

In The Realm Of Woman--Some Interesting Features

TWO LONG YEARS HE SUFFERED

"Fruit-a-lives" Made Him Feel As If Walking On Air

OSWEGO, Ont., Nov. 28th, 1914.

"For over two years, I was troubled with Constipation, Drowsiness, Lack of Appetite and Headaches. One day I saw your sign which read 'Fruit-a-lives make you feel like walking on air.' This appealed to me, so I decided to try a box. In a very short time, I began to feel better, and now I feel fine. I have good appetite, relish everything I eat, and the Headaches are gone entirely. I recommend this pleasant fruit medicine to all my friends."

DAN McLEAN.

50c. a box, 6 for \$2.80, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

Book's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three sizes. No. 1, 50c. per box, No. 2, 75c. per box, No. 3, \$1.00 per box. Sold by all druggists, or sent postpaid on receipt of price. Free pamphlet. Address: THE COTTON ROOT MEDICINE CO., TORONTO, ONT. (Opposite Station)

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Sewing machines, Umbrellas, Suit Cases, Trunks repaired and retitted, Saws filed, Knives and scissors sharpened; Razors honed; All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of lawn mowers sharpened and repaired.

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SANTAL MIDY

Relieved in 24 Hours

Each box contains 100 capsules.

Prepared by Dr. J. C. Midy, Paris, France.

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Pure Scotch Marmalade and Jam.

In glass and tins.

Baker's Fresh Grated Coconut with the milk, 15c per tin.

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Fine Red Strawberry Rhubarb, 10c bunch

Lettuce, Radish, Green Onions

Choice Pineapples, Bananas, Sunkist Oranges and Lemons, Cocoanuts

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Montreal St. Phone 549

"I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 322 South 15th St.

When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, it is not reasonable to believe that it is an article of great merit?

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.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

EDWARD'S MARRIAGE A HOLLOW MOCKERY

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

Edward took two or three turns up and down the room, went over and seated himself beside Sylvia and then resumed his narrative.

"On the way to Mr. Fordham's residence my imagination framed an image of his daughter," he said. "One's imagination does those things at such times, and mine was not an exception. I pictured her as a sprightly young woman, full of the joy of living and glad to be back home, glad to be rid of the sickly society of Europe and proud to live once more amidst the sane and human surroundings of America. I was, therefore, totally unprepared to meet the young woman to whom I was introduced."

Edward paused, studied the floor a moment and said:

"Before I go further I want it understood that to tell all the facts which I started out to relate I must speak disparagingly of one whom, under different circumstances, I would be the first to defend. I hope, therefore, that you will suspend judgment on me until after you have heard the whole story. If you wish to condemn me then, it will be because I deserve condemnation."

"Mary Fordham was a very different young woman from the one I had pictured to myself. She was not sprightly, and there was no joy noticeable about her. On the contrary, her disposition might be described as of the killjoy variety. If one discovered her while he was laughing he would stop suddenly, clap his hand over his mouth and ask himself how on earth he could so far forget himself as to do such a thing. She wore big, shell-rimmed spectacles—the first I ever saw—and when she slowly turned them upon you the cold chills ran down your back and you felt yourself growing smaller and smaller until a certain state of shrinkage had been reached beyond which it was impossible to go, much as it is the case with a bale of cotton in process of compression."

"She had what she called an inquiring turn of mind, and she exercised the greatest extent possible. Each statement that was made in her presence was subjected to the microscopy of her mind before it was accepted or rejected. She took nothing for granted; she believed in nothing; she imagined nothing; nothing appealed to her unless it was susceptible of demonstration by her precise mathematical methods."

"Of course I did not know all this

as soon as I looked at her, but one glance at her gave me a distinct shock, and as we grew better acquainted her peculiarities became more and more familiar to me. Yet, curiously enough, the thought of going back upon my promise to marry her never once entered my head. So far as my mental condition was concerned, I was already married to her. My father had selected her for my wife, therefore there was no option left to me. She was mine. I did not even go through the formality of asking her to marry me. Her father had arranged that for me. The only time I discussed the question at all was when it became necessary to fix the day of the wedding, and I approached that matter just as I would have approached any piece of routine business."

