In The Realm Of Woman---Some Interesting Features

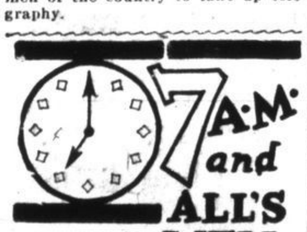
MAGIC BAKING POWDER

E.W. GILLETT COMPANY LIMITED
TORONTO, ONT.
WINNIPEG MONTREAL

Boston university has prepared a series of courses in general business methods for women over the age of sixteen years for the purpose of furnishing them with the business fundamentals which will enable them to fill positions formerly held by the men who will be called to the colors.

Secretary of the Interior Lane declares that the women of this country waste enough foodstuffs in one week to feed the Belgians for one year.

The United States war department has made an appeal to the young women of the country to take up telegraphy.



7 A.M. and ALL'S WELL

when you use

Abbey's Effer-vescent Salt

A glass of this bubbling tonic is like a shaft of inner sunshine.

Gloom or a grouch cannot live in the same body with it.

AT ALL DRUGGISTS

ABBEY'S VITA TABLETS
—For Nervous People—50 Cents a Box

THE CONFESSIONS OF ROXANE

(By Frances Walter)

A VISITOR.

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

One lesson which I drew from Sylvia's misfortunes and which I applied to my own experience was the time-old one of the advisability of avoiding misunderstandings with the person you love. In her case the penalty of not observing this rule was death. In my case it meant continued separation from my husband. Sylvia might still have been alive had she trusted Edward and I certainly would have had Arthur by my side had he had faith in me.

What would be the penalty in my case and of whom would it be exacted? Would Arthur be the one to suffer because he had taken the initiative, or would I have to pay?

During the days which followed my retirement from the millinery business I had ample time to meditate upon this matter, and it seemed to me that circumstances caused my mind to dwell upon it to an abnormal extent.

I had given up my employment because I could not bear the surroundings, yet I knew that from the standpoint of prudence I had acted very foolishly. During the time I had been on M. Viteaux's pay roll I had saved a portion of my salary, but the sum was frightfully insignificant when I contemplated a long period of idleness. But I could not help myself. My mind was in a condition of numbness which made it impossible for me to think of finding work of any sort. A profound lassitude had crept over my physique. I did nothing for hours at a time except loll about on a divan and dream the weirdest of dreams. I thought and moved as if I were under the influence of some powerful narcotic which, having seized upon my nerve centres, would not release its strangling grasp. It was impossible for me to think clearly of the past and equally impossible for me to plan for the future.

The only time when I seemed to possess reason was when I thought of my mother. Perhaps this was because I felt the vital necessity of writing to her regularly so as to prevent her learning into what a deplorable state my affairs had fallen. But about everything else I was incapable of connecting or logical thought.

Even when my mind turned to Arthur it refused to assert itself. I realized that I ought to take some step to bring about a reconciliation with him, but beyond the mere recording of this idea my brain would not go. I could not act. Either my mental faculties were too weak to impel my body to execute their command or my frame was too inert to be stirred into action by any sort of power.

How I managed to sustain life through that period I have never been able to guess. I was alone in my apartment throughout the entire time. At first I had thought of having a maid, but the suggestion was dismissed immediately. I wanted to be alone with my own morbid thoughts. The shadows which had come upon my life had enveloped me to such an extent that I was beginning to enjoy the gloom into which they cast me. I was growing accustomed to somber thoughts, to solitude, to morbid introspection. I was at a junction point of two roads, one leading to insanity and the other to a higher and better life. Which road was I to travel?

The question was answered for me.

Late one gray afternoon as I lay in my accustomed place, gazing out at the clouded sky, I was startled by the violent ringing of my front doorbell. The very fact that the bell rang at all was enough to startle me, for no one visited me and the vigilance of the janitor prevented beggars or solicitors pentrating beyond the entrance hall. Who could it be?

Before I had recovered from my astonishment there was a second and longer ring, followed by an impatient knock on the panel of the door. Whoever was there was eager enough to gain admittance, and apparently the person thought he or she had a right to enter. There was nothing for me to do but investigate, and I did. Summoning all the energy I possessed, I arose, went to the door and opened it. In an instant two arms went about my neck and a curly head was resting on my bosom.

"Mariam," I cried.

"Roxane!"

(To be Continued.)

