# In The Realm Of Woman---Some Interesting Features

A Meal in a Moment.
1 Oxo Cube; Hot Water; Biscuits
Sustains for hours.

OXO CUBES



CLEANLINESS

Our coal is as clean as coal can possibly be—free from dust, slate or other foreign matter.

If you haven't laid in your winter supply yet, come in and see us—today.

The woman who scrubbed the coal bin before the coal was put in carried cleanliness a little too far.

BOOTH & CO.
Phone 133 Foot of West St.



DR. DeVAN'S FRENCH PILLS A reliable Regulating Pill for Women. $5 a box or three for $10, sold at all Drug Stores, or mailed to any address on receipt of price. THE SCOBELL DRUG Co., St. Catharines, Ontario.

PHOSPHONOL FOR MEN. Restores Vim and Vitality; for Nerve and Brain; increases "grey matter"; a Tonic—will build you up. $3 a box, or two for $5, at drug stores, or by mail on receipt of price. THE SCOBELL DRUG Co., St. Catharines, Ontario.

"Sold at Mahood's Drug Store."



Automobiles of Quality.

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George Boyd
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GLASCO'S
Pure Scotch Marmalade and Jam.
In glass and tins.
Baker's Fresh Grated Cocoanut with the milk, 15c per tin.
D. COUPER
Phone 76. 341-3 Princess St.
Prompt Delivery.



Dominion Fish Co.
Bulk Oysters
60c and 70c a quart.



GRAND TRUNK RAILWAY SYSTEM

LOCAL BRANCH TIME TABLE
In effect Jan. 14th, 1917.

Trains will leave and arrive at City Depot, foot of Johnson street.

GOING WEST

| | Lve. City | Arr. City |
|---|---|---|
| No. 19 Mail | 12.20 a.m. | 12.57 a.m. |
| No. 13 Express | 2.58 a.m. | 3.35 a.m. |
| No. 27 Local | 6.40 a.m. | 7.12 a.m. |
| No. 1 Intern'l Ltd. | 1.41 p.m. | 2.13 p.m. |
| No. 7 Mail | 3.04 p.m. | 3.40 p.m. |

GOING EAST

| | Lve. City | Arr. City |
|---|---|---|
| No. 18 Mail | 1.40 a.m. | 2.17 a.m. |
| No. 16 Express | 2.58 a.m. | 3.35 a.m. |
| No. 6 Mail | 12.20 p.m. | 12.57 p.m. |
| No. 14 Intern'l Ltd. | 1.08 p.m. | 1.38 p.m. |
| No. 28 Local | 6.48 p.m. | 7.22 p.m. |

Nos. 1, 6, 7, 13, 14, 16, 18, 19 run daily. Other trains daily except Sunday.

Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit Chicago, Bay City, Saginaw, Montreal Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York.

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The Government Deposit of The Imperial Life is almost five times that required by the Dominion Insurance Act. The amount called for by the Act is $200,000.00; whereas The Imperial has voluntarily deposited over $230,000.00 for the protection of its policyholders.

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332 King St.,
Phone 503; Residence 842.


## THE CONFESSIONS OF ROXANE

(By Frances Walter)

### M. VITEAUX AND I COME TO AN UNDERSTANDING

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

I began to fear that my conversation with M. Viteaux was becoming entirely too personal to be safe, and I longed for Miss Genevieve Casey to rap and demand M. Viteaux's attention. But I knew that Miss Casey at that moment was too busily engaged listening at the door to wish to do anything else, so I controlled my patience as best I could and allowed M. Viteaux to continue.

"As I was saying," he went on, "I had you booked up purely for personal reasons, mademoiselle. I felt that I had offended you when I intimated that you did not dwell in a boarding house which was, er—er—which was not particularly fashionable, and my curiosity was aroused. But I cannot say that my curiosity was satisfied by the report of the agent who looked you up. On the contrary, his report has given me more curiosity than I had before, and it has really caused me worry, mademoiselle. I do not understand it."

"Your surroundings are so splendid! I am told that the apartment you occupy rents for $300 a month, whereas your salary, Mademoiselle Roxane, is less than that sum. I am told in addition that you employ a maid and that your mode of life is not what might be termed frugal."

