

# In The Realm Of Woman--Some Interesting Features

## FELT LIKE A NEW PERSON

### After Taking Only One Box of "Fruit-a-lives"

**EAST SHIP HARBOR, N. S.**  
 "It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-lives'. For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-lives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening Headaches."

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

Any system of personal cleanliness is incomplete that does not include a Sanitary Hair Dressing—this can only mean

**NEWBRO'S HERPICIDE**

Applications at the better barber shops Guaranteed by The Herpicide Co. Sold Everywhere

## WIRE FENCING

Trellis, Flower Borders, Railings, Gates, Wire Guards, Baskets and every description of wire goods manufactured by

**Partridge & Sons.**  
 Crescent Wire Works, Kingston, Phone 380.

## Don't Spoil Your Hair By Washing It.

When you wash your hair, be careful what you use. 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 mulified coconut 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 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.

WHEN USING

**WILSON'S FLY PADS**

READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

## MRS. MAY'S LETTER TO WOMEN

More Proof that Lydia E. Pinkham's Vegetable Compound Relieves Suffering.

Chicago, Ill.—"I suffered from a bad case of female illa. Lydia E. Pinkham's Vegetable Compound was recommended and I took about six bottles. It fixed me up all right. The common symptoms of such a condition—pain when walking, irritation, bearing down pains and backache, nervousness and disordered digestion—soon passed away. I look much better now than I did before, and I recommend the Compound every time for female troubles, as it did for me all it is claimed to do. You have my permission to publish this letter." Mrs. J. MAY, 3548 S. Lincoln St., Chicago, Ill.

If you have any of the symptoms mentioned in Mrs. May's letter, remember what Lydia E. Pinkham's Vegetable Compound did for her, and try it yourself. It is a good old-fashioned medicine, made from roots and herbs, and it has helped countless numbers of women.

If you need 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 RESOLUTION.

(Copyright, 1916, by the McClure Newspaper Syndicate.)  
 There is but one more chapter to record before I can close all reference in these notes to the unhappy girl whose death cast such a shadow upon my life and upon that of the man who had yearned to make her his wife. Sylvia's body was found in the river three days after she disappeared from the home of Mrs. Blake's nurse. Edward took his care upon himself, and the next day he and I followed it to its last resting place. I notified her uncle of her death, but received no reply, and I inferred from his silence that Sylvia had described him correctly when she declared he was intolerant of the faults of others. So Edward and I were the only ones besides the clergyman in the car which followed the hearse to the cemetery. After the simple ceremony was said and all that was mortal of Sylvia Thorne lay under the sod, Edward and I returned sorrowfully to my home.

"May I come in for a moment?" he pleaded, as we stopped in front of my door.

I bowed consent and soon we threw ourselves wearily upon the soft cushions in my sitting room. Edward was the first to speak.

"Mrs. Pembroke," he said, "I know that you will never see me again, but I cannot tell you good-by without a word."

I feared that he was about to thank me for my effort to aid Sylvia, and despite the depression upon which I naturally labored, I was prepared to resent such an attitude. But I was in error.

"I want to tell you that Sylvia's death has made me see things in a new light," he went on hoarsely. "Of course, I know that you are not interested in me, and that it means nothing to you what becomes of me, but I want to tell you this because you were Sylvia's nearest friend, and because in speaking to you I feel as if somehow Sylvia herself will know what I am saying."

"I have never been a man of vicious habits. I have sown on wild oats, but I am just as glibly as if I had. I have had other faults which have been just as bad. I have been weak and I have learned a terrible lesson because of my weakness. I have learned that a weakling may cause just as much sorrow as a man who is deliberately wicked. I have been afraid to do things which I ought to do."

"My association with Sylvia has taught me this, and my realization of

the truth has nerved me to face life with a sterner resolution.

"As I said just now, this cannot interest you. But it would interest Sylvia if she were living. And I am telling her these things through you. I am giving Sylvia the assurance that her death has made me a different man. From this time on I shall not flinch from my duty. I shall not try to place upon other shoulders the responsibility which rests upon my own. In other words, Mrs. Pembroke, I shall be a man from this time on."

