

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

One of the most apparent evidences of personal cleanliness follows the use of a Sanitary Hair Dressing

HERPICIDE

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

The NEXT HEAD-ACHE
—and when you feel depressed try

Abbey's Effort-Salt

An effective laxative that is gentle acting—smooth and pleasant to take, will put you right, and every morning send you to the office feeling fine.

SOLD EVERYWHERE

ABBEY'S VITA TABLETS
Extreme cases of nervousness—50 Cents a Box

Make Your Own Cough Syrup and Save Money

Better than the ready-made kind. Easily prepared at home.

The finest cough syrup that money can buy—costing only about one-fifth as much as ready-made preparations can easily be made up at home. The way it takes hold and cures coughs, colds, throat and chest ailments will really make you enthusiastic about it. Any drugstore can supply you with 2 1/2 ounces of Pinex at a cost of 25c. Pour this into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. Shake thoroughly and it is ready for use. The total cost is about 55 cents and gives you 16 ounces—a family supply—of a most effective pleasant tasting remedy. It keeps perfectly. It's truly astonishing how quickly it acts, penetrating through every air passage of the throat and lungs—loosens and raises the phlegm, soothes and heals the inflamed or swollen throat membranes, and gradually but surely the annoying throat tickle and dreaded cough will disappear entirely. Nothing better for bronchitis, spasmodic croup, whooping cough or bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract and is known the world over for its prompt healing effect on the throat membranes.

Avoid disappointment by asking your druggist for "2 1/2 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.

Sir John Simon former British attorney-general, has been given a commission in the army and has joined the British forces in France. Sir John gives up a legal practice said to be worth \$20,000 a year.

The Orthodox council, at a meeting in Moscow, has decided against permitting the clergy to participate in the provisional parliament.

Pears
For clear, white delicately flavored preserved pears, use

Lantic Sugar

LANTIC Pure Cane Sugar—with its fine granulation—is best for all preserving.

2 and 5 lb. Cartons

These are Cook Books sent free on receipt of Red Bull Trade-mark.

Atlantic Sugar Refineries Limited, Montreal

THE CONFESSIONS OF ROXANE

(By Frances Walter)

WHAT DOES IT MEAN?

(Copyright, 1916, by the McClure, Phillips & Co. Syndicate.)

While I was ready to believe this woman was capable of any sort of unworthy act, I was compelled to give her credit for discernment. She was not the kind of woman to make a mistake about a man's fortune. Most women know to a shilling what a prospective victim possesses. They are intuitive Bradstreetes. What then was her resin in Kenneth's case? The puzzle was too much for me, and I gave it up, but I determined to watch her more closely than ever. Mrs. Hardwick and I were together that evening. Kenneth had gone to the office to get out some letters, and I had been left to shift for myself. After remaining in my room a short time I descended to the parlor, hoping to find something better than a book to quiet my restless nerves. The old woman was seated on the mezzanine floor looking down into the lobby, and did not see me until I had been standing beside her several minutes.

"Oh, it is you!" she exclaimed when she did detect my presence. "How you startled me!"

"I am sorry," I said. "I came down in the hope of finding you here. My husband is working and I am a widow temporarily."

"Well, that's not quite so satisfactory as being one permanently, but it is some consolation," she chuckled in her metallic voice. "I was just watching William Monmouth down there in the lobby. He has gone to the bar six times since I have been sitting here. If he takes another drink tonight they will have to send him home in the hotel bus. One cannot blame him, though. That wife of his is enough to drive any man to drink."

I did not know Mrs. Monmouth, so I could only express polite surprise.

"Always at church," continued Mrs. Hardwick. "Belongs to every organization connected with the parish."

"Perhaps he drove her to the church," I suggested.

No, she likes it; likes to fuss around. She's one of that kind."

"I hope Mrs. Palmer is not ill this evening," I ventured, in an effort to get the conversation on less outy lines.

"No, she went out."

At that moment I heard footsteps behind me, and turned just in time to see Kenneth and Mrs. Palmer disappear through one of the side doors.

