

In The Realm Of Woman---Some Interesting Features

Cherries!

Red berries and gooseberries, direct from the fruit growers, to arrive Tuesday. Order early.

J. R. B. Gage,
Montreal Street

New Potatoes

60c Per Peck

THOMPSON'S
Grocery,
294 Princess St.
Phone 387 w.

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.

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Cor. Montreal and Charles St.
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GRAND TRUNK RAILWAY SYSTEM

HOMESEEKERS EXCURSIONS

To Points in ALBERTA, MANITOBA, SASKATCHEWAN & BRITISH COLUMBIA. Via COCHRANE 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, not exceeding two months, on Homeseekers' tickets sold to Holy, June, and July only, can be had on payment of \$2.00 for each month or part thereof.

Stop-over privileges may be had at Winnipeg and West, also between Cochrane and Huron.

For full particulars, apply to J. P. Hinesley, Agent, Corner Johnson and Ontario streets.

CUNARD LINE

Passenger Service Between Montreal and London (Calling Falmouth to land passengers) and Montreal and Bristol

For particulars of sailings and rates apply to local agents or to The Robert McLeod Co., Limited, General Agents, 45 King Street East, Toronto.

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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

Civic Holiday!

JULY 30TH.

CONVENIENT TRAIN SERVICE TO HOLIDAY POINTS IN ONTARIO

Fare & One-third

For the round trip good going July 28th, 29th, 30th. Return limit July 31st.

For tickets and all information apply to J. E. Ivey, Station Agent, or M. C. Dunn, City Agent.

CANADIAN NORTHERN

Mother should look younger

AS baby grows older and is less strain on mother, she should grow young again. Many a mother finds Mennen's Talcum Powder help her feel bright, dainty and fresh.

HER HOME NO LONGER CHILDLESS

Operation not Necessary after Taking the Great Medicine for Women.

Miller's Falls, Mass.—"Doctors said I had displacement very badly and I would have to have an operation. I had a soreness in both sides and a pulling sensation in my right side. I could not do much work. The pain was so bad. I was also troubled with irregularity and other weaknesses. My blood was poor. We had been married four years and had no children.



After using Lydia E. Pinkham's Vegetable Compound and Blood Purifier I became well and strong and was saved from the operation. We are now the parents of a big baby girl and praise your remedies to others and give you permission to publish my letter. — Mrs. JOSEPH GUILBAULT, Jr., Bridge Street, Miller's Falls, Mass.

Lydia E. Pinkham's Vegetable Compound is famous for restoring women to normal health and strength. When this is done wives no longer despair of having children.

A woman should be reluctant to submit to a surgical operation until she has given Lydia E. Pinkham's Vegetable Compound a fair trial. If you have a case that needs special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. It is free and always helpful.



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.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

MY SCHEME WORKS.

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

My purpose, to put the mysterious visitor to a test, and thereby ascertain if he really was an officer of the law, as he declared he was, or an impostor and a blackmailer, as I believed him to be, seemed to me to be easy to carry out. Therefore, when Marian and I reached the second floor, I unfolded my suspicions to her and assured her that within a very few minutes the man she feared so much would be feeling in fear.

"You are too confident, Roxane," she replied. "I am quite sure he is a detective, corrupt though he be, and if you will permit me to do it I shall be more than glad to pay what he demands and have done with him."

"But you would not have done with him," I told her. "If he is a blackmailer, he will return after he has spent what you give him. You can never purchase immunity from his kind. Besides, we have done nothing wrong, and even if we did have to face a judge it would not be half as bad as being compelled to live in terror that a man like that person downstairs would return to make further demands upon you. No, Marian, the right thing to do is to get rid of him now and forever."

"I yield to your better judgment, Roxane. Do as you think best."

