Realm Of Woman---Some Interesting

Completely Restored To Health By "" Fruit-a-tives "

882 Sr. VALUER ST., MONTBEAL. "In #912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 160 pounds. Then several of my friends advised me to try "Fruita-tives". I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomarh Trouble - and all pain and Constipation were cured. Now I weigh 20s pounds. I cannot praise "Trusta tives" enough". II. WHITMAN. boe, a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruita tives Limited, Ottawa.

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.



You can get Sunkist Oranges wherever uniformly good fruit

Uniformly Good Oranges

California Fruit Growers Exchange

is sold. Tissue wrappers stamped "Sunkist" identify the genuine. Order

(By Frances Walter)

THE GIRL'S STORY.

(Copyright, 1916, by the McClure The girl's story was the old, old one f inexperience and ignorance a narming youth, little frolics leading to larger ones and finally of complete infidence and ruin.

"And afterwards," she sobbed when

she reached that part of the story "af terwards, I asked him what he was going to do, I could not believe that ke did not intend to, marry me. Indeed. I alm st felt as if we were sarried. I had given him everything I had to give and I believed in him, and when he turned his face away and did not answer me my heart becan to break. Then I felt that there was nothing left for me to do and walked out of the house and did not top until I crossed the railroad track. A train was passing, and as I watched the great black monster go by I wished that I was on it, going omewhere into the unknown lands where I count hide my shame. Then looked at the wheels and they fas clusted me. I thought how painless t would be if that mass of steel should tass over my body. Then the al a came to me that I might as well end it all then and there, so I walked an the track and stretched myself where you found me. It was not until then that I knew my dog Toots had followed me. He whined and icked my hands and face until I had a cover them, but he kept on cryg and it almost made me abandon me I prayed that death might hurry And there ich found me and kept me om doing what I had planned to do. She paused and looked up at me,

"So I did" I replied, "and each moment I grow more and more glad that hance sent me that way." She rruggled closer to me and laid ier head on the shoulder. It was her recoment of treal surrender, and trust.

he tears standing in her big brown

yes and her sweet, red lips tremb-

Blue gingham and white India

lawn is the combination featured in

this summer frock. The skirt has a

Effectively carried out in blue ging-

ham and white India lawn, this

dress is destined to enjoy wide popu-

larity during the coming summer.

In medium size the design requires

There is no part of the dress that

is really difficult for the home dress-

maker to try. The underbody is made

first because it is the foundation of

the overwaist. Study the construc-

tion guide carefully before beginning

work. Close under-arm and shoulder

seams, then turn the hem in front.

forations and adjust stay under

Next, close sleeve seam as notched,

tunic, opening at the sides.

614 yards 36-inch material.

Home Dress Making

Lessons

Prepared Specially for This Newspaper

By Pictorial Review

A Pleasing Model For Summer Wear.

restitude and sould not understand and would not tolerate a fault in an-

To pite of his goodness Sylvia al was had been secretly afraid of him women and was too old to learn more In consequence Svivia had no one except a sour old housekeeper in whom she could confide, and after eversa efforts the girl had given i ip as a hopeness ob. The result was hat she was a impletely alone, and when a handsome young man saved her one day from being run over by ir automobile . . acquaintance began which was to end so disastrously. Having no ong to advise her. Sylvia del not think it extraordinary that frequently, but they invariably met elsewhere Her woman's instinct ailed to tell her that such a man dways has comething to conceal at he has n't the right, for one reaon of another, to call on a young

"Arol so it western," she continued "We went almost everywhere in the ited, Toronto, Ont. af ermoons and evenings. My uncle | him. know I have done wrong, and I do not seen him." nolarempt to excuse myself, but he

had lone no vrong.

"Did he say nothing about marriage? Ind he make no excuse?" I asked at length.

