

# In The Realm Of Woman--Some Interesting Features

## APPLES, ORANGES, FIGS AND PRUNES

### Are The Four Fruits Used in Making "Fruit-a-tives"

"FRUIT-A-TIVES" is the only medicine in the world that is made from the juices of fresh ripe fruits. Thus, it is manifestly unfair to say, "I won't take Fruit-a-tives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-tives" is entirely different from any other preparation in the world, is just why you should give it a fair trial, in any trouble of the Stomach, Liver, Bowels, Kidneys or Skin. "Fruit-a-tives" is composed of the active principle of fruit and the greatest nerve tonic ever discovered. 50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

### Summer-Spotted Skin Removed by Absorption

As undue summer exposure usually leaves an undesirable surface of tan, redness or roughness, often freckles, too, the sensible thing to do is to remove such surface. There's nothing better for this than ordinary mercurochrome, which actually absorbs an unwholesome complexion. The thin layer of surface skin is itself absorbed gently, gradually, so there's no inconvenience, no detention indoors. Spread the mercurochrome over the entire face at bedtime and take it off in the morning with warm water. If you will get one ounce of mercurochrome from the drugstore, use it for a week or so, you may expect marked improvement daily. When the surface skin is wholly in view your complexion will be a marvel of spotless purity and beautiful whiteness. Don't let those summer wrinkles worry you. Worry breeds more wrinkles. Wiping them by washing the face in a solution of powdered saxolite, 1 oz., dissolved in 1/2 pt. witch hazel. Used daily for a while this will be found wonderfully effective.

Every 10c Packet of **WILSON'S FLY PADS** WILL KILL MORE FLIES THAN \$8.00 WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

### Cocoon Oil Fine For Washing Hair

If you want to keep your hair in good condition, be careful what you wash it with. Don't use prepared shampoos or anything else that contains too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain sulfated cocoon oil (which is pure and entirely greaseless), is much better than anything else you can use for shampooing, as this can't possibly injure the hair. Simply moisten your hair with water and rub in. One or two teaspoonsful will make a abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily, and removes every particle of dust, dirt and dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage. You can get sulfated cocoon oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

## MOTHER OF FOUR CHILDREN

### How Lydia E. Pinkham's Vegetable Compound Kept Her Well and Strong.

Lincoln, Illinois.—"I have used Lydia E. Pinkham's Vegetable Compound for ten years with good results and I have four healthy children. This summer I was in a very run down condition and the very best weather seemed more than I could stand, but I commenced taking your Compound in June and from then until September 25th, when my last baby was born, I got along much better than I had before. My baby, a girl, weighed 14 pounds at birth, and I recovered very rapidly which I am sure was due to your medicine. I am well and strong now, nurse my baby and do all my work. I had the same good results with your medicine when needed before my other children came and they are all healthy. My mother has taken your medicine with equal satisfaction. She had her last child when nearly 44 years old and feels confident she never would have carried him through without your help, as her health was very poor."—Mrs. F. F. CLOYD, 1885 North Gulick Ave., Decatur, Ill.

Expectant mothers should profit by Mrs. Cloyd's experience, and trust to Lydia E. Pinkham's Vegetable Compound. Free confidential advice had by addressing Lydia E. Pinkham Medicine Co., Lynn, Mass.

## THE CONFESSIONS OF ROXANE

(By Frances Walter)

### I AVOID MR. GORDON.

(Copyright, 1916, by the McClure Newspaper Syndicate.) Of course I had no intention of accepting Mariam's invitation to go to New York and be with her when Mr. Gordon arrived. I did not care particularly to meet Mr. Gordon. I was afraid of him. Then, too, my days of widowhood had been too few for me to find much enjoyment in anything except quiet retirement. I should have made but a sad figure, I know, had I done as my little friend wished. And it was natural that I should feel that way about it. Even though the circumstances under which Arthur had died had been such as to kill what ever love for him lingered in my heart, yet there was the memory of association with him, which was sufficient in itself to check any tendency to gayety on my part. Indeed, when I contemplated my married life as a whole, when I realized what an utter, abject failure it had been, when I felt how absolutely wrong had been my philosophy of life, I almost gave myself up to despair. I had ruined my own career and possibly I was partly responsible for ruining Arthur's.