"And I shall begin by dealing in a proper manner with Mrs. Blake. The time has passed when I will permit such an influence to dog my footsteps. I shall have done with her at once. The accursed alliance which my poor father arranged for business reasons shall be broken. She can go her way and I shall go mine. If her conscience is capable of suffering remorse, then there is hope that she too, may seek a higher life, but what ever her fate may be, it will be irrevocable. I shall have done with her. I shall live with the memory of Sylvia only in my heart. In life I could not have her for my own, but in death she shall be mine always, and if this thing which is called spiritual life is a true state of being, then it is possible that, some day, somehow, I may yet be hers and she may be mine."

"And so he passed out of my life. (To be continued.)"

### TO REINFORCE THE 38TH

**Capt. Dodds Commissioned to Raise Draft.**  
 Cornwall, June 16.—Capt. Dodds of Peterboro, a returned officer, who spent seventeen months overseas, most of the time at the front in Flanders, has been commissioned to raise a reinforcing draft company of the 38th Ottawa Battalion, under command of Lieut-Col. Newman. The headquarters of the company will be in Cornwall. Capt. Dodds joined the battalion and went overseas as a private.

### Wins the D. C. M.

Cornwall, June 19.—Mr. and Mrs. Gregor Lalonde, have received word that their son, Pte. Alex. Lalonde has been awarded the Distinguished Conduct Medal. The act which won him his distinction was the picking up of an unexploded German shell which landed near himself, and throwing it back in the enemy trenches.

### Procrastination never made the hard job any easier.

Procrastination never made the hard job any easier.

## STORING FOODS.

### Hints How to Keep Vegetables Fresh All Winter.

### EXPERT GIVES THIS ADVICE.

**Most House Cellars May Be So Manipulated That They Give Good Storage to the Commonest Tubers—Just How to Make the Pit.**

There are three important considerations in connection with the placing of vegetables in storage. The vegetables themselves should be of good quality, free from disease or bruises; they must not be put in too early or piled so that any heating will take place, and they must not be subjected to an atmosphere which is so dry that it will cause wilting and thereby spoil their quality. It is possible for the home gardener to keep root crops, potatoes, cabbage and squash for months in most house cellars with the exercise of some precautions, even where a cool cellar is not provided.

Vegetables should be stored as far away from the heater as possible, excepting in cellars where freezing occurs. If there is a cement floor it is best to pack the root crops in boxes or barrels and cover the top with clean sand or sifted soil in which there is not much organic matter. A covering of about two inches is sufficient. In case either the commercial grower or the home gardener lacks a storage place there is an alternative which is available to almost every one who has a garden. This is the vegetable "pit."

The essentials are a well drained piece of land conveniently located and some material to cover the pit after cold weather comes.

The crops which can be successfully handled in this way are beets, carrots, parsnips, turnips, winter radishes, salsify, horseradish and cabbages. The outer vegetable pit is made in the following manner: On the spot selected measure off a space three or four feet wide and as long as desired. Plan to have the pit extend north and south. The soil should be removed eight to twelve inches deep the width of the pit and one-half of the earth thrown out on either side. The bottom of the pit should be made level and the sides cut straight down. The root crops are then piled on the ground the full width of the excavation and brought to a ridge about two and a half feet deep at the center. Barely will the home gardener need a pit more than six or eight feet long, and it is wisdom for him to mix roots stored so that all sorts can be obtained at one end.

The commercial grower will do well to use the pit for each kind of vegetable stored. The roots should not be piled before the weather is cool. They should be dry and covered with about two inches of soil to prevent frost injury or wilting. As the weather grows colder and preferably after the first soil covering has frozen nearly to the vegetables more coverings should be applied to a thickness of two to four inches. It is well to obtain the soil alongside of the pit in such a way that good drainage will be assured. After more cold weather additional covering of straw, meadow hay, leaves or similar good protective material is added.

### PARISIAN MODEL.

#### How the French Are Turning Out Fall Turbans.

Turbans were never so modish. Draped, brimless, tall and squat, they suit all kinds of faces. This one is of



**TOWERING EFFECT.**  
 black velvet, a tall tan crown over a narrow banding. The only trimming is a silvery "fancy."

**Durham Man Appointed.**  
 Bowmanville, June 19.—Leslie C. Cox, B.A., son of Christopher Cox, Darlington, who recently received the degree of Doctor of Philosophy from the Johns Hopkins University, has been appointed assistant professor of Latin in Hamline University, St. Paul, Minnesota. He will assume duty on the opening of the autumn term. Dr. Cox is a Durham county boy, who had a brilliant educational career in Bowmanville High School and Toronto University.

