

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. I asked my doctor about it, and he replied, 'It certainly is the best medicine that can be had today. I couldn't give you any better.' I took it, and today I am as well and strong as any woman could wish to be, and it was Vinol that saved me."—Mrs. Frank A. Horkey, Ash St., Bedford, Ohio.

We 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 Woman Who Changed

By JANE PHELPS

GEORGE REFUSES TO ATTEND THE DINNER

CHAPTER XXI.

Evelyn came over almost immediately, and we planned the dinner for her husband's birthday. He was twenty-three years old, and she called it her "Skidoo" dinner.

"I wouldn't dare say it to anyone but you!" she laughed.

After we had decided the menu and the decorations she said:

"Now for the list of guests."

Aside from George and myself there were all, or nearly all, young friends of Kurt's. Some married, some single. I was delighted that I was to meet so many young people. That George would refuse to go never entered my head until Evelyn said:

"Your husband seems so much older than any of us, do you suppose he'll come?"

"Of course he will! haven't I accepted your invitation." I replied commencing to feel a little frightened. I had asserted myself for the first time in accepting an invitation without consulting George. What should I do if he should refuse to go—not allow me to go? I should be more disappointed than I could say.

"I should never forgive him if he didn't allow you to come," Evelyn said as she left me, after cautioning me to remember every single thing Mrs. Sexton told me.

George Is Told.

"We are invited to a birthday dinner," I told George when he came in. "The formal invitation will come tomorrow."

"Where?"

"giggling girls, and half baked fellows." I wished he had been just a little younger feeling and acting.

Petty Tyranny.

The next morning I didn't mention the dinner. But when George came home at night, I showed him the invitation which had come by post, and asked him if he wouldn't reconsider. When he refused I said: "I told Evelyn that I would come."

"Oh, you did, and how did you know I wouldn't object?"

"But you won't, will you, George? They are all my age, the girls, and I do so want to know them."

"Well, go, alone! But don't ask me to go to such baby affairs. They bore me. What do you intend to wear, to this party you are going to without me?"

"The white dress I wore to Mrs. Loring's. None of them have seen it, and I never have worn it but that once so it is in perfect condition."

"You be sure it is, or I won't have you going in it. I won't have people say my wife is badly dressed, even at a party where she probably won't be with people who know."

"Oh, it is perfectly all right, George," I exclaimed, frightened lest he even now change his mind and forbid me to go.

"I'll be the judge of that! If you aren't all right when you are dressed, you'll stay at home. I shall come home early to sleep."

I knew my dress was all right, that he could not object to it in any way. It wasn't even crumpled, and he had approved it. Yet I was chilled, all my enthusiasm over the party gone for the time.

I loved George at this time, but as I left the room I had a queer feeling of disappointment and fear. Fear of the years to come.

(To be continued)

ANCIENT SOAPMAKING

The Gauls Made Soap Two Thousand Years Ago.

A soap-biller's shop was among the things discovered in the excavation at Pompeii several years ago. The city was buried beneath volcanic ashes A.D. 79. It is said that the soap found in the shop had not lost all its efficacy, although it had lain under the ashes for more than eighteen hundred years. Soapmaking was quite a business in a number of the Italian cities at the time that Pompeii was destroyed. Pliny the elder speaks of soap, and says that because its price was so high many substitutes were used, among them a kind of glutinous earth and fine sand mixed in the juice of certain plants that made lather. History tells us that the Gauls made soap two thousand years ago by combining beech-tree ashes and goats fat.—Family Herald.

Skeletons Discovered in Ruins.

After a lapse of close upon 2,000 years since the destruction of Pompeii the skeletons of four of the victims have been discovered in the actual positions in which they were overtaken by the catastrophe. Two of the victims, apparently a man and



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.

wife belonging to the upper classes, had evidently been caught by the shower of red-hot stones in the cloistered garden of their villa, and while hastening to seek shelter in a corner had been suddenly buried and asphyxiated through the collapse of the roof, overlaid with volcanic dust. The husband was found in a sitting position, with his head and back bent forward and his legs wide apart. His wife was standing erect immediately behind him. Her gold earrings were found on a level with her ears, and there are two gold rings still on the fingers. A third skeleton was that of a youth budding with his face to a hole in the garden wall. The last of the group, a full-sized man, bent almost double under the weight of the suffocating debris, had, on a finger of the right hand an iron ring inset with a prettily engraved cornelian.—Argonaut.

Kimono That Slip Over. The slipover kimono is the last word in slippovers, and apart from the fact that it must be drawn over the head very carefully so as not to spoil the collar, it should be a very practical garment, not only for negligence wear at home, but should prove a perfect boon to women when traveling for Pullman use. Many have been the gowns designed for use in sleepers, and everyone knows how inadequate is the ordinary kimono when one gathers an armful of raiment and proceeds from sleeper to dressing room.

To Dry Sweaters.

After washing sweaters do not hang them up to dry, but place them on the steam radiator or in an open oven, so that the weight does not pull them out of shape.

Ask your "GROCER" For
SUNKIST SEEDED and SEEDLESS RAISINS

The Best for Pie or Cake.

The SAFEST MATCHES in the WORLD
Also the Cheapest!—are

EDDY'S "SILENT 500'S"

Safest because they are impregnated with a chemical solution which renders the stick "dead" immediately the match is extinguished—

Cheapest, because there are more perfect matches to the sized box than in any other box on the market.

War time economy and your own good sense, will urge the necessity of buying none but EDDY'S MATCHES.

