

In The Realm Of Woman---Some Interesting Features

FELT LIKE A NEW PERSON

After Taking Only One Box Of "Fruit-a-lives"

EARL SMITH HAMMOND, N. S.

"It is with great pleasure that I write to tell you of the wonderful benefits I have received from taking 'Fruit-a-lives'. For years, I was a dreadful sufferer from *Constipation and Headaches*, and I was miserable in every way. Nothing in the way of medicines seemed to help me. Then I finally tried 'Fruit-a-lives' and the effect was splendid. After taking one box, I feel like a new person, to have relief from those sickening headaches."

Mrs. MARTHA DEWOLFE.
50c. a box, 6 for \$2.50, trial size, 25c.
At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

The idea of a "tonic" for baldness that is chronic is manifestly absurd. But when your hair is falling in quantities appalling. There's hope in that reassuring word.

HERPICIDE

Applications at the better barber shops. Guaranteed by The Herpicide Co. Sold Everywhere.

Try Making Your Own Cough Remedy

You can save about \$2, and have a better remedy than the ready-made kind. Easily done.

If you combined the curative properties of every known "ready-made" cough remedy, you would hardly have in them all the curative power that lies in this simple "home-made" cough syrup which takes only a few minutes to prepare.

Get from any druggist 2½ ounces of Pinex (50 cents worth), pour it into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 55 cents and gives you 16 ounces of really better cough syrup than you could buy ready-made for \$2.50. Tastes pleasant and never spoils.

This Pinex and sugar syrup preparation gets right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and breaks the sore, irritated membranes that line the throat, chest and bronchial tubes, so gently and easily that it is really refreshing. A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and bronchial asthma, it is splendid.

Pinex is a most valuable concentrated compound of genuine Norway pine extract and has been used for generations to break up severe coughs.

To avoid disappointment, ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded, goes with this preparation. The Pinex Co., Toronto, Ont.

FRESH LAKE ONTARIO WHITE-FISH AND TROUT

All Kinds of Fresh Fish.

Dominion Fish Co.

FOUR WEEKS IN HOSPITAL

Mrs. Brown Finally Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Cleveland, Ohio.—"For years I suffered so sometimes it seemed as though I could not stand it any longer. It was all in my lower organs. At times I could hardly walk, for if I stepped on a little stone I would almost faint. One day I did faint and my husband was sent for and the doctor came. I was taken to the hospital and stayed four weeks but when I came home I would faint just the same and had the same pains.

A friend who is a nurse said for me to try Lydia E. Pinkham's Vegetable Compound. I began taking it that very day for I was suffering a great deal. It has already done me more good than the hospital. To anyone who is suffering as I was my advice is to stop in the first drug-store and get a bottle of Lydia E. Pinkham's Vegetable Compound before you go home."—Mrs. W. C. Brown, 1109 Auburn Avenue, Cleveland, Ohio.

Why not take Mrs. Brown's advice? Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

And every man wants to climb about three times higher than the ever will get.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

DANGER IN SIGHT

(Copyright, 1914, by the McClure Newspaper Syndicate.)

The woman in love differs vastly from the woman who is not. By the same token, the woman who loves her husband possesses qualities which distinguish her in a very pronounced degree from the wife who is indifferent toward her mate. In the one case is a wife who is frequently able to read the very innermost thoughts of her husband; in the other is a woman who sees no farther than the surface.

After I had watched Kenneth and Mrs. Palmer for a few minutes I knew that he was fascinated by her beauty and charmed by her manner. His attitude toward her was not at all that of a guest trying to make himself agreeable. To change the figure he suggested a fly just venturing on the border of the treacherous web. Mrs. Palmer represented the type he never had encountered. In his lonely young manhood he had eschewed women because of his own unhappy lot and his consequent dislike of strangers. Then had come his visit to our home and his meeting with Virginia and me. There in our little family circle he had his first real glimpse of womanhood; he had for the first time what young women really were like in their relation to men. Our marriage had followed so soon afterward that he had not time to extend his knowledge of woman nature, but as the old

life fell away from him and he entered into social relations with men and women, he found it necessary to readjust himself completely. He had reached the point where women no longer astonished him with qualities he never thought existed. He took each revelation for granted, but up to that time he had not met a woman like Mrs. Palmer.

I think I knew better than Kenneth himself just what his feelings were when this beautiful creature fastened her eyes upon him and proceeded to spin her web about him. First came the shock of her vivid loveliness; then a gentle surprise that one such as she should show him so great partiality. Gradually the net was wound more tightly about him until he ceased to wonder, ceased to think of anything except this woman's charm and gave himself up entirely to the strange pleasure of the moment.

