

In The Realm Of Woman---Some Interesting Features

IT'S PURE



COMFORT
100%
TRADE MARK
PURE
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COMFORT SOAP CO.

IT'S STRONG

THOMAS COPLEY
Telephone 987

wanting anything else in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop on Queen street.

For Women's Ailments

Dr. Martel's Female Pills have been ordered by physicians and sold by reliable Druggists everywhere for over a quarter of a century, don't accept a substitute.

LEMONS BRING OUT THE HIDDEN BEAUTY

Make this lotion for very little cost and just see for yourself.

An attractive skin wins admiration. In social life and in business the girl or woman whose face and hands show evidence of constant care enjoys a tremendous advantage over those who do not realize the value of a healthy skin and a spotless complexion.

At the cost of a small jar of ordinary cold cream one can prepare a full quarter pint of the most wonderful lemon skin softener and complexion beautifier, by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoothen and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and two lemons from the grocer and make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of your skin.

DIRTY? Yes SUNBURNT? No.

Your Panama will get dirty in time as usual after having Pan-a-Lac applied, but it will never get sunburnt. It does neither rot, run or crack and drop off on your clothes. It is waterproof. Pan-a-Lac is life insurance to Panamas. Made and used exclusively by—

Kingston Hat Cleaners.
163 Princess Street
Phone 1488.

Cook's Cotton Root Compound.

A safe, reliable regulating medicine. Sold in three degrees of strength—No. 1, \$1; No. 2, \$1; No. 3, \$5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: THE COOK MEDICINE CO., TORONTO, ONT. (Formerly Midway).

CROWN DIAMOND PAINTS

HAVE WITHSTOOD ALL THE ELEMENTS SINCE 1842

McARTHUR, IRWIN, LIMITED

FOR SALE BY
LEMMON & SONS
167 Princess Street, Kingston

The Woman Who Changed

By JANE PHELPS

A HARD LESSON TO LEARN

CHAPTER XCIV.

In the days following the yacht incident, I constantly seemed to do the wrong thing. No matter how hard I tried, I said and did things that annoyed George. I was almost discouraged. Several times I had been on the point of asking him to let me go home for the rest of the summer, while he followed out his vacation plans without me, but each time I would remember that I might be giving way to someone else. Julia might be glad to be rid of me. Occasionally, as the days went by, she joined some picnic or dinner party at which George and I were also guests, and although she seemed to go out of her way to notice me, I felt a covert sneer in many things she said.

To my delight, one day Mrs. Sexton called. I never thought I should be so glad to see anyone I had once hated as I was to see this woman! I literally fell on her neck. And she didn't chide me. Immediately I took it for granted that George had sent for her, and I was terribly disappointed when she undeciphered me.

"I am not well, and am staying with friends," she told me.

"But you will spend some time with me, won't you? If you only knew how I needed you—knew what awful things I have been saying and doing this past week or two—you'd surely stay with me!"

Open Confession.

"What have you done that is so terrible?" she asked, smiling. "Open confession, they say, is good for the soul, so I'll invite myself to lunch with you while you tell me all about it."

"Oh, that will be fine!" I exclaimed, really delighted. "George will

not be in to luncheon; he has gone yachting."

"Why didn't you go?" She looked keenly at me.

"Mal-de-mer."

"Surely a good reason. It certainly spoils the day for others, as well as for yourself," she remarked; then she asked me to tell her about the time I was so ill.

I told her of my day on the yacht, and, before I knew it, I was also telling her of my dislike for Julia Collins—how it had increased, and how she seemed to sneer at me whenever I was where she was.

"You do not look well. I am afraid you are letting these things make you unhappy—that you attach too much importance to them."

"I honestly try not to. But it is hard."

"I know. But, my dear Mrs. Howard, in fashionable life much is said and done which means absolutely nothing—things which, if done in the atmosphere in which you were brought up, would have a sinister meaning. I wish you would rid yourself of that idea of your own incapability; it makes you sensitive and unable to cope with situations which you would dismiss as amounting to nothing, if you had more confidence in yourself."

"I try to feel differently. I guess, if I had a husband who wasn't so wise, I would do better." Yet I knew I was proud of him, his poise, his tact. Mrs. Sexton knew it, so I could talk freely to her.

Merton Gray Calls.

I had had my last sitting some days before, and afterward had seen nothing of Merton Gray, until one afternoon he called. I was alone, and

THE HABITANT COUNTRY.

It is Picturesque and Recalls the Old World.

