

# In The Realm Of Woman--Some Interesting Features

**7 A.M. and ALL'S WELL**  
when you use **Abbey's Effervescent Salt**

A glass of this bubbling tonic is like a shaft of inner sunshine. Gloom or a grouch cannot live in the same body with it.

AT ALL DRUGGISTS

**ABBEY'S VITA TABLETS**  
—For Nervous People—50 Cents a Box

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

**Told In Twilight**

(Continued from Page 5.)

Miss Agnes Johnston, Gananoque, spent Saturday in town.

Mrs. H. J. Wilkinson and her father, John McKelvey, who have been spending the winter in California, expect to return to town early in April.

Mrs. George St. Remy and three children, who have been visiting Mr. and Mrs. Smith Elliott, left on Monday for their home at High Point, Sask.

Miss Agnes Richardson, University avenue, is leaving this week for Winnipeg to spend a short time before returning to open "Fetter-

## The Woman Who Changed

By JANE PHELPS

### FINAL PREPARATIONS FOR THE DINNER

CHAPTER XXXII.

"We'll dispense with any suggestions, Helen," George said as he, Mrs. Sexton and myself were seated in the breakfast room discussing the final arrangements for the dinner.

I felt so small, so squelched. Why had he told me to remain with them, if I was to be so embarrassed because of his treatment of me? My cheeks flushed, I half rose from my chair, but a look from him made me sink quietly back. I knew that Mrs. Sexton had seen and understood, and I clenched my hands in my lap, until the nails fairly dug into the flesh to keep back the tears of anger and mortification.

"With brooding envy of Mrs. Sexton's calm unruffled manner, and a growing feeling of being 'out of it,' out of everything that usually devolves upon the mistress of a home, I sat through that discussion. When at last George rose to indicate it was over, they—George and Mrs. Sexton—had decided everything connected with the coming dinner, even to the smallest detail.

"You are very fortunate to have such a husband, Mrs. Howard. Not many men would so interest themselves to have your first dinner party a success."

I was immediately frightened and sorry that I had lost my temper. She would be sure to tell George, and I should be made to suffer. I ran quickly to the window as I heard the honk-honk of the car. I hoped George had gone. Yes, he was getting into the car, and I turned from the window with a sigh of relief. At least she couldn't tell him right away. I brushed my hair where I had rumpled it, leaning against the curtain to watch George; then slowly went back into the breakfast room where Mrs. Sexton and Bridget were holding a sort of conference. James, the butler, also joined them after a moment.

Mary looked her sympathy, and several times, as Mrs. Sexton gave her orders (absolutely ignoring me), I thought Mary would surely break out into open rebellion. Once I caught her eye and signalled her to be good. After that she set her lips in a straight line, and I knew that she would keep still for my sake.

James seemed a little puzzled, and frequently when Mrs. Sexton said something to him about the serving, he would look at me as though waiting for me to speak. Finally she noticed it and said sharply:

"You are to take your orders from me, James. Mrs. Howard will tell you so." She looked at me sternly.

"Yes, James you are to take your orders from Mrs. Sexton. She is to all intents and purposes the mistress of this house. I am mistress in name." Then before she could voice her anger at my speech, I burst into a very spasm of tears and rushed from the room.

What did I care that the servants saw that I resented that woman's authority? It was better than to let

them think I had calmly consented to be so put upon. I threw myself across the bed and hushed my sobs by lying upon my face. I had not thought to lock the door, and in a moment I heard Mrs. Sexton's cold cutting voice.

"I knocked but, evidently you did not hear. I want you to come downstairs and apologize to me before your servants." As I made no move to rise, she went on, "Unless you do, I shall leave this house at once and go to Mr. Howard. And I never shall come into it again while you are here," then she left the room.

What should I do? Although I now know it was foolish, I was at that time more than a little afraid of George. If only the old dinner were over. I felt that I would rather die than go down-stairs and apologize to that woman; but I had heard George request her to do several things that morning, to be the florist, to attend to the place cards, and the table decorations. He would be furious if I made it so that she would not do what he wanted.

I felt that almost anything was preferable to facing his anger; so I wiped my eyes and crawled slowly back to the breakfast room. Mary looked as if she, too, wanted to cry, and even on James' immobile face I detected a glint of sympathy. It made it easier for me to say:

"I am sorry I spoke so hastily, Mrs. Sexton. James and Bridget please both of you do as Mrs. Sexton asks for this dinner." I purposely accented the "this" to convey the idea that it would be the only time. I had determined that it should—that, rather than submit to her taking my place again, I would go home.

(To be continued)

## NO MORE KIDNEY TROUBLE

Since He Commenced to Take "Fruit-a-lives"

73 LEES AVENUE, OTTAWA, ONT.

"Three years ago, I began to feel run-down and tired, and suffered very much from *Liter and Kidney Trouble*. Having read of 'Fruit-a-lives', I thought I would try them. The result was surprising.

I have not had an hour's sickness since I commenced using 'Fruit-a-lives', and I know now what I have not known for a good many years—that is, the blessing of a healthy body and clear thinking brain."

