Of Woman---Some Interesting

reatures

Felt Wretched Until He Started To Take "Fruit-a-tives"

594 CHAMPLAIN ST., MONTREAL, For two years, I was a miserable sufferer from Rheumatism and Stomach Trouble. I had frequent Dizzy Spells, and when I took food, felt wretched and sleepy. I suffered from Rheumatism dreadfully, with pains in my

back and joints, and my hands swollen. A friend advised "Fruit-a-tives" and from the outset, they did me good. After the first box, I felt I was getting well and I can truthfully say that "Fruit-a-tives" is the only medicine that helped me". LOUIS LABRIE. 50c. a box, 6 for \$2.50, trial size, 25c. Atall dealers or sent postpaid by Fruita-tives Limited, Ottawa.

> HERPICIDE does not change the color of the hair one particle



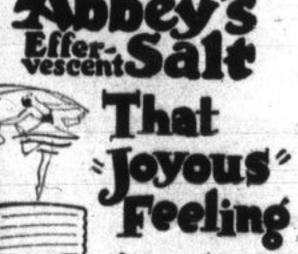
Clean to handle. Sold by all Drug-

mists, Grosers and General Stores.

wherever we are the world will be

Roast Pork, New England Ham, Ham Loaf, Ham Bologna, Beef Bologna, Cooked Corned Beef, Paris Pate, Deviled Tongue, Potted Ham, Potted Beef, Potted Veal, Choice Ripe Tomatoes arriving daily.

J. R. B. Gage, **Montreal Street**



after meals reward the daily use of Abbey's Salt - eat and enjoy a square meal without fear. Take ABBEY'S for aluggish bowels, inactive liver

ABBEY

This delightful tonic clears the intestines, sweetens the stomach, tunes-up the digestion and promotes good appetite, good health—and make you sleep and feel like a top.

> All Druggists Sell It

SPECIALIST HERE

New Invention Retains Rupture Without Knife, Danger or Pain. Old-fashioned galling, slipping trusses and foreign mail order methods are done away with by the wonderful invention of a Canadian specialist who has devoted years to this one study. The marvelous new Egan "CURATRUS" gives instant retention, rest and security where others have failed. It prevents all irritation, restores every part to its natural position as soon as it is used, and old style trusses are thrown away. Egan's "Curatrus" is intended to assist nature to close the opening in the shortest time known without an operation and at small cost. Testimonials from men, women and parents. Nothing complicated. No inconvenience or loss of time, but fust a natural retentive method. It costs you nothing to investigate. Delays may be dangerous. Now is the time to make yourself physically fit for your daily work. Tear off coupon now. "Made in Canada."

J. V. EGAN, SPECIALIST, WILL VISIT the towns below. Pree demonstration and examina-tion of samples. Ask at hotel office for my room. Note dates.

Kingston, Randolph Hotel Wednesday, Thursday (all day and night) 2 days only, Sept. 26,

THE CONFESSIONS OF ROXANE

(By Frances Walter)

(Copyright, 1916, by the McClure

Newspaper Syndicate). father and mother were made man and wife, and the same minister who united them in the sacred bonds which held them so firmly the holiness of the occasion and of earth. But the sea does not. hearts, of souls, of lives. It was a eternity, veritable sacrament of which no one

better for it. And as we passed down the aisle I looked up into Kenneth's transformed face and beheld there the same light which I knew were shining from my own. Both of us walked as if in a dream. Everything about us faded into insignificance; W ewere all-sufficient for such

other. Nothing else mattered except each other and our love. The two weeks which followed contained the first real joy that I fears. ever had known. Pleasure, happi ness I thought I had experienced. but it was as if I had seen a diamond after having viewed only dull glass. The transformation which has arrived at Constantinople and were made over, refashioned, mold- German envoy.

ed again into forms each the complement of the other. The quite little seaside resort where we had gone proved to be a veritable earthly paradise. Every thing was tinged with blue and gold and gorgeous red. It was as

if we were looking through a "I cannot bear to leave it all." It was Kenneth who spoke. was dusk. Seated together on the long veranada of the hotel we had watched the sun burst into glory and bury itself behind the far distant horizon. It was our last daythe last evening of our honeymoon "But we shall go together and