"None of which, I take it, M. Viteaux, is any concern of yours," I told him evenly. "If you employed a detective to ascertain these facts, it seems to me you might have had the delicacy to keep them to yourself."

"Ah, you are offended, mademoiselle?"

"I am more than offended, I am angry. What, may I ask, was your purpose in seeking knowledge of my private life?"

"It was my interest in you," protested M. Viteaux quickly. "I know that you have noticed that I have taken an interest in you. The fact that I wanted to call upon you showed you that I had taken an interest in you, did it not?"

I did not reply.

"But you would not permit me to call," he went on. "That aroused my curiosity. I could not understand it. I did not see why, if I wished to call upon you, you should object. So I looked into the matter."

"You thought it perfectly natural, if you indicated your desire to visit me, that I would acquiesce?"

"Naturally, I did not think you would object, mademoiselle. I did not believe that I was altogether offensive to you. We had been associated in the shop and what was more natural than that I might suppose we might be associated after hours?"

There was a pause during which I made up my mind what to do.

"M. Viteaux," I said at length, "I hope you do not wish to take advantage of your position as my employer to compel me to accept your attentions?"

"Not at all!" he protested vehemently. "I should hope I am not that kind of a man."

"Very well, then. Our association will be confined to the shop. It is necessary that we meet to transact business, but after the day's work is done my time is my own and I can employ it as I please, and I do not please to receive you."

He looked so crestfallen that I felt sorry for him, and hastened to say:

"I do not receive anyone, M. Viteaux. My time at home is spent in solitude. I do not go out. I see no one. It is so because I wish it to be that way."

"But, mademoiselle, it should not be that way. You should have amusement. You cannot work all the time without recreation. Life will not hold much pleasure for you if you follow any such course as that."

"Nevertheless, it is the course I choose to follow, and I must ask you to respect it."

I rather expected that he would tell me that he no longer required my services at the shop, but he did not. Instead he rose and bowed profoundly.

"It shall be as mademoiselle wishes. I shall not force myself upon her. At the same time if I ever can be of assistance to her I hope she will call upon me."

He held out his hand and I took it.

"Remember," he said, "I am your friend and I shall always be your friend. I would rather be that than nothing at all to you."

And he bowed me out of his office.

(To be continued.)

## The Whig's Daily Menu

### Menu for Friday

Stewed Fruit
Hominy Grits
Crisp Bacon
Toast
Fruit Butter
Coffee or Cocoa

LUNCHEON OR SUPPER
Fried Tripe
Relish
Warm Cinnamon Cake
Sliced Bananas
Tea or Cocoa

DINNER
Veal Cutlet with Rice and Peas
Corn Salad
Custard Pie
Coffee

### Lemon Pudding.

Materials—One large lemon, 2 eggs, 2 teaspoons cornstarch, ½ cup sugar, pinch of salt, 1 cup stale bread or cake crumbs, 1 teaspoon butter, 2 cups water.

Utensils—Saucepan, 2 measuring cups, teaspoon, tablespoon, bowl, bowl for eggs and egg beater, platter for whites of eggs, silver fork.

Directions—Put the water on to boil; mix the cornstarch with a little cold water; to it add the grated rind and juice of the lemon, sugar, salt and well-beaten yolks of eggs; mix all together and add to the boiling water; boil three minutes, add the butter and mix well. Put the cake, cracker or breadcrumbs into glass bowl (or ice cream glasses) and pour over the lemon mixture; set bowl in pan of warm water; beat the whites of eggs until dry; add 1 tablespoon granulated sugar; spread over the top of pudding, rough with silver fork and dust with pulverized sugar; place in cool oven to dry or get light brown.

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

### Practical for the Small Boy.

A neat and comfortable design is shown here, consisting of boys' blouse and side-closing trousers. Tub or non-tubbable materials may be used in its development.

He does not like to feel dressed up, although he wants to look so, therefore the little man's clothes should combine comfort and style. The model shown here consists of a blouse and side-closing trousers. The front of the blouse is tucked and trimmed with straight gathered ruffles. The round collar has a tiny ruffle about the edge, while cuffs similarly trimmed finish the lone one-piece sleeves.