Turning from this sombre picture, I could see nothing less gloomy in the future. It seemed to me that my past would weigh me down forever, that I never should be able to expect happiness in the days to come. I did not know then what a healer of care old Father Time is. I had never experienced the power of his patient, careful hand. I did not realize that memory could be dimmed to such an extent that my views of things as they were would be so mellowed as to be almost entirely changed.

But, feeling as I did at the time Mariam's letter arrived, it was impossible for me to look with pleasure upon the prospect of meeting Mr. Gordon once more. The very suggestion recalled experiences which increased my aversion to the plan. Mr. Gordon had not hesitated on many occasions to try to take me away from my husband, and in at least one of these instances I was so completely fascinated by him that I could not distinguish right from wrong. He had led me to an abyss and we had almost plunged over it together.

Now it was proposed that I meet him again. It was too much to suspect that he had changed, despite the terrible experiences through which he had passed, and it was altogether probable that I would again come under the spell that he once exercised over me. Looking at the matter with the clear perspective which my surroundings gave me, I knew that I did not care for Mr. Gordon. I admired him for his great business ability, for his wonderful tact, and I was gratified to him for his kindness

to me under many circumstances, but that was all. I did not want to be dominated by his personality to such an extent that I would be compelled to do his will, and the best way to avoid such a situation would be for me to remain at my mother's home and allow Mariam to greet her uncle without my supporting presence. Therefore I wired her that I could not be with her, and received in a very few hours a long telegram of protest, which concluded with an urgent demand that I change my mind and take the first train East. But I was obdurate. I had reached the decision after careful thought, and even the desire of my best friend could not change it. If I was to meet Mr. Gordon it must, therefore be under different circumstances. I did not doubt that some day I should meet him, but I hoped that by that time I would be mistress of myself to such an extent that the danger of coming under his influence might either have disappeared altogether, or might be so slight as to not threaten my own happiness and his.

(To be continued.)

At Buenos Aires a German is extremely anxious to loan Argentina \$300,000,000 pesos to meet the Government's speedily maturing debts, and eliminate the Government's dependence on the United States and Allied financial assistance. The Allies object to his acceptance.

Lieut. H. R. Denton, in charge of the recruiting for the Royal Flying Corps, will go to Texas shortly to lay out an aviation camp.

**Hot Weather is a Joy to the man or woman who is properly nourished with a light, easily digested food. The food problem in Summer time, war time, or any old time, is a simple one for the housewife who knows Shredded Wheat Biscuit and the many delicious, nutritious dishes that can be made with it. Shredded Wheat Biscuit is 100 per cent. whole wheat fully complying with all government requirements in purity and cleanliness. Two or three Shredded Wheat Biscuits with milk will fully nourish and satisfy the average person in hot weather, and the cost is only a few cents.**

Made in Canada.

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper By Pictorial Review

### Child's Coat with Embroidered Collar



SCALLOP 11689 CHILD'S DRESS 11741

lish. It is carried out in white serge and trimmed with self-color embroidery. The circular cape or collar may be omitted, however. Finishing the one-piece sleeves are turn-back cuffs with scalloped edges, the scalloped being worked with buttonhole embroidery. The coat may hang loosely with pointed pockets or have the fullness held in with a straight belt.

If developed without the collar, the square yoke will show to advantage and the double-breasted adjustment may be substituted for the single-breasted. In medium size the coat requires 2 1/2 yards 36-inch or 2 yards 44-inch material.

The cutting guide provides for the cutting of the coat from material 36 inches wide, as many home dress-makers at this season will be using serge and similar materials for the development of the coat. Be it the back and front yokes, with the cape and back of the coat are laid on the lengthwise fold of material. Now, the material opposite the sections just named may be utilized for the placing of the collar, pocket and belt. The collar and pocket are so arranged that the large "O" perforations rest on a lengthwise thread, while the straight edge of the belt rests on the selvedge of material. The four sections remaining unplaced will just cover the material left and each is so laid on the goods that the large "O" perforations rest on a lengthwise thread.

If the coat is desired in single-breasted effect, cut off the front edges of the front and front yokes along small "o" perforations.

The collar, cape and cuffs should be embroidered before they are cut.