"That is true," he agreed. "The world never can be anything but beautiful now, but I shall always think of this as the most beautiful spot of all. This is where we began our life, Roxane, and it shall be to me the most blessed place on earth." I pressed his hand in silence. The

as beautiful." I said.

last fringe of red melted slowly from above the trees in the west. "We shall come again and ye again," said Kenneth finally. "We cannot remain away from it very long. This is where we first learned what love really is. It is holy ground for us." He rose and drew my arm into

his, and we walked down the familiar path to the beach. The sea

drew his boat to the pier or dropped

"I like to look at it because it is together read in his quavering voice the measure of our love," said Kenthe same service which they had neth at length. "It is the only listened to with throbbing hearts. thing which seems so large, for Everything about us contributed to everywhere it appears to meet the the rites. This was a real union of seems that out there is infinity

"But what is the matter? You could partake without being the are trembling. Are you cold?" He turned and in a moment I was

eveloped in his arms. "No." I murmured: "But you were trembling," per-

sisted Kenneth. "Yes," I replied. "Oh, Kenneth, it was because I cannot believe that love like this can last." He seized me roughly in his

strong arms and strained me to his It was his only answer to my

(To be Continued.) Count Von Bernstorff former German Ambassador to the United States

love had started was completed. We presented his credentials there as A movement to standardize the loaf of bread throughout the United States at Chicago Monday at a meet-

ing of the National Association of

Master Bakers was begun.

Eating for Health and Strength calls for intelligent food selection. It is easy to keep in top-notch vigor of mind and body at low cost if you know Shredded Wheat Biscuit. It is 100 per cent. whole wheat-

nothing wasted, nothing thrown away - contains more real body-building nutriment than meat, eggs or potatoes and costs much Full of nutriment, tasty and toothsome. Most people like the nutty aroma of the baked wheat, especially when served with hot milk. Delicious with sliced peaches, bananas and other fresh fruits.

Made in Canada.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

For the Maid Who Affects Gingham.

self-material.



A very smart development of a blue gingham frock is pictured here. The collar and cuffs are of white lawn, hemstitched, while the pockets of

There is nothing smarter than gingham for girls' dresses, for their styles always reflect the modes of their elders and gingham is enjoying a triumphant career in the sphere of women's dress The little dress is in Empire style and is particularly effective in plain blue gingham of soft finish. It closes at the left side front and there is a square collar of hemstitched lawn to finish the open neck. Cuffs of the lawn establish the close relationship between neck and sleeve arrangements this season. The attached one-piece skirt is gathered at the top and finished with large pockets. If desired, the pockets may be omitted and a sash substituted. In medium size the dress requires 3 yards 36-inch material: The lesson for the home dress-

maker today deals with the cutting of the dress. First, take as much of the material as will accommodate the plecing for the skirt, pocket, sleeve and cuff and then double it, right sides facing. Place the piecing for the skirt along the selvage, with the pocket to the right of it, large "O" perforations resting on a lengthwise thread. Opposite the pocket lay the sleeve section and to the upper left of the skirt piecing place the cuff. Now, the material which remains will be sufficient for cutting the tissue sections left. Fold the goods in half and along the lengthwise fold place the skirt, with the back next. Following the back, place the collar. To the right of the collar place the



front of the waist, large "O" perforations resting on a lengthwise thread. If the sash is to be substituted for the pockets, it may be cut from a straight strip of material and hem or hemstitched along both edges.

Is Is Now Autumn Along the Bat-

War Correspondents' Headquarters, September, 19 .- The harvests of France and Flanders have been gathered in, and already the plow, driven by men to old to fight, or boys too small and young, or by peasant women whose men are somewhere near St. Quentin or Verdun, is turn sound came from some belated ing up the stubble in the fields and fisherman or pleasure seeker as he knaking a brown landscape where three weeks ago it was all gold and an oar with careless eagerness to be bronze. The trees are turning brown all the woods between Bologne and the battlefields, where were are only dead trees. Round about Poperinghe the training hops have been pulled down from the poles already stripped in places by last month's gale, spent the week-end in Napanee with and the sticks are all bare.

In the wind there is a smell moisture and mist and the first faint sniff of rotting leaves. It is the in which some of us have seen four harvests gathered into French barns and four winters come.

