

Told in the Twilight --- In the Realm of Woman



Icing Sugar For frosting cakes, making bonbons and other confections without cooking. Ask for it by name at your grocers.

1-lb Cartons only Lantic Sugar is packed at the factory in dust-tight cartons. Yours is the first hand to touch it.

2 and 5-lb Cartons 10 and 20-lb Bags 'The All-Purpose Sugar' Send us a red ball trade-mark for a FREE Cook Book.



Allenburys Foods Baby's Welfare is dependent first on his food, and then on the way he is managed.

Our booklet 'Infant Feeding and Management' has been a valued help to many mothers. Post free with sample on request. State baby's age and if weaned.

MILK FOOD - No. 1 From birth to 3 months. MILK FOOD - No. 2 From 3 to 6 months. MALTED FOOD No. 1 From 6 months onwards.

EDUCATION STATISTICS.

Over One-Fifth the People in the U. S. Going to School. Twenty-three and a half million persons, or about 24 per cent. of the country's population are going to school in the United States, according to the bureau of education report made public recently.

How the veteran musician does hate to admit that he is all played out.



AN ECONOMICAL LUNCH

Take a few Oxo Cubes and save the expense of lunching out. A cup of Oxo and a few biscuits, or a sandwich, make a light inexpensive meal which will keep you satisfied and clear-headed until your next repast.

An Oxo Cube in a glass of hot milk makes a pleasant change.

A Cube to a Cup This is a Brand of Cubes.



THE CONFESSIONS OF ROXANE

(By Frances Walter)

I AM CONVINCED THAT MY CAPTOR IS A MADMAN

(Copyright, 1916, by the McClure Newspaper Syndicate.)

After I had come from my bath and had put on some of the clothes which had been so strangely brought from my home and placed in the dresser drawers, I approached the breakfast table. For the first time I noticed that there was an unsealed envelope in my plate. It was addressed simply, "Roxane." I stared at the paper, wondering who could want to write to me and who, of all those who knew my name, knew where I was.

I did this because I came to the conclusion that I could not win your love as long as you were in the surroundings in which I knew you. I was convinced that you did not love me, and I know that he who does not love you yet I detected something about you which told me that you would remain faithful to your husband, even though you should love some one else.

THE ACTIVITIES OF WOMEN

Bridgeport (Ct.) munition factories employ over 4,000 women. Many women are now employed as members of the Paris police force. The tobacco factories of the United States employ over 100,000 women.

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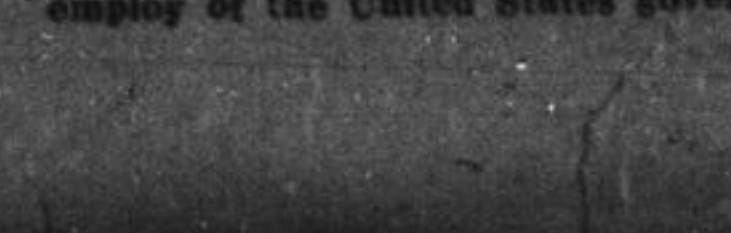
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To my mind it is perfectly clear, then, that under conditions as they exist now, you owe nothing to your husband. You do not owe him anything, not even yourself.

There remains, however, a question of just as great moment to me, Roxane, you as I do, gave me the greatest pain to realize that you were in possession of another; that you live in his home; that you sat at the same table with him; that he enjoyed at least some of the privileges of a husband in his relations with you.

And gradually I hope you will learn to love me, even if you hate me now for the act which I have committed. In time I hope you will realize that, by separating you from your husband, I have taken a step which will leave you free to seek your own happiness.

ONE WHO LOVES YOU. I read the letter a second time, slowly, carefully. There could be no doubt that I was in the hands of a madman!

(To Be Continued.)

ment is Miss Julia Lathrop, head of the child-welfare bureau.

Miss Gertrude Doraglaser, of Chicago, who holds the woman's bowling championship of Illinois, makes her living by teaching women how to bowl.

Miss Sara Livingston of Seattle, Wash., who ranks fifth in the world list of the United States National Lawn Tennis association, among the women players, never wielded a racket until three years ago, when she first took up the game for her health.

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WOMEN WHO SUFFER

Can Obtain New Health Through the Use of Dr. Williams' Pink Pills.

Every woman at some time needs a tonic. At special times unusual demands are made upon her strength. Where these are added to the worry and work which falls to her lot, bloodless and ill health will follow unless the blood is fortified to meet the strain.

Weak women find in Dr. Williams' Pink Pills the tonic exactly suited to their needs. Most of the ills from which they suffer fall to her lot, because of a condition which the Pills readily cure.

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is going to Perth and Ottawa on a visit. E. S. Grout is spending a few days in Kingston with his father, Canon Grout.

Mr. and Mrs. Hugo Craig and their son, Hugo, who have been Mrs. Geo. Fenwick's guests, left yesterday for their home in Port William.

Mrs. T. T. J. Coleman, "Rose-lawn," entertained on Thursday evening, when her guests were the members of the Faculty of Education.

Mrs. Campbell Laidlaw, Ottawa, is the guest of her parents, Mr. and Mrs. G. M. Macdonnell, University avenue.

Mr. and Mrs. W. H. Hill, Peterboro, announce the engagement of their daughter, Almee Agnes, to James Fordyce Strickland, Lieutenant of the 24th Battalion, son of Mr. and Mrs. James Strickland, Cornwall. The marriage to take place quietly in March.

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McCormick's Sodas

So good that butter seems unnecessary. What could be more appetizing than fresh, crisp, McCormick's Jersey Cream Sodas which have been baked in white enameled revolving ovens, by men in snowy white suits?



