

# 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.

## Cook's Cotton Root Compound

A safe, reliable regulating medicine. Sold in three sizes. No. 1, 2, 3. No. 2, 33c. No. 3, 50c. per box. Sold by all druggists, or sent postpaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Toronto Whig)

**Babbitt's 5¢ Cleanser**

- cleans
- scours
- scrubs
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- purifies

Every 10c Packet of **WILSON'S FLY PADS** WILL KILL MORE FLIES THAN 50 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Druggists, Grocers and General Stores.

**FOR SALE Farm of 150 Acres**

185 of Plough Land, balance wooded, Township of Pittsburgh, four miles from Kingston, cheap.

**W. H. Godwin & Son**  
89 Brock Street Phone 426

The instrument at the right is the 350 Columbia Grafonola. It has the biggest enclosing lid, the tone-control leaves at the front, the new and wonderful Columbia reproducer and the powerful motor that plays three records with a single winding.

**Sent on Approval—**  
(and on Easy Terms, if accepted)  
**This \$33 or \$50 Model Columbia Grafonola**

The \$33 model of the Grafonola, here pictured, possesses all the essentials that go to make up a real enjoyment of music—a full, clear, natural tone; strong motor and tone-control shutters. In mahogany or quartered oak.

**J. M. GREENE MUSIC CO.,**  
Sydenham and Princess Sts. Phone 1323

## THE CONFESSIONS OF ROXANE

(By Frances Walter)

### WE HAVE A VISITOR.

(Copyright, 1916, by the McClure Newspaper Syndicate)

The apprehension which Mariam and I felt when we discovered the corrupted officer of the law following us soon vanished for, after the man had walked a block or two behind us, he disappeared and we saw him no more.

"Thank goodness!" exclaimed Mariam, when we set foot once more in her home. "I shall never have any curiosity again!"

"I feel the same way about it," I told her. "By all means let us be content with the life we are accustomed to lead and allow the slums and the white lights to take care of themselves."

"It is agreed," declared Mariam. "To be arrested once is enough."

"If we were arrested," I commented. "You know, I very much suspect that we were not arrested at all."

"Of course, it is mostly theory, but it is theory founded on close observation, and I believe I am right in thinking that the man we found in our apartment was not an officer of the law, but a grafter whom Mr. Kenwood placed there to await our return."

"But I don't understand what motive he could have."

"His motive was to get the \$25 which he actually got. We must admit that, if it was a scheme, it worked beautifully. You are just that much poorer and he is \$25 richer."

"And Mr. Kenwood?"

"His motive was altogether different, although he may insist upon having part of the ransom money. I think he is capable of demanding it. However, I have an idea that he will be satisfied with having posed as our liberator. It was he, of course, who negotiated for our release, and we are supposed to be under obligation therefore to him to that extent."

Mariam laughed heartily.

"And to think that we did not even

thank him! How heartless he must think we are!"

Then she became serious.

"Roxane, it is difficult to believe that what you suspect is true, because it is hard to think that men could sink so low. Do you really think it possible?"

"I am convinced of it. And as for men sinking that low, why, there are many who live constantly at a much lower level. Perhaps I ought not to tell you these things, but at least it will serve the purpose of making you less easy to be imposed upon. There are many noble men in the world, Mariam, but there are also many base men, and recently we have come in contact with some of the latter class."

Mariam did not reply, but the frown on her face showed that she was thinking deeply and that her thoughts were not along pleasant lines. The entrance of a maid broke the silence.

"There is a man downstairs who insists that you see him," she announced. "He will not give his name, but he declares that if I mentioned the name Kenwood to you that you will know who he is."

"Mr. Kenwood!" exclaimed Mariam. "Mr. Kenwood here!"

"It is not Mr. Kenwood," I ventured. "It is the officer of the law. Let us see him, Mariam, if for no other reason than to verify our suspicion regarding his affiliations."

Mariam shrank back in her chair.

