

In The Realm Of Woman---Some Interesting Features

THE TONIC THAT BRINGS HEALTH

"Fruit-a-lives" Builds Up The Whole System

Those who take "Fruit-a-lives" for the first time, are often astonished at the way it builds them up and makes them feel better all over. They may be taking "Fruit-a-lives" for some specific disease, as Constipation, Indigestion, Chronic Headaches or Neuralgia, Kidney or Bladder Trouble, Rheumatism or Pain in the Back. And they find when "Fruit-a-lives" has cured the disease, that they feel better and stronger in every way. This is due to the wonderful tonic properties of these famous tablets, made from fruit juices.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

HERPICIDE

does not change the color of the hair one particle

D. D. D.

The Liquid Wash for Skin Disease. We have witnessed such remarkable cures with this soothing wash of oils that we offer you a bottle on the guarantee that unless it does the same for you, it costs you not a cent. Mahood's Drug Store, Kingston.

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, Kingston, Ontario.

BLISTERS COVERED DAUGHTER'S HANDS

Could Hardly Stand Burning. Could Not Sleep. Healed by Cuticura Soap and Ointment.

"When the cold weather started my daughter's hands would get covered with little blisters. They itched so that she scratched and rubbed her hands till the blood would come. Then she could hardly stand the burning. She could not sleep. It lasted for seven years. Then I sent for a free sample of Cuticura Soap and Ointment. I afterward bought more, and her hands were healed." (Signed) Mrs. Robert Vaincourt, Franklin Centre, Que.

If you have a poor complexion improve it by using Cuticura Soap daily and Cuticura Ointment occasionally.

For Free Sample Each by Mail address post-card, "Cuticura, Dept. A, Boston, U. S. A." Sold everywhere.



That Wistful Look

—may be, in most cases attributed to constipation, disturbed digestion, rather than imprudent diet.

A spoonful of ABBEY'S SALT in a glass of warm water will effectively but gently give instant relief. Even young children will delight in taking this sparkling, healthful—

Abbey's Effervescent Salt

Do not condemn as frivolous the man who goes much to balls and operas. He may be a flour inspector. Men who are born great may get over it. The czar did.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

I MAKE AN UNUSUAL DEMAND ON EDWARD.

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

"Where is Sylvia?" demanded Edward, when our conversation had reached this stage. "Where have you concealed her?"

"Sylvia is safe," I told him. "She is in her bedroom resting after the excitement of meeting you. I told her to remain there until I returned, and to be sure that she did I locked the door and brought the key with me."

He looked at me as though he thought I was not quite sane, but I went on, calmly.

"To one who had associated with Sylvia as intimately as I have for several months it would be very evident that, in spite of what had happened, she is a perfectly pure woman. The plight in which she finds herself is not the result of wrong-doing on her part. You are the guilty person. It was you who told her that you would be married, or if you did not tell her that in so many words you led her to believe that she and you were actually married, and that whatever took place between you was eminently proper. The sin rests at your door, Mr. Edward Blake, and the restitution must come from you."

"But I have told you that I was perfectly willing to care for her, and that I would marry her as soon as I could. Is not that sufficient?"

"No, Sylvia's good name is not the only thing involved. Her very life is at stake. I have told you al-

ready how she was not only willing to die, but actually made an attempt to destroy herself when she thought she had lost you. If her shame was so great then, what will it be later? And against the consequences which may follow her full realization of her disgrace more than the ordinary protection is required. Your word is not sufficient. You must give some guarantee that you will marry Sylvia as soon as you are legally free to do so."

"What guarantee can I give other than my promise?"

"Written assurance."

"Of what value would such a document be to Sylvia?"

"It would have a two-fold value. In the one case it would exert a moral influence over you, and in the other it would furnish tangible evidence that Sylvia expected to marry you. One who errs innocently is at heart as guiltless as one who does not err at all. The document which I propose you shall sign will be a guarantee at least of Sylvia's innocence."

He was thoughtful for several moments.

"And if I do not sign this document?"

"Then I shall act in the best interests of Sylvia, regardless of the consequences to you."

He smiled.

"That sounds dangerously like a damage suit."

"Men have been sued for much less."

"I admit it, and damages recovered."

Again he was silent. Finally:

"And if I do sign it, what use will you make of the document?"

"None, unless you attempt to break your promise."

"How am I to be assured of this?"

"By your confidence in Sylvia. The document shall remain in her possession."

Edward arose and went to the window, where he remained for some minutes, looking down upon the passing automobiles and pedestrians. When he came back I could see that he had made up his mind what to do, but his first words were not encouraging.

"You, of course, have not forgotten that we met for the first time about an hour ago?"