WALTER J. MARRIOTT.

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.

never mind a spot!

Better than new—**PARKER'S CLEANERS AND DYERS**

TORONTO MONTREAL & BRANCHES

**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 coughs, 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. The money can buy—at a cost of only 55 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. Splendid 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.

**SEVEN SENTENCE SERMONS.**

The busy have no time for tears.—Byron.

When any calamity is suffered, the first thing to be remembered is, how much has escaped.—Dr. Johnson.

God bids thee tarry now and then; forbear the weak complaint; God's leisure brings the weary rest, and cordial gives the faint.—Margaret E. Sangster.

If you wish to be miserable, you must think about yourself—what you want, what you like, what respect people ought to pay you, what people think of you.—Kingsley

Woe unto them that are mighty to drink wine, and men of strength to mingle strong drink; that justify the wicked for a reward, and take away the righteousness of the righteous from him.—Is. 5: 22, 23.

I know not where His islands lift Their fringed palms in air; I only know I cannot drift Beyond His love and care.—Whittier.

God does not send us strange flowers every year.

When the spring winds blow o'er the pleasant places, The same dear things lift up the same fair faces; The violet is here.—Mrs. A. O. T. Whittier.

Canadian Casualties.

Killed in Action—G. Covart, Wellington; J. Winchester, Lindsay.

Seriously ill—R. A. McDermid, Finch.

The death took place at Brockville on Monday of William Scott, a well known and highly respected citizen of Prescott, at the age of about eighty years.

At Toronto on Sunday the death took place of a former well known resident of Brockville in the person of Mrs. Margaret Carson.

Fresh Haddock and Cod, Whiting, Tom Cods, Smelts, Oysters.

**Dominion Fish Co.**

**GRAND TRUNK RAILWAY SYSTEM**

LOCAL BRANCH TIME TABLE

IN EFFECT MARCH 3RD

Trains will leave and arrive at City Station, Foot of Johnson Street.

Going West.

No. 19 Mail	12:30 a.m.	12:57 a.m.
No. 13 Express	2:10 a.m.	3:02 a.m.
No. 27 Local	2:45 a.m.	10:17 a.m.
No. 1 Inter'l. Ltd.	1:20 p.m.	1:50 p.m.
No. 7 Mail	2:00 p.m.	3:40 p.m.

Going East.

No. 18 Mail	1:40 a.m.	2:17 a.m.
No. 16 Express	3:10 a.m.	3:52 a.m.
No. 4 Mail	12:20 p.m.	12:52 p.m.
No. 14 Inter'l. Ltd.	1:20 p.m.	2:20 p.m.
No. 25 Local	6:48 p.m.	7:27 p.m.
Nos. 1, 12, 14, 16, 18, 19	run daily.	

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

Money remittances made by mail or cable. Apply to Local Agents or The Robert Beford Co., Limited, General Agents, 50 King St. East, Toronto, Ont.



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Shoes that are in charming harmony with Easter styles. Shoes that are noticeable becoming with spring suits. Newest shades.

**The Sawyer Shoe Store**

The man who has no enemies may be considered good, but it's a question what he's good for.

**Easter Footwear**

In Exclusive Designs

ing that you like in good shoes. Our new spring footwear styles are the very latest creations of the shoe makers' art.

We know you will like these shoes because they combine all the good points in shoe making.

STYLE, QUALITY and FIT. Let us supply that dressy, springy feel.

**J.H. Sutherland & Bro.**

The Home of Good Shoes.

**The Burden of Anxiety falls on the Women**

**Dr. Chase's Nerve Food**

ALMOST everybody is living under a tense nervous strain during these trying times, but the burden rests particularly heavy on the women in the home. Whatever their employment about the house, the mind has much time to dwell on the dreadful things that might happen.

There is nothing so wearing on the nerves as worry and anxiety. Nerve force is consumed at an enormous rate, and as the nerve cells become starved and depleted you find yourself unable to rest or sleep. You soon get so you can only see the dark side, and become down-hearted and discouraged.

Headaches, neuralgic pains, indigestion and failure of the vital organs to properly perform their functions are among the symptoms which tell of exhausted nerves and low vitality.

Dr. Chase's Nerve Food will help you if you will only give it a chance. We know this from long experience with this great food cure. We have proven it by evidence published in this paper from time to time. It only remains for you to put it to the test.

You may wonder why people are so enthusiastic in recommending this treatment for the nerves. But you will understand after you have experienced the benefits that are to be obtained by its use.

You will find yourself resting and sleeping better, appetite and digestion will improve and you will know again the joy of good health.

It seeks a box—do not pay more—at all dealers, or Edmansson, Bates & Co., Ltd., Toronto. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

God bids thee tarry now and then; forbear the weak complaint; God's leisure brings the weary rest, and cordial gives the faint.—Margaret E. Sangster.

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**Onyx and Georgina Shoes**

Completeness. No matter how handsome the spring suit or millinery—your attire is incomplete unless worn with a beautiful foot covering.

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Write for colored style plates.

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