

In The Realm Of Woman--Some Interesting Features

STRICKEN IN THE STREET

Completely Restored To Health By "Fruit-a-lives"

882 St. Valer St., MONTREAL.
 "In 1912, I was taken suddenly ill with Acute Stomach Trouble and dropped in the street. I was treated by several physicians for nearly two years, and my weight dropped from 225 pounds to 150 pounds. Then several of my friends advised me to try 'Fruit-a-lives'. I began to improve almost with the first dose, and by using them, I recovered from the distressing Stomach Trouble—and all pain and Constipation were cured. Now I weigh 208 pounds. I cannot praise 'Fruit-a-lives' enough." H. WHITMAN.
 60c. 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

GLASS OF SALTS IF YOUR KIDNEYS HURT

Eat Less Meat if You Feel Back-ache or Have Bladder Trouble.

Meat forms uric acid which excites and overworks the kidneys in their efforts to filter it from the system. Regular eaters of meat must flush the kidneys occasionally. You must relieve them like you relieve your bowels; removing all the acids, waste and poison, else you feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment; the channels often get irritated, obliging you to get up two or three times during the night.

To neutralize these irritating acids and flush off the body's urinous waste get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine and bladder disorders disappear. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, has been used for generations to clean and stimulate sluggish kidneys and stop bladder irritation. Jad Salts is inexpensive; harmless and makes a delightful of ferverescent lithia-water drink which millions of men and women take now and then, thus avoiding serious kidney and bladder diseases.

WANTED
 To rent a farm of 200 acres with privilege of buying.
W. H. Godwin & Son
 30 Brock Street Phone 424

PAINS IN SIDE AND BACK

How Mrs. Kelly Suffered and How She was Cured.

Burlington, Wis.—"I was very irregular, and had pains in my side and back, and in my stomach. After taking Lydia E. Pinkham's Vegetable Compound Tablets and using two bottles of the Sanative Wash I am fully convinced that I am entirely cured of these troubles, and feel better all over. I know your remedies have done me worlds of good and I hope every suffering woman will give them a trial."—Mrs. ANNA KELLY, 710 Chestnut Street, Burlington, Wis.

The many convincing testimonials constantly published in the newspapers ought to be proof enough to women who suffer from those distressing ills peculiar to their sex that Lydia E. Pinkham's Vegetable Compound is the medicine they need.

This good old root and herb remedy has proved unequalled for these dreadful ills; it contains what is needed to restore woman's health and strength.

If there is any peculiarity in your case requiring special advice, write the Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass., for free advice.

Attempt to follow the advice of all your friends and it will be a padded cell for you.

THE CONFESSIONS OF ROXANE

(By Frances Walter)

We Discuss Mr. Higginbotham.
 (Copyright, 1916, by the McClure Newspaper Syndicate).
 Mrs. Palmer hardly had shaken the dust of Enville from her feet to seek larger and greener fields in New York when Mr. Higginbotham returned. His coming was as unexpected as his departure, and was as free from fuss as the arrival of a ghost. Kenneth told me one evening that he was back, and that he had taken up his residence in his old quarters quite as usual.
 "But will he not want his place?" I asked.
 "I do not know. We did not discuss the matter, but I assume that sooner or later he will want to move in. Meanwhile, we can be looking about for a place of our own."
 "You mean a home?" I asked with sinking heart, feeling that as a matter of course we would return to an hotel existence.
 "Would you be satisfied anywhere else except in your own home now?" I looked at him sharply. Something in his manner convinced me that he was questioning himself more than he was me.
 "And you?" I asked in return.
 "Would you be satisfied to go back to the Chadwick?"
 He gave a short laugh.
 "I don't think I should ever be satisfied anywhere except under my own roof," he declared emphatically. "These few weeks have taught me many things."

