

In The Realm Of Woman--Some Interesting Features



Returned Soldiers

For the purpose of assisting returned soldiers the Legislature has provided for the formation of an association called "The Soldiers' Aid Commission of Ontario." The Head Office is at No. 115 College St., Toronto. Hon. W. D. McPherson is the Chairman and Mr. Joseph Warwick is the Secretary. All communications intended for either of them should be addressed to No. 115 College street, Toronto. W. F. Nickle, Esq., K.C., M.P., of Kingston, is a member of the above-named Commission, and represents it locally at Kingston and in its neighborhood.

The Kingston Branch is located at the Board of Trade Rooms, Kingston. Telephone No. 72.

The public are cordially invited to co-operate with us in securing suitable employment in doing other helpful work for Returned Soldiers and their dependents.

Classes for Vocational Re-Education of Returned Soldiers who have been so disabled as to prevent them from resuming their former occupations have been provided, and every Soldier who regards his disability as of such a nature as to entitle him to such a course of these Classes is requested to make application to Mr. James H. Macnee, the under-mentioned Secretary, of the Mr. W. W. Nichol, Vocational Officer for Ontario, at the Head Office, No. 115 College St., Toronto, or to Mr. J. W. Nichol, Vocational Officer for Ontario, at the Head Office, No. 115 College St., Toronto, or to Mr. J. W. Nichol, Vocational Officer for Ontario, at the Head Office, No. 115 College St., Toronto, or to Mr. J. W. Nichol, Vocational Officer for Ontario, at the Head Office, No. 115 College St., Toronto.

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

Try Making Your Own Cough Remedy

You can save about 25¢ and have a better remedy than the ready-made kind. Easily done.

COOK'S Cotton Root Compound

A safe, reliable, regulating medicine. In three sizes of strength—No. 1, \$1.00; No. 2, \$1.50; No. 3, \$2.00 per bottle. Sold by all druggists, or prepared on receipt of price. Free pamphlet. Address: COOK'S MEDICINE CO., TORONTO, ONT.

BUY VICTORY BONDS

Dominion Fish Co

BUY VICTORY BONDS

GEO. ROBERTSON & SON, Limited.

Why Best for Babies?

"Crummy" Chamberlain "I am often asked why Chamberlain's Cough Remedy is best for babies. Well, there are several reasons:

First: It is perfectly harmless and can be given with every confidence to the youngest or most delicate child.

Secondly: It contains no alcohol, opium, chloroform, morphine or any other narcotic.

Thirdly: Children like it, and no persuasion is needed to get them to take it.

For the above reasons alone it is impossible to get a better medicine for babies than

Chamberlain's Cough Remedy

But aside from its safety it relieves coughs and colds, is the best remedy known for croup, and when given as soon as the croupy cough appears it will even prevent the attack."

Yours for Health—Gummy Chamberlain

VINOL MAKES CHILDREN STRONG And Invigorates Old People

Any doctor will tell you that the ingredients of Vinol as printed below contain the elements needed to improve the health of delicate children and restore strength to old people.

Code Liver and Beef Peptones, Iron and Manganese Peptones, Iron and Ammonium Citrate, Lemon and Soda Glycophosphates, Cascaria.

Those who have puny, ailing or run-down children or aged parents may prove this at our expense.

Besides the good it does children and the aged there is nothing like Vinol to restore strength and vitality to weak, nervous women and over-worked, run-down men.

Try it. If you are not entirely satisfied we will return your money without question; that proves our fairness and your protection. Millions of people have been convinced this way.

Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

HERPICIDE stops itching of the scalp almost instantly

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

Try Making Your Own Cough Remedy

You can save about 25¢ 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 heals the sore, irritated membranes that line the throat, chest and bronchial tubes, so gently and easily that it is really astonishing. 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.

THE CONFESSIONS OF ROXANE (By Frances Walter)

AUNT TABITHA ACQUIRES MORE INFORMATION.

(Copyright, 1916, by the McClure Newspaper Syndicate)

The morning after Aunt Tabitha's arrival she was up at 5 o'clock and was bustling about the house as noisily as a pack of hounds in full pursuit of their quarry. At first I could not imagine what was happening, but as I gradually reached full wakefulness the truth dawned upon me.

"She must be ill," I commented, scrambling out of bed and hastily throwing on a dressing robe.

But when, following the direction of the noise, I entered the kitchen I gazed upon a very healthful looking woman. In one hand she grasped the coffee pot and in the other she had the handle of the tea kettle.

"Oh!" I exclaimed, as she turned a smiling face toward me, "I thought you were ill."

She put down the tea kettle, but still clung to the coffee pot as she faced me defiantly.

"And what made you think that?"

"But it is so early, Aunt Tabitha."

I protested. "You must have made a mistake about the time. It is barely 5 o'clock."

"I know it," she snapped. "what of it?"

Her aggressive manner took away some of my own assurance, as it was in a rather weak and meek voice that I replied:

"But Kenneth and I never rise until seven."

Aunt Tabitha placed the coffee pot carefully on the stove, wiped her hands on her apron and then folded them in front of her as she faced me squarely.

