

In The Realm Of Woman--Some Interesting Features

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THE CONFESSIONS OF ROXANE

(By Frances Walter)

I HAVE AN ADVENTURE IN THE SUBURBS.

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

It is not repeating a very hackneyed expression to say that little things frequently lead to large ones. Every one of us who will reflect for a moment can recall such instances as having occurred somewhere in the more or less remote past. And it happens almost as frequently that we do not know until long afterwards to just how big a thing the little thing led us.

One of the most important series of events in my life began with the barking of a dog—a little mite of a dog hardly big enough to be called a dog at all.

Ordinarily a dog might bark himself into a headache without attracting the attention of a passerby who had anything at all on his or her mind. One hears such noises, but is hardly conscious of hearing them. They make an impression upon the sub-consciousness which comes to the surface only as a result of some subsequent act, either of one's own or of some one else. Of the still more ordinary noises, such as the single yelp of a canine, one is even less conscious and such a sound might not be registered even on one's sub-consciousness.

It was accordingly somewhat remarkable that I heard and gave attention to the low, pathetic little whine of the diminutive beast off in the darkness.

I was returning home after an afternoon in the suburbs. My thoughts had become almost unbearable, and I felt as if I would go mad if I remained longer alone. Accordingly that Sunday morning I had taken some lunch, boarded a street car and got off at the end of the line. From there I walked until I came to a small private park, where I spent the afternoon lounging on the bank of a small lake and watching the older men, fish and the younger men and women paddle about in their canoes and skiffs. As on all such occasions my loneliness had come home to me more acutely than ever, and when I started home my heart was as heavy and tired as were my feet.

My way to the street car line led me across the tracks of a railroad and it was here that I heard the low whine of the little dog. I stopped and listened. In a few moments the cry of distress was repeated and I went to investigate.

By this time darkness had fallen and I could hardly distinguish objects more than a few feet distant. The little dog's cries, however, served as a guiding signal and I walked on twenty or more paces in the direction from which they had come.

At each step the moans (for the dog's cries were nothing less) became more distinct and presently they were almost beneath my feet. I saw then that the dog was crouching beside a dark object, and when I stooped to examine it I found that it was the form of a woman.

My first impulse was to run away, but the influence of the surroundings, if nothing else, was sufficient to prevent. The form of a woman upon a railroad track in this lonely spot might mean any one of several things, but so far as I was concerned it meant, chiefly, that the woman was in need.

I stopped again and examined the form more closely. Removing a scarf which covered the face I saw that the woman's eyes were open.

"What is the matter?" I asked anxiously. "Are you ill? Are you hurt?" The woman did not reply. Instead she closed her eyes and turned her face from me.

"Speak to me," I insisted. "What is the matter? What are you doing here at this time of night?"

"A low moan was the only reply I received.

"Come," said I resolutely. "You must rise if you can. A train will be passing in a moment and we might be caught here and killed."

"Go away," groaned the woman in a tone which bespoke intense agony.

"Please go away."

"Why should I go away?" I asked a little sharply. "Tell me what you are doing here."

"Go away," she repeated in the same hopeless manner. "Leave me alone. Let me die."

"Good heavens!" I cried. My first thought was that she had taken poison or already had injured herself. Grasping her firmly about the shoulders I turned her over until her face was plainly visible. As I got a good look at it I could not suppress an exclamation of astonishment, for the face was not that of a woman at all, but of a girl barely more than 16 years of age.

Just then I heard the rumble of an approaching train.

(To be continued)

PREPARING THE SOIL

First Things to Do in Getting the Garden Ready.

FEW TOOLS ARE NECESSARY

Information on Digging, Planting, and Transplanting Which Will Help the Amateur to Get Started Right.

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

The soil is the workshop in which is found many of the constituents which go to make up plant food. These foods must be so treated that they will be in such a condition that they may be readily taken up by the slender rootlets of the plant so that the plant will thrive and mature.

