

In The Realm Of Woman---Some Interesting Features

No more home-made Chutney or Tomato Catsup for me— that is what everybody says when they have tried H. P.—the new sauce from England

Its delicious flavour makes it unique—quite unique. *Wouldn't it be worth your while to try a bottle of*



We have just received our new goods for your Christmas Cake and Pudding.

New Peel. New Currants. New Raisins. New Walnuts.

Choice Oranges and Grapes. Mixed Candies and Chocolates and Nuts.

E. H. BAKER
Cor Montreal and Charles Sts.
Phone 1203.

WANTED

To rent a farm of 200 acres with privilege of buying.

W. H. Godwin & Son
30 Brock Street Phone 424

FRESH LAKE ONTARIO WHITE-FISH AND TROUT

All Kinds of Fresh Fish.

Dominion Fish Co.

GRAND TRUNK RAILWAY SYSTEM

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	Lvs. City	12:20 a.m.	12:57 a.m.
No. 13 Express	Lvs. City	1:35 a.m.	2:12 a.m.
No. 27 Local	Lvs. City	9:45 a.m.	10:17 a.m.
No. 1 Intern'l Ltd.	Lvs. City	1:41 p.m.	2:13 p.m.
No. 7 Mail	Lvs. City	3:08 p.m.	3:40 p.m.

Going East.

No. 19 Mail	Lvs. City	1:40 a.m.	2:17 a.m.
No. 14 Express	Lvs. City	2:55 a.m.	3:32 a.m.
No. 6 Mail	Lvs. City	12:20 p.m.	12:57 p.m.
No. 14 Intern'l Ltd.	Lvs. City	1:35 p.m.	2:12 p.m.
No. 28 Local	Lvs. City	6:48 p.m.	7:27 p.m.

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, Boston, and New York. For Pullman 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 BETWEEN Halifax and Bristol

For particulars of sailings and rates apply to Local Agents, or The Robert Bedford Co., Limited, General Agents, 50 King Street East, Toronto.

SPECIAL DECEMBER SERVICE BETWEEN Toronto and Winnipeg DAILY

Westbound, Dec. 3rd to Jan. 2nd. Eastbound, Dec. 1st to Jan. 5th

Note—Tri-weekly service will be resumed thereafter.

REGULAR SERVICE BETWEEN Winnipeg and Edmonton Edmonton and Vancouver DAILY TRI-WEEKLY

For Tickets, Reservations, Literature and Information, apply to J. E. IVEY, STATION AGT., or N. C. DUNN, CITY AGT., or write R. L. Fairbairn, G.P.A., 68 King St. E., Toronto.

CANADIAN NORTHERN RAILWAY

THE CONFESSIONS OF ROXANE

(By Frances Walter)

SIGNS OF REBELLION

(Copyright, 1916, by the McClure Newspaper Syndicate)

"What is it?" murmured Kenneth sleepily when I returned from the kitchen.

"Only Aunt Tabitha," I replied morosely.

"Kenneth sat up suddenly in bed. 'Is she sick?' he demanded. 'What's the matter?' 'She is not sick,' I said. 'She is only a little tired. She evidently is accustomed to early rising and is determined that she shall not change her habits while she is visiting us. I found her in the kitchen brewing a pot of coffee.' 'Thank heaven she's not sick!' he exclaimed. 'If anything happened to her while she was under this roof everybody would say we had poisoned her or had adopted some insidious means of getting rid of her.' 'Nonsense!' I said. 'They would say no such thing, but even if they did we would plead in justification that she insisted upon waking us up at 5 o'clock in the morning. Any jury would acquit us on that plea.' Kenneth chuckled. 'You're right. What the deuce does she want to get up for?' 'She has an idea that the day should be properly employed,' I returned. 'She wanted to know what time you reached your office and when I told her I thought she would have a spasm, and I have no doubt that she will advise you to mend your ways.' Kenneth pulled the coverlid up to his chin and sank back luxuriously upon the bed. 'Let her advise all she wants to; I certainly am not going to get up before daylight, even to please her.' 'But that is only one of the many things you shall have to explain to her. She says your brokerage business is a bucket shop and that you are the proprietor of a gambling establishment.' 'What!' shouted Kenneth, struggling once more to a sitting position. Somewhat aghast at the result of

my statement of Aunt Tabitha's views, it was impossible nevertheless for me to recede. At the same time I was determined that I would not be the cause of hard feeling between Kenneth and his disagreeable old aunt. My report already smacked somewhat of tale bearing and I hastened to soften it with some comment of my own.