WAR MENUS How to Save Wheat, Beef and

Bacon for the men at the front. Issued from the office of the Food Controller for Canada. MENU FOR THURSDAY

Fresh Fruit Wheatmeal Porridge Marmalade Tea or Coffee Milk Sugar

Dinner ork Chops Mashed Potatoes Vegetable Marrow

Johnny Cake Supper (or Luncheon) Cream of Corn Soup Whole Wheat Muffins

The recipes for Whole Wheat Muffins and Cream of Corn Soup, mentioned above, are as follows

Oatmeal Cookies

Whole Wheat Muslins-11/2 cups of whole wheat flour. cup of white flour. cup of sour milk. -3 cup of molasses teaspoon of soda.

teaspoon of salt. tablespoons of melted dripping Mix and sift dry ingredients; add he milk to the molasses, and mix with the dry ingredients. Last of all add the melted dripping. Cream of Corn Soup-

quart of skimmed milk. cups of corn. tablespoons of butter; tablespoons of flour. Season to taste with salt, pepper

and grated onion. Make a thin white sauce of the milk, butter, flour and seasonings. If corn on the cob is used, cut from the cob and cook, and add to the milk, etc. Reheat and serve very hot (Wheat and meat saving recipes by

Domestic Science Experts of the Canadian Food Controller's Office).

ALSACE-LORRAINE MUST BE RESTORED

The Unalterable Determination of France is Reiterated by President Poincare.

Washington, Sept. 19.-France': unalterable determination to restore recently came to this country at the October. instance of the French Government to lay the Alsation situation before President Wilson. The message

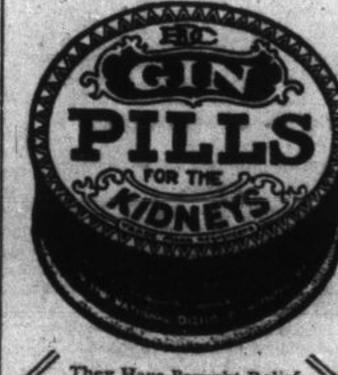
"The Government of the Republic firmly is resolved to obtain for Alsace-Lorraine her return to the French fatherland—a restitution fully justified by the sufferings en dured for forty-six years and the heroic sacrifices of her sons who have died gloriously for the cause of

President Poincare cabled in response to a protest of Alsatians in Hoboken, N.J., against the German proposal to make Alsace-Lorraine ar independent duchy.

Despondent over the deaths of his wife and baby, which occurred thirty-six years of age, a well-known work of a few minutes. It seemed and popular Guelphite, committed the end had come, when a wonderful suicide on Monday.

Provisional Russian Government will age leaped between me and the not take revengeful measures against howling mob and defied them to cast Korniloff, who will be tried and will another stone. From defiance he fell receive every facility to defend him to entreaty, and gradually the knives

when you try to dispose of experi- calm. He then upbraided them in his ence that cost you deep. looking at a king when there is a man in the city. mouse in sight. It is just as well to look out for God was there next market day,



They Have Brought Relief To Thousan WHY NOT YOU?

Told In Twilight

(Continued from Page 3.) Mrs. John Carson, Villa St. Claire Apartments, Barrie street, returned on Saturday from her summer home Dead Man's Bay.

Miss Mildred Horsey arrived in town on Tuesday from Cressy, and is also, deepening to a reddish tint in the guest of Mrs. C. E. Rayson, University avenue.

Capt. Alan Bland returned to New York on Monday after spending a week in town. Miss Warde Finkle, Earl street,

her aunt, Mrs. Martha Finkle. Miss Dorothy Chown left on Monday for Battle Creek, Mich. Mrs. D. G. La'dlaw, Earl street, autumn touch—the autumn touch of and Mrs. David Murray, Frontenac street, left on Monday for New York

to visit Mrs. J. A. McKay. Miss E. Thompson, Clergy street, who has been visiting friends in Richmond, Que., has returned home.

Miss Honour Lett has been spending a few days with her sister, Mrs. R. J. Gardiner, Bagot street, before returning to the Royal Victoria Hospital, Montreal. Mrs. J. Sissons, London, who has

been visiting her sister, Mrs. W. J. Paul, Clergy street west, returned to her home on Sunday. Miss Grace Paul, Clergy street west, left on Sunday to visit in To-

Mrs. Walter J. Plewes, 384 Brock street and her nephew, Mr. Reid and Mr. Smith of the B.N.A. bank, took in the last trip of the season on the steamer Toronto.