If possible add some manure to your soil and work it up well before planting time. This manure may be obtained from various sources close to your home; livery stables or farms, dealing entirely with manure would be willing to supply it at a reasonable rate. On heavy soils it is particularly recommended that heavy applications be made in order that the soil will be of a much finer condition so that it will retain a large quantity of plant food. Many of the garden soils will be benefited by the application of lime. This may be secured from various sources such as the contractor and builder, lime and cement dealers, and may be in the form of fresh lime or even slaked lime. This lime should be scattered over the surface of the soil after the digging has taken place, and a sufficient amount should be applied to make the surface of the ground fairly white. This should be gently raked into the soil just previous to the planting of the seed.

DIGGING. It is necessary in all gardens that the soil be turned over at one time or another during the early spring in order that it may become dry and fine. We find that many of the troubles of the backyard gardeners are caused by digging the soil too early in the spring. One of the easiest ways to tell when the soil is ready for digging is to gather a handful and press the fingers over it. If the soil in the hand sets in a somewhat compact mass the time is not far enough advanced for commencing digging. If, however, the soil falls apart into several small parts we may rest assured that it is perfectly safe to dig.

TOOLS. It is unnecessary for the backyard gardener to purchase many tools for this first garden. Those who have been growing vegetables in their backyard for a number of years gradually add to the supply until after three or four years they have accumulated many special tools which are suited for particular operations in the garden. Complaints are sometimes heard that the expense necessary to commence a backyard garden is very great. Many very good backyard gardens have been made and excellent harvests obtained with very few and comparatively inexpensive tools. A digging fork or spade, a rake, and a hoe are about all the tools essential at the outset, and these are inexpensive.

PLANTING OF SEEDS. When it has been determined that the soil is suitable for digging and the weather is nice and warm, it is necessary that the seeds be planted in the garden. As fine a surface as possible should be secured, so that the little seeds will quickly germinate and grow. To sow the seeds quickly, evenly, and thinly requires considerable practice and care. The row may be made straight by stretching fairly tight a piece of string from one portion of the garden to another and using this as a guide for making the trenches or drills for placing the seeds in. After the seeds have been dropped in they should at once be covered with soil by gently drawing some of the loose surface soil in over the seeds with a piece of stick or with the hands. This soil should, however, not be heaped over the row but should be placed evenly with the rest of the garden soil and packed down.

THINNING. Backyard gardeners should not attempt to grow immense quantities at first. It is necessary to plant a few seeds to secure a good crop of plants, the more slender plants being thinned out soon after they are above ground so as to assure reasonable room for a good crop of healthier plants. The thinning should be commenced when the plants are from one to two inches in height and should not be left until the plants have become long and slender, because if they are left one plant simply tries to smother another one out; whereas, if they are thinned to the proper distance they will have room to grow to their required size of maturity.

TRANSPLANTING. The city dweller will find it almost impossible to grow plants of first-class quality of such vegetables as tomatoes, celery, or cabbages unless he has other appliances such as a hot-bed, which enable him to start the seeds very early in the spring and some time before they could have been planted out in the garden, in order that he may secure early crops. It is good practice for him to purchase plants which may be taken to the backyard garden, and transplanted or set out in the garden at a required distance and good healthy crops grown from them, and in all cases when purchasing plants only sturdy and vigorous growing plants should be selected. Tomato plants to give the best results should be eight inches high, and the stalk should be at least as thick as a lead pencil and thicker if possible. If the plants, already in bloom (this may be considered a very good feature), the root system of the plants should be large and having fine rootlets. When transplanting individual plants care should be taken to make sure that quite a good deal of soil is left around the root of each plant.

Red Rose Tea **Ordinary Tea**

D ID it ever occur to you that all teas are not "just tea?" In reality, there is as much difference in teas as there is in silks.

