

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

## OVERWORKED, TIRED WOMAN TOOK VINOL

Now She is Strong and Hearty

Philadelphia, Pa.—"I was overworked, run down, nervous, could not eat or sleep. I felt like crying all the time. I tried different remedies without benefit. The doctor said it was a wonder I was alive, and when Vinol was given me I began to improve. I have taken eight bottles and am now strong and perfectly healthy in every respect, and have gained in weight. I can not praise Vinol enough."—Mrs. Sarah A. Jones, 1025 Nevada St., Philadelphia, Pa.

We guarantee Vinol to make overworked, weak women strong or return your money. Formula on every bottle. This is your protection.

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

### LOT FOR SALE

40 ft. x 120 ft. Enough stone on it to build a house.

Snap for \$150

W. H. Godwin & Son  
Insurance and Real Estate  
49 Brock St. Phone 424

The death took place in Morristown, N.Y., on Sunday, of a prominent citizen of that village in John Donald. He had been ill but a few days of pneumonia. He was born at South Hammond, N.Y., fifty-one years ago.

## The Woman Who Changed

By JANE PHELPS

### HELEN IS FRIGHTENED

CHAPTER LXXI.  
Claude Huntington called. It was one rainy afternoon soon after the dinner party. He brought me an exquisite bunch of violets, and was so gay and chatty that I really was enjoying his call. He was still flattering and said such extravagant things about my beauty, my taste in dress, and my well appointed home, that I blushed with embarrassment and—I confess it—pleasure.

We commenced to talk of the different people I had met, and I must have shown my feeling against Madge before I did not realize it at the time; but in the light of what came after, I concluded I had let Claude see more than I intended. "He had been with me about half an hour when I heard George come in. I called to him."

"I'm in here, George," but as he made no reply, I went to the door and said: "Mr. Huntington is calling. Won't you come in?"

"No—I shall go directly to my room."

I was embarrassed. I know that Claude must have heard. But more than that, I was frightened. George looked so stern, so almost angry. Was he provoked because Claude had called? Was he, could he be, jealous? Anyway, I was so uncomfortable, so ill at ease, that Claude went almost immediately.

I ran upstairs with a determination to have it over. I was so frightened.

**CASTORIA**  
For Infants and Children  
In Use For Over 30 Years  
Always bears the Signature of *Chas. H. Hitchcock*

ened that I trembled, and could scarcely stand. George was by the window looking over some papers.

Do Stop Asking Questions. "Why wouldn't you come in, George?" I asked.

"Because I didn't care to."

"I thought maybe you were provoked at me?"

"What for? A guilty conscience?"

"No, I thought perhaps you didn't like it because Mr. Huntington called."

"That whippersnapper! If you were entertained and admire his type, why should I care? You certainly are old enough to know your own mind. Please don't ask me any more questions. I am busy."

"But, George, what made you look so cross?"

"Eh?"

"What made you look so cross when I asked you to come in?"

"Do stop asking questions! Will you never learn to give up that habit! You are a perfect question mark and it is very annoying."

I said no more. Anyway, I had no reason to be afraid. I smiled to myself—a rather grim sort of smile—as I thought I had imagined George jealous. He didn't care enough to be jealous of me.

Thinking of this brought to my mind that, in one way and another, it had been made clear to me that he had spent a good deal of time with Julia Collins of late. If he wasn't jealous of me, I was of him.

Every time I spent a long, lonely evening, I now wondered if he were with her. But that was one thing I dared not question him about.

Try To Be a Brave Woman. The next morning Evelyn came over.

"I just met Julia Collins, and she looked stunning!" she commenced.

"But for goodness' sake, Helen, I can't see why you are jealous of her."

She is a good ten years older than you are." (I had confided my jealousy of the handsome widow to Evelyn).

"I know, Evelyn. And if she were like other women, an ordinary type, I don't think I should be a bit jealous. But she says and does anything she likes, and yet is so popular. She is so fascinating, too. I hate her, yet she fascinates me. I can't help feeling that she is dangerous—her beauty at times is almost unearthly."

"Diabolical, rather."

"I believe she is in love with George. I believe Mrs. Sexton thinks so, too. And, Evelyn, she doesn't care a straw that he has a wife."

"Oh pshaw, Helen! Don't be so silly. Why Mr. Howard has known her for years. If he had cared for her, he would have married her."

"That is just where you are mistaken. He wouldn't! He wanted a wife he could make over to suit him. Do you suppose he, or any other man, could make Mrs. Collins over, or make her do anything she didn't want to? I believe that is why she fascinates George. She must! He spends so much time with her."