New France! The change from the Maritime Provinces or Ontario comes suddenly. In a moment, as it were, one is surrounded by French Canada, by French faces, French farms, French songs and language. In all America, there is no more picturesque and old-world region of the white man than this Habitant Country beloved of the poet, Drummond, and occupied by peasants who form the only important offshoot of the French people to be found. The section has an isolated, quaint, almost medieval civilization, in which gay French chansons echoing from peasant cottages, home-fashioned hay carts and furniture, lofty wayside "calvaries," tumble-down little Norman houses with sloping roofs and dormer windows, like those of France 300 years ago, scarlet sashes and bright, knitted hoods, high, two-wheeled carts or caleches, and low-running sleighs or burleaus, speak eloquently of a long past. So, too, speak the leisurely, old-world courtesy and the simple gayer and contentment of light-hearted "Pierre and his people," amid whom hospitality reigns supreme and smiles are universal.

The villages are long and straggling. They often begin with one saint and end with another, as though the parishes, having caught up with each other, had decided to make common cause. Pass out of the long, winding funnel of the irregular main street, past the open-air clay ovens, where the peasant women daily bake bread, with a crowd of children tugging at their skirts, pass the litter of lumber mills, and a high cliff or slope, crowned by a lordly monastic establishment, invariably comes to view. Noble and majestic in its aloofness, it towers for members of the family and a storehouse for lumber. There, in a flash, one has caught something of the pathos of the Habitant Country, of the out-at-elbows homes, which straggle along until they reach the door of an impressive twin-spired church. It is the old France, the France before the revolution.

All along the shores of the St. Lawrence, once the only highway, lies the true heart of the Habitant Country, the spot where settled the lineal descendants of those who, centuries before, penetrated the "pays d'ouest" with a sublime courage and inspiration, to lift the veil from the unknown West. Here are the historic farms, measuring their precious river frontage by feet and their depth by miles, their houses ranged, in colonial days, in rows that their occupants might the better fend off the attacks of the American Indian.

"Jean Courteau" clings with an almost desperate love to the picturesque riparian villages of the St. Lawrence, stretching all the way from the "gates" of the Habitant Country at Riviere du Loup, beyond the core of Drummond's adopted Habitant world at Trois Rivieres to that outer western edge at Bord a Plouffe, which hugs the banks of the beautiful Riviere des Prairies. Here is the haunt of the gladiators of the saw log who, from the square lumber raft, sing their odd ditties, "Trois beaux canadiens," or "Par derriere chez ma tante."

only my children, but the children of soldiers, and soldiers' wives. She is busy every day, for, as she remarked quaintly "this city is ram full of lungs sans oxygen." The soldiers' wives call her "The angel in blue glasses" and I think she earns the name, don't you?"

War Garden Bulletin

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

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

Spray For the Onion Maggot

As onions constitute a valuable winter crop particular care should be taken this year to protect them from the onion maggot. Before they lay their eggs the adult flies may be destroyed by feeding upon the following poisoned bait spray: Sodium arsenite—one-quarter ounce; cheap molasses—one pint; boiling water—one gallon. The sodium arsenite is first dissolved in boiling water and the molasses is then added. When the mixture has cooled it may be applied from an ordinary watering can with a small rose. The idea is to deposit the poisoned solution on the growing crop in the form of coarse drops. The first application should be made when the plants are about three or four inches high and four or five further applications should be made about a week apart. Bright, calm days should be chosen for this work, if possible.

A Sluggish Liver Causes Lots of Trouble

When the liver becomes sluggish it is an indication that the bowels are not working properly, and if they do not move regularly many complications are liable to set in.

Constipation, sick headache, bilious headache, jaundice, heartburn, water brash, catarrh of the stomach, etc., all come from a disordered liver.

Milburn's Lax-Liver Pills are a specific for all diseases or disorders arising from a slow, sluggish, lazy or torpid liver, and they have been universally used throughout Canada for over 20 years with the greatest success.

Mrs. W. A. Harrison, 7 Poplar Grove, Halifax, N.S., writes: "I take pleasure in writing you concerning the great good I have received by using Milburn's Lax-Liver Pills for a sluggish liver. When my liver got bad I would have severe headaches, but after using a couple of vials of your pills I have not been bothered any more."

Milburn's Lax-Liver Pills are 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

Hay Shortage In Cape Breton.

Owing to the scarcity of hay and feed in Cape Breton, where in some districts cattle were reported almost on the verge of starvation, the Nova Scotia Government has sent a portion of the staff of the Agricultural College at Truro to that part of the province with supplies to relieve the situation.

Co-operative Stores.

The town of Glenella, Sask., has two stores conducted by co-operative societies. One has been in operation for two years and has conducted business on a cash basis with success, so it is stated. The second is a recent venture and has been established by the Ruthensian Farmers' Co-operative Company.

It takes a strong minded woman to keep her calendar torn off up-to-date.