There are many varieties of tea: Indian teas, Ceylon teas, Java teas, China teas, etc.—Indians and Ceylons being the choicest of all.

These teas are all just ordinary garden teas, while Red Rose Tea is a blend of teas selected from as many as sixteen different gardens, using largely Assam-Indian teas skillfully blended with Ceylons. The result is that rich strength and smooth flavor that has made Red Rose Tea so popular.

One level teaspoonful of Red Rose Tea goes as far as a heaping teaspoonful of ordinary tea—that proves the true quality and economy of Red Rose.

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is equal in food value to three-fourths of a pound of Beef Steak, eight eggs, fifteen pounds of oysters, two pounds of fish, six pounds of tomatoes. And the milk is more easily digested and far more economical than any of the other foods.

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The Favorite 365 Days in the Year

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FREE RUNNING
Table Salt
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THE CANADIAN SALT CO. LIMITED

CHEMICALLY SELF-EXTINGUISHING

What do these words mean to you?

They mean greater safety in the Home — Surely something that interests you keenly!

Perhaps you have noticed these words and the notation "No fire left when blown out" on our new "Silent Parlor" match boxes. The splints or sticks of all matches contained in these boxes have been impregnated or soaked in a chemical solution which renders them dead wood once they have been lighted and blown out, and the danger of FIRE from glowing matches is hereby reduced to the greatest minimum.

SAFETY FIRST AND ALWAYS — USE EDDY'S SILENT 500s

O-Cedar Polish

The Sanitary Way to Dust

DAMPEN your cheesecloth duster with a drop or two of O-Cedar Polish and you will find you are collecting the dust instead of scattering it.

Incidentally you will remove all finger marks and scum and leave a bright and shining surface.

Dust the "O-Cedar Way."

Chanell Chemical Company, Limited
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TO BLOCKADE AMERICA

Exports from Spain Contraband, Says German Note.

Madrid, Via Paris, April 17.—The Spanish Government yesterday received a note from the German Government, advising that Spanish commerce between the United States and Spain is divided into two classes. Importations from the United States to Spain, the note says, will be permitted on condition that promise is given that the products imported will not be re-exported for use by the Entente Allies. Commerce exported from Spain to the United States will be considered as contraband of war, and subject to Germany's submarine policy.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. Hall's Catarrh Cure has been taken by Catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Cure acts through the blood on the mucous surfaces, expelling the poison from the blood and healing the diseased portions. After you have taken Hall's Catarrh Cure for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Cure at once and get rid of catarrh. Send for testimonials, free.

F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, etc. (Special to the Whig)

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.

Dominion Fish Co.

Bulk Oysters

60c and 70c a quart.

AH! HOW "TIZ" HELPS TIRED, ACHING FEET

Instant Relief for Sore, Swollen, Tender, Calloused Feet and Corns.

"Pull, Johnny, Pull!"

You're footsick! Your feet feel tired, puffed up, chafed, aching, sweaty and they need "Tiz."

"Tiz" makes feet remarkably fresh and sore-proof. "Tiz" takes the pain and burn right out of corns, callouses and bunions. "Tiz" is the grandest foot-gladdener the world has ever known.

Get a 25-cent box of "Tiz" at any drug store and end foot torture for a whole year. Never have tired, aching, sweaty, smelly feet; your shoes will fit fine and you'll only wish you had tried "Tiz" sooner. Accept no substitute.

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283 King Street.
Opposite Custom House

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Boat, Train and All City Calls Promptly Attended to. All modern five and seven passenger cars used.

The Whig's Daily Menu

Menu for Wednesday

BREAKFAST
Orange or Stewed Fruit
Boiled Whole Wheat Cereal
Shirred Eggs
Toast
Jam or Jelly
Coffee or Cocoa

LUNCHEON OR SUPPER
(Remained Lamb or Roast)
Rice Fritters
Steamed Rhubarb
Cakes
Tea or Cocoa

DINNER
Panned Broiled Steak with Hominy
Asparagus
Dandelion Salad
Cup Custard
Coffee

Rice Fritters.
Materials—Two cups cold boiled rice, 1 cup flour, 2 eggs, 3/4 cup milk, 1 rounded teaspoon baking powder, 1 teaspoon salt, 1 tablespoon melted butter, 1 tablespoon molasses.