"During those days there were times when all desire to live left me. I did not know what it was, but I knew now. Without being aware of it my temperament was rebelling against the union which had been decreed by two fond fathers. But there was no outward rebellion. I went along very calmly and married her."

"His voice broke and I could see his hand tighten over Sylvia's. The poor little girl was weeping softly."

"From that time on my life, as I look back upon it now, seems one long nightmare," Edward resumed. "I was married and yet I was not married. I possessed a wife who was not a wife, for I soon discovered that Mary had no intention of becoming my wife except in name. Nor did I object very much to the arrangement. I had gone through the mockery of the ceremony on my father's account and felt that I had done my duty. Possibly she felt the same way about it and could not bring herself to go further, therefore our marriage began and ended at the altar. We never lived together, although the same roof sheltered us for nearly five years. We went our separate ways, meeting each other in the course of the days which followed, but always remaining separated by a formal barrier which neither attempted to remove. She had her rooms and I had mine. Her pursuits occupied her thoroughly and I was busy with my own affairs. Sometimes I did not see her for weeks at a time. When we did meet we treated each other with polite consideration, but our relations never became closer than that. I felt sometimes, as if I were a guest in her house and at other times as if she were a guest in mine."

"And thus the years passed."

(To be Continued.)



SUMMER FROCK

Here is an attractive embroidered summer frock which is fastened to the waist with beautiful coral ornaments.

Form of Lime to Use.

Ground limestone deserves the earnest consideration of those who contemplate liming the soil. A natural product, it can be used in any quantity without danger of injury to the soil. Experiments have shown that two tons of limestone are as efficient as one ton of quicklime, provided the former is finely ground when 95 per cent of it will pass through a sieve having 100 meshes to the inch. When two tons of limestone can be purchased and spread on the soil at an equal or less cost than one ton of quicklime or 2,650 lbs. of hydrated lime, the limestone should be used. Limestone sittings sometimes can be secured. Although rather coarse, there is enough fine material present to justify their use, provided they can be purchased at a price which will make it practical to use four or five tons per acre.

NATIONALISM NOT PREACHED IN VAIN

Toronto Globe.

Any anti-recruiting demonstrations in Quebec have been merely the stirring of the dregs of the campaign of six years ago. Some of the principals in that mischievous propaganda, whether from the solace of office or a change of heart, have publicly recanted, and are doing their full duty in the present crisis. One of them, Hon. Mr. Blondin, is touring Quebec in an appeal for recruits. The disorder at his Montreal meeting was the harvest of the seed sown by himself and his fellow-Nationalists years ago. Men who talk of shooting holes through the British flag are somewhat compromised when they unfurl it in the faces of dupes who took them at their word. But there is no anti-war party in Quebec numerous or respectable enough to give cause to the Dominion Government if it feels that the hour has struck for a more courageous policy, and a more efficient system of organizing the power of the country for the great task which confronts it.

Why Wheat Lodges.

From an Italian experiment station comes a report of investigation into the causes of lodging in wheat. A high percentage of water in the stalks indicates a liability to lodge. It comes from three causes: high content of nutritive salts in the soil, abundant moisture, and insufficient. The opposite holds good in the lack of a tendency to lodge and so a prolonged drought in plants raised in poor soil and kept in full light, eliminate any lodging tendency. Fully matured plants were found to be subject to lodging, but if poorly irrigated—or in a dry season—there is little danger.

Many Uses for a Tractor.

An American farmer, writing in the American Agriculturist, says that he plowed seven acres of timothy sod in nine hours with a tractor, at an expenditure of 50c per acre for fuel. He cut 18 to 20 acres of grain with a binder in a day by the use of the same machine, at an expenditure of 25c per acre for fuel. The tractor was also used in hauling in hay, and with the aid of a large harpoon fork, the load was taken off in five minutes.

