

# In The Realm Of Woman---Some Interesting Features

## The Woman Who Changed

By JANE PHELPS

Told In  
Twilight

### IT IS HARD TO UNDERSTAND

CHAPTER VIII.

"Now Helen I want to talk to you," George said, and I noticed that the look of animosity was surely on his face. "If you can't learn at least the simplest beginnings of good form, we will either desist from meeting people until you do, or I will engage a woman to teach you!"

I could not understand. How could I—I, in love with my husband!

There was dead silence. Then George resumed.

Please do not make me, my ability, the subject of conversation at any time. Especially so when I am in the room. It is not only annoying, but it is atrocious taste."

"Why George, I didn't say anything but nice things," I protested, not yet understanding.

"That isn't the point. It isn't good form to discuss a person to his face; and when one of your own family—at any time. Please remember this, or I shall certainly employ some woman to inform you as to that and other things."

What are you doing? Why aren't you in bed?" George asked half an hour later, when he came into the room.

"I couldn't go to bed."

"Why couldn't you? Does your arm pain you?" the last more gently.

"No, not at all," I answered truthfully. "I was tempted to say that it did; that it was because of that I couldn't rest; but I had never lied to George. It didn't seem quite decent for a wife to lie to her husband—then."

"What is it then?" he demanded.

"Only that I am trying to understand, George. I want to please you dear; but everything is so different. I seem so lonely and alone in this big town when I know no one. And you are sometimes very impatient with me."

"If I am it is for a good reason! Now go to bed," and he again left me.

Discouragement.

The tears streamed down my face as I crept into bed. Would I ever learn so long as I lived not to anger him? Had he really meant what he said about hiring a woman to teach me the usages of polite society?

Then a thought flashed over my brain. I would go to the book store and buy every single book on social customs I could find. Surely then I could at least learn what to avoid.

In about an hour George came in and went to bed. He didn't speak, neither did I. I was afraid to afraid to bring up the subject over which I had blundered.

In the morning he scarcely noticed me. He read his paper and drank his coffee without a word. I had taken especial pains with my morning toilette, but it brought forth no comment. But just before he rose from the table he asked:

"How is your arm this morning?"

"It is all right."

"Keep it in the sling until the doctor tells you that you may do without it. You might have a stiff arm if you do not."

I felt happier that he had shown some interest in me; if it was only that my arm wouldn't stiffen. At the same time the thought came that perhaps it was only that he would be ashamed of a wife who was physically imperfect, as he surely was of mental imperfections.

Just as soon as I could dress, I ordered the car and, taking Annie with me, I visited the book stores in search of books on etiquette.

(To be continued.)

(Continued from Page 3.)

Mrs. Philip Gilbert, Toronto, had a few friends in to tea on Tuesday in honor of her guest, Miss Florence Dewar, Windsor.

Miss Alice Chown, Kingston, is visiting her brother and sister-in-law, Mr. and Mrs. S. T. Chown, in Renfrew.

Mrs. J. A. Wilson, Kingston, spent the week with her sister, Mrs. Harry Sutton, Newburgh.

Misses Ella and Dora Lindsay, Kingston, spent the week-end with Mr. and Mrs. E. A. Gunter, Westport.

Miss Laura Clements, Renfrew, visited her sister, Miss Allie Clements, at Kingston, from Friday until Monday.

Miss Elsie MacKenzie, Division street, has returned home after spending the past three months with her brothers in Peoria and Springfield, Ill.

Mr. and Mrs. L. L. Henderson, Montreal, have been visiting Sir John and Lady Hendrie at Government House, Toronto.

Mrs. J. A. Wilson, Kingston, who went to Toronto for the Taylor-Smith wedding, is the guest of Mrs. Hirschfelder.

Mr. and Mrs. Aubrey Rowan-Legg, Ottawa, will take up residence in Toronto.

Lieut.-Col. and Mrs. F. McKelvey Bell have arrived from Halifax for a brief stay in Ottawa.

