For the first time in the history of Illinois a woman has been nominated as a Presidental elector, Mrs. Cath-

The women of Australia, havwealth or position, or, in extreme Get a 25-cent bottle of Knowl- ing the right to vote, will help to decases, revenge. Only in the rarest of ton's Danderine from any drug store cide the question of conscription, for which a bill recently passed calls for a referendum vote.

> Women have charge of the canteens located at the various stations along the Italian railways and they refresh the soldiers as they pass through on their way to the front or on their way home from the scene of battle.

The Grand Duchess Titiana, eldest daughter of the Czar of Russia, and a number of court ladies of Petrograd have adopted a new war style in clothes and have taken an oath never to wear anything but black on every occasion until Russia is victor- to cover with the reading you most ious over Germany.

Miss Margaret Barnes, head housethe proper performance of the duties of 300 housemaids, in addition to 2 .- your \$2.25 at once that means a lot Materials-1 quart milk, 2 eggs, 1 000 or 3,000 other such details of of reading for which you won't have housekeeping.

makes a business of funerals where reading to come after! Let us send she takes photos of the mourners and Utensils-Double boiler, measur- other incidents of the occasion. These photographs she makes up into panion readers in 1917. albums and then sells them to the eggbeater, ice cream freezer, salt and family of the deceased. She makes 1. The Youth's Companon-52 issues as high as \$35 a week from her cn-





(Continued from Page 7.7 Miss Gwendoline Waddell, Miss Mar- Van Straubenzie. garet Hemming, Miss Ethel Kent, Rev. W. T. Herridge, Ottawa, is Miss Helen Campbell and Miss Iso- spending a month at Clifton Springs, bel Fraser,

The farewell Medical Dance has the guest of her sister, Mrs. Henry been arranged to take place in Grant Joseph, Montreal. affairs includes Messrs. L. G. Pur- little visit. I could not deny that I was un- was, Is Evelyn such a woman? Has ning to rid the city of Boston of rats. vis, E. A. C. Crawford, G. G. Stonehappy. As I looked back upon my she fixed her heart upon gaining my Miss Jane Stellsine is probably the house, J. W. Hazlett, and F. F. Tich-

where we had gone to spend to believe her capable of almost any neers in some of the English muni- rie street, leave next Tuesday for

cently finished her training at the tawa, will spend the winter in King-Royal Victoria Hospital, Montreal, ston came to Kingston this week-end and seemed ages we had been tossed thing that was stealthy, feline, un- organize the boys and girls of the its the guest of her parents, Mr. and Mrs. G. E. Hague, University Shawinigan Falls, Quebec,

Miss Florence Hiscock, William November 18th, for England where nerves to get the better of me? I ment of her fifth son into the United street left yesterday for Gananoque, she will join her hucband, Capt. and to-day accompanied Mrs. W. B. (Dr.) W. F. Jackson. Thirty-five members were regis- Mudie and her two wee daughters to suffer the fate of those uncounted married by the strict laws of the tered in the freshman class of the Buffalo, where they will be the has left for Toronto, Strathroy and

> Mrs. Guy Drummond, Montreal, is the guest of Lady Hendrie, at Gov-

ernment house, Toronto. ment at the "Kelso." Mr. Grout will take place on November 22nd.

FOR FRIENDLESS SOLDIERS

which is 114 years old and still in Rev. A. L. Fraser of Smith's Falls Writes Poem.

Rev. Alexander Louis Fraser, Westminister Manse, Smith's Falls, has written a splendid little poem for the use of T. Pearson in his work of providing friends for friendless soldiers overseas. Mr. Pearson has alof the United States on a regularly ready arranged for letters and parcels to be sent to over 200 orphan boys in uniform. The poem reads as follows:

> "Kin Unknown" No mother wept when thou didst

take thy leave. No home hopes now in vain for thy return. No saddened family shall grieve.

When from some messenger thy fate they learn, Still thou art not unclaimed, for

Britain knows That thou didst cross the world for sake of her. and thou, brave boy, art brother to

all those

Whom Freedom doth in those scarred fields inter. What was it made thee customed task.

When War's shrill bugle woke thy Wouldst thou begin anew?-in vain But now where worth is known

they bid thee "Hail' And what if to this old world wast strange. Down storied fields with heroes

thou dost range.

The Best of the Bargain. You get a bargain when you get The Youth's Companion for 1917 for \$2.25--52 issues crowded from cover enjoy. But you get the best of the bargain if you subscribe the minute keeper of the McAlpine hotel in New you read this, for then you will get York city, is responsible for the free every number of The Companion cleanliness of 1,100 bathrooms and issued between the time you subscribe and New Year's. If you send to pay a cent. And then the long, There is a woman in Germany who glorious 52 weeks of Companion you the Forecast for 1917, which tells all about what is in store for Com-Our offer includes:

of 1917. All the remaining issues of 1916. The Companion Home Calendar for 1917. THE YOUTH'S COMPANION,

40 St. Paul St., Boston, Mass. CAUGHT SELLING LIQUOR.

ged Man Fined \$200 and Costs in

Police Court.