Medium size requires 1⅞ yards 36-inch material. With the approach of spring tub materials suggest themselves and galatea would be serviceable.

If the various sections of the pattern are properly placed on the material there will be no possible chance of error. The triple "TTT" perforations indicate the pieces to be laid on a lengthwise fold of the goods, while the line of large "O" perforations indicate the sections to be placed on a lengthwise thread of material. The pieces having a single "T" perforation may be placed on either a lengthwise or crosswise fold of goods.

It is well to make the frills of some softer material than that used for the blouse or trousers. Linen and fine lawn, for instance, are more desirable because of their laundering qualities.

This design offers many splendid possibilities, for the trousers may be made of flannel or serge and the jacket of lawn, linen or batiste. Lace is sometimes used to finish collars and cuffs, but self-frills, hemstitched, or scalloped and buttonholed are more practical.

CUTTING GUIDE 7103 SHOWING SIZE 4

FOLD OF 36 INCH MATERIAL WITHOUT NAP Patented April 30, 1907.

Pictorial Review Suit No. 7103. Sizes, 2 to 5 years. Price, 15 cents.

Above Patterns Can Be Obtained From
NEWMAN & SHAW,
Princess Street.

NOT A CHECKERBOARD, JUST A COAT.

After a night at checkers and only a few hours sleep, if this vision passed before you, you would no doubt think you "had them." The coat is of large black and white checks, trimmed with plush, and it's the new "barrel silhouette." Some coat!

Robert Irwin, one of Montreal's veteran merchants and one of Canada's oldest Free Masons celebrated his 92nd birthday today. Mr. Robert Irwin was born in Montreal on April 10th, 1824, and has spent his life in that city.


IT'S YOUR LIVER! YOU'RE BILIOUS, HEADACHY, SICK!

Don't Stay Constipated With Breath Bad, Stomach Sour or a Cold.

Enjoy Life! Liven Your Liver and Bowels Tonight and Feel Fine.

Tonight sure! Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, breath offensive and stomach sour. Don't stay bilious, sick, headachy, constipated and full of cold. Why don't you get a box of Cascarets from the drug store now? Eat one or two tonight and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You will wake up feeling fit and fine. Cascarets never gripe or bother you all the next day like calomel, salts and pills. They act gently but thoroughly. Mothers should give cross, sick, bilious or feverish children a whole Cascaret any time. They are harmless and children love them.


## GET READY FOR GARDEN

### How to Plan Your Work and Work to a Plan.

### EVERYBODY GROW EATABLES

First of Series of Timely Hints—Get Your Ground Ready Now, but Don't Be in Too Much of a Hurry to Put in the Seed.

(By S. C. JOHNSTON, Vegetable Specialist, Ontario Department of Agriculture, Toronto.)

At no time in many years has the necessity and importance of the home vegetable garden been so clearly shown as for this coming summer. France, our wonderful ally, has since the French Revolution been a nation of small farmers, her people of small means cultivating some available land to produce a portion of their own household foodstuffs and to increase the wealth of the nation; Great Britain, threatened with a shortage of foodstuffs, determined to cultivate all available land possible to offset this shortage and we in Canada bending every energy toward facilitating these great nations should do all in our individual power to do something in the hope of helping ourselves and assisting the commercial vegetable growers who are seriously handicapped by the shortage of labor in the production of vegetable foodstuffs. Every city, town, and village dweller has an opportunity to help this great work, in that there are hundreds of available plots now practically unproductive which could be made grow vegetables and thus add to the wealth of the country.

**Vegetables an Important Food.**

Vegetables should form an important portion of the daily food of the average human being, for they possess qualities which we are told are essential in the proper digestion of the heavy foods, such as meats. To help you do your part in your backyard this column will discuss some of the practical problems in connection with vegetable growing during the next few weeks.

All backyards cannot be prepared in one year to grow vegetables of an excellent quality. Some portion of the yard, however, may be devoted to this purpose, or, if it is convenient, there are usually many vacant lots which are not too far from one's place of abode which possibly could be devoted to the growing of vegetables.

