

In The Realm Of Woman--Some Interesting Features

DOCTOR SAYS VINOL IS THE BEST TONIC

Honest Opinion Doctor Gave His Patient

Bedford, Ohio.—"I was in a pitiful condition, weak, nervous and run down so I could not do my housework. I had doctored for years and tried everything under the sun. A friend told me about Vinol. Frank A. Horkey, Ash St., Bedford, Ohio.

"I guarantee this famous cod liver and iron tonic for all such conditions. Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns."

The sense of refreshing cleanliness that follows the use of a real scalp prophylactic, is comforting in the extreme

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

BUY VICTORY BONDS
J. B. COOKE
332 King Street, Phone 503. Residence 542.

BUY VICTORY BONDS
W. H. Godwin & Son
25 Brock Street Phone 424

Complexion Complaints

Abbey's Effer-Salt
on your dressing table, and every morning take a glass from this bubbling fountain of health.
Nice rosy cheeks and a clear complexion will surely reward the daily use of ABBEY'S NONE BETTER FOR CHILDREN SOLD EVERYWHERE

ABBEY'S VITA TABLETS—for pale, people—50 Cents a Box

Easy to Make This Pine Cough Remedy

You know that pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several peculiar elements that have a remarkable effect in soothing and healing the membranes of the throat and chest. Pine is famous for this purpose. Pine cough syrup, or combinations of pine and syrup, are combinations of pine and syrup. The "syrup" part is usually plain granulated sugar syrup. Nothing better, but why buy it? You can easily make it yourself in five minutes. To make the best pine cough remedy that money can buy, put 2½ ounces of Finex (30 cents worth) in a 16-oz. bottle, and fill up with home-made sugar syrup. This gives you 16 ounces—more than you can buy ready-made for \$1.50. It is pure, good and very pleasant—children take it eagerly. You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—irritation—and this Finex and syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchitis, asthma, hoarseness, or any ordinary throat ailment. Finex is a highly concentrated compound of Norway pine extract, famous the world over for its prompt results. Beware of substitutes. Ask your druggist for "2½ ounces of Finex" with directions and don't accept anything else. Guaranteed to give promptly relief. The Finex Co., Toronto, Ont.

THE CONFESSIONS OF ROXANE (By Frances Walter)

DISAGREEMENT

(Copyright, 1916, by the McClure Newspaper Syndicate). Kenneth was silent for a few moments, as though some new thought had come to him. Suddenly he asked:

"What would you say to asking Mr. Higginbotham if he cared to live here with us?"

"Oh, Kenneth, it would never do. Suppose he should not want to; wouldn't it be frightfully embarrassing?"

"No," declared Kenneth doggedly; "not at all. It is purely a business proposition. He wants a home, and so do we. He would be miserable here alone, and if we gave him a room he would at least not be at the mercy of servants. I believe I will sound him out on the matter."

"You will do no such thing!" I exclaimed, stoutly. "Let the man choose his own place and manner of living. If he wanted to come here he probably would have suggested such a thing when you spoke today of turning the place over to him." The fact that he did not shows that he never has thought of such an arrangement.

"It doesn't show that at all," persisted Kenneth, who once he had the idea held on to it with the pertinacity of a bulldog. "How do you know that he does not want to come here, and that he did not suggest it because of natural timidity?"

"If it is a matter of business with him, as you say, he would not have any timidity about it. He would make a proposition, just as he would in the case of any other transaction."

"I fail to see why the proposition must necessarily come from him," Kenneth countered. "It is a two-sided affair and the initiative might be taken by either party interested."

"But would you not be terribly mortified if he refused to come?"

"Certainly not. Why should I? No more than he would be mortified if we did not accept a proposition from him!"

"I see that we cannot agree in this matter, and the least said about it between us the better. As a last word, I hope you will say nothing at all to Mr. Higginbotham."

"I certainly shall mention it to him to-morrow," declared Kenneth. And so the matter ended. It was the first serious disagreement we ever had had, and when I went to bed that night I carried a very heavy heart with me. Was it possible that Kenneth and I were growing apart?

Next morning, while I was trying to tell the cook how she could save sugar in putting up preserves, Tillie, our new maid, informed me with a smile which I did not like that Mr. Higginbotham was in the parlor and wanted to see me.

"Mr. Higginbotham!" I exclaimed in astonishment, for it was barely 11 o'clock. Then I thought of the last time he visited me at the Chadwick, and I wondered if he made it a rule to call on ladies before noon. Then, with the natural charity of a woman toward a man whom she respects, I excused him on the theory that, being a business man, it might not occur to him that the forenoon was not a convenient time for a housewife to receive callers.

(To be continued)

KILLED SIXTEEN HUNS.

Stories of Bravery of Our Boys at Lens.

Awards still being made for heroic conduct and sound judgment that is almost as much a factor in a modern war, indicate that Canadian courage never reached a higher point than in the battle of Lens.

Here is a record in the laconic official language of deeds that surpass anything in war fiction, and that are vouched for in writing by a number of eye witnesses.