"Do you mean to tell me that you and that nephew of mine sleep until seven o'clock?"

"Why, of course. We never think of getting up sooner."

"Doesn't he have to work?"

"Of course he works."

"What time does he get down to the office?"

"Not before nine."

Aunt Tabitha drew in her breath quickly, making a noise which seemed half a hiss and half a gasp.

"Nine o'clock!" she exclaimed.

"Certainly," I returned, somewhat annoyed. "No one goes to work before nine o'clock."

"Don't they?" I inquired my aunt-in-law sarcastically. "You mean that people who don't do much work

don't reach their offices sooner than that hour, I suppose. But I imagine they are the exceptions. I have an idea that even in a city of the size of Enville, there are a few persons who do a full day's work. How does your husband expect to earn a living if he does not start the day until it is half over?"

"But it isn't half over. The exchanges do not open earlier, and of course he can not do anything until they do."

"That reminds me," said Aunt Tabitha suddenly. "I do not think I know what Kenneth's employment is. What does he do?"

I explained briefly the character of his business, and as I did I saw her face harden.

"So that's what he is, is it? Runs a bucket shop?"

"Well if it isn't a bucket shop what is it? And if a bucket shop isn't a gambling joint what is it? Have you ever stopped to ask yourself those questions?"

"It is not a bucket shop!" I retorted angrily. "You think that every brokerage house is a gambling den, I suppose, but you are mistaken. You should inform yourself properly before making reckless assertions like those you have just uttered."

"I am informed enough to know that your husband is very likely running a disreputable business," she asserted, "and you may be sure that I shall seek other information about it."

"Do so, by all means. Perhaps it will cause you to change your mind."

"I do not think it will. Henry used to tell me about those Wall Street gamblers, and we always had a few of them in the towns where we lived, only they were tin horn sports and couldn't afford to lose much. But they were gamblers just the same, and every one of them was ruined by a bucket shop. It's just as disreputable as poker or Monte Carlo."

It was evident that Aunt Tabitha thought Monte Carlo was a kind of game, but I did not take the pains to enlighten her. She probably would have contradicted me if I had told her it was a city, for she was the kind of woman who always thought she was right and the other person wrong. When this realization came to me fully I ceased all attempt at argument and returned to my room. (To be continued.)

as its women are unsubdued. To quote: "The housewife is the one who seems to be most keenly affected. I am writing this war article in the hope that, in view of the facts which condition the present state of affairs, she will hereafter not grumble at the increased prices which she is now called upon to pay. It is not good for the country to have any large class of our people complaining. True patriotism consists in doing something which is a sacrifice, or something that touches us both in pocketbook and in sentiment in behalf of our country. For every man that dies in battle, a dozen lose their lives at home by reason of famine or insufficient food, and especially if this be children, then the desolation is appalling. It is difficult to realize that our battles are fought at home; we hardly realize that it is the women of the world who are really its fighters. We do not understand as fully as we should, that a nation is unconquerable only so long as its women are unsubdued."

Dr. Hugh McGougan of Thamesford, Ont., died while visiting a brother in Port Arthur.

Voting among the Canadian soldiers overseas will begin on December 1st.

Put Less Tea in the Pot

Because it chiefly consists of the Assam teas of Northern India, the 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

RED ROSE TEA is good tea

NEW DAIRY BUILDINGS WILL COST MORE THAN \$100,000

MRS. VINCENT ASTOR ENSIGN VINCENT ASTOR

\$100,000 COW STABLE on the ASTOR ESTATE

Expending more than \$100,000 in buildings and equipment, Vincent Astor is preparing to produce at his country home at Ferncliff certified milk that he and his superintendent, Herbert E. Pinkham, believe will set a new standard. The elaborate plant which Mr. Astor is building and which will be completed in two months is the result of fifteen years of study. The plans were made at the order of the late Colonel Astor. Mr. Astor's forty blooded Jersey cows will be housed in true aristocratic style. Their stable will be finished in marble and tile, ventilated by a system that has been tested for years. Each cow will have 1,200 cubic feet of air space. The air will be pumped into this model cow stable through ventilators in the ceiling after it has been heated to fifty degrees, will pass downward over the cows, then out of the building through ventilators on two sides of the room near the floor. Each "bossie" will have an individual porcelain basin in which food and drink will be served, and each will lie on a smooth bed of cork blocks.

Told In Twilight

(Continued from Page 3.)

Mrs. A. Keith Light held her post-nuptial reception on Thursday afternoon. Little Miss Doris Bruce opened the door to the friends who availed themselves of the opportunity of calling on the bride. Mrs. Light, who was prettily attired in a costume of blue and maize charmeuse satin with corsage bouquet of crimson roses, received her guests, assisted by her mother, Mrs. James Maxwell. The rooms were decorated with ferns and yellow chrysanthemums, artistically arranged in the hall, drawing room and on the tea-table, where Mrs. Alfred Light poured coffee. Mrs. S. Graham poured tea, and Mrs. D. B. Murray out the ices.

