

In The Realm Of Woman--Some Interesting Features

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

IN EFFECT MARCH 31/18

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

Going West.

No.	Train	Leaves City	Arr. City
No. 19	Mail	12:51 a.m.	12:51 a.m.
No. 13	Express	2:10 a.m.	5:52 a.m.
No. 27	Local	9:45 a.m.	10:11 a.m.
No. 1	Interl.	1:20 p.m.	1:50 p.m.
No. 7	Mail	3:08 p.m.	3:40 p.m.

Going East.

No.	Train	Leaves City	Arr. City
No. 18	Mail	1:49 a.m.	2:17 a.m.
No. 14	Express	2:10 a.m.	2:52 a.m.
No. 4	Mail	12:29 p.m.	12:53 p.m.
No. 14	Interl. Ltd.	1:29 p.m.	2:30 p.m.
No. 23	Local	3:48 p.m.	4:27 p.m.
No. 1, 12, 14, 16, 18, 19	Run daily.		

Other trains daily except Sunday.

Direct routes to Toronto, Peterborough, 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. Stanley, Agent, Agency for all ocean steamship lines. Open day and night.

CUNARD LINE

Passenger Service

Halifax and Bristol

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

Can't sleep! Can't eat! Can't even digest what little you do eat!



ARMY & NAVY DYSPEPSIA TABLETS

will make you feel ten years younger. Best known remedy for Constipation, Sour Stomach and Dyspepsia.

25 cents a package at all Druggists, or sent to any address postpaid, by the

U. S. ARMY & NAVY TABLET CO. 260 West Broadway, N.Y.

NINE BOILS

Kept Coming on Neck One After the Other

Anyone who has ever suffered from boils, knows how sick and miserable they make you feel.

When you think you are about cured of one, another seems ready to take its place and prolong your wretchedness. All the poulticing and lancing you may do will not cure them and stop more coming.

Boils are staphylococci had blood bursting out, and the bad blood must be made pure before the boils disappear.

Burdock Blood Bitters is the greatest blood purifier known. It cleanses the system and removes every particle of foul material from the blood, then never another boil comes and the cure is permanent.

Mr. Geo. Ayers, 302 Gloucester St., Ottawa, Ont., writes: "I wish to tell you what I know about your wonderful Burdock Blood Bitters. In the spring I suppose my system needing a cleaning out, for I had nine boils come on my neck one after the other. I quickly got a bottle of B.B.B., and before it was half finished I felt a great change, and it certainly put an end to my boils, otherwise I might have had a lot more. I recommend B.B.B. to all I can, for I know it to be a great remedy."

The Woman Who Changed

By JANE PHELPS

CHAPTER XLV.

The heart burnings I had, the tears I shed, over the menu for my dinner, make me smile now. It seems so childish. But then it was very real. I was so anxious this first dinner of mine should be a success, that it nearly made me ill. But as I look back, I realize it was not for the sake of the guests, but to please George.

Finally, we had the menu all made out. It was simple in the end, in spite of all my worry. Mrs. Sexton said it was better so, and advised against any elaborate dishes.

So we had hors d'oeuvres, a delicate consommé, salmon wonderfully prepared by Mary (who took an intense interest in the success of my dinner), quail with jelly, a rack of lamb with French peas, a Palm Beach salad. I chose it because of the name--then a coupe Toss, fancy cakes and coffee. Of course we had all the usual things, like celery, salted almonds, etc.

Neither Mary nor James knew that Mrs. Sexton had anything to do with the menu, although they may have suspected. She was darling about it, always referring them to me if they asked her any questions. She could be so nice. I wondered why she was usually so disagreeable.

A Thought of George. "George will be so proud of me," I thought, loyally, in my triumph over the assured success of my dinner. I felt as though, in serving his

THE DINNER MENU

vanity, I were performing the whole duty of a wife. He had made me feel that way.

(Merton Gray had called with a couple of the finished place cards. They were exquisite. The delicate coloring, the dainty dresses, and the lovely faces of the women were wonderful.)

"You are a very fortunate little woman," Mrs. Sexton remarked after she had unstintingly admired and praised them. It is a great compliment that Mr. Gray has paid you."