"But we must not mind what she says, Kenneth, dear," I told him. "She is old and all her life has been accustomed to having things her own way, so we must be patient with her while she is here. Perhaps it will not be very long."

"I hope it will not be," declared Kenneth wryly. "The idea of her asserting that we are running a bucket shop. What does she know about it?"

"Nothing at all. In fact, she does not know what a bucket shop is. So there is no occasion to be resentful. And her ideas about early rising should not cause us to forget that she is our guest and must be treated accordingly."

Kenneth fell back upon the bed once more.

"I suppose you are right, Roxane," he said. "We've got to treat her decently, but this thing of having one's relatives drop from heaven and set to work immediately to change one's habits and criticize one's business certainly is not the most delightful experience in the world."

"It is not necessary that her statements should affect either our habits or your business," I told him. "If she wishes to get up before the roosters crow, and if she insists upon harboring the idea that you are a gentleman of the green cloth, we will humor her and let her believe it all."

"All right," agreed Kenneth resignedly, "but the trouble is she will not be satisfied with believing or charging us with these high crimes and misdemeanors. She will try to reform us. That's where the rub is coming."

"If it reaches that point we shall have to use a little diplomacy," I ventured. "Naturally I do not expect to follow her example at this unholy hour of the morning, but perhaps she will not insist upon our getting up with her if we will leave the coffee pot where she can find it."

Kenneth exploded again. "I'd like to see her insist upon anything! What right has she to tell us when we shall get up?"

"It is not a question of right. It is a question of living as quietly as we can under disadvantageous circumstances. We've just got to make the best of it."

"All right," agreed Kenneth once more. "I shan't insult her if I can help it."

He rolled over and attempted to go back to sleep, but he could not, and after tossing from one side to the other for half an hour he kicked the covering off and bounded out of the bed.

"If there wasn't a woman pres-

ent I'd cuss!" he declared, and disappeared into the bath room. (To be continued.)

NERVES OF THE STOMACH

Were Weak and Inactive as Result of Nervous Prostration—Lost Twenty Pounds—Had to Take Sleeping Powders To Get Any Rest.

St. Catharines, Ont., Nov. 29.—Many people never realize that the movement and action of every organ of the human body is dependent on the energy supplied by the nervous system.

When the nervous system gets run down there is weakness throughout the entire body. You feel tired and languid, and your stomach and other digestive organs are similarly affected. Appetite falls, digestion is poor, you do not get the good of what you eat and gradually grow weaker and weaker.

This process can only be stopped by such treatment as Dr. Chase's Nerve Food, which goes directly to create new nerve force and thereby to invigorate the whole human body.

Mrs. Geo. S. Elise, 46 Davidson street, St. Catharines, Ont., writes: "My husband had an attack of nervous prostration, and, although he doctored for some time and tried different other medicines, he could not get relief. He had to resort to sleeping powders given him by the doctor to make him sleep. The greater part of the trouble seemed to be with the nerves of his stomach. He began to lose weight and kept on going down until he had lost twenty pounds. We had read the advertisements in the newspapers for Dr. Chase's Nerve Food, and noticed that it seemed to be doing a lot of good for people troubled with nervousness, so my husband decided to try it. He found benefit almost from the start, and continued this treatment until he had taken about twelve or thirteen boxes. The results were most satisfactory. He is now enjoying good health, sleeps well, and has gained back nearly all the weight he had lost. He also used Dr. Chase's Kidney-Liver Pills occasionally and thinks them an excellent remedy. I have also used this latter medicine for dizzy spells and liver trouble, and was completely cured of these complaints. We think a great deal of Dr. Chase's medicines, and cannot speak too highly of them."