ARE YOU SATISFIED WITH YOUR COMPLEXION?

Take care of your complexion—and your complexion will take care of you.

CHOOSE PURE AIDS. CHOOSE CREME ELCAYA THE PURE, DAINTY, TOILET CREAM THAT HAS STOOD THE TEST FOR YEARS.

"Makes the skin like velvet"

SEND 10c FOR LARGE SAMPLE

JAMES C. CRANE, 104 FULTON STREET, NEW YORK

Wincarnis is the one thing you need when you are—

Weak, Anaemic, Nervous, Run-down

THE wonderful results of Wincarnis in cases of Weakness, Anaemia, Nerve Troubles, and that "Run-down" condition, are due to the four-fold power that Wincarnis possesses. Wincarnis is not merely a "tonic"—it is a Tonic, a Restorative, a Blood-maker, and a Nerve Food—all combined in one. Therefore, when you take Wincarnis, you derive new strength,—and at the same time, new rich blood—and at the same time, new nerve force—and at the same time, new vitality. Thus the whole system is invigorated, and revitalised, and becomes surcharged with a delicious feeling of new life. That is why over 10,000 Doctors recommend Wincarnis.

Take advantage of the new and lasting health Wincarnis offers you. Don't suffer needlessly. Remember that Wincarnis has an unrivalled reputation of 30 years' standing.

Ask your Doctor — WINCARNIS — Get it of your Druggist

The Famous English Tonic

Imported in Two Sizes—$1, and extra large bottle $1.65.

Proprietors: Coleman & Co., Ltd., Wincarnis Works, Norwich, Eng. Canadian Office, 67 Portland St., Toronto; Frank S. Ball, Resident Director. Sales Agents for the Dominion: Leggie, Parsons & Co., Fay Building, Toronto.

38

THE ACTIVITIES OF WOMEN

Policewomen in Kansas work only eight hours a day.

Rhode Island was the first state to grant presidential suffrage.

New York has more working women than any other state in the Union.

Mrs. Lois H. Allen and Mrs. A. M. Cochran, newspaper editors, are taking an active part in the war conference being held in the State of Colorado.

Banking and financial institutions in England employ over 46,000 women.

Barnard College girls are knitting sweaters for the soldiers in France.

The German aviation corps now has several woman fliers connected with it.

The French railways employ over 6,700 women in places formerly held by men.

Over 20 per cent. of the employees in the French munition plant are women.

More than 1,000 girls in Wellesley College have enlisted for military drill.

There are 376 women to every 1,000 workers employed in the British industrial plants.

Unskilled woman munition workers in the English factories earn as high as $15 a day.

Wellesley College girls have declared martial law on ice cream and other delicacies.

Dressmakers who have been on strike in Paris have been granted an increase in pay.

Housewives in Belle City, Ia., have adopted overalls as their costumes for housework.

The Union of the Women of France has to-day over 2,300 nurses distributed in 360 hospitals.

Every native in Belgian Congo will be taxed 40 cents for every excess wife he possesses.

Mrs. Alice Redkye, a widow in New York City, has five sons enlisted in the United States army.

It is expected that more than 750,000 weddings will be performed in England after the war.

Miss Mary M. Buckley has been sworn in as a United States deputy marshal in Massachusetts.

The business women of Wall street in New York have organized an auxiliary for Red Cross work.

All the women's organizations in New York City engaged in war work are to be put under one head.

The English Government has employed a woman to break in the horses exported from Canada for use in war.

Women working in the English munition factories turn out two thirds as much work in 5½ hours as the men do in eleven hours.

A German woman and a prisoner of war, usually a Russian, working side by side in the field is a common sight throughout Germany.

Mrs. R. E. Darbee, who has several acres of violets under cultivation in Colman, Cal., is known as America's leading violet grower.

Mlle. Cheng, who has just passed the final examination at Paris University law school, is the first Chinese woman lawyer.

Each of the six chiefs of the army "commands" throughout Germany now has a woman attached to it as directress of the division of women's service.

Mrs. Frank O. Lowden, wife of the Governor of Illinois, is the official shopper for the Illinois national guard troops who are in camp at Springfield.

Mrs. Newton D. Baker, wife of the Secretary of War, and Mrs. Josephus Daniels, wife of the Secretary committee of the lay woman's service of the Red Cross, in which women of the army and navy circles are banded.