"Very well," I responded, as I rang for the maid. "Mary," I directed, "the man downstairs is impersonating an officer of the law and has come here with a trumped-up charge against Marian and me. He demanded a large sum of money, declaring that unless we give it to him instantly he will take us to the police station. I am convinced that he is a blackmailer, but that is merely my opinion. He may really be a police officer who has been sent here by some misinformed superior. Of course, if he is an officer he will insist upon arresting us unless we pay him what he demands. If he is not an officer, he would, of course, not take us near the police for fear that he himself would be arrested. Do you understand me?"

"Yes, ma'am."

"In order to ascertain if he is an officer, the easiest way is for us to let him think that we will have to take us to the police station, or that the police officers will come here."

Mary nodded as I paused, her bright eyes twinkling with intelligent comprehension.

"Go downstairs to him, Mary, and tell him that Miss Howard and I have decided that we must consult our attorney, Gen. Lowther, before we will go with him, that we have telephoned Gen. Lowther to come here and that we will act upon advice of our counsel. After you have said exactly that much and no more

listen to what he has to say, but make no reply. Then return to me and report."

Mary bowed and withdrew. In a few minutes she returned.

"I did as you instructed, Mrs. Pembroke, and if my opinion is worth anything you are right in thinking he is a crook."

"Nothing. But it was the way he looked that made up my mind."

"Here is another message which you can take to him. Tell him that Gen. Lowther has just telephoned that he is on his way and that he stopped at police headquarters and ascertained that there was no order for our arrest. Tell him also that Chief O'Hara volunteered to accompany our attorney to be sure that everything is perfectly regular."

Again Mary disappeared down the stairway. When she came back it was with a triumphant look on her face.

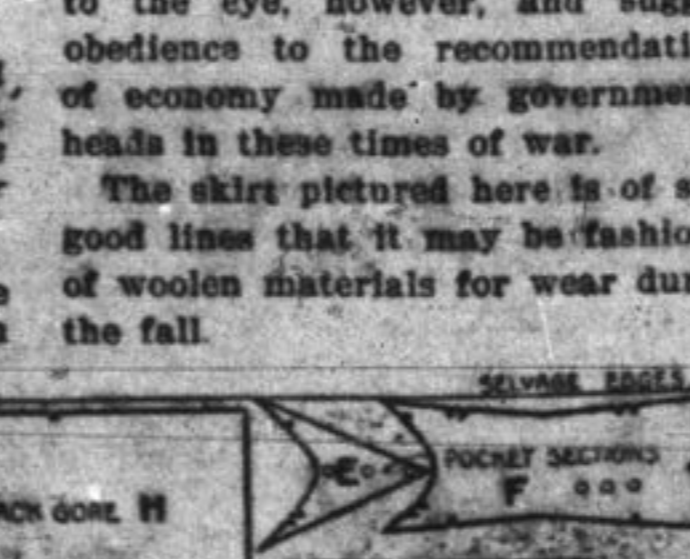
"It's just as I told you," she declared. "He's scared up good and proper now."

"Very well. We shall sit very still for five minutes. When that time has elapsed go down stairs again, Mary, and see if the man still is there."

At the end of the specified time Mary arose and silently left the room. She returned instantly, her eyes wide with excitement.

"He's gone!" she cried. "The Ontario Government appointed a commission of three judges to determine if any power companies had exceeded their charter rights."

Putting Pep and Punch into the daily job during the hot days is a matter of physical and mental fitness—and this comes from foods that supply the greatest amount of real nutriment with the least tax upon the digestive organs. Cut out meat and potatoes and eat Shredded Wheat Biscuit with sliced bananas or other fruits and green vegetables. Strengthening and nourishing.



Made in Canada.



A PRETTY PINAFORE DRESS. This pinafore dress shows the new loose side line and is made of embroidered roses in shades of rose and yellow with green leaves. The pleated underkirt is of primrose yellow crepe georgette.

Will Rush Coal.