Dr. Chase's Nerve Food, 50 cents a box, a full treatment of 6 boxes for \$2.75, at all dealers, or Edmondson, Bates & Co., Limited, Toronto. Do not be misled by cheap imitations only disappointing.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

Double Breasted Coat in Velours.



back with fronts forming broad revers. The back of the coat is in two sections; the lower section is gathered and attached to the upper under a sash of heavy satin. Bands of self-material trim the pockets and the two-piece sleeves are finished with turn-back cuffs. In medium size the coat requires 4½ yards 54-inch material, with 5 yards 36-inch material for the lining. It will be necessary to have a seam at center-back of the lining.

To cut the coat, however, is not at all difficult with the aid of the accompanying guide. Fold the material in half and lay it on a table or other smooth surface. Place the collar into position first, laying it directly on the lengthwise fold of velours. The cuff comes next, with large "O" perforations on a lengthwise thread of material. To the right of the collar rests the lower back section, on the lengthwise fold of material. The two sleeve sections are arranged to the right of the lower back sections, both with large "O" perforations on a lengthwise thread. Triple "TTT" perforations in the back indicate that it is to be placed on the lengthwise fold of velours, but the pocket and welt which are laid to the right of the back, have the large "O" perforations on a lengthwise thread of material. The velours remaining is rather irregular in shape, but the guide shows how to place the underfacings, and front along the selvedge edge to accommodate the three sections of the pattern left. Material may be saved by adding ¾ inch to edge of sash, having "T" perforation for a seam. Then cut as illustrated in cutting guide.

Twill, chevrot, tweed and velours finish woolen are materials of excellent appearance for overall coats, and they are not very expensive.

CUTTING GUIDE 7408. Shows Size 36.

Pattern includes: FRONT M, SELVAGE EDGES, E SASH, COLLAR, LOWER BACK SECTION, SLEEVE SECTIONS, MACK G, MACK F, MACK H, MACK I, MACK J, MACK K, MACK L, MACK N, MACK O, MACK P, MACK Q, MACK R, MACK S, MACK T, MACK U, MACK V, MACK W, MACK X, MACK Y, MACK Z.

Patterned April 30, 1907. FOLD UP 54 INCH MATERIAL WITH NAP.

Pictorial Review Coat No. 7408. Sizes, 34 to 44 inches bust. Price, 25 cents.

ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the loaf will be just as good as the first.

MADE IN CANADA

E.W. GILLET COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

MARY GARDEN'S

"Shall Not" for the Ideal Husband.

Thou shalt not fail to make love at all other times.

Thou shalt not fail to understand moods and conditions.

Thou shalt not lack tact.

Thou shalt not have any sympathy with feminism.

Thou shalt not consider women angels or better than men.

Thou shalt not fail to be a tyrant—or fail to be a master.

Thou shalt not fail to study women and thy woman.

Thou shalt not fail to be a companion—or a MAN.

Thou shalt not fail to make love at the right time.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of **Chas. H. Fletcher** and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of **Chas. H. Fletcher**

In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.



TO MOTHERS, WIVES AND SISTERS

See that your heroic deeds have not been in vain; see that the cry of the living heroes for assistance is answered. Your ballot is sacred.

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

Dr. J. Collis Browne's Chlorodyne

THE ORIGINAL AND ONLY GENUINE.

The Most Valuable Medicine ever discovered. The best known Remedy for

COUGHS, COLDS, ASTHMA, BRONCHITIS.

See like a charm in **DIARRHOEA, DYSENTERY & CHOLERA.**

Effectually cuts short all attacks of **STAMES.** Checks and arrests those too often fatal diseases—**FEVER, CROUP and AGUE.**

The only palliative in **NEURALGIA, GOUT, RHEUMATISM.**

Chlorodyne is a liquid taken in drops, graduated according to the nature. It invariably relieves pain of whatever kind; creates a calm refreshing sleep; allays irritation of the nervous system when all other remedies fail; leaves no bad effects; and can be taken when no other medicine can be tolerated.

INSIST ON HAVING Dr. J. COLLIS BROWNE'S CHLORODYNE.

The immense success of this Remedy has given rise to many imitations.

CONVINCING MEDICAL TESTIMONY WITH EACH BOTTLE.

Sold by all Chemists.

Price in England: 1/11, 2/9, 4/6

Sole Manufacturers: **I. T. DAVENPORT, Ltd., LONDON, E.C.**

Wholesale Agents, **Lyman Bros. Co., Limited, Toronto**