"I just can't do it, Roxane. After what you have said he seems so loathsome to me that I do not believe I could look at him without fainting."

"Very well then; I will see him alone. Anyhow, he does not care which of us he sees, since he can identify neither of us."

But Mariam was too generous to permit me to go alone, and when I started downstairs she was at my heels, despite my protest.

(To be continued.)

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

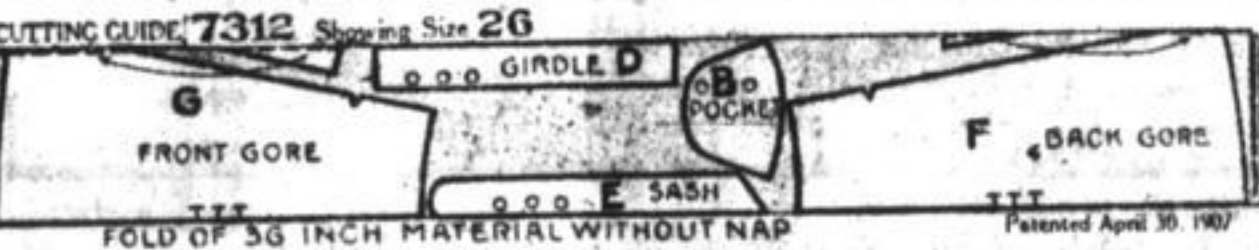
By Pictorial Review



### Separate Skirts Charming in Variety.



A two-piece skirt designed for development in silk, satin or the smartest materials of the season. One has two choices in the finish of the waistline, a straight belt with a sash or a shirred effect with beading.



Pictorial Review Skirt No. 7312. Sizes, 22 to 34 inches waist. Price, 23 cents

1. Preparing fruit.
2. Boiling fruit.
3. Adding sugar.
4. Straining jelly.
5. Setting jelly.

## Does It "Jell"?



The failure of jelly to satisfactorily "jell" may be attributed to any one, or possibly two, of these reasons:

- Too much or too little sugar.
- Lack of sufficient acid in the fruit.
- Insufficient pectin—the gum-like, viscous, jelly-making property.
- Over-ripeness of the fruit.

As manufacturers of Dominion Crystal Sugar, we wish, first of all, to remove all possibility of failure from the use of incorrect quantities of sugar.

To every cup of fruit juice should be added three-quarters of a cupful of Dominion Crystal Sugar (Fig. 1). This will result (if the fruit juice contains sufficient acidity and pectin) in a perfectly formed, clear, firm jelly (Fig. 2). Currants and green grapes are exceptions where the old rule "cup for cup" holds good. Each glass of jelly should be carefully protected from mold by sealing of melted paraffin (Fig. 3).

The consequences of using too little or too much sugar are shown in Figs. 4 and 5—an insignificant, sour, leathery jelly or a shapeless, too-sweet, spineless concoction.

To fruits not sour enough to make good jelly add a little lemon-juice.

Bitter oranges, lemons and grape fruit are difficult "jellying" fruits because, while they contain plenty of acid—they are lacking in pectin. The necessary pectin may be supplied by tying the seeds in cheesecloth and boiling them with the fruit—the result a clear, firm, finely-flavored jelly.

In some quarters an unwarranted prejudice exists against the use of beet sugar for jellying and preserving. Actual experience has shown that there is absolutely no foundation for the theory.

A resume of the tests made at the California Experiment Station in using beet sugar and cane sugar for canning, preserving and jelly-making, points out that "the jelly in each case was as clear as it is possible for

**Ripe Cherries and Lantic Sugar**

"Pure and Uncolored" make delicious and economical preserves

In 10, 20 and 100-lb. sacks, 2 and 5-pound cartons

PRESERVING LABELS FREE. Send red ball trade-mark for book of 54 printed gummed labels to Atlantic Sugar Refineries Limited, Power Bldg., Montreal 145

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ASK YOUR GROCER FOR **CHARM TEA** IN PACKAGES. Black, Green and Mixed. Packed in Kingston, by **GEO. ROBERTSON & SON, Limited.**

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**

## Local Notes

(Continued from Page 3.)