My first impulse when I saw Mrs. Palmer lead him to the hotel veranda was to follow them, take him by the arm and carry him away from her. Had I been a woman of the primeval age that is practically what I would have done, and I would have done more. I would have said to the woman, "Keep your unclean hands off this good man; turn your blandishments upon some one whom you have the right to win. If you cannot respect your own soul pure and white keep the purity and honor of others."

(To be continued)

DISMISS MEMBERS OF COLLEGE STAFF

Columbia University Wants No Professors Opposing Conduct of War.

New York, Oct. 3.—By unanimous vote on the board of trustees of Columbia University, the professorships held by James McKeen Cattell, of the department of psychology, and Henry W. L. Dana, of the department of English and comparative literature, were declared vacant at the initial monthly meeting of the current academic year.

Professor Cattell, father of Owen Cattell, the Columbia student, who was placed on trial in the Federal Court for attempting to evade the selective draft law, was recommended for retirement, and Professor Dana was requested to resign.

The announcement of the removal stated that "it was the judgment of the members of the university faculties, in which the trustees concurred, that both Prof. Cattell and Prof. Dana had done grave injury to the university by their public agitation against the conduct of the war."

Don't Eat Less—But Eat Better.

There is no need of anyone going hungry. Canadians should eat foods that supply the greatest amount of nutriment at the lowest cost. The whole wheat grain is the most perfect food given to man. **Shredded Wheat Biscuit** is the whole wheat grain prepared in a digestible form. Every particle of the whole wheat berry is used—nothing wasted, nothing thrown away. Two or three of these biscuits with milk, sliced peaches or other fruits make a nourishing, satisfying meal at a cost of only a few cents.

Made in Canada.

Easy & Practical Home Dress Making Lessons

Prepared Specially for The Newspaper

By Pictorial Review

For the Little Maid's Wardrobe.



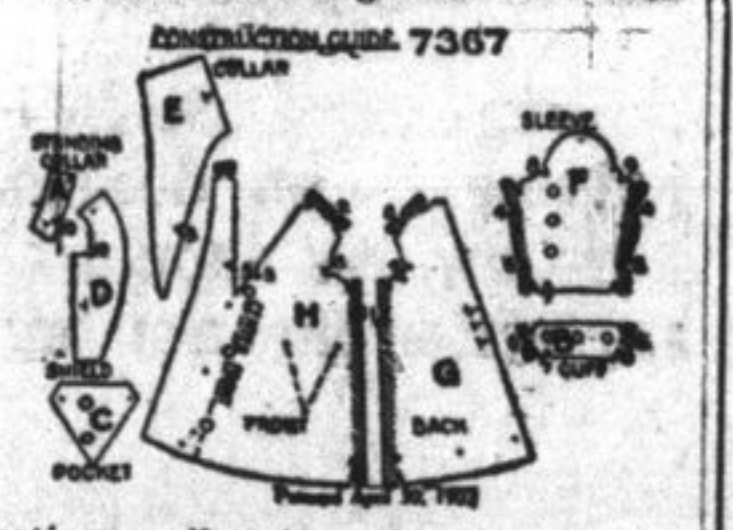
An embroidered collar with cuffs to match add the finishing touches to this dear little coat of blue serge. It is made in double-breasted effect, with collar in two styles.

All the distinction of simplicity makes this little coat of dark blue serge desirable. The open neck is finished with a large collar of embroidered linen, which has sleeves to match. The pockets are of self-material and fanciful in shape. In medium size the design requires 1½ yards 54-inch serge.

So simple a coat requires but little time to make, with the aid of a construction guide and accurate direct-

tions. First, close the under-arm and shoulder seams as notched. Turn under front edge of front on small "o" perforations for underfacing; line of large "o" perforations indicates center-front. Turn hem at lower edge of coat on small "o" perforations.

Next, face the collar and sew to neck edge of back with center-backs even, and to front matching notches. Then, take the pocket and turn a hem at the upper edge on small "o" perforations. Adjust pocket on front of coat, with outer edges between indi-



cating small "o" perforations; stitch side edges to position.

Close the sleeve and cuff seams; next, face cuff and sew to sleeve, notches at lower edge and seams even. Sew sleeve in armhole as notched with small "o" perforation at shoulder seam easing in any fullness between notches; or, if desired, the fullness may be shrunk out. Hold the sleeve toward you when basting it in armhole.