CAT'S PAW
CUSHION
RUBBER HEELS



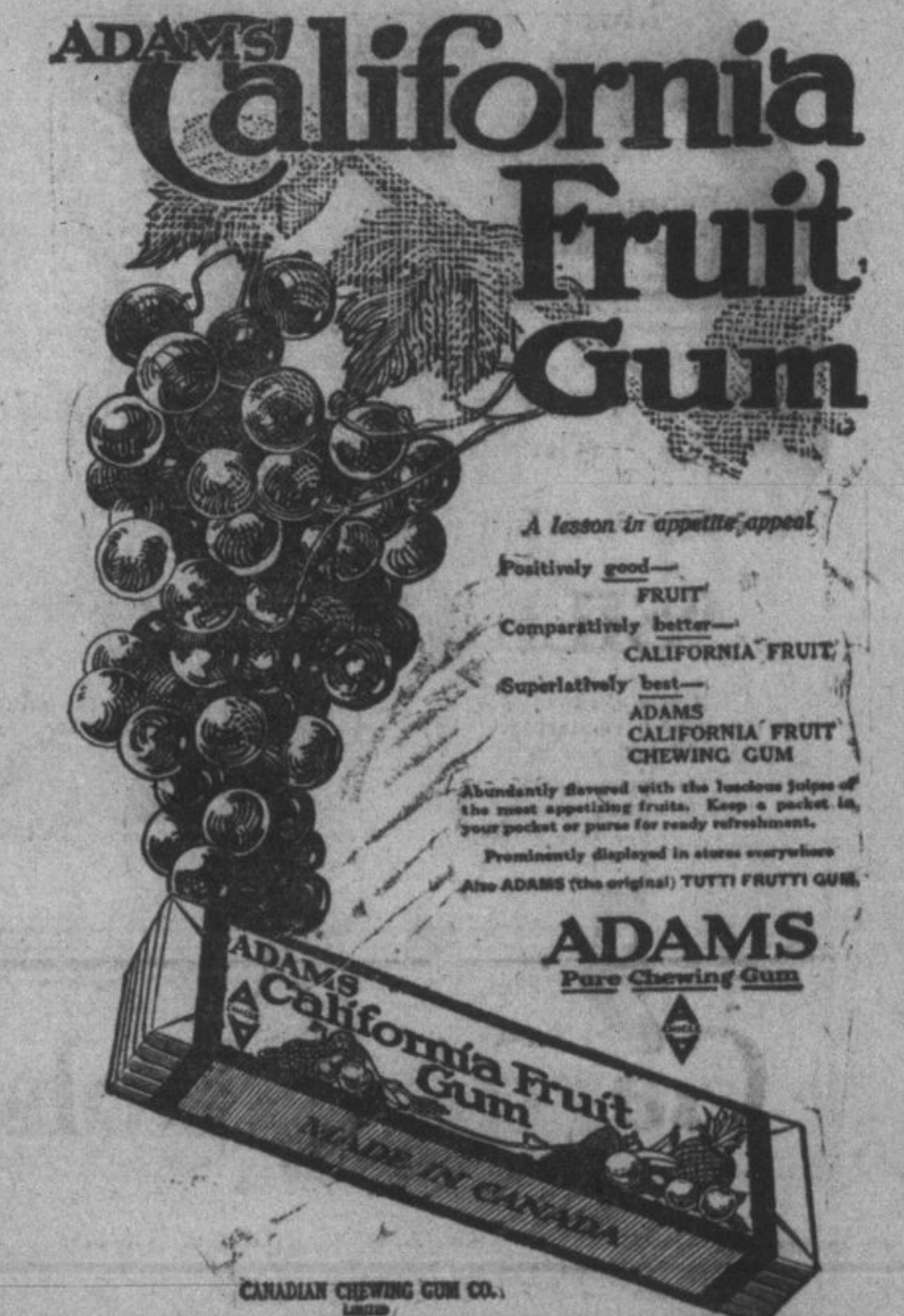
Graceful walking, taught in childhood, is an asset all life through.

Start the children right, with "Cat's Paw"

Easy, springy, silent, too.

50¢ A PAIR PUT ON

ADAMS California Fruit Gum



A lesson in appetite, appeal

Positively good—FRUIT

Comparatively better—CALIFORNIA FRUIT

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Abundantly flavored with the luscious juices of the most appetizing fruits. Keep a packet in your pocket or purse for ready refreshment.

