

# In The Realm Of Woman--Some Interesting Features

## HIS HEART BADLY AFFECTED

### "Fruit-a-lives" Soon Relieved This Dangerous Condition

632 GERRARD ST. EAST, TORONTO.

"For two years, I was a victim of Acute Indigestion and Gas In The Stomach. It afterwards attacked my Heart and I had pains all over my body, so that I could hardly move around. I tried all kinds of Medicine but none of them did me any good. At last, I decided to try 'Fruit-a-lives'. I bought the first box last June, and now I am well, after using only three boxes. I recommend 'Fruit-a-lives' to anyone suffering from Indigestion."

ERED J. CAVEEN.

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

**THE NEW FRENCH REMEDY**

**THERAPION**

Prepared Instantly by Adding Boiling Water Only. No Cooking or Milk Required. For Sale By

**D. Couper,**  
Phone 76. 341-3 Princess St.

For the Boys at the Front.

**CHOCOLATTA**

"The Ready-to-use Chocolate" Contains the Chocolate, Milk and Sugar.

Prepared Instantly by Adding Boiling Water Only. No Cooking or Milk Required. For Sale By

**D. Couper,**  
Phone 76. 341-3 Princess St.

## IS YOUR HEALTH WORTH \$5.00?

### Woman Tells How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Lima, Ohio.—"I was all broken down in health from a displacement. One of my lady friends came to see me and she advised me to commence taking Lydia E. Pinkham's Vegetable Compound and to use Lydia E. Pinkham's Sanative Wash. I began taking your remedies and took \$5.00 worth and in two months was a well woman stand up straight again. I was a midwife for seven years and I recommended the Vegetable Compound to every woman to take before birth and afterwards, and they all got along so nicely that it surely is a godsend to suffering women. If women wish to write to me I will be delighted to answer them."

—Mrs. JENNIE MOYER, 342 E. North St., Lima, Ohio.

Women who suffer from displacements, weakness, irregularities, nervousness, backache or bearing-down pains, need the tonic-strengthening properties of the roots and herbs contained in Lydia E. Pinkham's Vegetable Compound.

If you want special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

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## GRAND TRUNK RAILWAY LOCAL BRANCH TIME TABLE

In effect Sept. 30th, 1917.

Trains will leave and arrive at City Depot, Foot of Johnson Street.

Going West

No. 19 Mail	12:20 a.m.	12:57 a.m.
No. 11 Express	3:55 a.m.	4:35 a.m.
No. 27 Local	8:15 a.m.	10:17 a.m.
No. 1 Intern'l Ltd.	1:41 p.m.	2:12 p.m.
No. 7 Mail	3:41 p.m.	4:40 p.m.

Other trains daily, except Sunday.

Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston, and New York. For full-time accommodation, tickets and all other information, apply to J. P. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

**CUNARD LINE**

Passenger Service

**Montreal and London**

(Oceania, Pacific, and other services)

**Montreal and Bristol**

For particulars of sailing and rates apply to local agents or to The Cunard Co. Limited, General Agents, 45 King Street West, Toronto.

Miss E. Fanning and Samuel Fanning, Peterboro, were taken to Nichols Hospital after an extremely narrow escape from death by asphyxiation.

## THE CONFESSIONS OF ROXANE

(By Frances Walter)

WE ARE OFFERED A HOME

(Copyright, 1917, by the McClure Newspaper Syndicate.)

"Is this Mrs. Holman?"

"Yes."

This is Mr. Higginbotham. Have you a few minutes' leisure? I want to run up to see you."

"Certainly," I replied, wondering what on earth Kenneth's partner wanted with me. "I shall be in the hotel parlor."

It was early forenoon, an hour when few gentlemen have the temerity to seek a conference with a woman, and this act added all the more to the mystery of Mr. Higginbotham's request. But I did not have long to wait. He must have been in the hotel lobby or in its immediate vicinity, for when I reached the parlor a few minutes later I found him there, his hat in his hand, striding impatiently up and down the room. He did not offer an apology or explanation, but proceeded at once to business.

"I hope you will not think I am presuming to interfere in your personal affairs," he began, "but it may be that I am. In any event, I hope you will consider that I acted because I felt that being Mr. Holman's business associate, I had some claim on you."

His tone was so serious that by eyes opened with surprise. Was he about to make some revelation involving Kenneth? Or was he on the verge of telling me some of his own affairs? But I hastened to assure him that I was quite sure of his friendship and that nothing that he would say would give me concern.

"Perhaps you know that I have just fitted up a small place as a residence," he said without more ado. "I had intended to get away from the two rooms I have been occupying for several years and see if I could not be more comfortable in a small house. It is all furnished now, but I have discovered that I must be away from Enville for a considerable period, and I was wondering if you

## 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 TUESDAY**

**Breakfast**

Creamed Toast Fried Cornmeal  
Milk Sugar Tea or Coffee

**Luncheon**

Sliced Tomatoes Fried Potatoes  
War Bread Plum Preserve  
Tea

**Dinner**

Baked Heart of Beef Potatoes  
Tea Biscuits Turnips Baked Apple

The recipes for War Bread and Baked Heart of Beef mentioned above, are as follows:

**War Bread**

2 cups boiling water.  
1/2 cup molasses.  
1/2 tablespoon salt.  
1 tablespoon dripping.  
1/2 yeast cake dissolved in 1/4 cup lukewarm water.  
1 cup rolled oats or oatmeal.  
1/2 cup flour.