Belleville, Nov. 18 .- John Bruyea, an aged man, who is a bartender at a standard hotel in Frankford, was fined \$200 and costs for having liquor on the premises. The accused was in the act of selling the liquor to customers when License Inspector Arnott visited the place. Bruyea admitted the offence and paid the

Good for the Teeth.

"Dental experts have recently been dwelling on the importance of developing the jaw bones and muscles, thus giving the teeth ample opportunity for development. An alarming percentage of school children were discovered to possess teeth of inferior quality and malformation. Chewing gum serves to strengthen the face and jaw muscles, exercising the teeth, massaging the gums and removing particles of food that lodge in or between the teeth, causing de-



arrive about the end of the week. Miss Mary Strange and Miss Helen, Miss Mary Cayley, who has been Strange entertained the Bridge Club staying with her brother, Rev. Edon Thursday evening, when those ward Cayley, Toronto, leaves to-day present were, Miss Lucy Waddell, for Kingston to visit her aunt, Mrs.

Mrs. Knox Walkem, Vancouver, is

Hall on Monday evening, November Mrs. May, New York, will pay her 27th. The committee in charge of father, Justice Britton, Toronto, a Cross Drug Store, Mahood's Drug

Mr. and Mrs. Duncan Robertson Montreal, announce the engagement of their elder daughter, Margaret, to Miss Lilias Sanderson and George D. Archibald Mackellar, Gananoque, quietly on December 27th.

Mrs. Bellhouse and Miss Agnes, California, where they will spend the Kingston, are the guests of Mrs. J S. Ham, Napanee, for the week end Miss Marion Hague, who has re- Mr. and Mrs. Fraser Hamm, Ot-

Mrs. Cadenhead, Picton, is leaving to spend the winter with her son at Mrs. Jackson, Gananoque, sails on

Miss Hilda Jordan, Barrie Street Wallaceburg. She will spend Christ-

mas with her sister Mrs. Leadbeater.

Mr. and Mrs. Waddingham, Napanee, announce the engagement of Mrs. G. H. P. Grout, Catskill, N. their only daughter, Gladys Irene, to Y., has arrived in Ottawa and has Robert McFarlane, son of James Mctaken Mrs. Plunkett Taylor's apart- Farlane, Marysville, the wedding to

THE FAVORITE FOR TWENTY YEARS Fripress Instantaneous

immediately restores your hair to any color desired with one application. Easy to apply. No after-washing. One Dollar Per Box. Fmpress Instantaneous SCIENTIFIC

and its occasional use retards the growth, gradually killing the roots. A liquid compound containing soothing oils, barmless and antiseptic.
50c AND \$1.00 PER BOTTLE

Descriptive Leaflet on Request. Sold by L. T. Best, Prouse's Drug Store, Hong's Drug Store, The Red

### CARPETS

You will be delighted at the restoration of your carpets and rugs by a new and exceptionally thorough process of cleaning.

We have every facility for dyeing carpets of every description, without unripping them.

Advice regarding cleaning and dyeing willingly given.

PARKER'S DYE WORKS 69 Princess Street, King-

ston, Ontario.

CRISP, delicate, tasty and highly nutritious, McCormick's Jersey Cream Sodas contain all the elements of a pure wholesome food at an economical price.



Sold fresh everywhere in different sized packages.

Cornicks



Y/HEN your system is undermined by worry or overwork - when your vitality is lowered—when you feel "anyhow"—when your nerves are "on edge"—when the least exertion tires you you are in a run-down condition.

Your system is like a plant that is drooping for the want of water. And just as water revives a drooping plant-so Wincamis gives new life and new vitality to a "run-down" constitution. Because Wincarnis possesses a four-fold power. It is a and a nerve food-all in one. Therefore Wincarnis promotes new strength, new blood, new nerve

force and new vitality The benefit begins from the first ASK YOUR DOCTOR small wineglassful. You can feel it doing you good. You can feel your

new vitality and new life. That is why over 10,000 doctors recommend Wincarnis.

The ingredients of Wincarnis have been recommended by the medical profession for many years. Its formula is not concealed. Wincarns is an unvarying combination of beef from prize cattle of English breed, malt from choice ripe grains, and a specially selected wine possessing unusual tonic properties. The wine is a mild stimulant, a tonic and blood-builder. The malt is a power restorative and vitalizer. The beef is a highly concentrated tissue builder. These three ingredients are combined by a scientific process which greatly enhances their individual health-giving qualities.

Don't let the hundred-and-one home

worries make you forget to buy yourself a bottle of Wincarnis to-day. Imported only in two sizes—90 cents and \$1.50 per bottle.

GET IT AT YOUR

whole system being surcharged with DEUGGIST'S FRANK S. BALL Canadian Agent, 67 PORTLAND ST., TORONTO 21