Sold fresh everywhere in different sized packages.

Newbro's Herculicide Aids Nature and Keeps the Scalp Clean From Dandruff

Reasonable care and effort are all that are required to enable almost any woman to have good hair. When the hair falls out and is stringy, uneven, dry, brittle and generally unhealthy, the condition is nearly always due to dandruff.

Before the hair will grow naturally and luxuriantly, the scale-like accumulation must be removed and the dandruff eradicated. That is what Newbro's Herculicide does.

It is an aid to nature. Herculicide keeps the scalp clean, adds a softness and luster to the hair which indicates health. It not only prevents the hair from falling out but causes it to become one of woman's greatest charms.

Beautiful hair and lots of it may be the reward of every woman willing to devote a little personal effort to the use of the First and Original Germ-Remedy for Dandruff. Herculicide stops itching of the scalp. It has an exquisite odor.

You can obtain a trial size bottle and booklet, telling all about the hair by sending ten cents in postage or silver to The Herculicide Co., Dept. S, Detroit, Mich.

Your dealer sells Herculicide in two sizes, 50 cents and \$1.00, and guarantees satisfactory results or money refunded. Insist upon having genuine Herculicide and not some "off brand" said to be "just as good" preparation. The substitute costs you just as much as the real article. Why take chances?

Herculicide applications obtained at the better barber shops and hair dressing parlors.

SAVE THE TRADE MARKS Babbitt's Cleanser



Cleans Scours Scrubs Polishes Purifies FULL WEIGHT PACKAGE 5c Why pay more!

Send for Premium Catalogue to Wm. H. Dunn Limited, Agents, Montreal

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The Whig's Daily Menu

Menu for Sunday BREAKFAST Grapefruit or Orange Juice Cereal of Choice Waffles and Heavy Cream or Coffee

DINNER Hot Broth Celery Smothered Potatoes With Broiled Ham and Rice Balls Cranberry Sauce Bresse's Potatoes or Cauliflower String Beans Sautéed Potatoes

Supper Milk Toast Canned Peaches Fruit Cake Tea, Milk or Cocoa

Steak a la Stanley with Fried Potatoes For steak a la Stanley one usually buys 3 or 3 1/2 pounds of porterhouse

steak, but for the family of 4, 2 adults and 2 children, with a certain allowance, get a small, thick sirloin about 1 1/2 pounds, and broil or pan broil; it takes less gas to pan broil, and if it is done correctly, it is just as good, and often better than broiled under the gas flame. For pan broiling have the skillet or iron pan very hot, rub with a piece of suet, and keep turning constantly until cooked to suit you; dust with salt and pepper and place on hot platter.

Take 4 bananas, skin, scrape and split the long way, cut in half, put into trypsin with a little steak or bacon drippings, dust with salt and fry nice and brown, place on and around the steak, garnish with chopped parsley and sprigs of parsley around the edge. Gravy can be made by adding 1 tablespoon flour to the pan in which the meat was cooked, and seasoning and caramel and water or stock; cook 2 minutes.

MAGIC BAKING POWDER CONTAINS NO ALUMINA The only well known medium priced baking powder made in Canada that does not contain alumina and which has all its ingredients plainly stated on the label.

EWING COLLETT COMPANY LIMITED TORONTO, CANADA

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Weak, Anaemic, Nervous Run-down

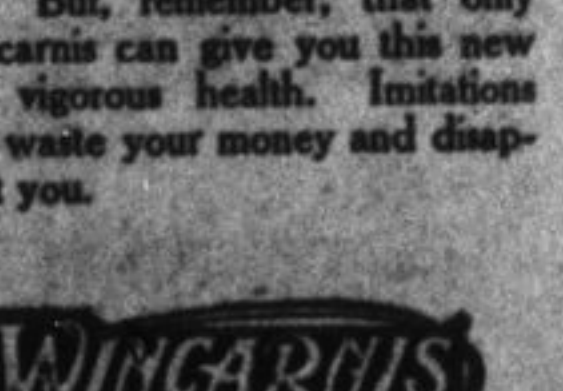
WHEN your system is undermined by worry or overwork - when your vitality is lowered - when you feel 'anyhow' - when your nerves are 'on edge' - when the least exertion tires you - you are in a run-down condition.

Your system is like a plant that is drooping for the want of water. And just as water revives a drooping plant - so Wincarnis gives new life and new vitality to a "run-down" constitution. Because Wincarnis possesses a four-fold power. It is a tonic, a restorative, a blood-builder 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 small dose. You can feel it doing you good. You can feel your whole system being recharged with new vitality and new life.

FRANK S. BALL, Resident Director, 67 PORTLAND ST., TORONTO 30

That is why over 10,000 doctors recommend Wincarnis. Wincarnis quickly brings back your old-time vigor - gives a sparkle to your eyes - and coaxes the roses back to your cheeks. You look well - feel well - eat well - sleep well - and can revel in the new health and new life Wincarnis creates. But, remember, that only Wincarnis can give you this new and vigorous health. Imitations only waste your money and disappoint you.



ASK YOUR DOCTOR GET IT AT YOUR DRUGGISTS Price 50c. Quarts \$1.50

to visualize the Bible by means of the motion picture. The Bible Film Co., of New Mexico, has gone into the business of placing the many beautiful and dramatic stories upon the cinema film. Every Bible film production of the new company will be endorsed by a board of interdenominational clergymen. The Bible firm's location at Las Vegas was selected because of its Palestine-like topography and ideal climate. The Pathé firm is also issuing a lot of Bible films.