"Don't get unhappy over her, Helen," Evelyn said, but I thought her eyes took on a sympathetic look.

"Such women are never happy unless they have a man dangling after them. But Mr. Howard has too much sense to leave a young and pretty wife, like you, for a woman older than he himself (and so much older than you), no matter how fascinating she was."

"But, Evelyn, I am so afraid he will. I can't please him! He won't spend any time with me. It is terrible to feel that he prefers her to me—his own wife."

"Now, Helen, stop right away. Try to be a brave woman, not a silly child."

(To be continued)

### CIVIL SERVICE BILL

Members Think They Should Be Consulted in Appointments. Ottawa, May 12.—The Parliament is to adjourn by Saturday, May 18th, as desired by the Premier, some of the legislation will have to go over until next session. There is still a large legislative programme which cannot possibly be disposed of in eight working days.

Sir Robert Borden has already announced that whatever else happens the Civil Service Bill will be proceeded with. This will take several days as there are no less than fifty-six clauses. Some of the members object strongly to all control of minor appointments, such as rural postmasters, being placed in the hands of the Civil Service Commission. They claim they are not fighting for patronage, but that as representatives of the people they should be consulted in regard to appointments solely affecting their ridings.

MANITOBA'S WHEAT CROP  
As Result of "Break More Land" Campaign. Winnipeg, Man., May 12.—Manitoba will produce from 4,000,000 to 5,000,000 more bushels of wheat in 1918 than the average crop as the result of the "break more land" campaign which is now being conducted by the Manitoba Parliament Department of Agriculture by means of 40 crop boosters, who are spreading the gospel of increased production throughout the province.

This is the opinion voiced by Hon. Valentine Winkler, provincial minister of agriculture, based on reports of the first week's operations which are now to hand.

The shrewd wife usually prompts the dictation she receives from her husband.

COLDS SETTLED IN THE KIDNEYS  
Was the Result—Now Enthusiastic Over Cure Obtained.

Charleston, Ont., May 12.—The kidneys are extremely sensitive to sudden changes of temperature, and much pain and suffering is a frequent result, as all who have had attacks of rheumatism and lumbago know.

The writer of this letter was a great sufferer until she found that by using Dr. Chase's Kidney-Liver Pills she could regulate the action of the kidneys, and thereby remove the cause of lumbago and rheumatism.

Mrs. John Lancaster, farmer's wife, Charleston, Ont., writes: "We would not want to do without Dr. Chase's Kidney-Liver Pills in the house, for we have proven their merits in so many cases. I have weak kidneys and whenever I catch cold it settles in the back and develops into lumbago. I used to suffer terribly from lumbago and rheumatism, but find that by using Dr. Chase's Kidney-Liver Pills and applying Dr. Chase's Backache Plaster that I obtain the greatest relief, and am soon all right again. My daughter has also used the pills with splendid results, as has also a neighbor woman who suffered greatly from constipation."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, at all druggists, or Edmanon, Bates & Co., Limited, Toronto. Be sure to see the portrait and signature of A. W. Chase, M.D., on the box you buy.

### War Garden Bulletin

Practical Daily Guide For Vegetable-Lot and Backyard Gardeners Enlisted in Greater Production Campaign.

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

Potato Preparations. As much is expected of the potato crop this year it is better not to put off any longer getting ready for a bumper yield of potatoes. Tubers seem to thrive best in a moist, cloudy and temperate climate, but providing there is sufficient moisture in the soil and the growing season is long enough, they are not at all fastidious in this respect. The ideal soil for potatoes is a rich, deep, friable, warm, sandy loam with good natural drainage and well supplied with decayed or decaying vegetable matter. The potato requires a great deal of moisture and will not flourish in cold soil where the water is stagnant near the surface, so that thorough drainage is very essential to success.

As a rule seed potato should be kept where they will not sprout too soon, for if they do, the sprouts are liable to be broken off at the time of planting. They may sprout again, but that takes time and reduces their vitality. It pays, however, to sprout a few in the full light by spreading them out on the floor of the attic. If these are then planted out with care they will produce potatoes several weeks earlier and will generally give a larger yield than those planted later.

HUGE SHELL PLANT. Toronto Factory to be Ready in Sixty Days.

Toronto, May 12.—An American company represented in Toronto by Holden-Morgan Company has purchased three-and-three-quarters acres of land in ward one as a site for a large ammunition factory.

It is claimed that the company will work on the largest ammunition contract ever awarded in Canada, and will manufacture 105-millimeter shells, which are larger than any heretofore turned out in the Dominion.