CUTTING GUIDE 7333 Showing Size 4. FOLD OF 36-INCH MATERIAL WITH NAP. Pictorial Review Coat No. 7333. Sizes 1 to 6 years. Price 25c.

## Told In Twilight

(Continued from Page 2.) Miss Pearl Cassella, Kingston, is spending her vacation with her cousin, Miss Gladys Henderson, Belleville.

Mr. and Mrs. J. E. Wilnot, Ottawa, were week-end visitors in the city.

Mr. and Mrs. George A. Lester, Toronto are in Kingston for the summer.

Miss Rose Spooner, Ottawa, is the guest of Dr. G. W. and Mrs. Bell, Clarence street.

Mrs. Francis G. Kirkpatrick, of Pittsburg, Franciscan county, and her children, are visiting Mrs. Kirkpatrick's father, Mr. Foster, Toronto.

A. M. Shibley and son, Alfred, Rochester, N.Y., the guests of Rev. Samuel Shibley, Albert street, returned to the city last night.

Mr. G. R. Shipley, M.A., who was also a guest, returned to his home in Ottawa.

Lady Maude, Lady Blanche, Lady Anne and Lord Charles Cavendish are leaving shortly for a visit with Lord and Lady Shaughnessy, to St. Andrew's-by-the-Sea.

Miss Bea McKenna has returned home after spending two weeks with the Misses Ema and Lyla Lateman, at their summer cottage, "Bon Echo Inn," Dalhousie Lake.

Mrs. McWilliams, London, holidaying with her parents, Mr. and Mrs. Wm. Ross, Fakenham, spent the past week with Mr. McWilliams, taking a summer course, Kingston.

Miss Jennie Murray, Kingston, is this week visiting at the home of Mr. and Mrs. G. M. Gemmill, Almonte.

Miss Eva McGeahy of the Hotel Dieu, has resumed her duties after spending the past month with her sisters, the Misses McGeahy, Cornwall.

Mrs. W. Martin and Miss Dudley Martin, Toronto, spent the week-end in town.

Miss Redmond, Fort William, is the guest of Mr. and Mrs. P. W. Rowland, Earl street.

Mrs. W. G. Robinson, Earl street, is spending a week with friends in Gananoque.

Misses Donoghue, Wellington St., left on Sunday for Montreal.

Mrs. Dawson is the guest of Mr. and Mrs. R. J. Carson, Romilly House.

Miss Eleanor Minnes and Miss Marjorie Minnes, who have been visiting Dr. and Mrs. Robert Minnes, at Tadoussac, are expected home tomorrow.

Lieut. William Nichol, who has been visiting Mr. and Mrs. Roadhouse, in Toronto, has returned to town.

Lieut. Nichol is sailing shortly for England.

Miss Madeleine Wilson, New York, is the guest of Mr. and Mrs. T. R. P. Power, Earl street.

Miss Alice Moore is the guest of her sister, Mrs. Henry Crumley at Dead Man's Bay.

Lieut. William Dickson has returned from Toronto.

Mrs. J. M. Macdonald, Barrie street, was in town from Thousand Island Park on Saturday.

Mr. and Mrs. Frederick Augustus Knapp, the Manor, Prescott, Ont., announce the engagement of their daughter, Phyllis Syver, to Lieut. Frederick Willard Kendall, Jr., son of Mr. and Mrs. Frederick Willard Kendall, Hamburg, N.Y.

### To Can Green Peas.

I am sending this recipe for canning peas as I saw the request in the Whig for one:

Pick before too mature, wash carefully before podding. Pod and place in a cheesecloth ready to blanch. Finish by putting in boiling water and allowing it to remain for five minutes. Cold dip and pick out any light colored peas (which shows that they are not good). Pack into jars, add one teaspoon of salt to each quart jar and fill with boiling water. Now add sterilized rubber and top-plates in the boiler and heat gently for forty minutes after the boiling point has been reached. Remove kettle from fire, allowing it to remain covered for five minutes longer. Remove cover, and when steam has ceased put down side clamp, or screw the top tightly before taking the jars out of the boiler. Invert on a table until cool. Wash, label and put in a cool dark place.

—R. A.

### HORSE SPURNED BY GEERS.

Peter Pointer, Given Hopples, Carries Off Elk's Horns.

