

# In The Realm Of Woman--Some Interesting Features

## AUTOINTOXICATION OR SELF-POISONING

The Dangerous Condition Which Produces Many Well Known Diseases.

## HOW TO GUARD AGAINST THIS TROUBLE

"FRUIT-A-LIVES" — The Wonderful Fruit Medicine — Will Protect You

Auto-intoxication means self-poisoning, caused by continuous or partial constipation, or insufficient action of the bowels.

Instead of the refuse matter passing daily from the body, it is absorbed by the blood. As a result, the kidneys and skin are overworked, in their efforts to rid the blood of this poisoning.

Poisoning of the blood in this way often causes indigestion, loss of appetite and disturbed stomach. It may produce headaches and sleeplessness. It may irritate the kidneys and bring on pain in the back, rheumatism, gout, and rheumatic pains. It is the chief cause of eczema — and keeps the whole system unhealthful by the constant absorption into the blood of this refuse matter.

"Fruit-a-lives" will always cure auto-intoxication or self-poisoning — as "Fruit-a-lives" acts gently on bowels, kidneys and skin, strengthens the bowels and tones up the nervous system.

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

## Girls! Use Lemons! Make a Bleaching, Beautifying Cream



The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold cream. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothen and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quart pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin. It is simply marvelous to smoothen rough, red hands.

## A Stubborn Cough Loosens Right Up

This home-made remedy is a wonder for quick results. Ready and cheaply made.

The prompt and positive action of this simple, inexpensive home-made remedy in quickly healing the inflamed or swollen membranes of the throat, chest or bronchial tubes and breaking up tight coughs, has caused it to be used in more homes than any other cough remedy. Under its healing, soothing influence, chest soreness goes, phlegm loosens, breathing becomes easier, tickling in the throat stops and you get a good night's restful sleep. The usual throat and chest colds are conquered by it in 24 hours or less. Nothing better for bronchitis, hoarseness, croup, whooping cough, bronchial asthma or winter coughs.

To make this splendid cough syrup, pour 3 1/2 ounces of Pinex (50 cents worth) into a 16-oz. bottle and fill the bottle with plain crystallized sugar syrup and shake thoroughly. You then have 16 ounces—a family supply of a much better cough syrup than you could buy ready-made for \$2.50. Keeps perfectly, and children love its pleasant taste.

Pinex is a special and highly concentrated compound of genuine Norway pine extract and is known the world over for its promptness, ease and certainty in overcoming stubborn coughs and chest colds.

To avoid disappointment, ask your druggist for "3 1/2 ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

## Told In Twilight

(Notice—Hereafter, the Whig, in common with other papers all over Canada, will make a charge of 50c for inserting an engagement, marriage or reception announcement.)

(Continued from page 7.)

Mrs. Campbell Lane, Montreal, is giving an informal dance Saturday night for her son, Arthur Lane, home from the Royal Military College, for the holidays.

Mrs. Henry Joseph, Montreal, is giving a small informal dance Tuesday evening next, for her son, Gratz Joseph.

Miss Irene Stanton, after spending Christmas with her parents in Barriefield, has returned to Buffalo, N.Y.

Mr. and Mrs. E. S. Murphy, Joyceville, spent Christmas the guest of Mr. and Mrs. Patrick Joyce and family, 64 Rideau street.

Miss Jean Ramsay of Queen's University, is spending the holidays with her parents at Ingersoll.

Bomb. Geo. J. Batae and wife, Kingston, are the guests of the latter's parents, Mr. and Mrs. H. Francis, St. Thomas.

Sergt. Daws has returned to Kingston, after spending Christmas, the guest of Peterboro friends.

William Stoddart, Kingston, is spending the Christmas holidays with his family at Deseronto.

Lieut. Sherman Young, now at headquarters in Kingston, was with relatives in Pictou for the holiday.

Clem Gracey, Kingston, was at Deseronto for Christmas.

Miss Agnes McClelland, Pictou, spent Christmas in Kingston.