Two Whys.

Why, asks the American Agriculturist, shouldn't egg-laying contests award prizes to the layers upon the basis of weight of the eggs, rather than number? Why, also, should not eggs be sold by weight like beefsteak?

Green Feet of Hens.

Experiments at the poultry plant of the New Jersey station have shown that if the poultry flock is to be kept in a healthy and producing condition in the summer, the runs must be continually covered with a green growing crop.

The Whig's Daily Menu

Menu for Tuesday

BREAKFAST

Stewed Fruit

Bolled Whole Wheat Cereal

Eggs or Cheese

Crisp Rolls or Toast

Fruit Butter or Jelly

Coffee or Cocoa

LUNCHEON OR SUPPER

Meat Cakes with Tomato Sauce

Lemon Toss

Tea or Buttermilk

DINNER

Spinach and Eggs Flavored with Bacon

Bolled Rice

Relish

Rhubarb Slump Coffee

Rhubarb Slump.

Materials—One cup flour, ½ cup milk, 1 teaspoon baking powder, ¼ teaspoon salt, 1 cup sugar, 2 cups rhubarb.

Utensils—Saucepan, 2 measuring cups, teaspoon, tablespoon, knife, strainer, mixing bowl, flour sifter.

Directions—Wash and cut the rhubarb into ½-inch pieces; put into saucepan; add just enough water to keep it from burning, and boil until tender. Mash; add the sugar and dampings; cover and boil 10 minutes without removing cover. For dumplings—Sift the flour, salt and baking powder into bowl; add the milk slowly. Take a spoonful into floured hands and roll. When all are formed place over the rhubarb.

FURTHER EVIDENCE OF COMING FAMINE

Toronto Globe.

The Globe's advice from the west indicate a reduction in wheat acreage this season, in the three Prairie Provinces, of 25 to 30 per cent. The very unfavorable weather of the past five weeks in the Middle West has done irretrievable damage in preventing the farmer from accomplishing even an average amount of ploughing and seeding. The decrease in the wheat acreage of the Canadian West this year is proportionally just as large as that reported by the Government of the United States in connection with the winter wheat crop of the southwestern and Middle Western States.

In the face of this certain decrease in the basic cereal production of this continent, there is the increased demand of Britain, France and Belgium as well as that of Canada and the United States. Only by the most scientific management of the grain crops on this side of the Atlantic will there be sufficient to meet the requirements of these five nations. Food control has been in force in the United Kingdom and France with increasing strictness for many months. It is just as essential to have the source of supplies in Canada controlled as those markets abroad where our food is being consumed.

Flour to-day in Toronto is selling to the householder at the rate of twenty-five pounds for two dollars. That is the flour out of which bread is made. Can the Government of this country look stupidly on while abnormal prices for the principal article of food are forced higher and higher in response to the clamorings

of a famine-stricken world? Wheat and flour prices should be fixed at once in Canada. The abnormality of the present situation demands that such action be taken. The national strength is being undermined and gradually impaired through the rapidly increasing cost of the most simple article of food, and this at a time when the need for recruits and munitions presses upon Canada with painful urgency.

CHILD'S SEVERE STOMACH TROUBLE

Harrison (Ont.) Father Says Dr. Cassell's Tablets Saved His Child's Life.

Mr. Corby, Harrison, P.O., Ont., writes: "Our little girl, weak from birth, and though we tried doctor's medicine and other things we got no better. She just lay and cried, and neighbors all said we could not save her. The doctors said she had stomach trouble, and that her chances were small, yet Dr. Cassell's Tablets cured her. They have been worth their weight in gold to us, for we were just giving up hope of saving our little daughter. I don't think there is any other medicine for children like Dr. Cassell's Tablets. Publish this letter if you like; it may help others as the Tablets helped us."

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold F. Ritchie & Co., Ltd., 16, McCaskey, Toronto.