I was completely mystified and

chagrined when I saw Kenneth, whom I supposed to be at work in his office, accompanying Mrs. Palmer, who was thought to be at the theatre across the mezzanine floor at the hotel. Had Kenneth seen me and did he suspect that I had seen him and his companion? I could not answer the question.

My acquaintance with Mrs. Palmer although it had extended over a period of weeks, was merely an acquaintance and nothing more. It seemed that either she avoided me or that I unconsciously avoided her. I could not remember that she and I had conversed alone. The few words which had passed between us were formal pleasantries which had been exchanged on casual meetings or on the occasion of the dinner which Mrs. Hardwick gave for Kenneth and me.

Now it seemed to me that I wanted to know more about this woman. I wanted to grasp her point of view, wanted to learn more about her and her views of life. Deep down in my heart there was an admiration for her the same time that there was contempt mingled with bitterness and jealousy. I envied the calm complacency which never deserted her. I could not but respect the self-control which she possessed, even though at times I suspected that it covered emotions in which I might have a deep personal interest. Then, too, there was my curiosity regarding her past.

I do not apologize for having had this curiosity. It is a woman's privilege to want to know about people with whom she comes in contact, and Mrs. Palmer had come close enough to me and mine for me to be excused for desiring to learn more about her. As I thought of her I determined that at the next opportunity I would endeavor to draw her out; to learn her way of looking at matters which concern members of our sex. But the chance was slow in coming. She was becoming a favorite with the men, and each evening saw several of Enville's eligibles and a few old men who had nothing better to do flitting about her like moths about a candle. And she was invited to all of Enville's social affairs, not because the women liked her, but because the men demanded her. The result was that she never was in the hotel parlor in the evening, and as she usually slept until noon the rest of the time, it was seldom that she was visible among the crowd of unfortunate women who lived at the hotel and gathered about its drawing-room because they had nothing better to do.

(To Be Continued.)

RECEIVES LEGION OF HONOR AND IS DESERVING OF IT.



MME. MAITRE RECEIVING DECORATION FOR BRAVERY

There was an enthusiastic scene in the courtyard of the Invalides in Paris when Mme. Maitre, wife of the Deputy for Saône-et-Loire, was decorated with the Legion of Honor for her services in connection with the French Red Cross. Mme. Maitre had already received the Croix de Guerre and the gold médaille des épidémies, besides having been twice mentioned in the order of the day. This courageous woman has worked first on the northern front of the French armies and later in Alsace, where she was seriously wounded. She is at present nursing at the military hospital of Val-de-Grâce, in Paris.

THE NEED FOR REINFORCEMENTS

Huge Organization Behind the Lines Must Be Kept Up, as Well as Fighting Units.

Ottawa, Oct. 16.—All Canadians should understand thoroughly the kind of military organization which the Allies depend on Canada to maintain overseas. Since news stories in the press mostly always recount the activities of the fighting men, the public at home is apt to overlook the essential work done by the many thousands of men behind the lines on whose energy and devotion to duty depends the success of those in the trenches.

Behind the Canadian lines in France, for instance, there are Canadian soldiers engaged in forestry corps, railway corps, entrenching battalions, labor battalions, railroad supply detachments, salvage companies, field butcheries, field bakeries, depot units of supply, reserve parks, casualty clearing stations, hospitals, both stationary and general, depots and laboratories, dental corps, mobile veterinary sections, veterinary hospitals, ordnance corps, army pay corps, training establishments, headquarters, offices, camps, etc. In all there are over twenty-five different and necessary branches of the military organization to be maintained back of the lines by Canadian soldiers.

In England Canadian troops, numbering at present upwards of 100,000, include reserves for all the many services in France, awaiting call, as well as the sick and wounded, men in various stages of physical fitness, and those engaged in necessary storage, transportation, forestry, headquarters and other activities. Sufficient reserves for certain essential branches of the service in France are not available in England now. The situation threatens to impose too heavy a burden upon the Canadians now at the front. This is the need for early reinforcement.