Miss Edith McMartin, who has been the guest of her aunts the Misses Johnson, Earl street, returned to Montreal on Thursday.

Mr. and Mrs. Charles Taylor and Miss Jean Taylor, Johnson street, have returned from Bowmanville, where they spent Christmas with the Rev. Samuel and Mrs. Selery.

Capt. E. C. A. Crawford, who has recently returned from France, is spending a few days in town.

Miss Hazel Browne returned to Ottawa on Wednesday and Miss Ruth Hubbell left for Montreal after spending the holiday with their grandmother, Mrs. H. Hubbell, Bagot street.

Mrs. William Hiscock, Toronto, is the guest of Mr. and Mrs. E. Hiscock, Barrie street.

Mr. and Mrs. Clarence Chown, Montreal, are the guests of Mr. and Mrs. Thomas Lambert, Clergy street.

Miss May Hiscock, Barrie street, is visiting relatives in Montreal.

Lieut. Jack Christie, Ottawa, expects to leave shortly for Kingston.

Miss Reta Wilkinson is spending the holidays with her parents, Mr. and Mrs. W. Wilkinson, Alfred street.

Miss Sybil Kirkpatrick, Kingston, is the guest of Miss Edna Thackray, Montreal.

Mr. and Mrs. R. M. Foster, Trenton, announce the engagement of their daughter, Ada Vere, to Roger B. Macfarlane, of the Molson's Bank, Sutton, Que. The marriage will take place in Trenton, Dec. 29th.

Mr. and Mrs. Swaine, sr., Collingwood, Ont., will be the guests of Mr. and Mrs. D. Swaine, jr., Montreal, for New Year.

Mr. and Mrs. D. S. Swaine and little sons left for their home in Montreal after spending Christmas with Mr. and Mrs. Brough, Barrie street.

Miss R. A. Spooner returned to Ottawa to-day after spending the Christmas with her mother and her sister, Mrs. G. W. Bell.

## NEW ZEALAND NURSES DECORATED BY KING GEO.



These New Zealand nurses, some of whom were aboard the torpedoed Maquette, were recently decorated by King George.

Inspector for the welfare commission of Paris.

Oklahoma coal mine operators are replacing their men workers, called away to war, with women and girls.

The old-time custom of binding the feet of Chinese women is still practiced in some parts of China.

Thirty women wearing khaki trousers are working as pipe fitters in a large New Jersey chemical plant.

Miss Elsie Gunther, who acts as secretary to Colonel Wolf, is the only woman official at Plattsburg, where civilians are being taught to be officers in the army.

Miss Anna Ansberry, marshal of Veedsburg, Ind., has served notice

loggers and do other work which has heretofore been done by the men.

Women are being suggested to take the places of male agents who are called away to war.

The Women's Club in Wheeling, W. Va., voted against the holding of a Wagnerian opera in that city.

Several French girls are now in this country instructing our girls how to cut, sew and glue balloon cloth.

Out of the 120 girls who took examinations for messengers in the Government service at Washington, 97 qualified.

Mrs. Maurice Hewitt, wife of the novelist, is the first woman to become head of the aeroplane factory in Great Britain.

Under the provisions of the War Times Election Act, over 1,000,000 Canadian women will be entitled to vote in the coming elections.

Lady Bunge, wife of the famous British general who battered down a strong section of the Hindenburg line, is a well known writer of fiction.

The women of Grand Rapids, Mich., have served daily 1,200 meals, including breakfasts, dinners and suppers, to the soldiers camped near them.

The overseas relief division of the National League for Women's Service will have charge of the task in replanting the ruined orchards of France.

Miss Maria L. Wetherill, a New York society girl, has risked her life on many occasions while transporting wounded soldiers close to the French battlefield.

Mrs. J. Borden Harriman of New York has started on a special tour of British munition factories to see how the British women are doing their bit.

Miss Julia Ricketts, who is running for the presidency of the senior class of the University of Chicago, is the first girl to be a candidate for that office.