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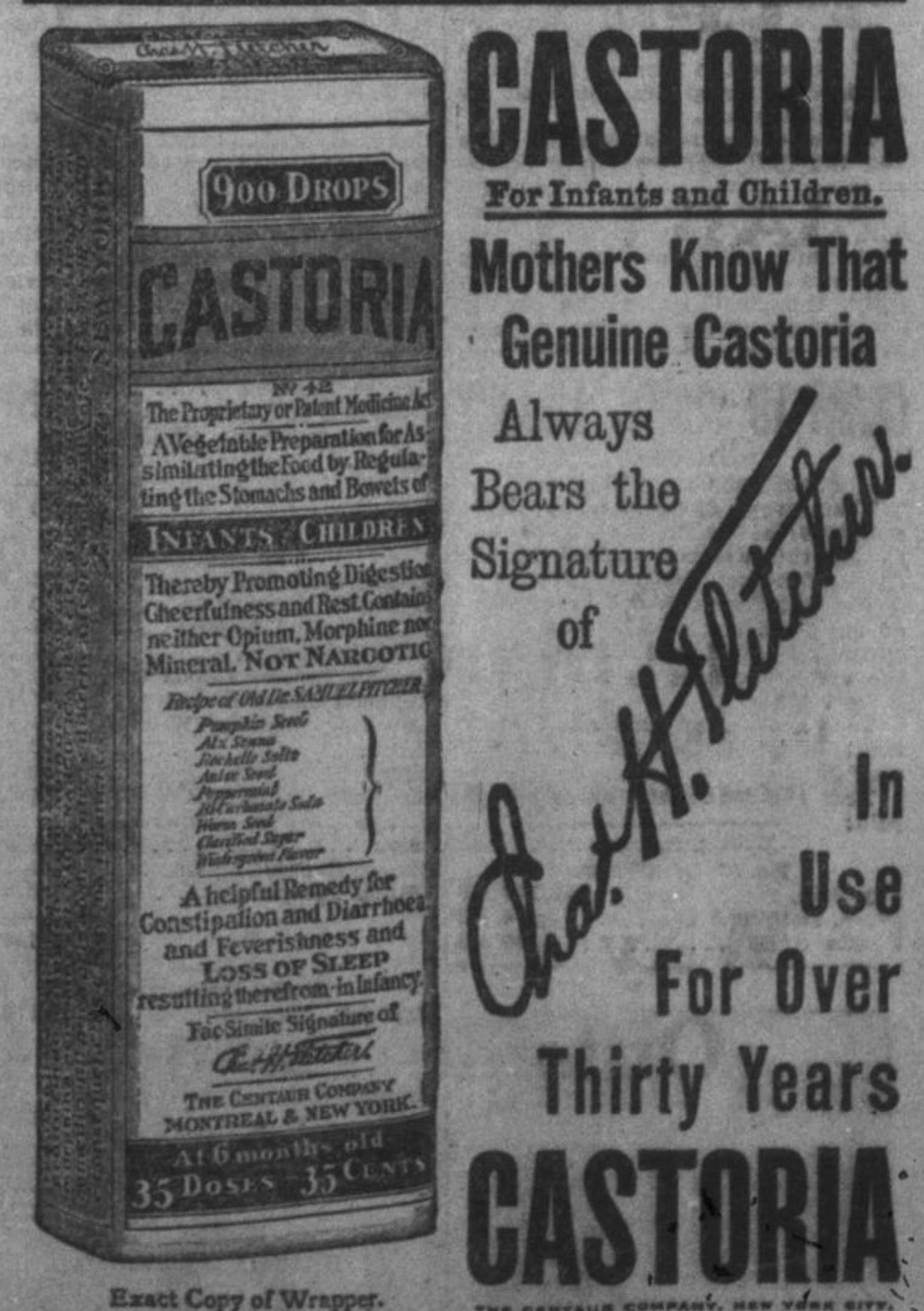
Also ADAMS (the original) TUTTI FRUTTI GUM.

ADAMS
Pure Chewing Gum

CANADIAN CHEWING GUM CO. 1918

CASTORIA
For Infants and Children.

Mothers Know That Genuine Castoria Always Bears the Signature of *Dr. J. C. Fletcher* In Use For Over Thirty Years **CASTORIA**



900 DROPS

CASTORIA

The Proprietary or Patent Medicine for Assuaging the Food by Regulating the Stomachs and Bowels of INFANTS & CHILDREN

Thereby Promoting Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC.

Prepared by J. C. FLETCHER, Lowell, Mass., U.S.A.

A helpful Remedy for Constipation and Diarrhoea and Feverishness and LOSS OF SLEEP resulting therefrom in Infancy.

For Similar Signature of *Dr. J. C. Fletcher*

THE CASTORIA COMPANY, MONTELEONE & NEW YORK.

At 6 months old 35 Doses 35 CENTS

Exact Copy of Wrapper.

"LIBERATION" OF FLANDERS.

In the Same Way Baltic Provinces Have Been "Liberated."

The Hague, June 11.—That Flanders would share the fate of the Baltic provinces and be "liberated" by Germany in the event of Germany winning the war, was stated frankly last week by Gen. von Falkenhayn, Governor-General of Belgium, in addressing the students of Ghent University. He said: "Along with the decision now being won and with the bursting of the ring of iron forged around Germany, the chains that have fettered Flanders for centuries will be torn asunder also."