"No, I have not forgotten."

"And now, although I know nothing of you, you wish me to sign a paper which would be both a confession of guilt and a promise of restitution. You know, I suppose, that such a document could be used very effectively against me if you happened to be an unscrupulous person."

"But the document is not for me, as I told you just now. It is for Sylvia—for her protection—and it shall remain in her possession. You know that it would have no value to me."

"Very well," he said. "I will sign the paper on two conditions."

"What are they?"

"That Sylvia be present when I sign it, and that I give it personally to her after explaining its nature."

"Agreed," said I.

(To be Continued.)

An interesting and unique double wedding took place April 25th, at the home of William Robertson, Drummond Township, when their eldest daughter, Miss Maggie Eda, was married to Mervyn Duncan McLaren, and their second daughter, Miss Mary Baird to William Napier.

At Calgary, Alta., Dr. Parker Peacock, a recent medical graduate of Toronto University, is dead as the result of an accident Sunday when a car driven by his brother, Lieut.-Col. M. B. Peacock, was hit by a street car.

According to a return tabled in the Commons seven per cent. of the men who enlisted in Canada and who were accepted and trained were afterwards discharged before going overseas as all as being medically unfit.

James Jenkin, a native of Nepean township, died at his home in Arnprior a few days ago, aged seventy-six years.

Perth's annual horse show is announced to be held on June 2nd.

Alkali in Shampoos Bad for Washing Hair

Don't use prepared shampoos or anything else that contains too much alkali, for this is very injurious, as it dries the scalp and makes the hair brittle.

The best thing to use is just plain mulsified cocoanut oil, for this is pure and entirely greaseless. It is very cheap and beats anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.

Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy and easy to handle. Besides it loosens and takes out every particle of dust, dirt and dandruff.

The Whig's Daily Menu

Menu for Thursday

BREAKFAST
Orange or Fruit of Choice
Whole Wheat Cereal
Deli. Omelet
Milk Toast
Coffee or Cocoa

LUNCHEON OR SUPPER
Cold Roast Beef
Rice Salad
Lemon Toast
Tea or Cocoa

DINNER
Spinach with Eggs, Flavored with Bacon
Creamed Carrots
Lemon Meringue Pie
Coffee

Macaroni with Cheese Sauce.
Materials—One cup macaroni, 1 cup tomato sauce, 1/2 cup grated cheese, 1 tablespoon finely cut ba-

con, 1 tablespoon finely cut onion, 1 teaspoon salt, little white pepper, 1 teaspoon chopped parsley.

Directions—Put the macaroni on in boiling water and boil 20 minutes, pour in colander and blanch with cold water. Put the bacon in fry-pan, add the onion and fry until the onion and bacon are nice and yellow. Mix the macaroni, tomato onion and bacon, salt, pepper, paprika and half the cheese together. Brush bakedish with bacon drippings and put in mixture; sprinkle the top with the cheese, bake in moderate oven until a nice brown. If you do not have a hot oven, mix the ingredients and put in top of double boiler; heat thoroughly and serve with chopped parsley.

Utensils—Saucepan, colander, fry-pan, grater, two measuring cups, teaspoon, tablespoon, knife, fork bakedish.

Directions—Put the macaroni on in boiling water and boil 20 minutes, pour in colander and blanch with cold water. Put the bacon in fry-pan, add the onion and fry until the onion and bacon are nice and yellow. Mix the macaroni, tomato onion and bacon, salt, pepper, paprika and half the cheese together. Brush bakedish with bacon drippings and put in mixture; sprinkle the top with the cheese, bake in moderate oven until a nice brown. If you do not have a hot oven, mix the ingredients and put in top of double boiler; heat thoroughly and serve with chopped parsley.