None We were in a restaurant when I told hon. I could see his face Then, little by little, the rest of her turn white and a look of fear come into his eyes. He stared at me for a mo-He: name was Sylvia Thorne- ment and seemed about to speak and she could not remember either Then he called my attention to someher fafter or her mother. Her uncle, thing else and a little later he arose who always had provided for her, and we left. He took me to our door, was good-heartel and meant well, and there I expected him to say something to me about the great matter

Gather lower edge between "T" per-

perforations and finish for closing.

armhole of underbody as notched.

seam, easing any fulness

small "o" perforation at shoulder

To make the overblouse, first gath-

er the front at upper edge and front

and back at lower edges between "T"

perforations and 2 inches above lower

edge. Close right shoulder seam as

notched and finish the left for clos-

body with center-backs and neck ed-

ges also lower edges even. Bring

right shoulder seam to line of small

"o" perforations in underbody front

Bring lower side edges of front and

back, to single small "o" perforations

near under-arm seam of underbody.

Draw gathers from center-front to

left side edge to the required size.

Adjust a stay underneath and finish

Sew collar to neck edge, then take

up the skirt. Slash to the left of cen-

ter-front along double small "oo" per-

forations and finish edges for a plac-

ket. Close back seam of skirt. Form

plaits placing "T" on corresponding

small "o" perforations and tack. ¡Ad-

edge over upper row of gathers in

waist with center-fronts and center-

backs even; bring large "O" perfora-

tion at side of skirt to under-arm

Then gather front and back of

Very little trimming is required

tunic at upper edges between "T"

perforations. Adjust tunic to posi-

for such a model, but embroidery is

tion on skirt.

always appropriate.

just skirt to position stitching upper

for closing

and close overblouse on left shoulder.

Arrange overblouse on under-

When You Can't Sleep YOU SHOULD USE

Milburn's Heart and Nerve Pills

Sleeplessness is caused by the ner- a little nest of her own." yous system becoming deranged. ten on your nerves, perhaps you have just now we are not concerned with overworked yourself, or have been them. What we are interested in at

restful sleep can be assured. ing and smothering sensations, who the little nest."

Heart and Nerve Pills. Mrs. John Sloan, Haley Station, and had an office downtown. Ont., writes: "Over a year ago I "But during the time that you were was very nervous. I could not sleep together did he not tell you what at night, and I would faint at the business he was engaged in, or give tors but they did me practically no you could communicate with him?" good. I noticed your advertisement | She shook her head. ~ and immediately tried Dr. Milburn's "I did not care where he lived or Heart and Nerve Pills, and I am where he worked. We were so happy proud to say they cured me."

are 50c'a box or 3 for \$1.25, at all arated we always had a definite apdealers, or mailed direct on receipt pointment to meet again so that it of price by the T. Milburn Co., Lim- was not necessary for him to tele-

usually pends the evening at his which was on my heart. But he did "And did he keep every engageclub, so he did not know that I was not. Without a word he threw his ment? not at home, and the old housekeeper arms around me, held me to his was too busy with her rheumatism breast for a moment, and the next in- me wherever and wherever we we or her til teture to care where I was, stant he was gone. Since then I have

As I listened to Sylvia's plaintive to myself feld me we were as good as married narrative the conviction gripped me and I believed him. I believe him that the soung man who had blought yet, but I cannot understand why he about her ruin was really in love left me. He seemed very happy when with her but had been prevented by seemed to the of the other's com- lying her. The scene at Sylvia's pany. Yet when I told him my secret front door when he took her home he was stical and turned away and that last night indicated that he hand tightened convulsively aboutloved her. The fact that she knew mine. I could effer her no consolation; nothing at all about his home life. although I seit in my heart that she that he never had told her even where he lived and that she had only the most vague idea where he was employed, showed that he had a motive in concealing those facts which a young lover usually is eager to reveal. If my theory was true that the youth loved her why did he not marry her? Why did he not proudly

> troduce her as his future bride? Now, there are several reasons why a young man may not marry the young woman he loves. One reason is that his fond parents have selected another woman to play the part of bride and have threatened the son with disinheritance if he refuses to carry out their behest. Another, and 1916. by no means infrequent reason, is that there may already have been a marriage, and as our laws forbid the possession of more than one wife, the young man may be compelled to go his way in sorrow, clinging to the wife

to journey with the other woman. I was inclined to think that this latter condition was the cause of Edward Blake's renunication of Sylvia Thorne, but I did not confine mer vacation. my suspicion to Sylvia. A girl in her situation needs all the encouragement she can get. To have told her then that the man whom she loved, the man to whom she thought se was "almost" Married, was the husband of another woman would Sew cuff to sleeve, then sew sleeve in have been but giving her a reason for another attempt at suicide. hackneyed old salving about there being hope as long as there is life applies in nearly every emergency. Certainly in Sylvia's case she should not have given up hope as long as

breath was left in her body Therefore it was a hopeful face which I turned to her and cheering words suggested that things might be a great deal worse than they were. She heard my statement with amazement, staring at me with great, sweet, innocent eyes as though her very life depended upon what I next should say