Mr. and Mrs. James McParland, Kingston, Ont., were guests of the former's cousins, Mrs. T. M. Smyth, 2501 W. Adams street, and Mrs. James Boyle, 1119 N. Shore avenue, Chicago. They also visited their old friend, George E. Chappell, of the McKee & Chappell Dairy Co., and his daughter Mrs. Westley J. Woolston, 1514 Pratt boulevard. Mr. and Mrs. McParland have been visiting their son, Arthur McParland, of Calgary, Alberta.

Mrs. Michael Tobin and daughter, Miss Tobin of Syracuse, N.Y., are visiting at the home of Mrs. Frank Murphy, Victoria street, sister of Mrs. Tobin.

Mr. and Mrs. Ernest Leach, Toronto, are holidaying in the city.

Mrs. (Dr.) Williams, Brockville, is visiting her parents, Col. and Mrs. C. N. Spooner, Frontenac street, and will remain a week.

Mr. and Mrs. John Manion, Winnipeg, came to the city to meet Mrs. Manion's mother and sister, Mrs. and Miss Tobin, who are here from Syracuse, N.Y., and are visiting Mrs. Frank Murphy, Victoria street. While east Mr. and Mrs. Manion will also visit Mr. Manion's brothers at Yarker.

Rev. W. T. G. Frown and Mrs. Brown, Kingston, with Mrs. A. Dunlop and Miss Deacon, are now occupying their Island cottage near Putawana.

Sir John and Lady Gibson have opened their house at Hamilton Beach for the remainder of the summer.

Mr. and Mrs. Charles Livingston, Jr., Toronto, are coming down shortly to summer near the St. Lawrence.

Mrs. Valentine Schuyler is up from New York to visit her father, Justice Britton, and her sisters, Mrs. Philip Gilbert and Mrs. Charles Moss in Toronto.

Mrs. D. J. Donahue and family, Pembroke, are here to spend a few weeks as guests of Mrs. Donahue's sister, Mrs. (Col.) Roy.

Misses Alice, Nellie and Tessie Murphy left Renfrew on Monday to spend the holidays with friends at Kingston and the surrounding district.

Miss Jamesina O'Brien, whose marriage to William Carey Cram was to have taken place on the 26th and has been postponed owing to illness of the groom-elect, has arrived in Ottawa from Kennebunk Beach.

Governor Frank O. Lowden and family of Chicago, left on July 17th on the International of the Grand Trunk Railway, to pass a few weeks at their beautiful summer home on the St. Lawrence River.

Lieuts. Louis Carling and J. C. Murray spent the week-end with friends in Ottawa.

Lady Page and Mrs. Charles Read, Ottawa, have been spending a week up the Rideau Lakes with Mr. and Mrs. R. A. Pringle.

Miss Lizzie Daniels, of Toronto, is visiting her sister, Mrs. R. Irwin, 517 Albert street.

Capt. and Mrs. Henderson motored from Kingston and are the guests of Mr. and Mrs. Morphet, Chemung Park, Peterboro.

Mrs. Don. Asseline and little daughter, Belleville, are visiting friends in Kingston.

Miss Clara Connolly, Smith's Falls, is spending her vacation with friends in Kingston.

Mr. and Mrs. Robert Crawford, Barrie street, returned on Tuesday from Pittsfield, Mass.

Miss Ethel White, Toronto, visiting friends in Kingston has gone to Ottawa to spend the month of August with Canon and Mrs. W. A. Read.

Mr. and Mrs. Alexander Caher, Winnipeg, announce the engagement of their youngest daughter, Ross Elma, to J. J. Gardner, Smith's Falls, Ont. The wedding is to take place on August 1st, at the home of the bride's parents, 23 Middle Gate, Armstrong's Point, Winnipeg.

**Dominion Crystal Sugar**

Wallaceburg Chatham Kitchener