Cleveland, Ohio, July 27.—Coal is coming forward more freely and more tonnage will be wanted in that trade from now on to supply the demand in the North-west. The fleet loaded 225,000 tons of soft coal last week.

The movement to July 1st shows quite a loss compared with similar period last year.

Delay at one docks has forced a large number of boats to go up light and at some ports cargoes are more plentiful than coal carriers.

Gifts to a Bride.

Dulacaine, July 26.—Before leaving for her home in Winnipeg, Mrs. J. Jack, formerly Miss Sista Haskins of this place, was presented with a beautiful family Bible and a book of paintings by the Methodist church and Sunday school of which she was organist for a number of years.

Reputed by Majority of Dutch.

Breda, South Africa, July 26.—(Via Reuter's Ottawa Agency).—Hon. Mr. Burston, Minister of Railways and Finance, in a speech here, said the Nationalists' views on the question of independence were repudiated by the English-speaking section and by the great majority of the Dutch.

To Present Colors.

London, July 26.—There will be an interesting Canadian ceremony in front of Westminster Abbey and Central Wesleyan Hall, Westminster, next Sunday, when Rev. Dr. Chown, of Toronto, will present the colors to Winnipeg regiments in the course of a military service in the square.

Million Dollar Hotel Burned.

New York, July 26.—Fire apparatus in many Long Island towns were rushed to Long Beach, a fashionable summer resort to fight a blaze in the million dollar hotel Nassau yesterday. The flames were confined to the basement and part of the lower floor.

DO YOUR FEET BURN?

Then use Zam-Buk. There is nothing so soothing for tender, aching or blistered feet. It will end the burning, draw out the soreness, prevent blistering and give you perfect foot comfort. Also there is nothing so good as Zam-Buk for sunburn, heat rashes, blistered hands, aching muscles, mosquito and insect bites, cuts, bruises, burns and all skin injuries and ailments. 50c. all druggists and stores.

Fresh and Refreshing

"SALADA"

is composed of clean, whole young leaves. Picked right, blended right and packed right. It brings the fragrance of an Eastern garden to your table.

BLACK, MIXED OR GREEN

City Dairy

PASTEURIZED MILK AND CREAM. Visit This Dairy and Decide for Yourself. — Satisfaction Guaranteed. Official Test by H. B. Smith. Milk tested at 25 Bacter. Per 24 JOHNSON STREET Phone 2083



As Age Advances the Liver Requires occasional slight stimulation. CARTER'S LITTLE LIVER PILLS correct CONSTIPATION. Genuine bears signature. Usually indicates 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.

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A Creamy Custard with Peaches or Pears

BENSON'S makes those rich, creamy Custards and Blanc Manges that everyone enjoys with fresh fruit.

BENSON'S CORN STARCH

For more than half a century, BENSON'S Corn Starch has been the standby in Canadian homes. Insist on having it.

WRITE FOR FREE COOK BOOK. THE CANADA STARCH CO., LIMITED, MONTREAL.

Mid-summer Shoe Sale

Special Sale Women's Patent and Gun Metal Pumps and Oxfords \$5.00, \$4.50, \$4.00. Now

\$2.98

J.H. Sutherland & Bro. The Home of Good Shoes.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review

Two-Piece Skirt With High Waist-Line

dark blue silk crepe de chine. It is a two-piece model with high waistline and straight lower edge. The fastening is effected at the left side and the top of the skirt is gathered to be finished with a straight belt of a heading. The pockets are in pointed effect, though the pattern also provides for patch pockets. In medium size the skirt requires 4 yards 44-inch material.

By carefully following the cutting guide the home dressmaker will avoid mistakes and save material. First, take the crepe de chine and fold it carefully; place on the cutting table or any flat surface. Now, place the front and back gores, with triple "TTT" perforations on the lengthwise fold, as shown in the guide. To the first of the back gore place the pocket sections, letting the large "O" perforations rest on a lengthwise thread. The belt rests on the fold below the pocket sections.

