

In The Realm Of Woman--Some Interesting Features

APPLES, ORANGES, FIGS AND PRUNES

Are The Four Fruits Used In Making "Fruit-a-lives"

"FRUIT-A-LIVES" 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-lives because I have tried other remedies and they did me no good". On the other hand, the fact that "Fruit-a-lives" 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-lives" 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-lives Limited, Ottawa.

Dandruff Germs are very small, but **HERPICIDE** will find them all

A FEW LINES OF HEINZ 57

- Pure Olive Oil.
- Peanut Butter.
- Prepared Mustard.
- Pork and Beans.
- Spaghetti with Tomatoes and Cheese.
- Mustard Sauce.
- Kidney Beans (Red).

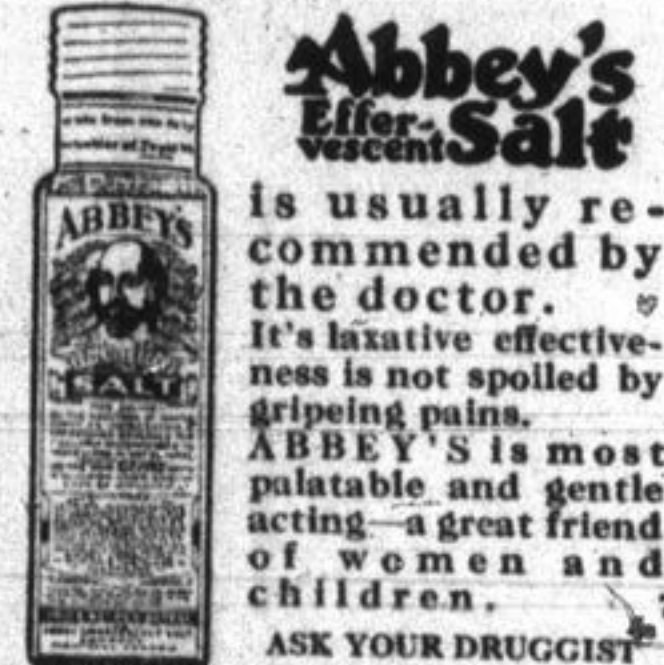
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R for Happy Smiles



Abbey's Vita Tablets is usually recommended by the doctor. It's laxative effectiveness is not spoiled by gripping pains. **ABBEY'S** is most palatable and gentle acting—a great friend of women and children. **ASK YOUR DRUGGIST**

AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 175 pounds I went to 118 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life." Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

KENNETH LOSES HIS FORTUNE

(Copyright, 1916, by the McClure Newspaper Syndicate.)
It was several days before we heard from Kenneth and when the letter came it was addressed to my mother. "Read it Roxane," she told me.

We were seated together on the porch, Virginia and Mr. Rowland having, as usual, seized the opportunity to escape from the house into the solitude of their own apparent oneness.
I tore the letter open listlessly. I thought I knew what sort of a letter it was, merely a conventional note in acknowledgment of the hospitality of our roof. But after I had read the first few lines I saw that the message contained startling news.

"And now that I have told you how much I appreciated your kindness," I read, "you may be interested enough to know that my fortunes were seriously affected by the recent panic in the stock market. It would not interest you to know the details, but the substance of the matter is that one of the men who handles my business became involved and when I returned to Chicago I was confronted with a most confused situation. It hasn't been untangled yet, but so far as I am able to see and judge, I am convinced that I am a very poor man instead of the very rich man that I was a few weeks ago."

"I really do not know why I am telling you all this unless it is that this is the first opportunity I have had to tell anybody about the matter. Besides you were very good to me and was under your roof that I met the only relative in the world that I have so that I feel as if I were talking to someone who was very near to me."

"It appears that I shall have to go to work again after I had thought that I had retired, and I do not like the prospect although I am only 35 years old and consider myself a young man, whatever others may consider me. Of course, there are some compensating features about a working man's life, but the last few

years succeeded so thoroughly in making me a man of leisure that I did not contemplate my future with very much equanimity.
"However, I shall have to make the best of it. Something has been saved from the wreck, and I suppose it will be sufficient for me to make a new start or to take care of me until I have become reconciled to working again. You know, before my father's death I had accumulated a small sum on my own account and I shall return to the business which proved so profitable to me, although I do not know just now if I shall be able to establish a business of my own. Possibly I shall work for somebody else. Perhaps the discipline will do me good."

"I see that I have become very garrulous concerning my affairs, and I shall stop before I bore you. I hope some day to be able to visit you again, if you will be kind enough to invite me, and if you will accept my poor hospitality in Chicago, I assure you that the latch string will be on the outside."
Mother's brows were furrowed when she finished reading the letter. Finally she spoke.

"That letter does not sound like Kenneth," she declared with decision. "I cannot imagine him writing it."

"I had been so concerned with the news which the letter conveyed that I had not thought to analyze it, but when my attention was called to it, I agreed with her perfectly. It was impossible to imagine Kenneth becoming so voluble as to tell so much of his affairs."