Put boiling water to oats and let stand one hour. Add molasses, salt, butter, dissolved yeast cake and flour. Let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake.

**Baked Heart of Beef**

Wash a beef heart, remove veins, arteries, and clotting blood. Stuff with a dressing made as for fowl. Sprinkle with salt and pepper. Put in a covered baker with two cups boiling water and bake slowly two hours, basting every fifteen minutes.

(Receipts by Domestic Science Experts of Food Controller's Office.)

W. J. Glascock, Winchester, has purchased the Wilson House, Perth, and will take possession on November 15th.

A lot of young men have not yet learned the use of the pocketbook.

## EVEN CROSS, SICK CHILDREN LOVE SYRUP OF FIGS

If Feverish, Bilious, Constipated, Give Fruit Laxative At Once.

Don't scold your fretful, peevish child. See if tongue is coated; this is a sure sign its little stomach, liver and bowels are clogged with sour waste.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "insides" clean and sweet.

Keep it handy, Mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Remember there are counterfeiters sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand back with contempt any other fig syrup.

## RUN-DOWN AND NERVOUS

Dr. Cassell's Tablets are the Sure Restoratives for All Weakened Conditions of Nerve and Body.

There is nothing in medicine more certain than the strength-giving powers of Dr. Cassell's Tablets. They nourish the nerves, they enrich the blood, they replenish the reserves of excessive strain of any kind has depleted. Everything they contain makes for health and fitness. They restore digestive action, strengthen the kidneys, ensure perfect functioning of every bodily organ. That is why Dr. Cassell's Tablets are the most popular and successful remedy in the Empire for all enfeebled conditions.

A free sample of Dr. Cassell's Tablets will be sent to you on receipt of 5 cents for mailing and packing. Address: Harold F. Ritchie & Co., Ltd., 10, McCaul-st., Toronto.

Dr. Cassell's Tablets are the sure remedy for pleurisy, kidney troubles, sleeplessness, anaemia, nervous ailments, Nerve Paralysis and for Weakness in Children. Specially valuable for nursing mothers and during the critical periods of life. Price, 60 cents per tube, six tubes for the price of five, from Druggists and Storekeepers throughout Canada. Don't let any money-saving imitation get the genuine Dr. Cassell's Tablets.

Proprietors, Dr. Cassell's Co., Ltd., Manchester, Eng.

## KEEP A PIG

Try and Do Your Bit by Raising a Porker.

Ottawa, Oct. 27.—The "keep a pig" movement has spread to Canada.

The ever-soaring price of bacon suggests strongly the need of increased production in porkers, not only to supply the army, but to keep pace with domestic requirements and, if possible, bring down the price.

To-day the Deputy Ministers of Agriculture of the eastern provinces, along with officers of the agriculture departments here, are meeting the Food Controller. A nation-wide movement is to be inaugurated to increase hog production among those who are already in the country, and as well those who heretofore have never harbored a pig on their premises. The business, it is calculated, will not only be profitable, but of great help alike in augmenting the supply for the soldiers and diminishing the domestic prices.

William Yates and family are changing their place of residence in Athens and moving into the property of Mrs. J. W. Wiltse, Wellington street.

## ROULERS CRUMBLING UNDER BRITISH FIRE

As It is Compressed More Untenable Becomes Position of Germans on Coast.

On the Holland-Belgian Border, Oct. 27.—The last of the inhabitants have left Roulers, and gradually the town is crumbling away under the onslaught of the artillery. First, only the railroad station and the surrounding buildings were wiped out. Now factory after factory and house after house in the heart of the city are falling. The tall factory chimneys, which formerly were visible for miles and indicated the prosperity of the town, have all disappeared.

It is evident that Roulers is being sacrificed for the liberation of the rest of Belgium. With the surrounding district in the hands of the Germans, the neck of a bottle of which the coast line is the head. The narrower the neck becomes the more untenable will be the position of the German forces on the coast.

## TRANSFER OF C.N.R. STOCK

Is Expected to Take Place Early Next Week.

Ottawa, Oct. 27.—Details of the agreement by which the sixty million dollars of common stock of the Canadian Northern Railway Company, now in the hands of private owners and pledges, will be transferred to the Dominion Government, are now the subject of discussion between the parties. It is believed that the terms will be definitely fixed and the contract executed by the beginning of next week. The agreement provides for the transfer of the stock of the company to the Government at a price to be fixed by arbitration.

When the stock passes into the hands of the Government, Hon. Frank Cochrane will be appointed chairman of the board of directors of the system. The vacancies caused by the resignation of Senator Richardson, of Kingston, one of the four Government directors appointed under the legislation of 1914, and Senator Frederick Nicoles, another director, will be filled.

W. B. Northrup, K.C., Belleville, has signified his intention of being the win-the-war candidate for East Hastings if the electors so desire.