Several of the large hotels in New York city are now employing women to replace the men called away for war service.

Miss Jeanette Ranklin, the only woman member of Congress, is likely to be made chairman of the committee on woman suffrage, which it is expected will be created in Congress.

The biggest employment bureau in the world, that of the women and girls' division of the employment service, is directed by the federal department of labor in Washington.

For the first time in the history of the relations between Mexico and the United States the direct organized effort of women of both countries is about to make itself felt.

Lady Frances Balfour, president of the London Society of National Union of Woman Suffrage and president of the Travelers' Aid Society, claims that the aid of women is necessary to win the war.

Besides giving her three sons to the colors, and her daughter to the Red Cross, Mrs. Esther Gaddis of Atlanta, Ga., has herself gone to the Charleston navy yard to run a sewing machine for Uncle Sam.

During the absence of her husband, who has been called to the colors of Uncle Sam, Mrs. F. A. Savage will take his place as general agent of the New England Mutual Insurance Company in Baltimore.

In the metropolitan area of Berlin, Germany, there were on January 1st more than twice as many women and girls engaged in industrial pursuits as men and boys, the number being respectively 274,600 and 118,901.

Mrs. Florence A. Young, who has been captain of a woman's motorcycle division in England since the beginning of the war, is now in this country, where she will be at the head of a corps of women motorcyclists whom she will train for war service.

Told In Twilight

(Continued from Page 7.)

Rev. Daniel Strachan, Toronto, has returned from spending several weeks at Miss Agnes Richardson's Convalescent Home for Soldiers in the Rideau Lakes.

• • •

Miss Hetty Cartwright will be the guest of Mrs. Alex. D. Cartwright, Ottawa, for a day or two enroute to Kirk's Ferry, where she will visit Professor and Mrs. Collander for two or three weeks.

Mrs. Walter H. Boyd and children, Ottawa, are coming to Kingston on the 29th to spend the summer months.

Lieut. William Nickle was visiting in Brockville this week, the guest of Mrs. D. B. Jones.

• • •

Mrs. Minnie Thorn, Mrs. Arthur Tisdale and Mrs. Fannie Bowne, Kingston, Ont., visited with Mrs. M. E. Bernhardt, Cape Vincent, N.Y.

Capt. Victor Williams, R.A.M.C., is in the city visiting friends. He spent over a year at Salonika.

Prof. Buchanan of Kingston, is visiting his sisters, Mrs. Thomas Davies and Mrs. E. G. Lusty, Rodney.

Mrs. L. A. Pierce, Kingston, has been spending a few days with Mr. and Mrs. E. A. Pierce, Athens.

Mrs. Stanley Bagg, Montreal, will spend the summer at Kennebunk Beach.

Miss Lucille Cauley, Smith's Falls, visiting her brother, A. A. Cauley, Queen's University, returned home on Thursday.

Miss Lieneau, Napanee, is spending the week-end with Mrs. W. A. Bellhouse, Earl street.

Mrs. L. M. Brigstocke and two small children, Wellington street, will leave early in the week for Prince Edward Island, where they will spend the summer.

Mrs. Samuel Birch and Mrs. Stanley Graham and little daughter left this week for their summer cottage at Thousand Island Park.

• • •

Mr. and Mrs. W. F. Inman, Kingston, announce the engagement of their daughter, Emily R., to Claud C. Gilbert, only son of Mr. and Mrs. S. E. Gilbert, Sherbrooke, Que. The wedding to take place June 28th.

Pictorial Review For July.

The patriotic spirit of the country is exemplified in the July issue of Pictorial Review. An editorial, Patriotism Begins at Home, calls on women to do their "bit" to assist their men at the front. The cover design, a Red Cross nurse, is by Ruth Eastman and there is a fine reproduction of the painting by Marion Powers, in four colors, entitled The Girl I Left Behind Me.

The serials in this issue are: Part two of College Face, by Eleanor Hoopwell Abbott, and the third instalment of the great story by Emerson Hough, The Broken Gate.

The short stories are: The Way a Man Marries, by David Gray; Quiet, a fine dog story, by Albert Payson Terhune; a Judge Jerry story, Judge Jerry and the Eternal Feminine, by William R. Lighton; and The Step on the Road, by Andrew Soutar.

Channing Pollock contributes an illuminating articles on the methods of motion-picture Scenario editors.