"I am delighted to assist Mrs. Howard, and I am the one who is complimented to be allowed the privilege," Merton answered, rather stiltedly.

I called him Merton always, in my thoughts. He had been so nice to me--or so it seemed--that, next to Evelyn and Kurtis, I felt I knew him better than any one in Moreland.

Once I had spoken of him--as "Merton" to Mrs. Sexton. She had corrected me immediately, making me feel very small. I hated her for it, even though I knew she was right.

"If you speak of him, or any other man, by his given name, or if you allow yourself to think of them by that name, you will be apt to so address him when not thinking, or to use his name at some time when you will be embarrassed because of your carelessness."

I have learned that she was absolutely right. One is inclined to speak to, and of, people by the name which they give them in their thoughts. But, then, it seemed to me a silly thing to regard so seriously.

The Appearance of Familiarity.

"Remember, a married woman should studiously avoid not the appearance of evil, so much as the appearance of familiarity. Nothing will set Mrs. Gandy's tongue wagging like a familiar manner toward a man not your husband nor toward a man not your husband's friend."

Then, to emphasize her point, she told me a story. She told it in such a manner I couldn't help but wonder if it were her own:

"I know a man and woman who, for certain reasons, never have married. Yet who, for many years, have been the closest of friends. For fear that a wrong construction would be put upon their friendship, they never have addressed each other, save in the most formal way. Even their letters have not gone beyond the usual 'My dear Miss' or 'My dear Mr.' of the casual acquaintances. I do not imagine they ever think of each other, save by the same name which they invariably use. For in the entire twenty years of their close friendship, no one has ever heard them address each other, save in such a way as gave no possible appearance of familiarity."

"Oh, dear!" I grumbled. "At home everyone called each other by their first names. Even old married people."

"That is one of the things you did at home that you cannot do in Moreland, at least not in the society in which you move."

"Oh, very well! It seems to me I do nothing right!" I snapped crossly, and left the room without asking pardon for my un ladylike speech. (To be continued.)

PART CANADA IS PLAYING

CANADA PLAYING MAGNIFICENT PART.

War Has Cost \$1,352,227,823 and 100,000 Casualties--The Estimates Are Based Upon Assumption That This Year Canada's Half Million Men Will Be Raised.

Ottawa, April 11.--The tale of Canada's outpouring of treasure for the attainment of the objects involved in the present conflict of nations is told in the great mass of figures with which Sir Robert Gordon introduced the discussion of the Dominion's fifth war appropriation bill in Committee of the Whole in the Commons yesterday. The recital of statistics brings few thrills to the listener, but a study of the Prime Minister's statement is rewarded by new and clearer appreciation of the magnitude of Canada's share of the financial burdens of the struggle. To the end of the fiscal year 1917-18 Canada's war expenditure at home and abroad so far as it has to date been reported amounted to \$538,959,019. To that will be added the disbursements for the present year are estimated, \$516,277,804, making a total since the outbreak of war of \$1,352,227,823. As the Prime Minister pointed out, however, that sum does not represent all the expenditure of the period inasmuch as certain large amounts laid out in Great Britain have not yet been reported and included in the amounts.

The vote of \$500,000,000 provided for in the bill before the House is available not only for the payment of military and naval expenses, but is also drawn upon by other departments of the Government to meet the cost of services directly attributable to the war. The expenditure of the Department of Militia and Defence this year, it is estimated, reaches \$442,050,000, of which \$217,887,500 will be spent in Canada and \$225,172,500 overseas. The estimate is based upon the assumption that the total of Canadian enlistments since the beginning of hostilities will this year reach 500,000, including 100,000 first draft under the Military Service Act home defence force 10,000 men, in England 150,000 men and in France 140,000 men. The large sums to be met include \$180,000,000 to pay 110,000 troops in Canada and 290,000 abroad; the total pay list in Canada will be \$50,187,500 and that abroad will be \$132,312,500. For the maintenance of troops in France at the rate of 9 shillings and 4 pence per man-per day agreed upon, \$115,000,000 will be required; for the assigned pay of overseas troops \$54,000,000 for separation allowance payable in Canada \$21,750,000, and for those payable in England \$6,000,000. To provide rations for soldiers in Canada \$20,075,000 will be required, and for food for men in England \$21,000,000. Clothing will cost \$19,050,000; equipment, not including arms, \$20,000,000; ammunition, \$5,000,000; machine-guns, \$2,000,000; ocean and railway transport, \$15,875,000.