Utensils—Mixing bowl, 2 measuring cups, teaspoon, tablespoon, egg beater, bowl for eggs, deep frypan or griddle, cake turner.

Directions—Mix flour, milk and well beaten eggs, butter and molasses; beat three minutes; add the cold boiled rice and mix well. Add the baking powder last. This is a very stiff mixture and is intended to fry in deep, very hot oil or fat. Drain excess grease. Fry on hot griddle more milk must be used.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper
By Pictorial Review

Junior Coat of Blue Satin.

assured models of the coming season, being fashionable for juniors as well as grown-ups. The satin used is of rather heavy quality and the beauty of the material makes it suitable for more than ordinary top coat-wear; yet by reason of its severity it answers top coat purposes. This model has the front of the coat rolled back to form revers, although it may be closed to the neck, if desired.

In medium size the coat requires 3 1/2 yards 44-inch or 2 3/4 yards 54-inch material. The cutting guide shows how the sections of the pattern are to be placed on material 54 inches wide. If the satin is narrower—usually comes 44 inches wide—then the front and back sections will have to be pieced to the required width. The back of the pattern is laid on the lengthwise fold of material, with the front directly opposite, only so arranged that the large "O" perforations rest on a lengthwise thread. The pocket, underfacing and sleeve sections are next placed into position and in each of these the large "O" perforations rest on a lengthwise thread.

The collar and belt are laid on the lengthwise fold of material, after which there will remain a small space between the upper sleeve section and the belt on which the cuff may be placed.

It is a dainty idea to have the collar in different colors, for instance the lower one of self-material and the upper collar of white tub satin or linen. The fulness of the coat is held in by a straight belt of satin.

The satin top coat is one of the CUTTING GUIDE 7150 SHOWING SIZE 8

FRONT K UNDERFACING H
D G E A B
BACK J COLLARS E D

FOLD OF 54 INCH MATERIAL WITHOUT NAP Patented April 30, 1907

Pictorial Review Coat No. 7150. Size on 6 to 14 years. Price, 15 cents.

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



BILLIARD BALL IN MOUTH.

But Sarnian Had to Lose Four Teeth to Get It Out Again.

Sarnia, April 17.—Earl Brockman, a young Sarnian, had four front teeth pulled out by a doctor in order to remove a billiard ball from his mouth which Brockman had placed there on a bet. His face began to swell when he could not remove the ivory, and friends called a physician, who immediately adopted the only means of getting the ball out.

WAS ANAEMIC For Over a Year

Anaemia, or blood turning to water, is caused by the heart becoming deranged and if the heart becomes weakened it cannot pump the blood as it should. As a result the blood becomes impoverished, and it loses its nourishing qualities. The face becomes pale and thin, and the lips bloodless. There is a weakness, tiredness and loss of weight.

When those suffering from this or watery blood start taking Milburn's Heart and Nerve Pills they can see a change from the outset.

Every dose introduces into the blood these vital elements necessary to make it rich and red. The pale cheeks take on the rosy hue of health, the weight increases, and the whole being thrills with a new life.

Mrs. R. J. Grey, Fredericton, N. B., writes: "When I was a girl working at general house work I overtaxed my strength and became completely run down. For over a year I was very bad with anaemia. A friend told me to try Milburn's Heart and Nerve Pills so I got a box and when it was done I felt looked so much better I decided to get six more. When I had taken them I had gained not only in strength, but in flesh and color, and best of all was good health."

Milburn's Heart and Nerve Pills are 50c a box; three boxes for \$1.25 at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.