A shield and standing collar may be substituted for the embroidered design, if desired. To make it, sew collar to neck edge, notches, center-fronts and back edges even; single small "o" perforations indicate center-back of shield and collar. Tack tape at lower edge of shield and tie in back.

In the trimming of the collar, medallions of lace are applied between the embroidered sprays.

Pictorial Review Coat No. 7367. Sizes, 2 to 5 years. Price, 15 cents.

FINAL WORD FOR MEDICAL BODIES

Official Bodies Must Pass on Each Man Called up Under Military Service Act.

Ottawa, Oct. 3.—A number of doctors throughout the country have been writing here to ask if a certificate of physical unfitness from a family physician will be accepted at face value by a Medical Board instituted under the Military Service Act. The answer returned was a prompt negative.

Experience has shown that some family physicians are liable to be placed in an awkward position if certificates of physical unfitness granted by them are competent to secure freedom of responsibility under the Military Service Act for the sons of some of their patients. Doctors might easily be subjected to annoyances of a most disagreeable kind if the idea were to spread that any one of them, with a wave of his pen, might exempt a young man from military service. Under the scheme by which the Military Service Act is operated, the authorities will be guided by the Official Medical Boards.



ENGLISH LABOR LEADER

Westport Couple Wedded.

Westport, Oct. 1.—The Methodist parsonage, Perth, was the scene of a quiet wedding on Tuesday evening, Sept. 18th, when Stanley D. Wing and Miss Cora G. Dowdall, both popular young people of Westport were united in marriage by Rev. Thomas Brown.

Oliver J. McNally, formerly of the Merchants Bank staff here is spending a few days with his mother, Mrs. H. W. McNally, before leaving for Toronto where he has been accepted for a cadetship in the Canadian training squadron of the Royal Flying Corps.

Dr. Thomas S. Duncan, associate professor of Greek at the University of the South Seas, Tennessee, left on Tuesday to resume his duties for the college session.

Dr. Lorne W. Yule and Mrs. Yule of Logansport, Indiana, spent a few days of this week guests of Mr. and Mrs. J. R. Breakenridge. Mrs. H. Houston, Philadelphia; Miss Rose Hopkins, Watertown, N.Y., and Miss Muriel Stephenson, Prescott, spent the past week at Kill-Kare cottage, the guests of the Misses Algire.

How we hate people who catch us in the act of doing things we ought to be ashamed of.

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
Oatmeal Porridge, Milk, Sugar
Toast, Marmalade, Tea or Coffee

Luncheon
Salmon Loaf, Mashed Potatoes
Sliced Tomatoes, Cornmeal Gems
Butter, Tea, Sugar, Milk

Dinner
Pot Roast of Beef, Baked Potatoes
Boiled Cabbage, Cornstarch pudding
Milk, Sugar

The recipes for Salmon Loaf and the method of cooking Pot Roast follow:

Salmon Loaf—
1½ cups salmon.
1 cup white sauce.
1½ cups hot rice.
Line a greased baker with boiled rice to a depth of one-half inch.
Put the salmon in the centre of the dish. Cover with the rice and heat thoroughly in the oven. Turn out into a platter and serve with White Sauce around it.

Pot Roast—
Select a lean piece of meat as Ramp, about 3½ lbs. Put in a granite sauce or rack to keep the meat from touching the bottom of the pot. Set the meat on the saucer. Put in a very small quantity of water, and keep just enough to prevent burning. Cover very closely and cook over the fire until tender and cook over the fire until cooked throughout. For this an iron pot is best and it should have a very close cover.

Told In Twilight

(Continued from Page 3.)

Colonel Perron, of the Royal Military College, is spending a few days in Ottawa, staying at the Chateau Laurier.

Miss Helen Drury will return to Montreal from Halifax early in November to attend the marriage of Capt. Chipman Drury.

Mrs. Robert Crawford and Miss Doris Crawford have returned from visiting in Cobourg and Toronto.

Mr. and Mrs. Robert Stewart, Ottawa, announce the engagement of their daughter, Maisie, to Dr. A. E. Mahood B.A., son of the late W. J. Mahood and Mrs. Mahood, Kingston. The marriage to take place quietly toward the end of October.

Mrs. John Whiting, 52 Clergy street, will receive on Thursday, October 4th, and the first Thursday in every month during the winter.

Mr. and Mrs. James T. Hewitson, Toronto, announce the marriage of their daughter, Agnes Maude, to Rev. Glen Wardell, Picton, Ont., to take place Oct. 4th, in Beverley Street Baptist Church.

Miss Jennie Phillips, Johnson street, visiting in Toronto has returned home.

