

In The Realm Of Woman--Some Interesting Features

VINOL MADE THIS NURSE STRONG

Nothing Like it for Run-down and Nervous People

Von Ormy, Texas—"I suffered from a general run-down condition, anemia, loss of appetite and cough, so I was unfit for my work. I tried different medicines without help, and through my druggist learned of Vinol. I took it; my appetite increased, my cough disappeared, I gained in weight and I am now well and strong, so I can conscientiously endorse Vinol."

Viola Salada, R. N., Van Ormy, Tex. We guarantee Vinol to build up run-down, anemic folks or return your money. We take all the risk.

Mahood's Drug Store, Kingston. Also at the best druggist in all Ontario towns.

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

IN EFFECT MAJOR SRD

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

No. 19 Mail	12:50 a.m.	12:57 a.m.
No. 13 Express	1:10 a.m.	1:17 a.m.
No. 17 Local	1:45 a.m.	1:52 a.m.
No. 1 Intern'l	1:50 p.m.	1:57 p.m.
No. 7 Mail	3:05 p.m.	3:12 p.m.

City Arr. City

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Other local trains run daily. Great route to Toronto, Hamilton, Buffalo, London, Detroit, Chicago, Bay St. Louis, Montreal, Ottawa, Quebec, Portland, Halifax, Boston and New York. For Pullman accommodation, tickets and all other information, apply to J. E. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

C.N.R. Tourist Sleeping Cars mean Comfort to the Traveller

The interior is somewhat more modest in appointment than the standard or first-class sleeping car. Of solid steel underframe, and with highly polished dark green, the Canadian Tourist sleeping cars present a very pleasing appearance. The interior is finished in mahogany, with also carpet to match and cork composition flooring to deaden sound and lessen vibration. Commensurate smoking room and toilet, kitchenette with appliances for light cooking, running water, etc., are greatly appreciated. Roomy berths, accommodating two in the day berth, are just one-half the first-class rate. Second-class ticket holders may also occupy these cars, and the sleeping car is always available at main time. Trains leave Toronto Union Station 10 p.m. Mondays, Wednesdays and Fridays for Winnipeg and point west.

For Tickets, Reservations, Literature and Information, apply to J. E. Ivey, Station Agent, or write to C. Dunn, City Agent, or write to R. C. Paton, C.P.A., 66 King Street East, Toronto.

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THE MAKING OF A FAMOUS MEDICINE

How Lydia E. Pinkham's Vegetable Compound is Prepared For Woman's Use.

A visit to the laboratory where this successful remedy is made impresses even the casual looker-on with the reliability, accuracy, skill and cleanliness which attend the making of this great medicine for woman's ills.

Over 250,000 pounds of various herbs are used annually and all have to be gathered at the season of the year when their natural juices and medicinal substances are at their best.

The most successful solvents are used to extract the medicinal properties from these herbs.

Every essential tank that comes in contact with the medicine is sterilized and as a final precaution in cleansing the medicine is pasteurized and sealed in sterile bottles.

It is the wonderful combination of roots and herbs, together with the skill and care used in its preparation which has made this famous medicine so successful in the treatment of female ills.

The letters from women who have been restored to health by the use of Lydia E. Pinkham's Vegetable Compound which we are continuously publishing attest to its virtue.

Be a "live one" in matters that pertain to village and town.

The cure would always rather go by the name of promoter.

Countenancing a woman is almost as bad as committing one.

The Woman Who Changed

By JANE PHELPS

IT IS HARD TO SAY "GOOD-BYE."

CHAPTER LXV

The next morning the whole family accompanied me to the station. "I can't bear to go!" I moaned. "It seems as if I had been here only a day."

"I don't think it's right," David declared stoutly. "That husband of yours is a pig. To keep you a whole year and then let us have you just a few days!"

"Almost two weeks, David," Mother said gently. "We must be thankful he spared her so long. Perhaps he will be willing to let her come soon again, and also come with her. I knew mother wished it, so I said: "She will surely come next time."

But in spite of trying to be brave, there was a break in my voice when I answered my dear ones, and my eyes were misty. Mother looked at me, detecting the gathering tears.

"There, dear, we all feel badly, but we are not going to sadden you by crying way, and you must be brave for our sakes. I should hate to think of you as weeping on your long journey."

"Mother's right! shut off the tear tap, sis. We all feel bad enough without that," David broke in. "Cheer up, little daughter," dad said as he kissed me. "Come again as soon as you can."