Easy & Practical Home Dress Making Lessons

Prepared Specially for This Newspaper

By Pictorial Review

Trim, Smart and Youthful.



with a tunic skirt. In the design pictured here, which is carried out in serge, the basque is finished in high-necked effect, the skirt having a panel front and gathered side tunic. There are inserted pockets in the tunic and juncture of basque and skirt is concealed under a narrow saak of self-material. Medium size requires 4 1/2 yards 54-inch material.

A close survey of the cutting guide will show that the material is folded in two different ways for the proper cutting of the dress. The tunic, back gore, front saak and pocket, placed end to end, determine the length of the first section of the fabric and all of the pieces named, except the saak, are laid along the lengthwise fold. The tunic has the large "O" perforations resting on a lengthwise thread. Opposite the back gore of the skirt are the back of the waist, the sleeve, collar and pockets, with large "O" perforations on a lengthwise thread of serge.

The piece of material remaining is now folded over until there is room to accommodate the front gore of the skirt. The pattern is laid along the lengthwise fold. The narrower fold-over will be sufficient for the panel front, also laid with triple "TTT" perforations along the lengthwise fold. If the skirt or tunic be desired shorter than illustrated, cut off the pattern the desired length before placing on the material.

The model lends itself to still another form of development—with open neck and collar of contrasting material, a belt to correspond with the collar and tunic without pockets.



Blue serge developed into a darted basque and tunic skirt, with saak, inserted pockets and high collar as the decorative features.

Among the smartest of the new fashions are the frocks that combine a semi-fitted, back-closing basque



Pictorial Review Costume No. 7564. Sizes, 16 to 20 years. Price, 20 cents.

Actress Gives Recipe For Gray Hair

A Well Known Actress Tells How to Darken Gray Hair With a Simple Home-Made Mixture.

Joice Williams, the well known American actress, who was recently playing at the Imperial Theatre in St. Louis, Mo., made the following statement about gray hair and how to darken it:

"Anyone can prepare a simple mixture at home, at very little cost, that will darken gray, streaked or faded hair, and make it soft and glossy. To a half pint of water add 1 ounce of bay rum, a small box of Orlex Compound, and 1/4 ounce of glycerine. These ingredients can be bought at any drug store at very little cost, or any druggist can put it up for you. Apply to the hair twice a week until the desired shade is obtained. This will make a gray haired person look 20 years younger. It does not color the scalp, is not sticky or greasy and does not rub off."



THE ECONOMICAL, EASY WAY—to keep FURNITURE & FLOORS LIKE NEW

At a time like this—when economy is preached and practiced to the fullest extent—it is particularly important for the housewife to know how best to make old things look "new." Your furniture may be made to "look its best" by frequent cleaning and polishing. Use for this purpose O-Cedar Polish. It will make your furniture look its best; each polished surface will become a mirror to reflect the sunlight.

Makes the beautiful grain show up

All the beauty of a fine piece of wood is easily made to "show up" by a correct application of O-Cedar Polish. One of the points of O-Cedar superiority is that O-Cedar cleans. A light rubbing with O-Cedar and water will quickly remove the dust, scum and grime—you will note the re-appearance of the real beauty of grain which the wood showed when new.

Use it as directed on the bottle

There is only one correct way to use O-Cedar—you must follow directions in order to have true economy in your polishing. This is the O-Cedar way: A wet

cloth—a few drops of O-Cedar on it—a light rubbing—a brisk polish with a dry cloth—this gives you the remarkable "O-Cedar Result." Every finger mark—every trace of that bluish film—will quickly vanish. O-Cedar gives a surface that gleams like glass—a surface so hard it will not require further attention for weeks.

Nothing like it for floors and linoleums

To have floors clean and brightly polished, you need an O-Cedar Polish Mop—and on your mop always use O-Cedar Polish. On your linoleums too, O-Cedar is the only correct polish. Keeps them from cracking—keeps them fresh and clean. O-Cedar Polish Mop, two shapes—price \$1.50. O-Cedar Polish comes in several sizes selling at 25 cents per bottle up to \$3.00 for gallon can. Get O-Cedar Polish at any Hardware, Grocery or Furniture store.



"CLEANS AS IT POLISHES"

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Cooked Meats of All Kinds, Baked Meat Loaf with Seasonings, Cooked Shoulder, Ham, Sausages, Empire Frankfurters, Jellied Tongues, Corned Ham, Ham, Bologna, Jellied Roast.

Fresh assortment always on hand.

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Constipation Cured In His 78th Year Without Drugs

Did you ever know any person who was permanently cured of Constipation by taking doses of any kind? Drugs seem to assist Nature at the time, but as time goes on larger doses are necessary until the trouble becomes chronic. Internal Bathing is the only real cure for Constipation. It cleans the Colon, Lower Intestine free from all accumulation. Soon the system performs its regular functions unaided, and there is no further trouble.

Mr. A. McLean, of Conger Lumber Co., Perry Sound, writes: "I have been troubled with Constipation for the last 25 or 30 years, and could not pass one day without taking medicine. I have used the J. B. L. Cascade since getting it 21 days ago, with wonderful results. Will recommend any person to use it."

Dr. Chas. A. Tyrrell of New York invented and perfected the "J. B. L. Cascade" for Internal Bathing, which is today the most efficient means of accomplishing the desired results. Dr. Tyrrell has published an interesting book on Internal Bathing, called "Why Men of Today Only 66 Per Cent Efficient," which can be had free for the asking at F. J. Home's Drug Store. They will also be pleased to show and explain the "J. B. L. Cascade" to you.

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A CONVERTIBLE SUMMER BLOUSE

The ideal blouse which serves as a finishing touch to the summer costume is shown in white trimmed with hand embroidered and inserts of filet lace. Specially interesting is the double collar which falls at will away from the neck. This blouse is convertible and may be turned down to a low V effect.