"We puzzled over the phenomenon for some time before mother hit upon an explanation.
"I have it!" she exclaimed at length. "He is really glad that he lost his fortune. Can you not read between the lines?"

I took the letter and scanned it carefully, but I was compelled to admit that I saw none of the evidence which mother referred. Nevertheless, she was, of course, right. "I am convinced," she repeated, "that Kenneth is glad that he is a poor man."

(To Be Continued.)

Told In Twilight

(Continued from Page 3.)
Miss Overend, Peterboro, has returned home from a two-weeks' visit in Kingston.

Mr. and Mrs. Walter Weeks and Mr. and Mrs. Luther Dusenberry, who motored from Kingston, N.Y., and have been visiting Mr. and Mrs. J. H. Hoppes, University avenue, returned on Tuesday.

Mr. and Mrs. J. S. R. McCann and their grandson, David Gillies, Kingston, are at the Queen's Hotel, Toronto, for a few days.

Nursing Sister Gibson, A.M.C., Ongwanada Military Hospital, visiting for the past ten days with her aunt, Mrs. David Fraser, Hamilton, has returned to Kingston.

Mrs. Charles Olfersleeve is visiting her daughter, Mrs. Victor Rivers, Ottawa.

Mrs. Muir, Paisley, is the guest of her parents, Dr. and Mrs. D. E. Munnell.

Miss Jennie Phillips, Johnson street, left on Monday for Toronto to visit Miss Bessie Spangenberg.

Capt. and Mrs. Morton Hall and two little sons have returned from Muskoka.

Miss A. E. Vanluvan, Watertown, N.Y., is a soprano soloist of high repute. She has many friends in Kingston. Just now she is in Syracuse, N.Y., considering an offer from one of the largest churches there.

Mr. and Mrs. D. J. Millan, Earl street, with their daughter, Katie, and their son, Norman, motored to Montreal on Sunday. Miss Katie Millan will enter a convent there.

Mrs. George Cooke and daughter, Miss Marjorie, have returned to St. Catharines after visiting Mr. and Mrs. Thomas Cooke, Earl street.

Lieut. Archibald Gordon left on Monday for Petawawa after spending last week in town.

Earle Abbott, Amherstburg, is visiting his aunt and uncle, Mr. and Mrs. Jack Sutherland, Gore street.

Mrs. A. Christmas and Miss Margaret Christmas, who have been visiting Mrs. Charles McDunnough, in Woodstock, have returned to town.

Mrs. Ames Quirk and her two daughters, Miss Barbara Quirk and Mrs. McMurray and little daughter, Nancy, who have been spending the summer here, left on Saturday for their home on Sagan Island, N.Y.

Mr. and Mrs. James Minnes, Bagot street, returned on Monday from Toronto.

Mrs. W. F. Nickle, who has been in Ottawa, returned to town on Saturday.

Miss Mildred Breerton, Toronto, is the guest of Mrs. Clark Wright, Colborne street.

Lieut. William Smith left on Tuesday for Petawawa after spending the week-end with his mother, Mrs. T. G. Smith, Gore street.

Sir John and Lady Aird announce the engagement of their second daughter, Phoebe Ethelwyn, to Major William Archibald Cameron, M.C., Nova Scotia Regiment, C.E.F., son of

THE PRESERVATION OF FOOD.

As Approved by the Women's Institutes of Ontario.

Canned Chicken No. 1
Kill the fowl and draw at once. Wash carefully and cool; Cut into sections and boil until meat can be removed from the bones. Pack meat in glass jars, fill jars with the liquid which has been boiled down to one-half its original volume. Add a level teaspoonful of salt per quart of meat. Place rubber and cap in position, not tight.
Sterilize 3 1/2 hours in hot water bath.
Sterilize 3 hours in water seal outfit.
Sterilize 2 1/2 hours in steam cooker at five pounds pressure.
Sterilize 2 hours in steam cooker at ten pounds pressure.
Seal the same as other canned meats.

Canned Chicken No. 2
Kill the fowl and draw at once. Wash carefully and cool. Cut in convenient sections removing the bones, and pack in glass jars. Fill with boiling water. Add a level teaspoonful of salt per quart. Put rubber and cap in position and sterilize one half hour longer than time given in recipe for Canned Chicken No. 1.

Canned Chicken No. 3 (Macdonald Institute)
Clean and draw the chickens as usual. Peel all the raw meat off the bones. Pack the bones in a pot, cover with water, add a tiny bit of whole mace, 1 clove and 2 allspice berries for each chicken, and boil gently 5 or 6 hours. Wash and scald wide-mouth fruit jars. Spread the raw chicken out, sprinkle it lightly with salt and pepper, and pick it into the jars. Lay the covers on without rings or rubbers. Steam 2 hours and set aside till next day. When the bones-stock is cooked, strain it off.

The following day, remove the fat from the top, melt the jelled stock and use it to fill up the jars. Put on the rubbers and tops, and screw the rings partly down. Steam for one hour longer and screw the rings down tightly.