"Yes, that is really what I think," assured her. "Things might be a great deal worse. In fact, I think many a girl goes through just what

cheeks or thin blood, who will hesitate to give that child the very thing it needs

to start it growing and keep it going? For over forty years the concentrated liquid-food in Scott's Emulsion has been changing thinness to plumpness -changing poor blood to rich blood.

There is nothing better for growing children-whether they are weak or well—than Scott's Emulsion, but see that you get the genuine Scott's. 16-84 him to resign.

ou are going through and afterward becomes a happy wife and mother." I knew that I spoke the truth, but the girl in her innocence could see no ambiguity in my assurance.

"Do you think so?" the asked eagerly. "Oh, I thought my case was the only one of the kind in the world -that all girls were good and that no harm came to them, and that every one married some time and had

"You are right so far as most Perhaps too much worry has got- girls are concerned," I told her. But excessive in your use of tobacco, but this moment is one Sylvia Thorne whatever the cause the nervods sys- and one Edward Blake. We want to tem must be built up again before find out where Edawrd Blake is and just why he did not take you to a Those whose rest is broken into by marriage license office and from there frightful dreams, nightmares, sink- to a clergyman and from there to

wake up in the morning as tired as It was then that I questioned her they went to bed, can have their old, closely about Edward's residence and peaceful. undisturbed, refreshing employment. But she could give me sleep back again by using Milburn's no definite information. All that she knew was that he lived in the suburbs

slightest fright. I tried several doc- you some idea where he lived, or how

when we were together that I seemed Milburn's Heart and Nerve Pills to walk on air. And when we sep-

"It will behard," I murmured, half "What?" she asked quickly, catching her breath in her eagerness.

I took her hand and pressed it. "I said we shall find him." I rewas with me and neither of us some insuperable obstacle from mar- plied firmly. "We will look for him A little sob escaped her and her

(To Be Continued)

RESOLUTIONS PASSED

With Regard to Milk Inspection School Sanitation. The delegation of women, who in-

terviewed the Board of Health passed the following resolutions: That the City Council be requestexhibit her to his relatives and ined to appoint, solely on his merits, a competent inspector, whose only business it shall be to visit, particularly when not expected, the dairies, milk depots, etc., supplying the city of Kingston, and to otherwise enforce the by-law passed by the City Council on November 20th.

That the Council be also requested to grant to the Board of Education an appropriation sufficient to put in a sanitary condition the lavatories of the public schools, more particularly Victoria and Central he has, however much he might wish schools, and that the changes with regard to floors, etc., recommended in the report of the Medical Health Officer of October last, be carried into effect during the coming sum-

PILED UP PROFITS

Allies Made \$3,500,000 By Trading On Wheat Pit. Chicago, April 23.- The Allied Governments, dealing through Chicago brokers, are credited with hav ing made a profit of more than \$3. 500,000 in the last two months in 'turns' on the grain market by changing from one option to the other. This profit, it is said, was made by selling a line of July wheat and buying the September option at a price approximately thirty cents below the July option Only a short time ago agents of the

Allies sold more than 2,000,000

bushels of May wheat in an endeavor

to block the rice in price, and ac-

cording to brokers, they made a

NEW SPANISH PREMIER

large gain on the transaction.

Marquis Priefo, Semate President, Forms Cabinet.