Approximately 70 per cent. more women are employed in the accounting department of the Central of Georgia Railway Company to-day than were employed a year ago.

About 70 women are enrolled under the charter of the Grand Lodge of Women Free Masons in England.

America is distinguished in having only one woman, so far, who is a member of their body. She is Mrs. Quatroche, wife of the second secretary of the Italian embassy in Washington. She is by birth an American and measures are being taken by the English grand master to establish an American lodge. Branches are already in process of formation in Australia, Ireland and Scotland.

Stratford, Ont.—"I do think Dr. Pierce's Favorite Prescription one of the best medicines I have ever known for the ailments of women. I had for quite a long time been all run-down, weak and nervous. I doctored, but nothing seemed to give me relief until I began taking 'Favorite Prescription.' This medicine gave me such wonderful relief that I am glad to recommend it to others."—Mrs. A. Godwin, 60 Brant St.

Sawmill and logging-camp operators in eastern Oregon believe that because of the labor shortage which is certain to occur next spring, they will have to employ women to act as

all lawbreakers that she will uphold the law even if she has to use her gun and club.

Women are being suggested to take the places of male agents who are called away to war.

The old-time custom of binding the feet of Chinese women is still practiced in some parts of China.

Thirty women wearing khaki trousers are working as pipe fitters in a large New Jersey chemical plant.

Miss Elsie Gunther, who acts as secretary to Colonel Wolf, is the only woman official at Plattsburg, where civilians are being taught to be officers in the army.

Miss Anna Ansberry, marshal of Veedsburg, Ind., has served notice

## WOMEN ARE NEEDED TO HELP IN WAR

Women can be usefully employed in nursing the wounded, in making up the soldiers' kits, and in a thousand other ways.

Many Canadian women are weak, pale or anemic from women's ills. For young girls just entering womanhood; for women at the critical time; nursing mothers and every woman who is "run-down," tired or over-worked—Doctor Pierce's Favorite Prescription is a special, safe and certain help. It can now be had in tablet form, procurable at any good drug store, or send Dr. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y., 10 cents for trial package. Branch office, Bridgeburg, Ont.

St. Catharines, Ont.—"I have taken Dr. Pierce's Favorite Prescription during expectancy when I felt especially in need of a tonic and it benefited me greatly. I always take pleasure in recommending 'Prescription' to young mothers because I know it will never fail to help them."—Mrs. J. H. Fawcett, 8 Beach St.

Stratford, Ont.—"I do think Dr. Pierce's Favorite Prescription one of the best medicines I have ever known for the ailments of women. I had for quite a long time been all run-down, weak and nervous. I doctored, but nothing seemed to give me relief until I began taking 'Favorite Prescription.' This medicine gave me such wonderful relief that I am glad to recommend it to others."—Mrs. A. Godwin, 60 Brant St.

Sawmill and logging-camp operators in eastern Oregon believe that because of the labor shortage which is certain to occur next spring, they will have to employ women to act as

all lawbreakers that she will uphold the law even if she has to use her gun and club.

Women are being suggested to take the places of male agents who are called away to war.

The old-time custom of binding the feet of Chinese women is still practiced in some parts of China.

Thirty women wearing khaki trousers are working as pipe fitters in a large New Jersey chemical plant.

Miss Elsie Gunther, who acts as secretary to Colonel Wolf, is the only woman official at Plattsburg, where civilians are being taught to be officers in the army.

Miss Anna Ansberry, marshal of Veedsburg, Ind., has served notice

loggers and do other work which has heretofore been done by the men.

Women are being suggested to take the places of male agents who are called away to war.

The Women's Club in Wheeling, W. Va., voted against the holding of a Wagnerian opera in that city.

Several French girls are now in this country instructing our girls how to cut, sew and glue balloon cloth.

Out of the 120 girls who took examinations for messengers in the Government service at Washington, 97 qualified.