Mr. and Mrs. L. L. Henderson, Montreal, have been spending a few days with Dr. and Mrs. J. C. Connell, West street.

John McKay, Sydenham street, has gone to Atlantic City.

Mr. and Mrs. John Donnelly, and Miss Doris Donnelly, Earl street, have returned from Toronto.

Miss Dorothy Chown spent the week-end with her parents, Mr. and Mrs. G. Y. Chown, "Sunnyside," returning to Cobourg on Monday.

Cadet Irving Martin, R.F.C., was in town from Toronto for the week-end.

Mr. and Mrs. E. L. Fortt left on Monday for Lincoln.

Miss Ada Birch has returned from Toronto.

Lieut. Kenneth Taylor, who has been in Halifax, returned on Monday.

The Dean of Ontario is the guest of Sir Henry and Lady Pellatt at "Casa Loma," Toronto, having gone on from Port Hope, where he spent Sunday at Trinity College School.

Miss Lettice Tandy returned to Kingston to-day.

Mrs. Morrison, widow of the late Judge Morrison, Pelton, and Miss Morrison will make their home in Toronto in the future.

Mr. and Mrs. G. W. Mulligan, Peterboro, announce the engagement of their daughter, Gladys Marion, to W. J. Irwin, Peterboro.

### You Get Better Cough Syrup by Making it at Home

What's more, you save about \$2 by it. Easily made and costs little.

You'll never really know what a fine cough syrup you can make until you prepare this famous home-made remedy. You not only save \$2 as compared with the ready-made kind, but you will also have a more effective and dependable remedy in every way. It overcomes the usual cough, throat and chest colds in 24 hours—relieves even whooping cough quickly.

Get 2 1/2 ounces of Pinex (50 cents worth) from any good drug store, pour it into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup. Here you have 16 ounces—a family supply—of the most effective cough syrup that money can buy—at a cost of only 50 cents or less. It never spoils.

The prompt and positive results given by this pleasant tasting cough syrup have caused it to be used in more homes than any other remedy. It quickly loosens a dry, hoarse or tight cough, heals the inflamed membranes that line the throat and bronchial tubes, and relief comes almost immediately. It is a relief for throat tickle, hoarseness, bronchitis, croup and bronchial asthma.

Pinex is a highly concentrated compound of genuine Norway pine extract and has been used for generations for throat and chest ailments.

Avoid disappointment by asking your druggist for "2 1/2 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.

Is there any logic in buying something claimed to be as good as the ORIGINAL Dandruff Germ Destroyer? Insist upon HERPICIDE

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

### Fashion Notes.

Skirts are to be narrow. They have been trending in that direction for at least five months, and now that it is the proper thing to conserve woolen fabrics, it is one instance in the history of fashions where the designers and the government economies will be able to work in perfect unison.

By narrowing the skirts and shortening the jacket it is anticipated that at least two yards of material will be saved on the average suit or dress. This means that an up-to-date model will be made, eventually, of something less than four yards; and in the case of a coat dress the quantity will likely be reduced to near the three-yard limit.

Another interesting feature about new models is the effort to popularize the cape and to make it do duty in place of the jacket. It will be recalled that something less than a year ago the military cape became popular, but its yoke was not sustained for more than one season.

Now, however, the cape in question is to be made short and with the lower edge shaped on cutaway lines. This will give less of an utilitarian suggestion to the garment and make it more convenient and dressy for every day uses.

Such capes will be of the skirt fabric and will not be over-trimmed. It will be permissible to have the collars of contrasting silk or of wide braid. And right here it is interesting to note that not all of the collars are right or necessarily of the choker order.

Many of them, in fact, simply appear to have the edge rolled over to

### A Teacher of Good Form Is Threatened.

"Why George, you couldn't do a thing like that—I'm a married woman, not a school girl," and as I thought of how perfect the boys at home had thought me, how proud my brothers always had seemed of me, the tears came into my eyes.

"There! stop that crying, and go to bed!" he exclaimed. And I, glad to escape before the sobs, which I knew I could not suppress, made him angry, hurried up-stairs.

