

In The Realm Of Woman--Some Interesting Features

FAMILY DOCTOR'S GOOD ADVICE

To Go On Taking "Fruit-a-tives" Because They Did Her Good

Rochester, P. Q., Jan. 14th, 1915.
"I suffered for many years with terrible indigestion and constipation. I had frequent dizzy spells and became greatly run down. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve, and he advised me to go on with 'Fruit-a-tives'."

I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from indigestion, constipation or headaches--'try Fruit-a-tives' and you will get well". CORINE GAUDREAU. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

The consciousness of having the hair and scalp sweet and sanitary, brings a feeling of comforting self assurance

Refreshing **HERPICIDE** Exquisite Applications at the better barber shops Guaranteed by The Herpicide Co. Sold Everywhere

We Have a Nice Assortment of

Pure Corn Syrup

In 2-lb. tins, 5-lb. pails, and 10-lb. pails, which we are selling for one week only at the old price.

E. H. BAKER
Cor. Montreal and Charles St.
Phone 1263.

Youthful, Beautiful Skin Easy to Have

You may be as healthy as a bird in the air and still have a poor complexion. Changing seasons and temperatures, winds, dust and dirt, are apt to injure the skin, even though the general health be good. When these external influences spoil the complexion, the natural thing is to remove the spots by external means. Ordinary macerated wax will do this. It will actually absorb the weather-soaked skin a little each day. In a week or two you'll have a brand new complexion, a new skin. The exquisitely beautiful and youthful complexion thus acquired, comes so easily, without harm or discomfort, there's no reason why any woman should not adopt this simple treatment. Get an ounce of macerated wax at any drug store, apply slightly like cold cream, washing it off mornings. This will not fail in any case.

To quickly remove wrinkles, signs of age and age, bathe the face occasionally in a solution of powdered saccharine, one ounce dissolved in a half pint of witch hazel. The result, which is instantaneous, will surprise you greatly. The ingredients are of course perfectly harmless.

FOR SALE Farm of 150 Acres

135 of Plough Land, balance wooded, Township of Pittsburgh, four miles from Kingston, Cheap.

W. H. Godwin & Son
88 Brock Street Phone 424

SUGGESTIONS TO SICK WOMEN

How Many Are Restored To Health.

First.—Almost every operation in our hospitals performed upon women becomes necessary through neglect of such symptoms as backache, irregular and painful periods, displacements, pain in the side, burning sensation in the stomach, bearing down pains, nervousness, dizziness and sleeplessness.

Second.—The medicine most successful in relieving female ills is Lydia E. Pinkham's Vegetable Compound. It regulates and strengthens the organism; it overcomes disease.

For forty years it has been making women strong and well, relieving backache, nervousness, ulceration and inflammation, weakness, displacements, irregularity and periodic pains. It has also proved invaluable in preparing for childbirth and the Change of Life.

Third.—The great number of unolicited testimonials on file at the Pinkham Laboratory at Lynn, Mass., many of which are from time to time published by permission, are proof of the value of Lydia E. Pinkham's Vegetable Compound, in the treatment of female ills.

Fourth.—Every ailing woman in the United States is cordially invited to write to the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for special advice. It is free, will bring you health and may save your life.

THE CONFESSIONS OF ROXANE (By Frances Walter)

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

After Mariani and I had spent many hours discussing our future we evolved a plan which seemed to us to be as near perfect as could be expected under the circumstances. She had refused to move into my apartment and I had been equally positive against moving into Mr. Gordon's house, so we compromised by renting several modest rooms farther downtown and fitting them up for two.

But certain details had to be arranged before we could move in. In the first place it was necessary for Mariani to arrange her affairs just as if she were going on a long journey, for in her uncle's absence she possessed his power of attorney, and her signature was required ever so often by Mr. Gordon's lawyers and business associates. But this was arranged at last and Mariani found herself free to betake herself wherever she wanted to go or to hide herself for six months if she liked. The rest was simple. All she had to do was to tell Mr. Gordon's servants that she would be absent indefinitely and no suspicion would be aroused.

When these details were finally arranged we occupied our little apartment, laid aside the clothes which we had been wearing and put on less expensive ones. Assuring ourselves that we were on the threshold of important careers, we sat ourselves down to ascertain what we could do to earn a living. But on that first evening we did not get very far in the direction in which we had started, for Mariani turned the conversation to my personal affairs.

"Roxane," she said, thoughtfully, "I hope you will not take offense at what I am about to suggest. You know, we are partners now, so I have a right to make any suggestions that I think is for the advantage of the firm."

"Certainly!" I agreed.
"If you are sure that you will not be offended, I want to suggest that you write to Arthur."