Easy & Practical Home Dress Making Lessons

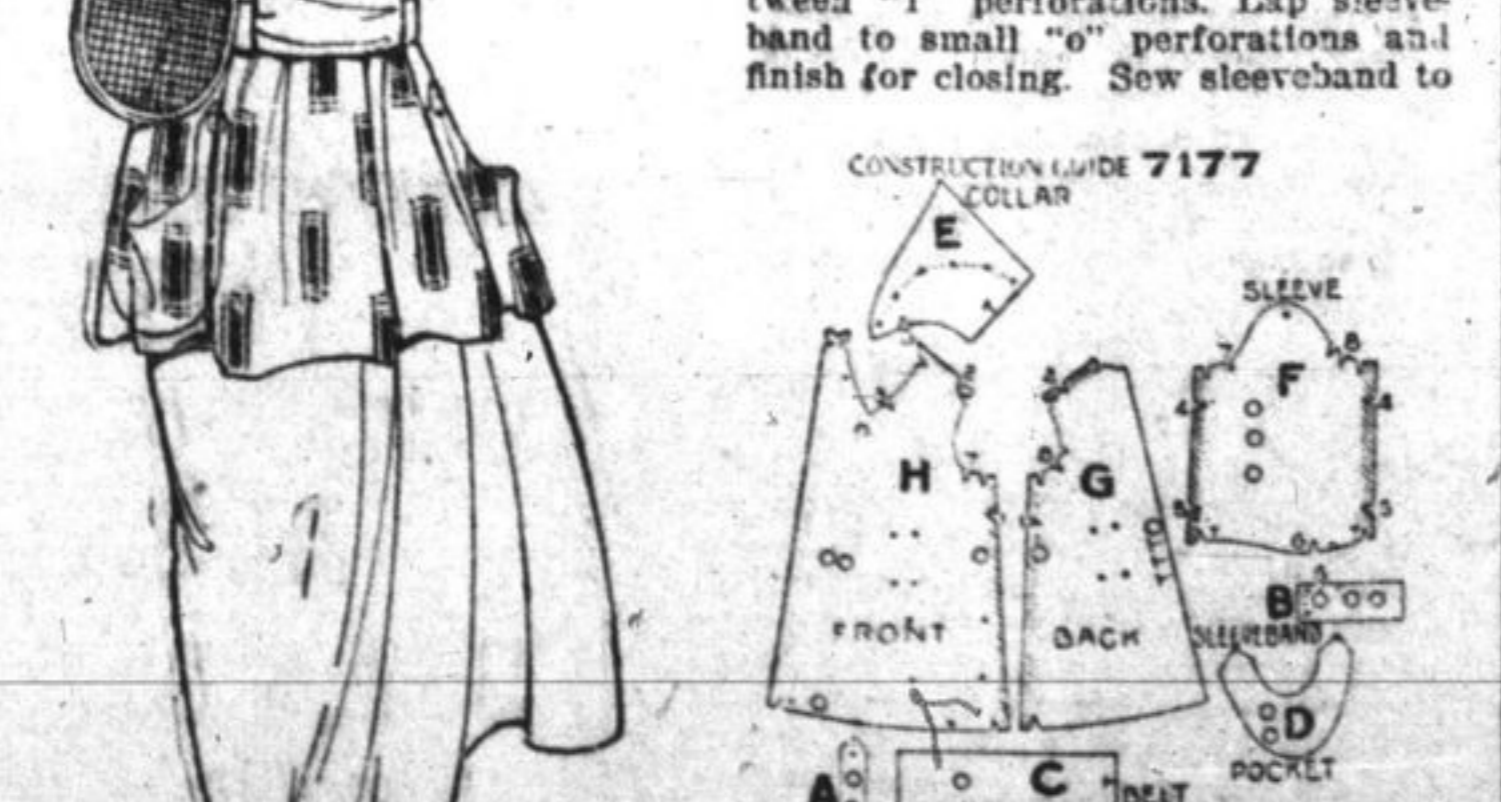
Specially Prepared for this Newspaper by Pictorial Review.

Ideal Design for Summer Frock

belt and collar of self-material, the buttons being of brown bone. There is a choice of methods of adjustment, either in front or at the side. In medium size the suit requires 7 yards 36-inch material.

To make the blouse, first close under-arm and shoulder seams as notched. Turn 1 1/2 inch for-bias on front. Line of large "O" perforations indicates center-front. Next, line the collar and sew to neck edge as notched.

For the sleeve, close seam as notched. Gather at low edge between "T" perforations. Lap sleeveband to small "o" perforations and finish for closing. Sew sleeveband to



sleeve as notched, small "o" perforation in sleeveband at seam of sleeve. Sew sleeve in armhole as notched, small "o" perforation at shoulder seam easing any fullness.

Next, line belt and straps. Lap ends of strap, matching small "o" perforations and tack. Adjust straps on blouse, and tack between indicating small "o" perforations in front and back. Slip the belt through the straps; large "O" perforation indicates center-front of belt.

Face the pocket and adjust on front, outer edges along small "o" perforations.

With the blouse is a two-piece circular skirt, slightly gathered at the back and closing on the left side.

Pictorial Review Blouse No. 7177. Sizes, 34 to 44 inches bust. Price, 20 cents. Skirt No. 7130. Sizes, 22 to 36 inches waist. Price, 20 cents.

Told In Twilight

(Continued from Page 3.)