The girls who assisted in passing refreshments were Miss Margaret Light, Miss Margorie Murray and Miss Annie Burns.

Mrs. John Izzard, Belleville, is visiting Mrs. J. W. Pound, King street.

Miss Doris Whittier, who spent a few days with Mrs. Dewey, Stuart street, has returned to St. Hilda's College, Toronto.

Mrs. Walter Murch, Toronto, is spending a few days with her father, Rechab Tandy, 425 Albert street.

Hon. T. W. McGarry has been called to Regina, and don't accept the serious illness of Mrs. McGarry.

Mrs. H. E. Day, 271 Alfred street, is spending a couple of weeks in Toronto and Bowmanville.

Mr. and Mrs. Hugh McDonald, Ottawa, announce the engagement of their eldest daughter, Catherine Amelia, to Ralph Bartlett, son of the late Robert and Mrs. Bartlett, Kingston. The marriage will take place early in December.

Mr. and Mrs. D. Ahearn announce the engagement of their eldest daughter, Marcellena, to Frank Norman Saxsmith, Calgary, the wedding to take place the end of November.

At the wedding of Capt. George Chipman Drury, son of the late Major-General C. B. Drury and Mrs. Drury, of Halifax, N.S., to Miss Annie N. Fuller, daughter of Mr. and Mrs. W. W. Fuller, of New York, which took place on Saturday afternoon, at the First Congregational church, Briarcliffe, N.Y., the bride was attended by her sister, Miss Fuller; Mrs. N. Hird, Miss Helen Drury, Montreal; Miss Corinne Schuyler Waldron and Mrs. Lathrop Morehead. Capt. Drury's best man was his brother, Victor Drury, Montreal.

The ceremony was followed by a reception at Haymount, the country residence of the bride's parents at Briarcliffe. Captain Drury and his bride have gone to Pinehurst, N.C., for their honeymoon.

Women Will Win War, Declares Dr. Wiley.

One of the sourest expositions, so far published, of women's status in the war appears in the December issue of Good Housekeeping, where the celebrated food specialist, Dr. Harvey W. Wiley, writing on "Paying for the War," declares that a nation is unconquerable only so long

The Pallor of Anaemia Calls for Reconstructive Treatment

NAEMIA comes on so insidiously that you may not realize its presence until a look in your mirror discloses the pallor of the skin and of the gums, the lips and the eyelids.

You may be gaining in weight, but the flesh is soft and flabby, and you are laying on fat rather than muscle. You find yourself disinclined to exertion, and greatly fatigued by any effort. There is weakness, heart palpitation and a disturbance of the digestive system.

The failure of the organs of digestion to derive proper nutrition from the food you eat has reduced the number of red corpuscles in the blood. The blood has become thin and watery, and in spite of the food you eat you are literally starving to death.

As this process continues you must necessarily grow weaker and weaker, and the bodily organs become more and more incapable of performing their natural functions.

There can be no question that Dr. Chase's Nerve Food is the ideal treatment for anaemia or bloodlessness, because it supplies to the blood in condensed form the very elements from which new, rich blood is created. In this way it makes up for the deficiencies of the digestive system, and sets in motion the process of reconstruction.

As the blood improves in quality under this treatment the action of the heart is strengthened, circulation is better, appetite is sharpened, the digestive organs gradually resume their functions, and you gain in strength and vigor.

You will not use this food cure long before you realize the upbuilding influence on your system. With returning strength comes new hope and confidence. The discouraging days will disappear from your life, and you will feel again the joy of health.

The Food Cure

Miss Alice Howes, 21 Haddington Street, Galt, Ont., writes—"I was very ill with anaemia, could not sleep at night, and my appetite seemed entirely gone. I suffered in this way for nearly three years, and had treatment from two doctors in Toronto, where I was living at the time, but did not get any relief. I became completely run down, and as I did not see any immediate hopes of getting better, I went back to live with my mother in Galt. I thought, perhaps, the change of air might do me good. My mother saw that I was in a bad state, because my nerves were affected, and everywhere I went I used to take dizzy and fainting spells. My hands and limbs would become numb, I would see black specks before my eyes, and cold perspiration would come out on me. My mother had been taking Dr. Chase's Nerve Food with excellent results, and she advised me to do the same. But it is hard for me to take pills, so I went to a doctor in Galt instead. However, his treatment did me no good, so I at last decided to follow my mother's advice. I began taking Dr. Chase's Nerve Food, and gradually found myself getting better. I soon was able to sleep at night without any difficulty, my appetite came back, and I began to gain back my natural color. After taking about twelve boxes of this medicine I was able to return to my work in Toronto. My friends there all noticed the improvement in my condition, and I am now stronger and healthier than I have been for a long, long time. I shall always recommend Dr. Chase's Nerve Food wherever I go, as I really think it is the best treatment obtainable for worn-out nerves and run-down system."

Dr. Chase's Nerve Food

50 cents a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmanson, Bates & Co., Limited, Toronto. Do not be talked into accepting a substitute. Imitations only disappoint.