Madrid, via London, April 21. Marquis Mahuel Garcia Prieto, President of the Senate, today formed a new cabinet to take the place of the ministry of Count De Romanones. which had tendered its resignation Marquis Prieto at various times held the portfolois of Minister of Foreign Affairs, Minister of Justice and Minister of Public Works. He is a member of the permanent Hague tribunal. Like the retiring Cabinet, the new one will be Liberal. Count De Romanones asserted that divisions i public opinion with regard to the Cabinet's foreign policy had compelled

Menu for Tuesday

BREAKFAST Cold Cereni from Yesterday Egg Omelet Whole Wheat Muffins Marmalade

LUNCHEON OR SUPPER ream of Asparagus Soup French Panenkea

DINNER Frienssee Venl with Dumplings Crenmed New Cabbage Materials-Two cups rice stock, 2

spoons sugar, 1/4 teaspoon salt, 1/2 teaspoon grated nutmeg. Utensils-Mixing bowl, teaspoon, tablespoon, measuring cup, custard

silver knife. Directions -- Mix the eggs, sugar, salt and rice stock together until well mixed. Brush four large or five small custard cups with a little butter, pour in the custard. Grate a little

the knife comes out dry it is done.

Goodyear

SIXTY CENTS a pair put onblack or chocolate-at shoe stores or shoe repairers. A

proof of quality

on new shoes,

Guaranteed

We guarantee Goodyear Wingfoot Air Heels to outwear any other rubber heels you have ever worn, or any others you can now buy. Should they not meet this guarantee, return

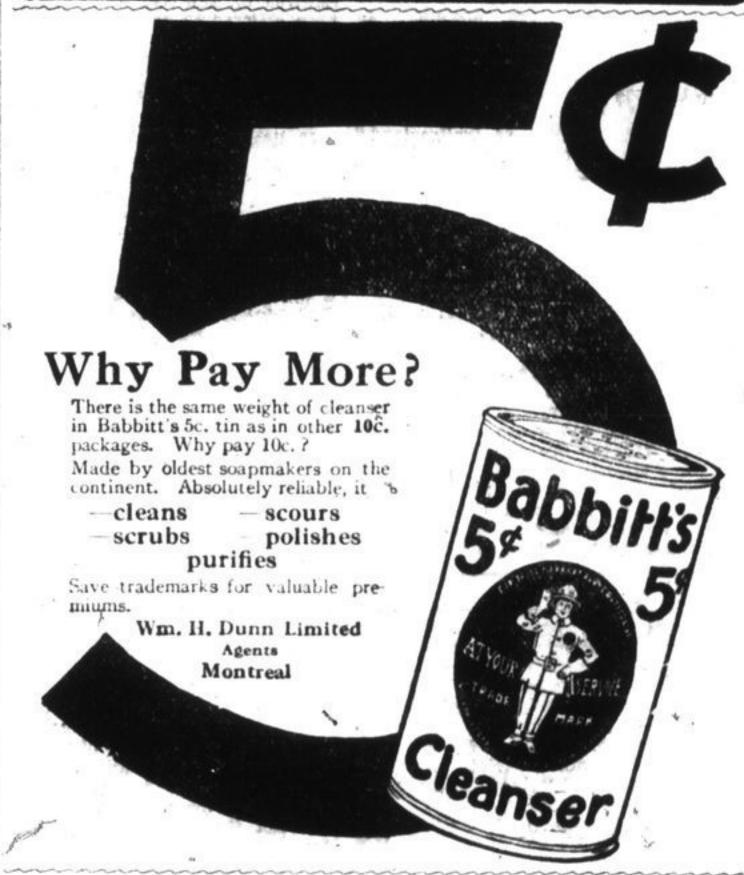
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One Quart of Milk

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.

Phone 845





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Let the spirit of cleanliness—which means Sunlight Soap penetrate everywhere with its magical powers for making everything clean and sweet. There is no cleanser so universally used-so well liked-so completely trusted as

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then gather lower edges between "T" perforations. Lap cuff to small "o" GROCERIES, MEATS, Pictorial Review Costume No. 7229. Sizes, 14 to 20 years. Price, 20 cents. and PROVISIONS

Corset Comfort

its clastic bands, special bo-

ning and graceful lines is best

suited to plump figures. Like

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

Coffee or Cocon

Watercress Salad Pineapple Täploca Coffee

eggs, 2 rounded or four level table-

cups, pastry brush, grater, bakedish,

nutmeg on top of each cup. Set the cups in bakedish; pour the hot water around the cups in bakedish and bake 15 or 20 minutes. Test it by putting a silver knife in center. If