Mrs. A. Dickson, 116 Ordnance street, has returned home after spending the summer with her daughter, Mrs. Mallott, at Ogdensburg,

Miss Katherine Hart, the clever young vocalist of Kingston, is in Ottawa for a few days on a musical tour and is the guest of her aunt, Mrs. A. D. Cartwright. Miss Hart has adopted as her stage name Miss Kay Carleton. Miss Rose Keenan, Montreal, has

come to Kingston to visit Miss Kate Mrs. Kenneth Fenwick, Kingston, is visiting her mother, Mrs. Pennington MacPherson, in Ottawa.

Miss Dupuy, Kingston, is the guest of her nephew, H. S. Dupuy, and Mrs. Dupuy, Brockville, Mrs. William Dewey, visiting Mrs. T. H. Gothard, in Trenton returned to Kingston yesterday.

The marriage of Miss Charlotte Worrell, daughter of Archisbop Worrell, to N. R. Desbrisay, district passenger agent C.P.R., was solemnized in All Saints Cathedral, Halifax, N. S., on Tuesday. Archbishop Worrell officiated, assisted by Dean Lloyd and the Rev. J. E. F. Foster, rector at

Hubbard's N.S.

Mr. and Mrs. John Allan, Peterboro, announce the engagement of their daughter, Dorothy Isobel, to Alsace-Lorraine to the Republic was Gunnery Instructor, Royal Flying reiterated in a cablegram received Corps, Deseronto, and eldest son of here from President Poincaire, by Dr. and Mrs. H. M. Park, Peterboro, Daniel Blumenthal, former Alsatiar the marriage to take place in St. deputy to the German Reichstag, who Paul's Presbyterian Church, on 6th

A Reformed Pirate.

The flat sand shore of Tripoli, kissed by a sparkling sea, is the scene every Tuesday of one of the largest and most interesting open-air markets to be found on the African coast. Thronging thousands of men, miles of tents, camels on the sand, and an astonishing wealth of produce fills the view. A little tent among the others was

occupied by me, where I offered for the merest trifle the book of God. My success aroused the spirit of Moslem Barbary, which expressed itself by a stone a few pounds in weight, which crashed into the tent, within an inch of my head.

For the crowd to storm my tent, within a few months of each other tear the books into bits, and smother over a year ago, Austin Warner, me with sand and stones was the thing happened. It is authoritatively stated that the A lad of about fourteen years of

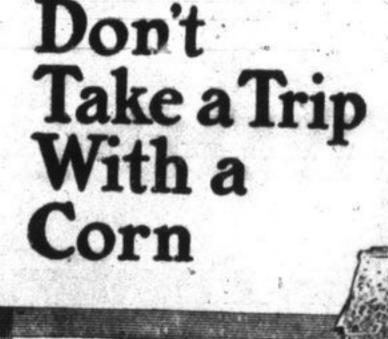
slipped back to their sashes, the There's a slump in the market stones ceased, and there was a great clear boyish voice and told them I Only a fool cat will waste time was a servant of God, and the best

The little tent with the book of the man who is always looking out showered with smiles and salaams. We began to respect one another; they to pay tribute to my sincerity, I to marvel at the spirit of selfsacrifice and contempt of death, shown by a lad to succor me in my need. That lad became a Christian and a devoted friend of missionaries. I got to respect the children of the Barbary pirates, for they were worthy .- World Outlook.

> Tommies Spend Money. Seldom has Great Britain's share in the war been given just recognition. As new acts of service are made public, appreciation is, in numerous instances, expressed, but there remain many contributions to the cause of the Allies which pass unnoticed. Few people, for instance, have given a thought to the immense amount of money which the United Kingdom pours into France, into Belgium, into Greece, to mention only a few lands, through her Nevertheless, these coun-







ON'T handicap yourself in a business way or socially with a painful corn. There's no need to keep your mind on your corn.

Riue jay - the easy way-brings instant relief from pain. And your corns are gone in 48 hours. That is, the average. corn. Some very stubborn cases require a second or third treatment.

Millions upon millions of corns have been removed the Blue-jey way. Millions of families keep a supply on hand, and they never have corns. You, too, can be freed new and forever.

Paring corns brings only temporary relief. And harsh liquids are dargerous. Bluejay is the scientific way.



Stops Pain-Ends Corns