On the Way Home.

It was over. The train was in motion. I stood on the car platform, with my handkerchief feebly waving as the train gathered momentum, until finally they were gone. I could see them no more.

"Partings are awful!" I said aloud, gulping down a sob.

"Ain't they, just, Miss?" the brakesman replied, probably thinking I had spoken to him. But, though I had not, his sympathetic words helped me. His sympathetic words helped me. His sympathetic words helped me.

"I had some reading matter and my candy. The car was crowded, and I entertained myself frequently by watching the people, speculating upon their relationships, etc.

Among the passengers was a woman, or girl, no older than I. She had the dearest baby, and I asked her if she wouldn't like me to hold her while she went into the dining car for her luncheon. She accepted gratefully.

"Baby is very good, but I have been travelling nearly four days and I am tired," she said, as she put the little darling on my lap.

I was surprised when she returned half an hour later. It hadn't seemed like minutes. The baby had cooed and laughed, played with my watch, and been altogether adorable. Never had I thought much about children. I guess I was too young. But, all suddenly, I thought I should like just a little fat, darling baby for my own. "I never could be lonely, then."

"Ain't I had also had my luncheon. This time I kept her over an hour while the mother slept. Then when she came for her, we talked a while. Her name was Grant. Mrs. Grant, and she had called the baby "Nellie."

"It sounds funny to say it, but no name seemed to appeal to either my husband or I except the name President Grant's daughter had. So we just gave it to her."

"Nellie-Grant," I said it aloud.

"Yes, I think perhaps I should have felt the same. It would be hard to think of another name for a little Grant girl."

Time Drags.

Mrs. Grant left the train about three o'clock. She told me her husband was to meet her. That she had been visiting her mother in California for six weeks; and that she was afraid he would not know the baby, she had grown so.

When the train stopped at a small town where she got off, I eagerly watched the meeting between her and the tall, bronzed young fellow who met her. He was dressed like an engineer, or something of that sort, but she just clung to him, and his face fairly shone. I watched them almost as longingly as I had my own people when I left them. They seemed so awfully glad to see each other. Awfully was the only word that expressed it.

I wondered how George would meet me. He would probably kiss me. He had kissed me good-bye. But he would think it had form to show such delight as that young fellow had shown. He would kiss me once, and help me into the car.

Would he be glad to see me, really glad? I hoped so. "I felt so anxious to present a good appearance," that I tried to get a little nap. I closed my eyes and rested, but could not sleep. I had too much to think about. The afternoon dragged dreadfully. And no one on the train was happier than I, when the porter called:

"Moreland the next stop! All out for Moreland!"

(To be continued)



New Styles are graceful

This year's D & A models show the figure at its best.

Without undue compression they help to realize the dressmaker's ideal.

Made in Canada and fitted to living Canadian models D & A Corsets give Canadian women the greatest possible comfort and retain half the price of imported corsets. There is a style for every figure.

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D & A CORSETS

DOMINION CORSET CO., QUEBEC

SUFFERED WITH NERVES

COULD NOT KEEP QUIET.

Diseases of the nervous system are very common. All the organs of the body may be sound while the nerve centres may be affected.

Many women become run down and worn out by household duties never ending, and sooner or later find themselves with their nerves shattered, and the heart action weakened.

On the first sign of any weakness of either the heart or nerves, flagging energy, or physical breakdown, do not wait until your case becomes hopeless.

Milburn's Heart and Nerve Pills will at once quieten the shaking nerves, strengthen the weak heart and build up the entire system.

Mrs. E. Bailey, 221 Earl St., Kingston, Ont., writes: "I was suffering very much with my nerves, so much that I could not keep myself quiet at all. I was recommended to try Milburn's Heart and Nerve Pills so I bought three boxes, and I must say I have derived much benefit from them, so much so that my friends have all noticed the change in me."

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.

Easy and Practical Home Dressmaking Lessons

Prepared Specially for this Newspaper by Pictorial Review.



Noted Among the New Skirts.

sores and finish the edges above perforation for a placket. Form plait in back gear placing 1/2" on corresponding small "O" perforation and tuck.

Next, join the tunic sections as notched; leave the left side seam free above the lower large "O" perforation in front section and finish the edges above the perforation for a placket. If desired, close the center front seam of tunic. Form of slot perforations and press. Form of slot perforations on remaining lines of slot perforations, bring the folded edges to corresponding lines of small "O" perforations, baste and press plait. Arrange tunic on skirt, with front edge of tunic at center front, and with upper edges even; baste upper edges together.