Mrs. Maurice Hewitt, wife of the novelist, is the first woman to become head of the aeroplane factory in Great Britain.

**MAGIC BAKING POWDER**  
CONTAINS NO ALUMINUM

**MADE IN CANADA**

**E. W. GILLETT CO. LTD.**  
TORONTO, CANADA  
WINNIPEG MONTREAL

**Apportioning the Blame.**  
Mamma was one day biting her fingernails at dessert, and little Johnny was moved to ask the reason why.  
"Nervousness, dear," answered his mother. "It made me so uneasy to see you swallow your grapes whole that I didn't know what I was doing. You'll get appendicitis, if you're not careful."  
A few days later, however, Johnny's mother was herself taken ill, and the case was diagnosed as appendicitis.  
An operation was performed and the patient was relieved. The surgeon discovered that what had caused the trouble was the presence of a small piece of finger-nail in the appendix.  
"It was all your fault, Johnny," she said. "This would never have happened if you hadn't swallowed those grapes whole!"

The engagement is announced of Annie Luella, only daughter of Mrs. James Muldoon, Smith's Falls, to G. Howard Easer, of the Bank of Ottawa staff, Haldenbury, the marriage to take place quietly in January.

Christopher Humble, a Brockville carter, died suddenly on his sleigh on Wednesday.

## BAKER'S COCOA

### HAS GREAT FOOD VALUE

THE food value of cocoa has been proven by centuries of use, and dietitians and physicians the world over are enthusiastic in their endorsements of it. It is said to contain more nourishment than beef, in a more readily assimilated form. The choice, however, should be a high-grade cocoa—"Baker's" of course.

IT IS DELICIOUS, TOO  
Trade-mark on every package

Made only by  
**WALTER BAKER & CO. Limited**  
Montreal, Can. Dorchester, Mass.  
Established 1780

## Use Newbro's Herculide IN TIME AND YOU WILL NEVER NEED FALSE HAIR

Wearing false hair is a harmless deceit of which many ladies are guilty. These women are all objects for sympathy rather than criticism. Early neglect in the care of the scalp has caused the loss of so much hair that their personal appearance is sadly marred. To correct this defect they resort to artificial hair hoping by so doing to hide the results of their earlier inattention to the details of their toilet. These unfortunates are deceiving no one but themselves as no artificial hair no matter how costly, ever has the snap and luster nor can it be made to look as pretty and attractive as natural hair.

Most ladies would resent any imputation of personal carelessness and neglect. And yet very many permit their natural hair to become so dull, brittle and lusterless that it looks no better than that bought at the store. All this is as unfortunate as it is unnecessary. Hair that is unsightly or thin may usually be attributed to the destroying effects of Dandruff. This destructive formation shortly robs the hair of life, with the result that it finally loosens and drops out. There is a preparation, sold and guaranteed by all dealers, the intelligent use of which will kill the dandruff germ. It cleanses the scalp of all accumulations and makes the hair shine with the luster of life and beauty. That remedy is Newbro's Herculide, the Original Germicide Remedy for Dandruff. In no way can you add more to your personal charm and attractiveness than by the use of this remarkable and well known scalp prophylactic.

On account of its astonishing merit and its delightful and exquisite odor, Herculide finds users everywhere among all classes. It may be purchased in 50 cent and \$1.00 sizes at all drug stores and toilet goods counters. Applications may be obtained at the better barber shops and hair dressing parlors.

Upon receipt of 10 cents in postage or silver to cover cost of packing and mailing, The Herculide Co., Dept. S, Detroit, Mich., will send to any address a nice sample bottle of Herculide and an interesting booklet on the care of the hair.

## JAPAN TEA

The refreshing effect, the nutritive elements and the delicate flavor in each cup materially enhance the pleasure of the meal. For sociability or for food value, Japan Tea is the choice of the discriminating hostess. Government inspected and unadulterated.

"The cup that cheers but not inebriates."  
—Coleridge.



Coming to the Grand for four days, commencing December 31st.