On Thursday the death occurred in Buffalo, N.Y., of a former resident of Brockville, Dennis Monahan. His death was due to pneumonia.

## Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

A Junior Frock in Cotton Poplin.

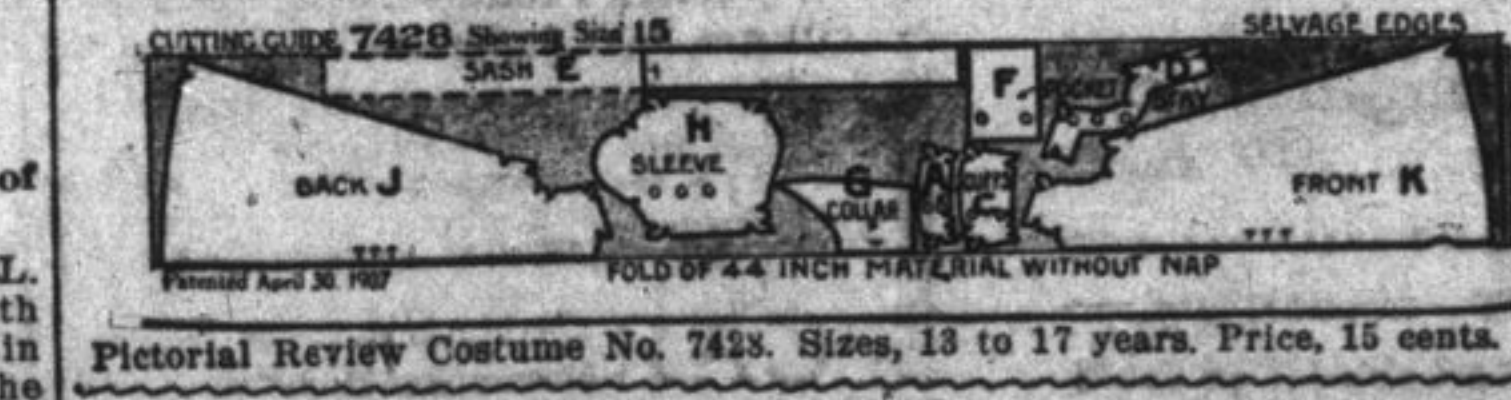


Very becoming lines are given to this junior frock of dark blue poplin made in one piece. It closes at the left shoulder and under the left arm, the neck to be finished with a high or standing collar. The plainness of the front and back are broken by 'box' platts than which there is no more fashionable trimming just now. Deep cuffs finish the one-piece sleeves. To reproduce the model for a girl of 15 years requires 4 yards 44-inch poplin. If trimmed with braid, 6 1/2 yards are needed.

As the back and front of the dress have no seams, the home dressmaker starts her work with a minimum of detail. Place the back on along the lengthwise fold of the material, with the sleeve to the right of it, large "O" perforations resting on a lengthwise thread. The collar comes next to the sleeve and is laid along the lengthwise fold. To the right of the collar are the cuffs, then follows the front, with triple "STY" perforations on the lengthwise fold.

Opposite the back and sleeve and along the selvage of the material place the belt section. If contrasting material is used for the belt the pattern should be laid upon the goods in the same way, he pocket and stay may be cut from the goods remaining after the sides of the front are gored.

If desired, the patch pockets may be omitted, but hardly without protest from the wearer, for every young girl adores a pocket.



Pictorial Review Costume No. 7423. Sizes, 13 to 17 years. Price, 15 cents.

"We never have coffee at our house, because I can't make good coffee".

Have you ever started right —with Chase & Sanborn's "SEAL BRAND" COFFEE?

In 1/2, 1 and 2 pound tins. Whole—ground—pulverized—also fine ground for Percolators. Never sold in bulk. 15

CHASE & SANBORN, MONTREAL.

The true leader is very careful as to the orders he issues.

## VICTORY LOAN

THREE REASONS why we consider that every man should buy a 'Victory' Bond.

**Patriotism.** Everyone wishes to do his duty to his country and to his fellow kinsmen. If you cannot lend your physical assistance—lend your money.

**Business.** The money you lend the Government in return for a 'Victory' Bond is all spent in this country to pay Canadian workmen. If the working man prospers, all business prospers.

**Personal interest.** Your investment in a 'Victory' Bond will be a remarkable one because it will fill both the above obligations and yet remain to return you a handsome cash profit.

Whatever Way You Look At It A 'Victory' Bond Directly Benefits You.

## "SALADA" TEA COMPANY

"Salada" Tea is grown in a British Colony by British subjects.

## NO HEAT WASTED

You get every bit of heat from every drop of fuel that you put into the Perfection Oil Heater.

The heat begins with the touch of a match. There's no waiting for a fire to get under way. No fuel wasted. Then, when you've had warmth enough, you turn the Perfection out. Again, no fuel wasted. It's heat concentrated, used only where and when needed. For best results use ROYALITE COAL OIL.

Cheaper than coal or wood even when these are cheap. At hardware, furniture and department stores.



## PERFECTION OIL HEATERS

— 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 Flies \$2.50 each at

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