

In The Realm Of Woman--Some Interesting Features

MISERABLE FROM STOMACH TROUBLE

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

604 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, 60c. a box, 6 for \$2.50, trial size, 25c. All dealers or sent postpaid by Fruit-a-tives Limited, Ottawa.

HERPICIDE
does not change the color of the hair one particle

Every 10c Packet of **WILSON'S FLY PADS** WILL KILL MORE FLIES THAN \$8 WORTH OF ANY STICKY FLY CATCHER

For Picnics and Lunch Pails
Boiled Ham, Roast Pork, New England Ham, Ham Loaf, Ham Bologna, Beef Bologna, Cooked Corned Beef, Potted Ham, Potted Tongue, Potted Ham, Potted Beef, Potted Veal, Choice Ripe Tomatoes arriving daily.
J. R. B. Gage,
Montreal Street
PHONE 546.

Abbey's Effer-Salt
That "Joyous" Feeling
after meals reward the daily use of Abbey's Salt and enjoy a square meal without fear.
Take ABBEY'S for sluggish bowels, inactive liver and upset stomach.
This delightful tonic clears the intestines, sweetens the stomach, turns-up the digestion and promotes a good appetite, good health and makes you sleep and feel like a top.
All Druggists Sell It

RUPTURE APPLIANCE 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 "GRATER" 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. "GRATER" is intended to assist nature to close the opening in the shortest time known without operation and at small cost. Testimonials from men, women and parents. Nothing complicated. No inconvenience or loss of time, but just 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. Free demonstration and examination of samples. Ask at hotel office for my room. Note dates.
Kingston, Randolph Hotel—Wednesday, Thursday (all day and night) 2 days only, Sept. 20, 27.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

THE END OF THE HONEYMOON.

(Copyright, 1916, by the McClure Newspaper Syndicate.)
We were married in the little ivy-covered church where my own father and another were made man and wife, and the same minister who united them in the sacred bonds which held them so firmly together read in his quavering voice the same service which they had listened to with throbbing hearts. Everything about us contributed to the holiness of the occasion and the same light which I knew was shining from my own. Both of us walked as if in a dream. Everything about us faded into insignificance. We were all sufficient for each other. Nothing else mattered except each other and our love.
The two weeks which followed contained the first real joy that I ever had known. Pleasure, happiness I thought I had experienced, but it was as if I had seen a diamond after having viewed only dull glass. The transformation which love had started was completed. We were made over, refashioned, moulded 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. Everything was tinged with blue and gold and gorgeous red. It was as if we were looking through a prism.
"I cannot bear to leave it all." It was Kenneth who spoke. It was dusk. Seated together on the long veranda of the hotel we had watched the sun burst into glory and bury itself behind the far distant horizon. It was our last day—the last evening of our honeymoon.
"But we shall go together and wherever we are the world will be as beautiful," I said.
"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 last fringe of red melted slowly from above the trees in the west.
"We shall come again and yet 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

was calm. Not a wave so much as murmured on the shore. The only sound came from some belated fisherman or pleasure seeker as he drew his boat to the pier or dropped an oar with careless eagerness to be home.
We stood facing the ocean for a long time.
"I like to look at it because it is the measure of our love," said Kenneth at length. "It is the only thing which seems so large, for everywhere it appears to meet the earth. But the sea does not. It seems that out there is infinity, eternity."
"But what is the matter? You are trembling. Are you cold?"
He turned and in a moment I was enveloped in his arms.
"No," I murmured.
"But you were trembling," persisted 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 heart.
It was his only answer to my fears.
(To be Continued.)

Count Von Bernstorff former German Ambassador to the United States has arrived at Constantinople and presented his credentials there as German envoy.
A movement to standardize the loaf of bread throughout the United States at Chicago Monday at a meeting 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 less. 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.



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

self-material.
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 piecing for the skirt, pocket, sleeve and cuff and then, double it, right sides facing. Place the piecing for the skirt along the selvege, 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 cuffs.
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.
Pictorial Review Girls' Dress No. 7296. Sizes, 6 to 12 years. Price, 15 cents.

HARVESTS GATHERED IN.

Is Now Autumn Along the Battlefield.
By Philip Gibbs.
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 turning up the stubble in the fields and snaking a brown landscape where three weeks ago it was all gold and bronze. The trees are turning brown also, deepening to a reddish tint in all the woods between Bologne and the battlefields, where there are only dead trees. Round have been pulled the training hops already stripped in places by last month's gale, and the sticks are all bare.
In the wind there is a smell of moisture and mist and the first faint sniff of rotting leaves. It is the autumn touch—the autumn touch of a war 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
Breakfast: Fresh Fruit, Wheatmeal Porridge, Marmalade, Milk, Sugar, Tea or Coffee.
Dinner: Pork Chops, Mashed Potatoes, Vegetable Marrow, Johnny Cake, Syrup.
Supper (or Luncheon): Whole Wheat Muffins, Apple Sauce, Oatmeal Cookies, Butter, Tea, Milk, Sugar.