A non-commissioned officer of a British Columbia battalion, in attacks on the enemy, led a section which had the difficult task of mopping up cellars, craters, and machine gun emplacements. "In one cellar he himself bayoneted the German and attacked, single-handed, seven others in a crater, killing them all."

"On reaching his objective, a machine gun was found to be holding up his right flank, causing many casualties. This non-commissioned officer, followed by the German machine gun placement, killed the crew, and brought the gun back to our lines. To-day he again attacked, single-handed, another machine-gun emplacement, killed three of the crew and destroyed the gun and emplacement to him that the forenoon was not a convenient time for a housewife to receive callers.

(To be continued)

In These War Times you want real food that contains the greatest amount of body-building material at lowest cost.

The whole wheat grain is all food. Shredded Wheat Biscuit is the whole wheat in a digestible form. Two or three of these little loaves of baked whole wheat with milk and a little fruit make a nourishing, strengthening meal.



Made in Canada.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Fictorial Review

Satin Blouse With Long Shoulder Effect.



Face front of outer waist next, to 2 inches beyond line of slot perforations. Take up dart at shoulder bringing together and stitching along corresponding small "o" perforations. Close under-arm and shoulder seams as notched. Gather lower edge between "T" perforations and ¼ inch above. Close center-back seam of collar extension, indicated by small "o" perforation; and sew to neck edge of outer back; roll front on slot perforations.

Close seams of sleeve and cuff as notched; leave cuff seam free below the single large "O" perforation and finish for closing. Gather lower edge between "T" perforations. Face cuff and sew to sleeve as notched; bring seam of cuff to small "o" perforation in sleeve, and small "o" perforation

at top of cuff to seam of sleeve. Roll cuff on small "o" perforations or 1 inch above. Sew in armhole as described for plain sleeve.

Adjust outer waist on underbody with center-backs, under-arm seams and corresponding edges even; bring front edge over double small "o" perforation in underbody front and back. Stitch gathers at lower edge to position.

Form plaits in peplum, creating or slot perforations, bring folded edge nearest center-back to the center, and bring remaining folds in corresponding small "o" perforations and press. Turn hem on small "o" perforations. If desired gathered, gather the entire upper edge. Adjust peplum stitching the upper edge over upper edge of gathers in outer waist, center-backs even; bring large "O" perforation at top of peplum to under-arm seam and front edge to front edge of outer front.

Now, take the belt line and arrange around the waist and fasten at left side or at center-front; tack at back with center of belt over seam joining peplum to waist.

To make the waist fold and join edges as notched; roll the upper back edge over on small "o" perforation. Arrange around the waist bringing upper edge to the small "o" perforation near center-back; tack invisibly, cross in front and tie at back.

Trimmed with heading or embroidery, the vest will be more effective. The blouse is very chic on separate skirts worn with plain blouses.

Told In Twilight

(Continued from Page 3.)

Mrs. A. Keith Light will receive for the first time since her marriage at the home of her mother, Mrs. James Maxwell, 422 Albert street, on Thursday, November 22nd.

Miss Doris Brown entertained at tea on Monday in honor of Miss Edna and Miss Nancy Thackeray, who went down to attend the Royal Military College ball.

Miss Jean MacLaughlin and Miss Audrey Young left on Monday for Toronto after spending a few days with Mrs. L. T. Best, Albert street. Mrs. Best entertained at a little informal dance in their honor on Saturday evening.

Miss Lawson, Barrie, is the guest of Captain and Mrs. Horace Lawson. Mrs. Manson, who spent a few days with Mrs. W. A. Bellhouse, Earl street, left on Tuesday for a visit in Montreal.

Miss Mildred Horsey left on Tuesday for Ottawa to visit her grandmother, Mrs. H. Horsey.

Mr. and Mrs. Charles Livingston, Barrie street, spent some days in Toronto this week.

Mrs. W. H. Dyde, Johnson street, spent the week-end in Ottawa.

Miss Edith Stark, Gananogue, was in the city over Sunday with Mrs. J. G. Elliott, Barrie street.

Dr. Dennis Jordan, Toronto, and his young son spent several days with Rev. Dr. and Mrs. Jordan, Barrie street.

Red Men Wounded.
Full-blooded Indians who left Calgary in a local battalion to fight side by side with their white brothers have fallen in the great fight now raging on the western front. Pte. Mike Mountain Horse, a brother of the late Lieut. Albert Mountain Horse, of the Blood Reserve, according to official word, has been dangerously wounded, while Pte. George Strangle Wolf, another Blood Indian, also appears as a casualty. The first-mentioned Indian is a son of Chief Mountain Horse, of the Blood Reserve.

A Cure for Pessimism.
Sir George Perley, Acting High Commissioner for Canada, in the course of some remarks at the exhibition of work by disabled servicemen at Sobth's recently, recommended anyone who was inclined to be pessimistic to visit the hospitals for wounded soldiers and sailors, for there they would soon recover their cheerfulness. One Canadian, who had lost both his eyes in the war, he said, after being trained at St. Dunstan's, went back to Canada, married, and obtained a first-class job in Toronto.—London Morning Post.