Is This In Kingston? When the House of Commons went into committee on a bill respecting soldiers' civil re-establishment, W. F. Nickle spoke of an incident in a certain hospital regarding the manner in which a man unable to salute a superior officer in the usual way was required to act. In this case, he said, the soldier had to turn his head in the direction of the officer. Such an order, he contended, was ridiculous. He pointed out that all soldiers bore the rank of lieutenant, and as such were superior to the private and non-commissioned officers.

The Federal Government and the Governments of Saskatchewan and Manitoba are joining in establishing a plant at Estevan to make briquettes out of lignite.

UNIVERSAL TRAINING FOR CANADIAN YOUTH

Major Mowat Will Move For Amendment To Militia Act To Compel This.

Ottawa, April 11.--Amendments to the Militia Act, of which Major H. M. Mowat, member of the Parkdale Division of Toronto, has given notice in the Commons, provide for universal military training in Canada. Major Mowat believes that thirty days' militia training each year, for two or three years at least, at some time in a young man's life, will be good for him, and a national insurance for peace and safety. Just as it has been in Switzerland.

The amendments which he proposes provide for the compulsory enrolling of all men of military age in Canada, who shall compose the militia force of Canada. Instead of leaving it optional with the Cabinet to make regulations providing for the annual training of the militia

forces. Major Mowat proposes to replace "may" by "shall" in the clauses relating to annual drill, formation of cadet corps, etc.

He further asks Parliament to enact that men called out to drill each year shall serve without pay except for subsistence allowance, and that the word "emergency" shall not be restricted to mean merely "pending or immediate emergency." He asked that the proposed amendments be referred to the select committee of eleven members, seven to be nominated by the Prime Minister and four by the Leader of the Opposition, to bring in a bill embodying the amendments and the principle of universal training.

New Women's Degree.

Montreal, April 12.--A new degree for women students of McGill University to be known as the degree of Bachelor of Household Science (B.H.S.), is to be established, according to a decision of the McGill corporation at a meeting this afternoon.



10317--Braiding or Peading Design for Banding suitable for trimming waists, skirts, coats, etc. The pattern consists of transfers for stamping 3 1/2 yards of banding 5 inches wide; also, trial sheet for testing the heat of the iron. PRICE, 15 CENTS, YELLOW.

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The new La Diva models embody the very latest fashions and are most reasonably priced. See them at your dealer's.

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Works like magic. Takes the inflammation out of scalds, bruises, blisters, sunburn and chafe. Relieves piles and abscesses. A wonderful healing ointment, tested and proven by over 25 years success--always effective. Try it--and you will always have a box in the house. 50c a box--all dealers--or write us.

HIRST REMEDY COMPANY, HAMILTON, CANADA
HIRST'S Pain Exterminator (35c), and HIRST'S Peppermint Syrup of Morehead and Elecampane (50c)

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LIRIL

What Is "Well-Favoured"?

"Leah was tender eyed, but Rachel was beautiful and well-favoured."

Bacon says "Beauty of feature is greater than beauty of favour."

But as a matter of fact, most people find the fine complexion (beauty of favour), the more attractive. It means health and a body sweetly clean.

How splendid to think that anyone may have beauty of favour!

The face exposed to dust of every day life should be cleaned with a pure soap.

The right Soap should dissolve readily and have creamy, soothing softness, owing to rich oils, while strong enough to clear off grime.

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LIRIL SOAP

There is one Soap which proves perfect for daily toilet use and is made entirely from pure, sweet Vegetable Oils which are aids to a clean and beautiful complexion.

It is the moderately priced Vinolia Liril sweetly garden scented with Violettes de Parme.

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has all the sweetness of the Golden Corn from which it is made. Try it!

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