I now realize perfectly that when I was married I was but a simple country girl, with all sorts of foolish ideas and ideals. I thought that love

### World's Most Valuable Tree.

What is said to be the most valuable tree in the world from a profitable standpoint is the Gantor avocado, or alligator pear, near Whittier, Cal. Its average revenue to the owner is \$3,000 a year. At one time it was insured in Lloyd's for \$30,000, but the company insisted that a high lattice fence be built about it to avert any damage from wind or carelessness, and it was feared that this might interfere with the health of the valuable producer, and two years ago the lattice work was removed, causing a cancellation of the insurance policy. Other alligator pear trees in Southern California produce large returns, but none so far have rivaled the Gantor tree, the fruits from which sell at from 50 cents to \$1 each.—Los Angeles Times.

### Ice Cannon That Really Fire.

Some ingenious workmen in Petergrad more than 175 years ago carved six cannon out of blocks of ice, turned them in lathes and bored them for 6-inch shells. And they actually fired salutes from them. The ice was sufficiently strong to withstand the explosion of nearly 2,000 grains of real gun-powder.

### HOW TO PREVENT EPIDEMIC OF COLDS

A wheezing, sneezing, nose-blowing, sore-throated individual should be isolated. Colds are catching. Watch how they spread through a home, or an office, or schoolroom, or any place where people congregate.

Offering cures for colds is a popular philanthropy. We are all ready to pass on our prescription and preach its merits. But the very best time to cure a cold is before you get it. Hygiene is more efficacious than drugs. Careful eating, healthful sleeping—windows open rain or shine and a hot water bottle at the feet, if needed for warmth.

Wet feet conduce to colds. If you are anxious to get rid of a cough, or better still, outgrow the habit of catching cold, wear warm shoes, and keep the feet dry.

### Potato Pointers.

It's worth while to soak them two hours before boiling.

Before baking put them in hot water 15 minutes. In this way they will bake in just half the time.

Before baking prick with a fork prevents them from bursting.

Baked potatoes economy means oiling a potato before putting in the oven.

With a little butter, lard or olive oil rubbed on, the skin will come off.

When a gossip tells you anything you can make money by betting it isn't so.

### Heart Beat So Fast COULD NOT SLEEP. Had To Sit Up In Bed.

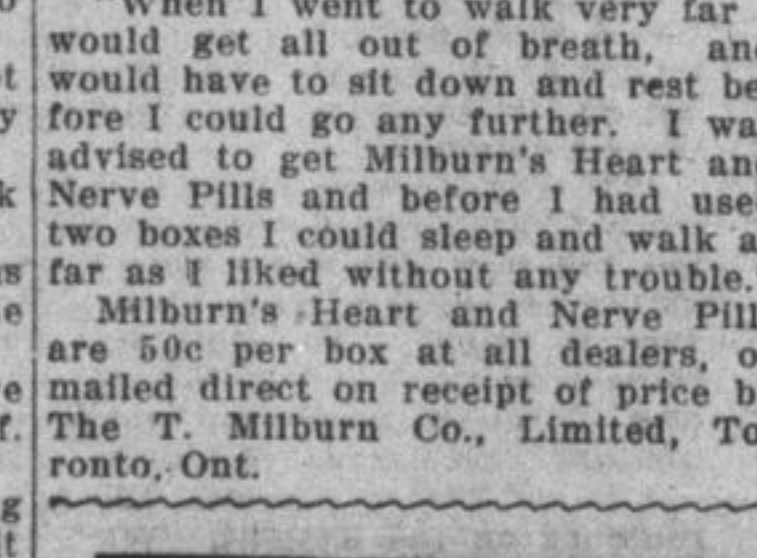
Heart trouble has of late years become very prevalent. Sometimes a pain catches you in the region of the heart, now and then your heart skips beats, palpitates, throbs, or beats with such rapidity and violence you think it will burst. You have weak and dizzy spells, are nervous, irritable and depressed, and if you attempt to walk upstairs or any distance you get all out of breath.