There was a dead silence for a few moments. Finally I broke it to ask, in a rather unnatural voice:
"Why?"
"Because you owe it both to yourself and to him," Mariani declared. "I have felt that way about it ever since you told me of the time you were kidnapped and of Arthur's leaving for England. Surely you would not have him believe that you did anything wrong? Yet, by your silence, you are permitting him to continue in that very belief."

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

An Attractive New Box-Plaited Jacket.



Box-plaited jacket of summer serge, with square yoke and narrow panel front. The skirt is a two-piece circular model.

The slim, youthful figure looks especially stylish in a box-plaited jacket of the design shown here, and there is no more charming way of developing the summer serge. The front is made in panel effect and below the square yoke there are trimming pieces which simulate pocket flaps.



Pictorial Review Jacket No. 7274. Size 14 to 20 years. Price, 20 cents. Skirt No. 7145. Sizes 14 to 20 years. Price, 20 cents.

"He should never have doubted me."
"Granted, but that is not the question. He does doubt you, and each day that passes his mind is all the more firmly made up that he was right in his original suspicion. Why let him believe any such thing. Tell him the truth. Write to him immediately and tell him precisely what you told me. He will know that he was mistaken and will hasten to make amends."

"I have thought the matter over very carefully several times, and each time I have come to the same conclusion. Even if you do not care for him, and even if you do not want him to return, you should, nevertheless, tell him what happened to you. You should not permit him to think ill of you. After you have told him everything, then it will be up to him to act. If he does not believe you, so much the worse for him. If he does believe you, as he should, then it will be optional with you whether there shall be a reconciliation, for he undoubtedly will come back to the United States on the first steamer that leaves England."

"Think it over carefully, Roxane. Perhaps you will not want to decide now what you will do, but take the question to bed with you tonight and sleep over it. I know that you will do the right thing in the end."
(To be continued.)



Experienced Nurses prefer Mennen's

One Nurse writes—
"I prefer it to any other powder for chafing, abrasions, prickly heat and irritations caused by teething in infants."
Another one says—
"Best of all powders to prevent chafing, and walking is entirely overcome by it."



MENNEN'S BORATED TALCUM

Told In Twilight

(Continued from Page 3.)
An enjoyable and successful tea was given on Saturday afternoon by the Queen's College Alumni Association of Ottawa for the benefit of the two military hospitals supported by Queen's, one in France and the other in Kingston. The weather was delightful and the new pavilion erected by the Ottawa Improvement Commission at Rockcliffe was kindly loaned for the tea, made an ideal spot. The hospital committee, of which Miss Jessie Connor is convener, will be richer by a couple of hundred dollars. All the arrangements were perfectly carried out under the able direction of Mrs. J. A. Jones, president. The refreshment table was in charge of Mrs. C. H. Bland, the ice cream, Mrs. A. F. Corbett, the delicious candy was made by Miss Grace Jeffrey.

The first tea of the season was held at the Yacht Club this afternoon, and there will be a dance this evening.

Mrs. Vernon Castle is the guest of her husband at Mohawk Camp, Deseronto. Vernon Castle is a member of the Royal Flying Corps, and was on active duty in France, being recently sent to Canada on instructional duty. Both Mr. and Mrs. Castle are favorites of the dramatic world, particularly for their public exposition of society dances and creation of new steps.

Miss Gladys Dix, of the engineers' branch of the Militia Department, Ottawa, who has been visiting her parents, Capt. and Mrs. Dix, Union street, returned to Ottawa today.

Mr. and Mrs. Harry Sutton, Newburgh, are in the city from Toronto, and will visit with Mr. and Mrs. J. A. Wilson, Albert street.

Mr. and Mrs. Arthur Ellis, King street, have left for their camp at Wolfe Island.

Mrs. H. W. Airth and son, Renfrew, are in Kingston to spend a fortnight with Mrs. C. S. Anglin, Wellington street.

Miss Frost, Kingston, is visiting Mrs. M. B. Malcolin, Pembroke. Col. Perreau was in Ottawa this week.

Miss Jennie Shaw, Clergy street, is visiting Miss Nan Skinner at Cataract Lodge.

Miss Lieneau returned to Nanapan today after a short visit with Mrs. W. A. Bellhouse, Earl street.

Mr. and Mrs. J. C. Sullivan, Peterboro, announce the engagement of their daughter, Alleen Mary, to Francis Joseph Hickey, Peterboro, the marriage to take place July 4th.

The engagement is announced in London of Lord Stanley, eldest son of the Earl of Derby, to the Hon. Sibyl Cadogan, eldest daughter of the late Viscount Hickey, Peterboro, the marriage to take place July 4th.