Too many people only imagine they are overworked. Don't judge. A lot of grief may be hid by a smile.

## Told In Twilight

### (Continued from Page 3.)

The weekly tea was held at the Country Club as usual on Saturday. Mrs. Jack Inglis and Miss Aileen Rogers were in charge of the tea table, and some of those present were: Mrs. R. E. Kent, Mrs. Boyd, Mrs. Carr-Harris, Mrs. Ernest Cunningham, Mrs. Hansard Hora, Mrs. Carter, Mrs. C. Kirkpatrick, Mrs. Newman, Mrs. C. Strange, Mrs. L. F. Gummner, Mrs. Hicks, Miss Loretta Swift, Miss Lillian Kent, Miss Besse Smythe, Miss Ethel Kent, Miss Edith Folger, Miss Katharine Hart, Miss Dorothy Carruthers, Miss Alice King, Miss Isabelle Waldron, Miss F. Cotton, Miss Burden, Miss Wilhemina Gordon, Miss Bessie Sanderson, Miss Isabel Fraser, Miss Gwendoline Folger, Miss Sybil Kirkpatrick and Miss Harriet Gardiner.

Mrs. Douglas Johnson (nee Miss Lillian Fife), Peterboro, received on Saturday for the first time since her marriage. Mrs. Johnson was becomingly gowned in a rose taffeta and mignon dress. She was assisted in receiving by her mother, Mrs. Fife, Miss Mary Fife, Kingston, and Miss Florence Johnson.

Rev. J. de P. and Mrs. Wright, city, and Mrs. Wright, Ottawa, were entertained at luncheon by Mrs. Leech at the Christ Church Rectory, Wolfe Island, on Monday.

Mrs. John Nicolle, Barrie street, entertained at a verandah tea on Monday, the guests of honor being Mrs. John MacKinnon, Halifax, and Miss McKeowil, Montreal.

Mr. and Mrs. Archibald Strachan left on Tuesday for Ely, Minn., to visit Mr. and Mrs. Bruce Strachan. Mr. and Mrs. J. S. Ham and Lieut. Douglas Ham were in town from Napanee on Monday.

Mrs. Howard R. Cooper, with her little son, Rex, left last week for her home in Louseland, Sask, after visiting her parents, Dr. and Mrs. E. J. Lake, Alfred Street.

Miss Marjorie Uglow spent the week-end in Napanee the guest of Miss Johanna Vrooman. Miss T. Gallant, Kingston, is visiting her aunt, Mrs. C. K. Clarke, Wellesley street, Toronto. Mrs. Kent Martin and son, Jack, guests of Mr. and Mrs. George Freemantle, Brockville, have returned to Kingston.

Mrs. Noble Steacy is spending a few days in Montreal. Mr. and Mrs. Albert Leadbeater, Seely's Bay, Ont., announce the engagement of their daughter, Sadie, to Frank M. Stanton, son of Mr. and Mrs. G. Stanton, Elgin, Ont., the marriage to take place the latter part of June.

Mr. and Mrs. Sylvester Lane, Valley Farm, Sidney, Ont., announce the engagement of their only daughter, Clara Gertrude, to Oscar Frederick Laver, Norham, the marriage to take place early in July.

## The Whig's Daily Menu

### Menu for Thursday

- BREAKFAST**  
 Cereal with Dates  
 Broiled Fish  
 Creamed Potatoes  
 Reheated Rolls  
 Coffee
- DINNER**  
 Baked Lamb Chops  
 Boiled Rice  
 Green Peas  
 Tomato Salad  
 Watercress  
 Cheese  
 Coffee
- SUPPER**  
 Curried Eggs  
 Roasted Sandwiches  
 Tea

Curried Eggs  
 Melt three tablespoons of butter in a saucepan, stir in two tablespoons of flour, one teaspoon of curry powder, one-fourth teaspoon of salt, one chopped apple, and one cup of water, and cook for ten minutes stirring constantly, then add six hard-boiled eggs sliced crosswise or in eighths lengthwise and cook for a few minutes longer. Serve hot. If desired one teaspoon chopped may be browned in the butter.