**Some Essentials.**

First of all it is essential that the vegetable garden, no matter how small, be planted according to some plan or rule. No one attempts to build a house or to set out a perennial flower border without using some drawing or chart to go by. Why should the vegetable garden be treated differently? Haphazard planting will prove a failure, and in order to overcome this it should be remembered in laying out the garden that—

(1) Tall plants will be most effective if placed behind low ones, not intermingled with them.

(2) All plants closely allied should be grown together, not in the same row, but in rows adjoining one another.

(3) The fences may be decorated with vine crops which may be supported on the fences by means of strings or lattice work.

(4) All quickly maturing vegetables should be planted in a portion of the garden by themselves so that they may be harvested and the ground used for other crops later on.

The work of planning the garden to determine what vegetables and how much of each is to be grown will be influenced by one's individual tastes. One should grow an abundance of such crops as one consumes the most.

**Secure Seed Now—But Plant Only When Soil is Ready.**

The backyard gardener should decide very early which crops are to be grown and should purchase his seed as soon as possible. It must be remembered, however, that much of this seed may be wasted if it is planted too early in the season. The soil must be warm to receive the seeds, and amateur gardeners must have patience until it is certain that good growing weather is really here. It is possible in ordinary seasons to plant some vegetables in April, and yet many backyard vegetable enthusiasts will be well advised to wait until the middle of May before doing very much in the garden.

**Suitable Varieties.**

A list of varieties suitable for gardens made by city, town, and village dwellers follows:—

Asparagus — Palmetto, Conovers Colossal.
Beans—Davis White Wax, Golden Wax, Refugee.
Beets—Crosby's Egyptian, Detroit Dark Red.
Brussels Sprouts—Dalkeith.
Carrots—Chantenay.
Cauliflower—Erfurt, Snowball.
Cabbage — Copenhagen Market, Danish Ball Head.
Celery—Paris Golden, Winter Queen.
Corn—Golden Bantam, Stowell's Evergreen.
Cucumber—White Spine, Chicago Pickling.
Citron—Colorado Preserving.
Lettuce—Grand Rapids, Nonpareil.
Melon, Musk—Paul Rose.
Melon, Water—Cole's Early.
Onions—Southport Yellow Globe.
Parsnip—Hollow Crown.
Parsley—Champion Moss Curled.
Peas—Gradus, Little Marvel.
Potatoes — Irish Cobbler, Delaware.
Pumpkin—Quaker Pie.
Radish—Scarlet White Tip Turnip, Ne Plus Ultra, (winter) China Rose.
Spinach—Victoria, Viroflay.
Squash—Bush Marrow.
Salsify—Sandwich Island.
Tomatoes—Chalks Jewel.
Turnip—Early Six Weeks.
Rhubarb—Victoria, Linneans.

ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.

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### EPOCH FOR ZIONISTS.

First Convention in Russia; Great Enthusiasm.

New York, April 12.—A cable message describing the first Zionist convention ever held in Russia was received from Moscow yesterday by the provisional executive for general Zionist affairs. The message says:

"The first Zionist convention ever held in Russia has just closed its sessions, which were marked with tremendous enthusiasm, due to the fact that this is the first time they have been able to assemble from all parts of the country and to publicly discuss questions of interest to the Jewish people without fear of arrest.

"Resolutions were adopted congratulating President Wilson and the American people for ranging themselves on the side of the democracies of the world and for espousing the rights of the small nationalities to live their own lives and develop their own culture.

"The very first act of the convention was to get into communication with the leaders of the movement in neutral countries to arrange for concerted action in view of the imminence of events that are destined to have a tremendous bearing on the future of the Jewish people."


A "sameness" that is most enjoyable——the daily, unvarying goodness of a cup of "SEAL BRAND" COFFEE. It never fails to greet you with that same exquisite fragrance, amber clearness and delightful flavour, that win people with the first cup.

In ½, 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 184

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ADAMS CHICLE

ADAMS
California Fruit
CHEWING GUM
WITH THE FRUITY FLAVOR

The next best thing to eating luscious ripe fruit is to taste the flavor of that wonder gum Adams California Fruit Gum.

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