For the housewife, Ida C. B. Allen writes a very timely article entitled, The Last Word in Canning. A very handy time-table for bleaching and sterilizing of vegetables and fruits is included.

The fancy work and embroidery section is as usual very practical. The subjects discussed this month being Sweaters and Some New Embroideries for Household Linens.

The fashions of the month are well displayed.

The Whig's Daily Menu

Menu for Sunday

BREAKFAST
Cereal with Dates
Codfish Cakes
Broiled Tomatoes
Potato Doughnuts
Coffee

LUNCHEON
Stuffed Peppers
(Left over Chicken)
Marshmallow Gingerbread
Lemonade

DINNER
Fillets of Halibut
Potato Puffs
Baked Cucumber
Cheese Salad
Crackers
Coffee

Stuffed Sweet Potatoes

Select plump oval potatoes, rather long; wash and boil for fifteen minutes, remove, drain and dry. Cut in two lengthwise and scoop out the pulp; put it in a bowl; add salt and pepper to taste, one teaspoonful of melted butter, one teaspoon of powdered herbs and cream to moisten and whip light with a fork. Fill the shells with the pulp and bake in a hot oven.

Menu for Monday

BREAKFAST
Strawberries
Broiled Bacon
Rice Waffles Maple Syrup
Coffee

LUNCHEON
Scalloped Corn in Ramekins
Cheese Sandwiches
Stewed Fruit
Iced Chocolate

DINNER
Chicken Stewed with Asparagus
Creamed Baked Potatoes
Brown Bread
Mandoline Salad
Cherry Sponge
Coffee

Cocoanut Cookies

Beat until creamy two cups of sugar and one cup of butter, add two well-beaten eggs and beat again, then add one cup of chopped cocoanut, one teaspoon of almond extract, two teaspoons of baking powder and sifted flour enough to roll thin, cut out with cutter and bake in a hot oven. When cold cover with white frosting and sprinkle over with cocoanut.

What Children Study in Arithmetic.

Ernest C. Moore in July Yale Review.

We look forward eagerly to the child's going to school. Then, we say, the major part of our troubles will be over. He shall have the expert care of wise and loving teachers. They will set his feet in the way he should go. In them we shall have coadjutors of the spirit who will supply wisdom for our lack of it and will mightily supplement our fumbling efforts by the sureness of their intelligence. His first days in the kindergarten are a heavenly delight. The things he brings home which he himself has made are positively wonderful. His joy in his school knows no bounds. When he goes to the first grade, almost the same thing is true. I do not know just where the trouble begins, but somewhere in the second or third grade unmistakable shadows of the evening begin to steal over his spirit. He no longer runs to school with his former alacrity, he is not the same buoyant self when he comes home at night, he no longer speaks of his teacher with his old-time enthusiasm, and he frequently complains, "I cannot get my lessons. I don't know what this old arithmetic is about." My little girl is farther on than that. She is required to learn how many roods make an acre, and how many cubic inches a gallon. She is worrying over bank discount, longitude and time, compound proportion, aliquot parts, and cubic root. The problems she brings home make her parents shiver. They are like this: Divide 639 7-12 by 31-32. If the principal is $567, the time 11 months and 13 days, and the amount $763, what is the rate? What is the cube root of 1797643. Find 14 2-7 per cent. of 25 acres. These are, to be sure, extreme instances. But what has she to do with extreme instances?

There is hardly a trade or profession that we used to consider absolutely masculine that does not now engage many women.

Costs a little more per pound than ordinary tea - But - less per cup

Sold only in sealed packages

WHENEVER I see the word YCLEPT IN print I want to PULL SOMEBODY'S hair. I DON'T BELIEVE in using the DICTIONARY AS a STUMBLING BLOCK for the FOLKS AT home or elsewhere. I HEARD a woman say "I USE a preparation. YCLEPT HERPICIDE." HER HAIR was really beautiful BUT HER language MADE ME sick.

Yours for beautiful hair,

Herpicide Mary

After Home Work

A dish of this cereal and then to bed.

Kellogg's TOASTED CORN FLAKES

will help to assimilate a glass of milk or cream and will insure easy digestion of both. Being light and nourishing, this is the ideal bed-time lunch for a tired student.

Insist on the original by asking for the red, white and green package. Others are imitations.

MADE IN CANADA.

The Battle Creek Toasted Corn Flake Co., Limited. Head Office and Factory: London, Ont.