Columbus, O., Aug. 8.—Peter Pointer, who was given the hopples a week ago and turned over to W. L. Snow to drive by E. F. Geers, his agent, because of Geers' aversion to the plowing, hopped past, won the \$3,000 Elk's Horns stake for 2.05 eligible after a six-het battle, in which early favorites were toppled one after another, and only Peter Pointer and Walter Cochato were left for the final duel.

H. Khavostoff, formerly Minister of the Interior, Petrograd, has been arrested on a charge of appropriating 1,250,000 rubles. It is alleged that he intended to use the money in "preparing" for the 1917 elections to the Duma.

A German airplane landed on the Island of Ameland an account of motor trouble. The occupants of the machine were interned.

## Best for All Preserving



Lantic pure Cane Sugar is best for preserving because of its purity, high-sweetening power and "fine" granulation.

2 and 5-lb. Cartons  
10, 20 and 100-lb. Sacks

Lantic Library of Cook Books, free for Red Ball Trade-mark cut from Carton or Sack.

ATLANTIC SUGAR REFINERIES Limited, Montreal



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



## Here is dance music you can't resist!

MUSIC that just lifts you, carries you along—music that leaves you breathless and longing for more: that's a Columbia Record for the dance!

Listen to any one of these records—and you'll want to do something more than listen. You'll want to get up and DANCE!

- A5315 (THE MURRAY WALK. Fox-trot. Prince's Band. 12 inch \$1.25) THE GIRL ON THE MAGAZINE. Fox-trot. Prince's Band.
- A5314 (OH! JOE WITH YOUR FIDDLE AND YOUR BOW, YOU STOLE MY HEART AWAY. One Step. Prince's Band. 12 inch \$1.25) EVELYN. One Step. Prince's Band.
- A5316 (BABES IN THE WOOD. Fox-trot. Prince's Band. 12 inch \$1.25) LOVE ME AT TWILIGHT. Fox-trot. Prince's Band.

J. M. GREENE MUSIC CO. Sydenham and Princess Sts. Phone 1324



## My Corn Said "This Shoe" —but Fashion Said "This One"

**Touchy Corns and New Shoes**

The comfort of old shoes may now be had with new shoes. Blue-jay makes it possible. No need to wince from new shoes nor frown. No need to undergo a period of pain.

Before getting a new pair of shoes be corn-free by using Blue-jay, gentle and certain. Then, should a new corn come later, Blue-jay will bring instant relief.

Most families have a package of Blue-jay Plasters at home, always ready. Relief is always handy, and instant.

Paring never cures. Harsh liquids are harmful. Blue-jay removes the corns permanently, roots and all. The first application removes 91 per cent. More stubborn cases require a second or third treatment.

Wear new shoes—any shoes—with complete comfort. Forget your feet. Blue-jay points the way. Know tonight.

**Blue-jay** Stops Pain—Ends Corns Instantly

For Sale by all Druggists. Also Blue-jay Plaster.

## FOR SALE Farm of 150 Acres

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

W. H. Godwin & Son 29 Brock Street Phone 494

**Cook's Cotton Root Compound**

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

## Where's There's Life There's Soap.

**GOBLIN SOAP WORKS WONDERS**

Recommended for toilet and bath. Lathers freely. Price 5c per cake.

P. H. BAKER Princess & Frontenac St. Phone 1016

## Quality First!

SPICE DROPS, CREAM ROLLIS, LEMON MARGUERITES, PRESIDENTS, GINGER CUP CAKES.

You will find the eating quality of these to be very good, and from the standpoint of purity, we can strongly recommend them to you.

## Crothers' King St. Bakery

## The Telmann School of Music.

Piano, violin and other stringed instruments; Elocution and Dramatic Art. Summer pupils may begin at any date. Terms on application.

216 Frontenac Street. Phone 1610.

## JOHN M. PATRICK

Sewing machines, Umbrellas, Suit Cases, Trunks repaired and refitted. Saws filed, Knives and scissors sharpened; Razors honed; All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of lawn mowers sharpened and repaired.

149 Sydenham Street

## Mid-Summer Bargains Cut Prices

Men's white canvas Oxfords, with rubber sole, \$1.98.

Men's tan and black Oxfords, \$2.48.

Men's tan and black Oxfords \$2.98

## The Sawyer Shoe Store