Canon and Mrs. Hannington celebrated their golden wedding in Ottawa on Monday, Canon Hannington is chaplain to His Excellency the Duke of Devonshire. Mrs. Hannington is the daughter of Sheriff MacLean, Fredericton.

Mrs. Herbert R. Strain, Great Falls, Montana, has returned to her home after visiting her cousin, T. M. Asseltine.

Prof. and Mrs. W. M. Connacher have gone to Garden Island where they have taken a cottage for the summer.

Miss Nan Skinner, who has been with Mrs. W. B. Skinner left today for Toronto.

Mrs. Morton Hall and her two young sons are leaving this week to visit relatives in Minneapolis.

Mrs. Gilbert Johnston, Montreal, is the guest of her daughter, Mrs. R. J. McKelvey, Bagot street.

Mrs. W. R. Givens and Mrs. Nell C. Polson, returned today from Florida.

Mrs. Ingpen is expected home from New York this week.

Lieut.-Col. W. G. Anglin, went up to Toronto on Monday.

Mrs. D. W. Dowseley, Ottawa, has been spending a few days in town.

Mrs. J. Pennington Macpherson, Ottawa, is the guest of her daughter, Mrs. R. N. Fenwick, at "The Belvidere."

Mrs. Frederick Coys, Wellington street, has returned from New York after a pleasant visit with relatives.

Miss Edith Stark visiting Mr. and Mrs. H. W. Britton, Almonte, left for her home in Gananoque on Thursday.

Mrs. R. E. Jamieson has returned to Ottawa after several weeks' absence in Cherry Valley, Mrs. Jamieson was accompanied by her mother, Mrs. A. B. Ketchum who will reside with her in future.

Dr. and Mrs. E. F. Scott, are spending a few days in Ottawa.

Miss Little of College Heights, Guelph, is spending a week in Kingston.

Mr. and Mrs. Henry Joseph and family, Montreal, are leaving at the end of June to spend the summer at their cottage at St. Andrews, N.B.

Mr. and Mrs. W. H. Wormwith have gone on a trip to the west Mrs. Wormwith will visit in St. Catharines while Mr. Wormwith goes on to Detroit.

The marriage will take place in June of Miss Lillian Drummond, daughter of George E. Drummond, Montreal, to Lieut. Henry G. Birks, son of Mr. and Mrs. W. M. Birks, of the same city. Lieut. Birks is attached to the 42nd Highlanders.

Mr. and Mrs. E. A. Pierce, Delta, announce the engagement of their daughter, Sara, to Rev. Eldred A. Chester, B.A., B.D., Merrickville. The marriage will take place quietly early in June.

Mr. and Mrs. Thomas Greenwood, announce the engagement of their daughter, Hattie, to Michael J. O'Connell, son of Mr. and Mrs. Thomas O. Connell, Wolfe Island, Ont. The marriage to take place in June.

Health for Sick Women

For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MAYME ASBACH, North Crandon, Wis.

Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 609 Have St., Lawton, Okla.

From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. OSOON, 1 Haynes Park, Roxbury, Mass.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.



Choicest Stock of Ladies' Skirts

Call and inspect our choice stock of Ladies' Skirts. We Also Have a Nice Variety of Ladies' Sport Coats. Call and be convinced that our prices are reasonable. A good variety of boots and shoes, linoleum, oilcloth. Don't forget our millinery department upstairs, where we try to please everybody.

Jos. B. Abramson, 257 Princess St. Phone 1437

Can You Make a Good Pie?

Henry Ward Beecher once discoursed on pie crusts: "Let your paste be not like putty, nor rush to the other extreme and make it so flaky that one holds his breath while eating for fear of it blowing away. Let it not be plain like bread nor yet rich like cake."

Can you make a good pie? Watch the eyes of the man of the house—do they snap and sparkle when you bring on this favorite dessert?

Handle your pastry gently. Keep the materials of your pie cold. Sweeten your fruit filling with Dominion Crystal Sugar and—be sure your oven is hot when you pop in your cold pie.

Dominion Crystal Sugar

DOMINION CRYSTAL SUGAR is an important consideration in successful pie making. Every sparkling crystal of concentrated sweetness is absolutely pure—every step of its manufacture is safeguarded with unceasing vigilance.

DOMINION CRYSTAL SUGAR adds to the natural deliciousness of pie fillings—sweetens too tart fruits without destroying their fresh, fruit flavor.

DOMINION CRYSTAL SUGAR is the only sugar that may rightly be called "Canadian from the ground up."

We do import the finest of raw cane sugar and refine it. But our pride is in the product we make from Canadian sugar beets—its use is dictated by good judgment as well as patriotism.

DOMINION SUGAR COMPANY Limited
Wallaceburg Chatham Kitchener