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper  
 By Pictorial Review

### Gingham Dress with Tucked Blouse.

hem in front. Plait lower edge, placing "T" on corresponding small "o" perforations and tack. Adjust belt to position, then take up the skirt.

Slash through the fold at center-front, from upper edge to single large "O" perforation and finish slashed edges for placket. Join gores as notched, form plait in back gore and tack. Sew skirt to lower edge of underbody.

Now, take the blouse and tack the front and back, creasing on slit perforations. Stitch any desired depth and turn hem in right front on line of small "o" perforations. Large "O" perforations indicate center-front. Lap right front on left, matching centers and stitch below the double small "o" perforation; finish edges



Young women going in for making their own frocks are beginning with inexpensive tub materials. Here is a design anyone can copy with success, using blue gingham.

The tub frocks were never so pretty as this season and as every other young woman is going in for making her clothes to save money for the soldiers, inexpensive materials are in great demand. Finding that do not cost much, they often reproduce the same models in finer materials. Here is a design that is exceedingly smart and very simple to construct. It is fashioned of blue gingham. The front and back of the blouse are tucked and joined to a square yoke and the two-piece skirt is attached to a sleeveless underbody. In medium size the dress requires 5 1/2 yards 28-inch gingham and 3/4 yard 36-inch lining for the underbody. For the upper part of the gored 1/2 yard 36-inch material will be needed.

In order to avoid mistakes, the home dress-maker begins with the underbody. Close under-arm and shoulder seams as notched and turn the

Pictorial Review Costume No. 7278. Sizes, 14 to 20 years. Price, 20 cents.

Make your Strawberry Preserves with

**Lantic Sugar**

"Pure and Unadulterated"

the pure cane sugar with "FINE" granulation that dissolves instantly, giving a clear bright syrup.

A book of preserving labels FREE if you send us a red ball trade-mark cut from a Lantic Sugar bag or carton.

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ARE YOU SATISFIED WITH YOUR COMPLEXION?

Take care of your complexion— and your complexion will take care of you. CHOOSE PURE AIDS. CHOOSE CREME ELGAVA THE PURE, DAINTY, TOILET CREAM THAT HAS STOOD THE TEST FOR YEARS.

"Makes the skin like velvet"

JAMES C. CRANE, 104 FULTON STREET, NEW YORK

BE SURE YOUR MILK IS DELIVERED IN SEALED BOTTLES. All our milk is thoroughly pasteurized and bottled at once. It is safe. It is pure. It is good.

Phone 845 - Price's

ASK YOUR GROCER FOR

**CHARM TEA**

IN PACKAGES. Black, Green and Mixed. Packed in Kingston, by GEO. ROBERTSON & SON, Limited.

**WHY YOU SHOULD USE M.S.C. SHAMPOO**

It maintains healthy hair, corrects unnatural scalp conditions, and assists nature in restoring normal, healthy conditions, by stimulating and renewing the hair-growing processes.

HEALTHY HAIR NEEDS ATTENTION, and any disorder of the scalp or falling hair will grow worse by neglect.

M. S. C. SHAMPOO contains pure Coconut Oil and other hair health ingredients, which by constant use will keep the scalp and hair in perfect condition.

Being in LIQUID form, it is easy to apply: You simply wet the head thoroughly in Hot water, then apply about two tablespoonful, which will instantly work up oceans of lather that will thoroughly cleanse the scalp, and after thorough rinsing will leave the hair beautifully soft.

Buy a bottle from your dealer and follow directions carefully, and you, like thousands of others, will be convinced of our claims.

Price 50 Cents

All Druggists, Everywhere, or if your dealer cannot supply you with the genuine write us.

**MUTUAL SALES CO.**  
 32 Front Street West - Toronto, Ontario

**Redpath SUGAR**

has never been offered as "just as good" as some more famous brand; for Sixty Years it has itself been that more famous brand—and deservedly.

"Let Redpath Sweeten it."

Made in one grade only—the highest!

2 and 5 lb. Cartons—10, 20, 50 and 100 lb. Bags.