Dr. Cassell's Tablets are the greatest home remedy for Dyspepsia, Kidney Trouble, Sleeplessness, Anemia, nervous Ailments, Nerve Paralysis, Fatigue, and Weakness in Children. Specially valuable for nursing mothers and during the critical periods of life. Sold by druggists and storekeepers throughout Canada. Price: One tin, 50 cents; six tins for the price of five. Beware of imitations said to contain hypophosphites. The composition of Dr. Cassell's Tablets is known only to the proprietors and no imitation can ever be the same.

Sole Proprietors: Dr. Cassell's Co., Ltd., Manchester, Eng.

Easy & Practical Home Dress Making Lessons

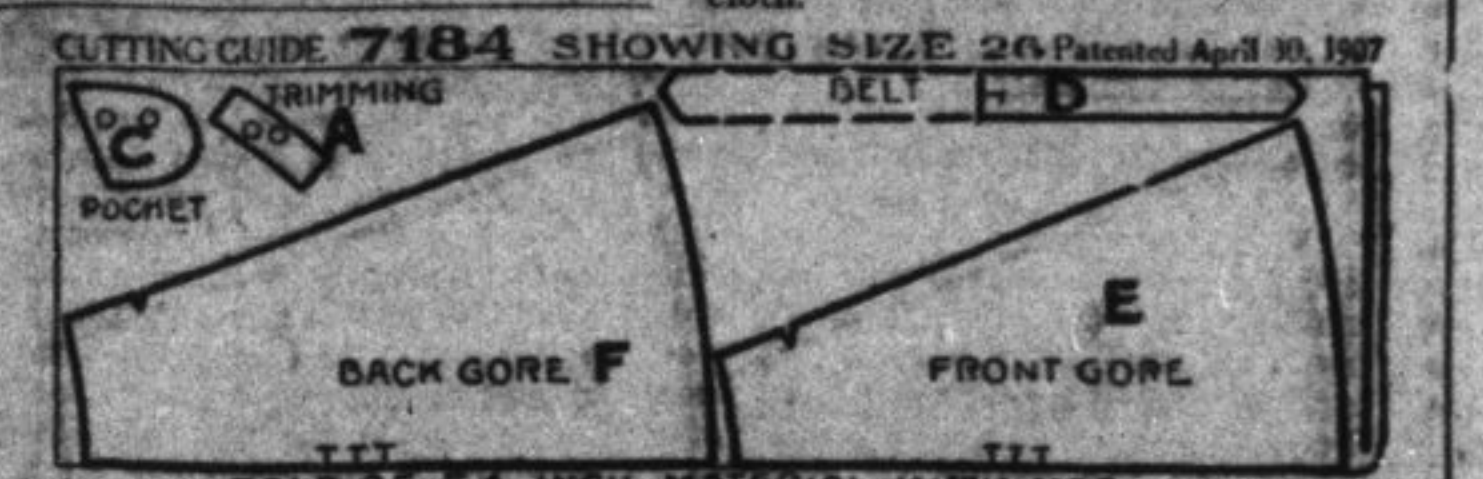
Prepared Specially for This Newspaper

By Pictorial Review

A Chic Tailored Skirt.



Equally adapted to separate wear or to be used with the woman's blouse and coats in this two-piece circular skirt. Medium size requires 2½ yards 54-inch material and the width at the lower edge is about 2½ yards. The skirt is plain in front and closes at the left side, the waist line being in high effect. It has inserted pockets and is trimmed with a belt which is crossed in front with pointed ends buttoned to the trimming pieces of the pocket.



Designed to enjoy fashionable fashion in this new fasciopic, circular skirt with high waistline and belt crossed in front, the pointed ends being buttoned to the trimming pieces of the inserted pockets.

CUTTING GUIDE 7184 SHOWING SIZE 26 Patterned April 30, 1917

Pictorial Review Skirt No. 7184. Size 26 to 34 inches waist. Price, 20 cents.

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