The factory has to be erected and in working order within 60 days and a staff of several hundred men are working night and day to accomplish it. The site of the new factory is a part of the Wm. Harris estate.

KERENSKY IS COMING. Says Russia Dependent on Allies' Recognition.

Winnipeg, May 12.—A special London cable to a Winnipeg newspaper says: Kerensky, ex-Premier of the Russian Republic, is now on his way to America. He states that Russia is now absolutely dependent for its salvation upon the recognition of the Entente Allies. He bitterly deplores the present order of things.

## "Perfect Coffee—Perfectly Made"

is the Title of a Booklet which we have issued to enable those who enjoy delicious, fragrant coffee, to always have it.

There are two essentials to the perfect cup of coffee—the right coffee and the right way to make it.

This booklet tells how to have both. Mailed free if you write.

CHASE & SANBORN - MONTREAL  
Blenders and Roasters of "Seal Brand" Coffee



## Drink Charm Tea

To Reduce the High Cost of Living try a package of Charm New Japan Tea at the low price of 28c a half pound package.



To be perfectly gowned at minimum expense choose a D & S. All the latest styles, but without exaggeration.

For sale by the most popular Corset Dealers throughout Canada. DOMINION CORSET CO., MRS. QUEBEC, MONTREAL AND TORONTO.

### GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

IN EFFECT MARCH 31st

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

No. 19 Mail . . . . . 12:20 a.m. 12:57 a.m.  
No. 18 Express . . . . . 3:10 a.m. 3:52 a.m.  
No. 27 Local . . . . . 3:45 a.m. 10:17 a.m.  
No. 1 Intern'l Ltd. 1:20 p.m. 1:50 p.m.  
No. 7 Mail . . . . . 3:00 p.m. 3:40 p.m.

Going East.  
No. 18 Mail . . . . . 1:40 a.m. 2:17 a.m.  
No. 18 Express . . . . . 3:10 a.m. 3:52 a.m.  
No. 4 Mail . . . . . 12:20 p.m. 12:52 p.m.  
No. 14 Intern'l Ltd. 1:20 p.m. 2:30 p.m.  
No. 23 Local . . . . . 6:48 p.m. 7:27 p.m.

Nos. 1, 3, 14, 16, 18, 19 run daily.  
Other trains daily except Sunday.

Direct routes to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For full and complete information, tickets and all other information, apply to J. F. Stanley, Agent, Agency for all ocean steamship lines. Open day and night.



WE HAVE THE LOWEST FARE THE MODERN TRAIN THE SCENIC ROUTE AND THE SERVICE, TOO!

For Tickets, Reservations, Literature and Information, apply to J. E. Lee, Station Agent, or W. G. Dean, City Agent, or write R. L. Fairbairn, G.P.O., 55 King Street East, Toronto.

### CANADIAN NORTHERN CUNARD LINE

Passenger Service Between Halifax and Bristol

Money remittances made by mail on table. Apply to Local Agents or The Halifax Refroid Co., Limited, General Agents, 50 King St. East, Toronto, Ont.

When a woman wants to feel perfectly sure that a postal card will be delivered she puts a 3-cent stamp on it.

### KEEP YOUR STOVE BRIGHT

## Black Knight STOVE POLISH

A few minutes with a cloth, and Black Knight makes your stove look bright and attractive. Can be used on either warm or cold stove. Black Knight will not burn—and is dustless.

### Sunlight Soap

Sunlight Soap has a high standard of purity which is backed by a \$5,000 guarantee. If a soap has no standard, there is no reason why it should always be of uniform quality, always contain the best materials or be anything like as good as the soap with a standard.

## WHITE SHOES

### The Correct Footwear

The most popular shoe this spring will be WHITE CANVAS or BUCK in high cut lace patterns.

We are showing all the new styles in this up-to-date footwear.

White buckskin lace shoes made with the new military heel, \$10.00.

White canvas high cut lace styles, both high and military heels, \$4.50 to \$6.00.

## J.H. Sutherland & Bro.

The Home of Good Shoes.

## "Paint My House, Too"

THE spirit of neighborhood improvement fills the very air. The glad, bright colors of spring have replaced the somber hues of winter. Grass is green—flowers are springing into glorious bloom.

Now's the time of all times to dress up your home in fresh, new colors. Give it a couple of coats of

## Low Brothers HIGH STANDARD LIQUID PAINT

—the investment paint. A good painter and a few gallons of HIGH STANDARD Paint will make your house the best looking in your neighborhood. Speak to your painter now. Bring him to our store and let us help you select the right colors for your house. Booklets and color cards upon request.

## BUNT'S

Hardware.  
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