The Whig's Daily Menu

Menu for Thursday

BREAKFAST
Fruit
Uncooked Cereal with Milk
Sausage, Fried Egg
Cranberry
Coffee
LUNCHEON
Strawberry Omelet
Cocoanut Cookies
Lemonade
DINNER
Roast Beef
Half Potatoes
Creamed Fried Eggplant
Pepper Salad
Crackers
Coffee Cheese

Rice Waffles

Sift into a bowl one and one-third cups of flour, three teaspoons of baking powder, two tablespoons of sugar and one-fourth teaspoon of salt, beat in two thirds cup of cold cooked rice, two beaten eggs, one tablespoon of melted butter and one and one-half cups of milk. Cook on well greased hot waffle irons and serve with maple syrup.



A NOVEL COIFFURE
The hair is dressed high and ornamented with one of the new fans of black tulle attached to a comb set with brilliants.

City Dairy

PASTEURIZED MILK AND CREAM.
Visit This Dairy and Decide for Yourself. — Satisfaction Guaranteed. Official Test by H. D. Smith. Milk tested 3.2 Butter Fat. 24 JOHNSON STREET. Phone 2083



As Age Advances the Liver Requires occasional slight stimulation. CARTER'S LITTLE LIVER PILLS correct CONSTIPATION.

Colorless or Pale Faces usually indicate the absence of iron in the blood, a condition which will be greatly helped by Carter's Iron Pills

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 tablespoonsful, 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

HOMESEEKER'S EXCURSIONS

LOW RETURN FARES TO WESTERN CANADA ONCE A WEEK

Convenient Service. Modern Electric Lighted Equipment
Tourist Sleeping Cars and Colonist Coaches
For Tickets, Reservations, Literature and Information, apply to J. E. IVEY, STATION AGT., or M. C. DUNN, CITY AGT. Or write R. L. Fairbairn, G.P.A., 68 King St. E., Toronto.

CANADIAN NORTHERN RAILWAY

Redpath SUGAR

If better sugar is ever produced than the present REDPATH Extra Granulated, you may be sure it will be made in the same Refinery that has led for over half a century—and sold under the same name—REDPATH.

"Let Redpath Sweeten it." 15

2 and 5 lb. Cartons—10, 20, 50 and 100 lb. Bags. Canada Sugar Refining Co., Limited, Montreal.

Popular Cakes and Pastry

Almond Macaroons, Cream Rolls, Almond Wafers, Sweet Sandwiches, Fancy Cakes, Pastries.

Crothers' King St. Bakery

New Shipment Just Arrived

Pratt's Animal Regulator, Pratt's Poultry Regulator, Pratt's Coo Remedy, Pratt's Baby Chick Food, Pratt's Disinfectant (Liquid and Powder), Pratt's Cholera and Roup Remedy, Pratt's Cold and Heave Cure, Pratt's Liniment for Man or Beast.

J.R.B. Gage, Montreal St. Phone 549

Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1.00; No. 2, 50c; No. 3, 25c per box. Sold by all druggists, or sent prepaid on receipt of price, Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Weston's)

GRAND TRUNK RAILWAY SYSTEM HOMESEEKERS EXCURSIONS

To Points in ALBERTA, MANITOBA, SASKATCHEWAN & BRITISH COLUMBIA. VIA COCHRAN'S and THE NATIONAL ROUTE or CHICAGO, NORTH BAY, SARNIA OR TORONTO. Round trip tickets will be sold at LOW FARES. Going each TUESDAY from MAY 27th to OCTOBER 30th, 1917. Return limit of two months, excluding date of sale, an extension of time limit, but not exceeding two months, on Homeseekers' tickets sold in May, June, and July only, can be had on payment of \$2.50 for each month or part thereof. Stop-over privileges may be had at Winnipeg and West, also between Cochrane and Hensley. For full particulars, apply to J. P. Hensley, Agent, Corner Johnson and Ontario streets.

CANADA S.S. LINES FREIGHT SERVICE

Between Hamilton, Toronto, Pictou, Kingston, Cornwall, Montreal and Quebec.

EASTBOUND
"Belleville" Lv. Toronto 10 p.m. Monday. Ar. Kingston, Wednesday, 5 a.m.
"City of Ottawa" Lv. Toronto 5 p.m. Wednesday. Ar. Kingston, Thursday 9 a.m.
"City of Hamilton" Lv. Toronto, 5 p.m. Saturday. Ar. Kingston Sunday 9 a.m.

WESTBOUND
"Belleville" Lv. Montreal 7 p.m. Friday. Ar. Kingston, Monday 4 a.m.
"City of Ottawa" Lv. Montreal 2 p.m. Tuesday. Ar. Kingston Thursday 8 a.m.
"City of Hamilton" Lv. Montreal 12 noon Saturday. Ar. Kingston, Monday 9 a.m.
For further information, apply Phone 206 or 21. M. E. PARKS, General Agent.

CUNARD LINE

Passenger Service between Montreal and London (Calling Plymouth to land passengers) and Montreal and Bristol. For particulars of sailings and rates apply to local agents or to The Robert Redford Co., Limited, General Agents, 50 King Street East, Toronto. General Agent.