There is no other remedy will do you so much good, restore your heart to a natural condition, build up your strength and give you back vigor and vitality as Milburn's Heart and Nerve Pills.

Mrs. A. Russell, Niagara Falls, Ont., writes: "At nights I could not sleep, and had to sit up in bed, my heart would beat so fast."

"When I went to walk very far I would get all out of breath, and would have to sit down and rest before I could go any further. I was advised to get Milburn's Heart and Nerve Pills and before I had used two boxes I could sleep and walk as far as I liked without any trouble."

Milburn's Heart and Nerve Pills are 50c per box at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



J. A. O'BRIEN One of the leading business men of Ottawa

### Alaska Can Feed Us All.

Reindeer have multiplied so rapidly in Alaska since their first importation in 1892 that the Seattle Post-Intelligencer says they will soon be able to supply our whole Pacific Coast with the greater part of its meat. The reindeer were brought from Siberia, and by 1902 there were 1,200 of them. To-day there are more than 100,000, and this coming season their meat is to be shipped on a large scale.

### Mr. Sharpe's Work Tells.

Belleville, Feb. 25. (Special.)—Evangelist G. M. Sharpe of Galt has just concluded a most successful revival at Holloway Street Methodist Church, having in three weeks secured nearly 400 converts. Tonight he opened a three weeks' campaign in the Tabernacle Methodist Church.

### The British Columbia Government

has made an arrangement with the Pacific Great Eastern Railway Company and allied concerns.

Women have better control of their tongues than men have; men have no control whatever of women's tongues.

Every ton of shipping is needed to supply our soldiers in France :: You help by using

# INSTANT POSTUM

Unlike tea or coffee this satisfying table beverage is made of cereals at home --no overseas tonnage ::

Its delicious rich flavor immediately attracts and it is economical. Used for years by tens of thousands in place of tea and coffee.

"There's a Reason"

McCormick's

# JERSEY CREAM Sodas

All soda biscuits are food, but McCormick's Jersey Cream Sodas are highest in food values as well as best in freshness.

If you could take a trip through our new, snow-white, sunshine factory—the largest and most modern in Canada—and see the care, cleanliness and skill with which these delicious biscuits are made, you would understand why they are so supremely good and satisfying.

Order a package from your grocer to-day.

THE McCORMICK MANUFACTURING CO., LIMITED

General Offices and Factory: London, Canada. Branch Warehouses: Montreal, Ottawa, Hamilton, Kingston, Winnipeg, Calgary, Port Arthur, St. John, N.B.

Makers also of McCormick's Fancy Biscuits

SOLD FRESH EVERYWHERE

# Abbey's Effer-vescent Salt

For a Bright Rosy Complexion

A LOVELY, clear soft skin, natural and true to nature awaits those who daily use ABBEY'S SALT—blackheads disappear, pimples vanish as the magnesia is expelled through the pores of the skin.

ABBEY'S SALT is a gentle regulator, will keep the bowels and digestive organs in the pink of condition. This sparkling, healthful tonic is pleasing and palatable, it contains positively no acetanilide or bromides of any description—a spoonful in a tumbler of tepid water morning and night is all that is necessary to insure nature's peachy complexion.

Hospitals, Nurses, and Physician's have accepted Abbey's—why not you?

AT ALL DRUGGISTS

ABBEY'S VITA TABLETS for the Nerves 50 Cents a Box

## GOOD THREE TIMES A DAY

Parched corn, during the United States Civil War, dry and unpalatable as it was, furnished many a wholesome meal and sustained the endurance and courage of many a brave soldier.

Corn contains all the elements for tissue building and energy making.

Put up as Kellogg's Toasted Corn Flakes, it is a delicious, appetizing, three-times-a-day food—not merely a breakfast food.

Sold only in the original red, white and green package.

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TOASTED CORN FLAKES

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The Battle Creek Toasted Corn Flake Co. Limited

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## JERSEY CREAM Sodas

All soda biscuits are food, but McCormick's Jersey Cream Sodas are highest in food values as well as best in freshness.

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