From the Far West. Querrin, Oct. 9.—Threshing machines are heard in every direction. Wheat is turning out from twenty to twenty-five bushels to the acre, and is a No. 1 quality. Oats yield from forty to sixty bushels. George Lathan has returned to Moose Jaw after visiting his sister, Mrs. H. G. Patience. Mr. Stridevan is here again. L. B. Quinn and H. J. Austin made a business trip to Weyburn last week. R. Wiley got his hand caught in the separator and bruised two of his fingers. James Cochran has resigned as school trustee, and a meeting is being held at the home of H. Austin to elect a successor. Mr. Cochran has rented his farm and is moving to Regina to live. All regret to see him leave. Lorne Austin is recovering from an attack of bronchial trouble. Elgin McCready has purchased a Grey Dori and L. B. Quinn a Chevrolet car. Howard Patience moved his threshing outfit out to Dummer. H. Austin is laid up with a lame back. B. Fenn, of Moose Jaw, is spending a few days with his brother-in-law, R. Wiley, and is enjoying himself shooting ducks. Visitors: Mrs. McCready

PRESIDENT CALLS FOR MOBILIZATION

State Banks and Trust Companies Requested to Join Reserve System.

Washington, Oct. 17.—President Wilson sounded a call for the mobilization of all the nation's gold reserves under the supervision of the federal reserve board.

In a statement, made public through the board, the President called upon all eligible non-member state banks and trust companies to join the federal reserve system without delay that they may "contribute their share" to the consolidated gold reserves of the country and aid more effectively in "a vigorous prosecution and successful termination of the war."

Thomas Cook, clerk of the market and town seals, Renfrew, has tendered his resignation to be received by November 1st.

Mrs. S. A. Horton died in Brockville on Friday, aged seventy years. Three sons and a daughter survive.

and daughter, Pauline, at Mrs. Quinn's; Thomas Singleton at Mrs. Chamberlain's; Mr. and Mrs. Christie at Theron Patience's; Oscar Weatherall at W. J. Linton's. Edward Patience spent over Sunday at home. George H. Bell at Theron Patience's; H. Scott at L. E. Scott's; Miss Taylor and E. Weatherall at R. Foley's; "Happy" Hinchon at Mr. Harburn's; Mr. and Mrs. W. Weatherall at H. Austin's.

Mrs. Cyrus Wright, Elizabethtown, died on Saturday after a lengthened illness. The late Mrs. Wright was born and always resided in the township, her father being the late William Mandhart, a pioneer and a U.E. Loyalist.

George Fournier, Perth, sold David McLean a pig that weighed 510 lbs., for which he obtained \$71.40.

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.

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

ASK YOUR GROCER FOR **CHARM TEA** IN PACKAGES. Black, Green and Mixed. Packed in Kingston, by **GEO. ROBERTSON & SON, Limited.**

Beautiful Bust and Shoulders are possible if you will wear a scientifically constructed Bien Jolie Brassiere.

The dragging weight of an unconfined bust stretches the supporting muscles that the contour of the figure is spoiled. put the bust back where it belongs, prevent the full bust from having the appearance of fatness, eliminate the danger of dragging muscles and confine the flesh of the shoulder giving a graceful line to the entire upper body.

They are the daintiest and most serviceable garments imaginable—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Boned with "Waloh," the rustless boning—permitting washing without removal.

Have your dealer show you Bien Jolie Brassieres, if not stocked, we will gladly send him, prepaid, samples to show you.

Bien Jolie THE ANTI-DRESS BRASSIÈRES

BENJAMIN & JONES, 51 Warren Street, Newark, N. J.

BE SURE YOUR MILK IS DELIVERED IN SEALED BOTTLES. All our milk is thoroughly pasteurized and bottled at once. It is safe. It is pure. It is good.

Phone 845 - Price's

— JUST ARRIVED —

A large consignment of doll carriages and perambulators in white enamel, pink, blue, old ivory, ranging in price from \$2.50 to \$11.00 each. Large stock Shoe Flys \$2.50 each at

Robt. J. Reid's
The Leading Undertaker
230-234 Princess Street
Telephone 577 for Motor Ambulance.

Redpath SUGAR

Redpath refining methods produce no second grade sugar. We make and sell one grade only—the highest—so that you will never get anything but the best under the name of Redpath.

"Let Redpath Sweeten it."

2 and 5 lb. Cartons—10, 20, 50 and 100 lb. Bags.

Canada Sugar Refining Co., Limited, Montreal.