Pork Sealed in Dripping.
Pork may be canned in the same way as beef. A very easy and satisfactory way to preserve fresh frying pork for summer is to slice and fry the meat, cooking it almost as much as you would for immediate use. Place the pieces in layers in a wide-mouth fruit jar. Spread each layer making sure to have the top completely covered with fat. This makes a seal under which the meat will keep perfectly. Bind a cloth over the top of the jar, cover and keep in a cool place.

Chicken Stock Soup.
All bones and trimmings of the chicken should be covered with cold water, salted and slowly simmered until the flesh drops in shreds from the bones and the liquid is concentrated to about one-half its original volume.

Additional Canning Notes.
1. In the case of vegetables, which do not require long or intermittent sterilization in canning, it is a good plan, when preparing them for dinner to cook enough extra to fill a can or two. This method saves time and fuel.

2. Broken or poorly-shaped tomatoes are just as good for soup as the perfect ones. Tomatoes canned for soup may be strained to get rid of the seeds before canning.

3. To can tomatoes whole, to use for salad during the winter, select small tomatoes, scald to loosen the skins, peel and plunge into boiling water for a few minutes. Lift from the boiling water and pack in jars, adding a teaspoonful of salt for each quart of tomatoes. Add a little boiling water to fill the jars. If there is not juice enough without crushing the tomatoes, add and sterilize as explained under "Canning of Vegetables."

4. In making apple butter, where the recipe calls for cider, it has been found that grape juice may be substituted, and many people consider that this gives a more delicate product than where cider is used.

(To be continued.)

DRY UNITED STATES WITHIN FIVE YEARS

Is an Economic Proposition, Says Governor Arthur Capper of Kansas.
New York, Sept. 11.—National prohibition will be a reality in less than five years. In the opinion of Governor Arthur Capper, of Kansas, who addressed the congregation of Grace Methodist Episcopal Church here Sunday, the attitude of Kansas toward prohibition, the war, woman suffrage and the League to Enforce Peace.

"National prohibition is coming in less than five years," Governor Capper said, "because the business world is rapidly lining up for it as an economic proposition. In the west the strongest supporters of prohibition are the large employers of labor, including the railways, the packing houses and other industrial concerns."

There has not been a saloon in Kansas in twenty-four years, the Governor declared. "I regard prohibition as the greatest legislative blessing ever bestowed on the state. It has reduced crime, poverty, and insanity and diseases to the minimum. We have 80 state-prisoners for each 100,000 of population, where New York has 137, and Kansas has 43 paupers per 100,000, where New York has 132, and 172 insane persons in hospitals, where New York has 343. Our percentage of home owners is the largest of any state, with but one exception. The consumption of liquor for each family in New York is about \$200 annually. In Kansas it is less than \$5 a year. The wage earner has just that much more to spend for food, clothing and education."

Austrians Short of Fuel.
Copenhagen, Sept. 11.—The Austrian Government has just put into effect stringent measures to conserve the supply of fuel.

The supply of coal, coke and briquettes will be distributed on the card system to prevent the recurrence of conditions of last winter, when, according to the text of the announcement, large classes of population were for weeks, without this heating material, exposed to the inclemencies of the weather.

The Berner Bundu says that the postponed Socialist conference will eventually be held in Switzerland at a place and time yet to be determined.

Save that spoonful

Four and often five spoonfuls of ordinary tea do not go any further than three of Red Rose Tea. Less Red Rose is required because it consists chiefly of rich, strong, full-flavored Assam teas. Use Red Rose Tea and save that extra spoonful.



Carpet Sweepers and Vacuum Cleaners

50 Sweepers, all steel \$1.75 Domestic Vacuum Cleaners, best made \$12.50

R. J. REID,
The Leading Undertaker 230 and 232 Princess Street. Motor Ambulance. Phone 577.

ON FREE TRIAL—NO DEPOSIT—NO EXPENSE—we will send you a new Acousticon. This is the smallest instrument that has positively enabled over 300,000 deaf people to hear. **DEAF** You Can Hear With the Acousticon—hear conversation of your friends, hear every sound—just as you used to. We guarantee it or you can return the Acousticon at our expense without the cost of postage 1 cent. Write at once for ten days' free home trial. **GENERAL ACOUSTIC COMPANY, 1300 Candler Bldg., New York**

Don't Take Risks

If your stomach is strong, your liver active, and bowels regular, take care to keep them so. These organs are important to your health. Keep them in order with

Beecham's Pills

and avoid any risk of serious illness. A dose or two as needed, will help the digestion, stimulate the bile, and regulate the habits. Their timely use will save much needless suffering, fortify the system and

Insure Good Health

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U.S. America. In boxes, 25 cents.

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."

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

Always Crisp and Delicious

Sold in Different Sized Packages

Made Under Our Own, More Exacting, Pure Food Laws

The purity and goodness of McCormick's Jersey Cream Sodas is assured by the careful selection of the very best materials; by the skill of our experts who bake them; by the perfect cleanliness and appliances of our great, snow-white, sunshine factory; and finally, by the perfect protection of an air-tight, sealed package that excludes all dust and moisture. Ask your grocer.

McCormick's Jersey Cream Sodas

SOLD FRESH EVERYWHERE