The recipes for Whole Wheat Muffins and Cream of Corn Soup, mentioned above, are as follows:
Whole Wheat Muffins—1 1/2 cups of whole wheat flour, 1 cup of white flour, 1 cup of sour milk, 1/2 cup of molasses, 3 teaspoons of soda, 1 teaspoon of salt.
Mix and sift dry ingredients; add milk to the molasses, and mix with the dry ingredients. Last of all add the melted dripping.
Cream of Corn Soup—1 quart of skimmed milk, 2 cups of corn, 2 tablespoons of butter, 2 tablespoons of flour.
Season to taste with salt, pepper and grated onion. Make a thin white sauce with the butter, flour and seasonings. If corn is not 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's unalterable determination to restore Alsace-Lorraine to the Republic was reiterated in a cablegram received here from President Poincare, by Daniel Blumenthal, former Alsatian deputy to the German Reichstag, who recently came to this country at the instance of the French Government to lay the Alsatian situation before President Wilson. The message said:

"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 endured for forty-six years and the heroic sacrifices of her sons who have died gloriously for the cause of liberty."
President Poincare cabled in response to a protest of Alsatians in Hoboken, N.J., against the German proposal to make Alsace-Lorraine an independent duchy.
Despondent over the deaths of his wife and baby, which occurred within a few months of each other over a year ago, Austin Warner, thirty-six years of age, a well-known and popular Guelphite, committed suicide on Monday.
It is authoritatively stated that the Provisional Russian Government will not take revengeful measures against Korniloff, who will be tried and will receive every facility to defend himself.
There's a slump in the market when you try to dispose of experience—that cost you deep.
Only a fool cat will waste time looking at a king when there is a mouse in sight.
It is just as well to look out for a man who is always looking out for himself.

GIN PILLS
FOR THE KIDNEYS
They Have Brought Relief To Thousands
WHY NOT YOU?
50 Cents per box. Six boxes for \$2.50

Told In Twilight

(Continued from Page 3.)
Mrs. John Carson, Villa St. Claire Apartments, Barrie street, returned on Saturday from her summer home at Dead Man's Bay.
Miss Mildred Horsey arrived in town on Tuesday from Cressy, and is 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 Ward, Finkle, Earl street, spent the week-end in Napanee with her aunt, Mrs. Martha Finkle.
Miss Dorothy Chowa left on Monday for Battle Creek, Mich.
Mrs. D. G. Laidlaw, Earl street, 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 Toronto.
Mrs. Walter J. Piewes, 384 Brook 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 Ordinance street, has returned home after spending the summer with her daughter, Mrs. Mallott, at Ogdensburg, N.Y.

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 C. Nelson.
Miss Rose Keenan, Montreal, has come to Kingston to visit Miss Kate Diamond.
Mrs. Kenneth Penwick, Kingston, is visiting her mother, Mrs. Pennington MacPherson, in Ottawa.
Mrs. 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 Archbishop 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 of Hubbard's N.S.
Mr. and Mrs. John Allan, Peterboro, announce the engagement of their daughter, Dorothy Isabel, to Gunner instructor, Royal Flying Corps, Deseronto, and eldest son of Dr. and Mrs. H. M. Park, Peterboro, the marriage to take place in St. Paul's Presbyterian Church, on 6th October.

A Reformed Pirate.
The flat sand shore of Tripoli, kissed by a sparkling sea, is the largest and most interesting open-air market 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 a inch of my head.
For the crowd to storm my tent, tear the books into bits, and smother me with sand and stones was the work of a few minutes. It seemed the end had come, when a wonderful thing happened.
A lad of about fourteen years of age leaped between me and the howling mob and defied them to cast another stone. From defiance he fell to entreaty, and gradually the knives slipped back to their sheaths, the stones ceased, and there was a great calm. He then upbraided them in his clear boyish voice and told them I was a servant of God, and the best man in the city.
The little tent with the book of God was there next market day, shrouded with smiles and salaams. We began to respect one another; they to pay tribute to my sincerity. I to marvel at the spirit of self-sacrifice and contempt of death, shown by a lad to succor me in my need. That lad became a Christian and a devoted friend of mission-aries. I got to respect the children of the Barbary pirates, for they were worthy.—World Outlook.

Tommyes 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 soldiers. Nevertheless, these contributions benefit through the troops that are stationed on their soil.

3 Spoonfuls of Red Rose Tea go as far as 4 and often 5 spoonfuls of ordinary tea
Kept Good by the Sealed Package.
RED ROSE TEA is good tea

Comfort, Wear and Value
are combined in our Mercury High-grade Natural Wool Underwear in two-piece garments and combinations for men, women and children.
You cannot get any better underwear at the price for which this popular line is sold. Men will find that the closed crotch combinations afford every comfort. Women will find that all details in finishing are well looked after.
We guarantee the garments unshrinkable, and you will find them satisfactory in every way, particularly as regards wear. They certainly have the durability.
Remember the name—"Mercury." And don't be satisfied with anything less.
Mercury Mills, Limited
Hamilton, Ont.
Makers of high-grade cashmere and fine hosiery for men and women and underwear for men, women and children.

Don't Take a Trip With a Corn
DON'T handicap yourself in a business way or socially with a painful corn. There's no need to keep your mind on your corn.
Blue-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-jay way. Millions of families keep a supply on hand, and they never have corns. You, too, can be freed now and forever.
Poring corns brings on only temporary relief. And harsh liquids are dangerous. Blue-jay is the scientific way.
Blue-jay
Stops Pain—Ends Corns Instantly