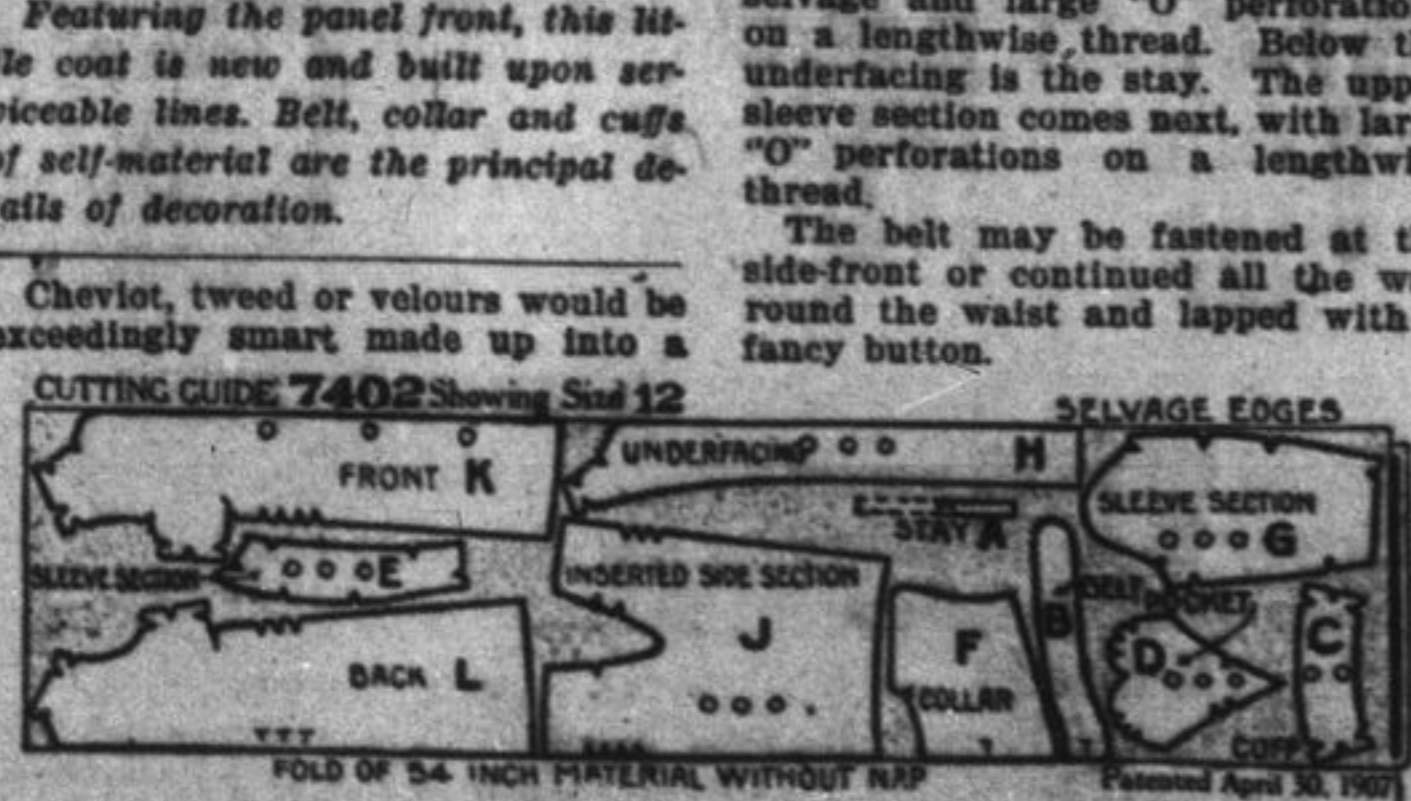
WAR MENUS

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
 Toast Oranges Cliscoes
Tea or Coffee Milk Sugar
Dinner
 Beef Roast ½ cup sugar
 Creamed Onions
 Cornstarch Mold With Fruit
 Potato Salad Bread and Butter
 Cake Jelly Tea
 The recipe for Cornstarch Mold, mentioned above, is as follows:—
 1 pint of milk
 4 tablespoon cornstarch mixed with a little cold water.
 ½ cup sugar
 1 teaspoon vanilla
 1 well-beaten egg
 ¼ teaspoon salt
 ½ cup chopped cooked peaches, apricots or pears.
 Scald milk; then stir in cornstarch mixed with a little cold water, and cook five minutes in double boiler. Place upper part of double boiler on fire, let cornstarch boil, return to place, add sugar, egg and salt beaten together, and cook two minutes, stirring continually. Flavour with vanilla, add fruit, and pour into mold. Chill and serve with sugar and cream. An excellent way of using up small amounts of canned fruits.
Wheat and Meat Saving Recipes by Dora M. Stone, Expert of the Food Controller's Office.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

Girls' Coat With Panel Front.



Pictorial Review Coat No. 7402. Sizes 6 to 14 years. Price, 16 cents.

Face Covered With PIMPLES

ASHAMED TO GO OUT.

Many an otherwise beautiful, and attractive face is sadly marred by unsightly pimples, blotches, flesh worms and various other blood diseases. Their presence is a source of embarrassment to those afflicted as well as the pain and regret to their friends.
 Many a cheek and brow cast in the mould of beauty have been sadly defaced, their attractiveness lost and their possessor rendered unhappy for years.
 Why, then, consent to rest under this cloud of embarrassment?
 There is an effectual remedy for all these defects.
 It is Burdock Blood Bitters. This remedy will drive out all the impurities from the blood and leave the complexion healthy and clear.
 Mrs. Katherine Henry, Port Sydney, Ont., writes: "Two years ago my face was so covered with pimples I was ashamed to go out at all. I tried several remedies, but they were of no use. At last a friend advised me to try Burdock Blood Bitters. I got a bottle, and by the time it was used I could see a difference. I then got two more, and when I had used them the pimples were completely gone. I can highly recommend B.B.B."
 Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Where She Beat Them.