Adjust stay to position underneath skirt, with upper edges even; stitch upper edges of stay and skirt together and close at left side.

Plait upper edge of tunic, next bringing the "O" perforation nearest center-back to 1/2 inch forward of the center-back; bring remaining "O" perforations at top of plait, also at the lower edge, to the corresponding small "O" perforations; tack all plaits. Turn the upper side edge

Wood's Peppermint Cure

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins, cures Asthma, Debility, Mental and Brain Worry, Insomnia, Loss of Energy, Palpitation of the Heart, Failing Memory. Price 41 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. THE WOOD MEDICINE CO., TORONTO, ONT. (Family Signet).

THOMAS COPLEY Telephone 987

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J. R. B. Gage, Montreal St. Phone 540

"My housework is lots easier since hubby painted this old kitchen floor with

Low's Brothers Hard Drying FLOOR PAINT

All I need to do is go over it with my dust mop and it looks clean as a pin. No more back-breaking scrubbing for me."

HARD DRYING FLOOR PAINT is made in a variety of attractive colors. Sold in whatever size cans you may need. Easy to apply and dries quickly. Ask for complete color card.

BUNT'S Hardware. King Street Phone 388.

SPECIAL!

WOMEN'S DARK BROWN KID LACE BOOT, HIGH CUT, LOW HEEL

\$5.00

The Sawyer Shoe Store

War Garden Bulletin

Practical Daily Guide For Vacant Lot and Backyard Gardeners Enlisted in Great Production Campaign.

Issued by the Canada Food Board in collaboration with experts on the staff of the Dominion Experimental Farm.

Paste This Up.

The backyard gardener must not attempt to grow immense quantities of vegetables from a small plot. Plants require a fair amount of breathing space just as human beings do.

Assuming that your garden is 22 x 30 feet, here is a scale to go by for some of your early vegetables:

Row 1—Beans, 1 packet for 30-foot row; rows 12 ins. apart; depth, 1/2 inch.

Row 2—Beets, 1 oz. seed for 30-foot row; rows 12 ins. apart; depth, 1/2 inch.

Row 3—Carrots, 1 packet for 30-foot row; rows 12 ins. apart; depth 1/2 inch.

Row 4—Onions, 1/2 oz. seed for 30-ft. row; rows 12 ins. apart; depth, 1/2 inch.

Row 5—Early cabbage and cauliflower, 12 plants of each to 30-foot row; rows 15 ins. apart; roots well covered.

Row 6—Spinach, mustard and cress, 1 packet of each to 30-foot row; rows 15 inches apart; depth, 1/2 inch.

Row 7—Lettuce and radish, 1 packet of each to 30-foot row; rows 12 inches apart; 1/2 and 1/2 inch deep.

Row 8—Early peas, 1 oz. to 30 foot row; rows 12 inches apart; 2 inches deep.

With a tunic that is both pointed and plaited and a new idea in bustle drapery at the back, this skirt strikes a charming note in a section of individual skirts.

There are many novelties among the separate skirt styles for spring and summer, but none more pleasing than this model in lustrous high toulard with slanted tunic. There is a two-piece foundation, while the tunic is in four pieces. At the back there is a bustle effect that is entirely different from anything that has been seen of separate skirts heretofore. It consists merely of a short puff drapery plaited to a straight band at the top. In medium size the skirt requires 6 yards 55-inch material.

The construction is simple, despite the effect of the tunic. First join the gores as notched. Leave the left-side seam free above the lower large "O" perforation in front of under, matching single large "O" perforations and upper edges; baste upper edges to position. Sew puff to lower edge of band. (A) as notched, with center backs even. Adjust on skirt with center-backs and upper edges even.

Turn side and lower edges of poplin under the slot perforations and cut away the surplus material under the point. Plait at upper edge placing "O" on corresponding small "O" perforations and turn edges and center-back even.

Girdle—Arrange around the waist with upper edge of girdle about 1 inch above the top of skirt and close in back. Large "O" perforation in girdle indicates center-back.

Pictorial Review Skirt No. 7663. Sizes, 24 to 32 inches waist. Price, 29c.

Keep your stove Bright

BLACK KNIGHT STOVE POLISH

Easy to use and gives a brilliant, lasting polish. Apply with a cloth to either a warm or cold stove, as Black Knight will not burn