A farewell surprise took place on Monday when about thirty residents of Camden East gathered at the home of Mrs. Sherlock, previous to her departure for Winnipeg. Her friends were sorry to have her leave the village, she was a faithful worker in the Methodist church.

Letters to the Editor

The Nation Carries the Burden.
Darlingside, Nov. 19.—(To the Editor): Men are being conscripted these days from the farms and factories and offices and shops of Canada for service in the trenches. At the same time an appeal is being made in every hamlet and village throughout the land to the public to buy war bonds. Generals may win or lose battles, and money magnates may seek to annex to themselves credit for the nation's financial achievements. But it is the nation that has to supply both the men and the money to win the war. "The common man," is the man who has to do the work, in the trenches and everywhere else, if the enemy is to be beaten. Yet some leaders of political conspiracy in Canada, and some newspapers, are impudent enough to say that if people presume to ask whether the war is being rightly directed, or whether their money is being wisely spent, they are criminally careless as to the outcome of the war, if not actually paid agents of the Kaiser.

Belleville Officer a Prisoner.
Belleville, Nov. 20.—Dr. H. A. Yeomans received the gratifying news yesterday, by cable from the British War Office that his son, Lieut. "Ted" Yeomans, was a prisoner of war. Lieut. Yeomans was reported missing about a month ago and it was later learned by letter that his airplane had fallen or been compelled to descend when he was flying over the German lines on the western front.

NEW LEAGUE BANNED

President Barrow's Proposal to Have Third Big League Voted Down.

Louisville, Ky., Nov. 14.—There will be no formation of a new league to include the Louisville, Indianapolis, and Toledo Clubs, of the American Association, and certain clubs of the International League. This was definitely decided to-day when the National Association of Baseball Leagues voted down an amended resolution offered by Edward Barrow, president of the International League, to redistrict every minor league in the country. The vote was 11 to 2.

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 SATURDAY.

Breakfast
Currant Toast Milk Sugar
Flour Tea or Coffee

Luncheon
Cauliflower Soup Baked Potato
Cornmeal Gems Syrup

Dinner
Meat Pie Mashed Potatoes
Turnips Tapioca Pudding
Oatcakes

The recipe for Cauliflower Soup mentioned above, is as follows:
Make a thin white sauce of:
1 cup milk
1 cup of water in which cauliflower was cooked.
2 level tablespoons flour.
2 level tablespoons butter.
Pepper and salt to taste.
Cook until done, and add to this the Cauliflower that has already been cooked and strained.

What Would It Be Worth to You To Be Free of Indigestion

INDIGESTION becomes a habit to a certain extent. Many of the conditions under which we live are artificial. We eat too much, take too little natural exercise, and have too much worry and anxiety. The digestive system does not get a chance.

The liver is usually first to get out of kilter, then the bowels become constipated, and the whole process of digestion is disorganized. Instead of being properly digested, the food ferments and causes sour stomach, belching of wind, pressure of gas about the heart, suffocating feelings and fainting spells.

Headaches, pains in the limbs and back, tired, depressed feelings, irritability and discouragement are other symptoms.

You may have tried stomach medicines and aids to digestion until you have given up in despair.

And Rid of the Poisons Which Cause Pain, Tired Feelings?

Operation Avoided

Mrs. Annie Watkins, Glace Bay, New Harbor, N.S., writes: "I think it is time for me to give my experience with your Wonderful Kidney-Liver Pills. For seven months I suffered with what the doctor called indigestion, but whatever it was, I suffered terribly. The pain would start under my left shoulder and pass down my side until it reached the pit of my stomach. It just seemed as if the flesh were being torn from the bone. At times I used to go without food from one morning until the next. I had no energy left for work at all. At last our doctor sent me to the hospital for a month. For four days and nights I never broke my fast except for a drink of water. After four weeks' treatment there I returned home, and was back only four days when the pain came back worse than ever. Then I was told I would have to undergo an operation, but I would not consent to that. At last I read about Dr. Chase's Kidney-Liver Pills and started to take them. At first I did not notice much difference, but still I kept on using them, and by the time four boxes were used I was perfectly well again. That was in 1914, so you see I can safely say that I was cured. I shall always be grateful to Dr. Chase's Kidney-Liver Pills, as they did more for me than four doctors."

But what would it be worth to you to be free of all this trouble, to feel again the old energy and vigor, and to enjoy healthful living?

Dr. Chase's Kidney-Liver Pills are not offered to you as an experiment. There is no question as to what they will do by way of awakening the action of the liver, kidneys and bowels, and removing the cause of indigestion and kindred ills.

Their curative powers have been proven in hundreds of thousands of cases, until they are established in the great majority of homes as the one family medicine which is indispensable.

It is for you to apply this treatment in your own case. It will only cost you a quarter to make the test, and we do not hesitate to predict that the results will surprise and delight you.

Dr. Chase's Kidney-Liver Pills

One pill a dose, 25c a box, 5 for \$1.00, at all dealers, or Edmondson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.