The superintendent of a charitable institution for the aged poor in a certain district says that there is no topic more pleasing to some old women than the discussion of their "better days," when they were the fortunate possessors of "everything heart could wish for," as they are apt to express it.
 One old lady in the institution mentioned, never tired of describing the stately little villa in a suburb and a bride; another boasted of having owned a "gold-band chiny tea-set" and six solid silver teaspoons; whilst the third dwelt at length on the elegance of a flowered silk gown and satin parasol with fringe fifteen inches long.
 One poor old lady stood this sort of talk as long as she could. Then she calmly interrupted:
 "Well, I never had no chiny tea things, nor no silk gowns, nor embroidered petticoats, nor openwork stockings, nor gold ear-rings, nor nothing of that sort; but I have had four husbands, and I'd like to know whether any of you can beat that!"

What He Called For.

Mr. and Mrs. Newbridge had taken a modern little villa in a suburb and Mr. Newbridge was hanging the pictures. There was a certain photograph of his wife which he decided must go up. He therefore got a substantial nail and hammered it into the wall.
 This came a knock at the door.
 "It's Mr. Nextor," said his wife, running to the window. "Your hammering's disturbed him."
 Mr. Newbridge hastened to apologize.
 "Oh, I don't mind the noise," replied Mr. Nextor, cheerily. "I only came to ask if I might hang a picture on the other end."

ARE YOU LOSING YOUR GRIP.

Dr. Cassell's Tablets are the Remedy to Restore Your Energy, and to Re-build Health and Vitality.
 If anyone who feels weak or languid, whose vitality has been lowered from any cause, whose nerves are overstrained or "jumpy," will take a course of Dr. Cassell's Tablets, he or she cannot fail to be astonished at the wonderful new health and vigor that will follow and follow quickly. Dr. Cassell's Tablets are an ideal brace-up. They strengthen the nervous system throughout, invigorate all the bodily functions, give "Spring" and "Grip" and fitness even to the weakest. And there is no dope in them.
 A free sample of Dr. Cassell's Tablets will be sent to you on receipt of five cents in the mailing and packing charges. Write: Harold F. Ritchie and Co., Ltd., 10 "West Street, Toronto.
 Dr. Cassell's Tablets are the supreme remedy for Dyspepsia, Kidney Troubles, Sleeplessness, Anemia, Nervous ailments, and Nerve Paralysis and for weakness in children. Specially valuable for nursing mothers and during the critical periods of life. Price: 50 cents per tube, six tubes for the price of five, from Drugists and Storekeepers throughout Canada. Don't waste your money on imitations; get the genuine Dr. Cassell's Tablets.
 Proprietors, Dr. Cassell's Co., Ltd., Manchester, Eng.

The best "tip" ever given a Canadian



A good horse to put your money on.

Only Fine, Flavoured Teas are used to produce the famous

"SALADA"

blends. Every leaf is fresh, fragrant full of its natural deliciousness. Sold in sealed packets only.

Don't Worry!
 USE
SUNLIGHT
SOAP
 the purest soap your money can buy

A Piano of Merit & Quality



J.M. Greene Music Co., Ltd.
 Cor. Princess and Sydenham Streets. Kingston.

COOK'S Cotton Root Compound.
 A safe, reliable regulating medicine. Sold in three doses: No. 1, 5c; No. 2, 10c; No. 3, 25c per box. Sold by all druggists or sent prepaid on receipt of price. Free pamphlet. Address: **THE COOK MEDICINE CO., TORONTO, Ont.** (Incl. Postage)

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 Sewing Machines, Umbrellas, Suit Cases, Trunks repaired and refitted. Saws filed, Knives and Scissors sharpened; Razors honed; All makes of firearms repaired promptly. Locks repaired; Keys fitted. All makes of lawn mowers sharpened and repaired.
149 Sydenham Street

FRESH LAKE ONTARIO WHITE-FISH AND TROUT
 All Kinds of Fresh Fish.
Dominion Fish Co.

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 75, 341-3 Princess St.

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.	12:31 a.m.
No. 18 Express	2:25 a.m.	2:35 a.m.
No. 6 Mail	4:25 a.m.	4:35 p.m.
No. 27 Local	6:45 a.m.	10:17 p.m.
No. 1 Inter'nal Ltd.	1:11 p.m.	2:12 p.m.
No. 7 Mail	5:00 p.m.	5:40 p.m.

 Going East.

No. 18 Mail	1:40 a.m.	2:17 a.m.
No. 16 Express	2:55 a.m.	3:25 a.m.
No. 6 Mail	4:25 a.m.	4:35 p.m.
No. 14 Inter'nal Ltd.	1:08 p.m.	1:23 p.m.
No. 28 Local	6:45 p.m.	7:57 p.m.
No. 1, 4, 7, 12, 14, 15, 18	run daily.	Other trains daily except Sunday.	

 Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, and New York. For Pullman accommodations, tickets and all other information, apply to J. F. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.