Prof. and Mrs. Callender, of "Caldwood" are in Montreal the guests of Dr. and Mrs. John Macnaughton for the week.

Major Newman ran down from Kingston to Brockville to spend the week-end with his family.

Mr. and Mrs. Eugene Beaupre, of Toronto, are in New York.

Miss Strange, Kingston, is expected in Toronto to visit Mr. and Mrs. Fane Sewell.

Mrs. Alexander Mackie, Clergy street, is leaving to-morrow to spend a week with friends in Oshawa.

Miss Maxine Morris, Edmonton, who has been visiting Miss Isabelle Waldron, King street, left for Toronto on Tuesday.

Miss Florence Stewart, nurse-in-training, at the Wellesley Hospital, Toronto, is the guest of her parents, Mr. and Mrs. James Stewart, Collingwood street.

Mrs. Bolton Carr-Harris arrived in town from Toronto this week, and Major Carr-Harris has returned from Petawawa.

Mr. and Mrs. Leighton Guess, Mr. and Mrs. Baxter, Capt. and Mrs. Vandresaar left on Tuesday for a motor trip to Rochester, N.Y., and Niagara Falls.

Miss Isabelle Waldron left on Tuesday for Toronto.

The Barnett Mausoleum.

Renfrew, Oct. 2.—Mrs. A. Barnett is erecting a very handsome mausoleum in the Renfrew cemetery. The building will be twenty-two feet long by sixteen feet wide and will be sixteen feet high. The outer stone will be of Stanstead granite, while the interior lining will be in white marble, with all the metal parts of bronze. The mausoleum will contain sixteen crypts and have a stained glass window in each side. The style of architecture will be Corinthian, and the front columns, four in number, will be nine feet high and sixteen inches in diameter. It will take about six cars of granite and at least one car of marble to complete this handsome building; the contract for which has been placed in the hands of the McIntosh Granite Company, Toronto.

Notes From Wilson.

Wilson, Sept. 27.—Those who visited the exhibition at Renfrew were: J. W. Ball, Alexander Thompson, Violet Johnston, James Earl Lawrence and Hilda Wilson, Mrs. Jas. Avery and her ward, D. S. Wilson, George Brisco and James Avery left here yesterday to visit the exhibition at McDonald's Corners on the 28th. Mrs. R. M. Bailey and little daughter, Muriel, Calabogie, at her father's, John Wilson, Sr.; Wilfred Mallory, Wensley, at his grandmother's, Mrs. N. J. McLeod's; Mrs. John Grant, Wensley, at John M. Brisco's, R. C. Johnston and Bryan Brisco left here to-day with loads of cheese for delivery at Calabogie Station.

"The Civilian," the official organ of the civil service, criticizes the money votes by Parliament to increase salaries of Government employees.

Put Less Tea in the Pot

Because it chiefly consists of the Assam teas of Northern India, the Red Rose is required in the tea pot. Strongest and richest in the world, less Red Rose is required in the tea pot. Where four or five spoonfuls of ordinary tea are required just use three of Red Rose. And Red Rose tastes better. Kept Good by the Sealed Package.

The Artists Tone is the EDISON Tone

There is no such thing as an "Edison Tone." There is, in the New Edison, a Bonet Tone, a Spalding Tone, a Deaton Tone, an Anna Case Tone—each separate and distinct; each faithful to the distinctive character of the artist. But the New Edison has no tone of its own. It is merely a perfect vehicle for the reproduction of the artist's work. There is no foreign sound, no "talking machine" tone. Mr. Edison has eliminated all these. The music of the New Edison is nothing but pure, unadorned life-like tone of the original artist. Come in and hear your favorite record today on the New Edison. We will be glad to play it for you without obligation.

THE J. M. GREENE MUSIC CO., LTD.
Cor. Princess and Sydenham Streets. Kingston.

Women's Shoes at Reduced Prices

We are placing on sale some extra values in women's patent and gun metal black cloth top shoes. Women's patent and gun metal shoes, cloth top, button and lace styles, \$6.00 value for \$3.49. Women's patent and gun metal shoes, cloth top, button and lace styles, \$5.00 value for \$2.49. These shoes are nearly all Queen Quality make and are priced at less than cost.

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

Few food products in any country have ever equalled the Sixty Year Leadership maintained by Redpath Sugar. Buy it in original packages to be sure of getting the genuine REDPATH. "Let Redpath Sweeten it."

2 and 5 lb. Cans—10, 20, 50 and 100 lb. Bags. Made in one grade only—the highest!