

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

## The Woman Who Changed

By JANE PHELPS

### CHAPTER C.

I felt my face flush happily, when George said he "wanted me always to think nice things of him." I would, if only he were always as he was then! I wanted desperately to throw my arms around his neck, to tell him I loved him—that I wanted him to be kind, and tell me of his love often. Instead, I replied:

"I do, really I do."

"Thank you!" he said again, still gravely.

When Mrs. Sexton left, he was tired and went immediately to bed. He scarcely answered when I tried to talk with him, so I desisted. I kissed him softly and left him, thinking he would sleep.

For a long time, I sat by my sitting-room window thinking. Why would he be so unkind at times? He could not expect me to think kind and nice things of him when he was cross and unreasonable with me. Perhaps he was not unreasonable—didn't consider himself so, at least. What could I do? One day he seemed all kindness and thoughtfulness, and the next impatient—neglecting me and making me unhappy. Did ever a girl have such a puzzle to solve. I would try to think of what he had said and the way he had said it, when I was tempted to doubt him. I would also try to remember what Mrs. Sexton had told me:

"One does not pretend when one gets so near the crossing," she had said. She had also said that when he thought me drowned, George was "absolutely stricken." If I remem-

### WHAT CAN ONE DO.

bered all these things, I would be more patient—less liable to be unhappy because of neglect.

The room-day George was almost himself again. He insisted that I go out and take a long walk.

"You look very pale, and it will do you good," he said when I objected to leaving him.

I really was glad to get out. It was a delightful afternoon, and I strolled over to the tennis court. I did not play, but became so interested in the game that I remained longer than I had intended.

I hurried back and flew into the sitting room with apologies on my lips. But my apologies were hushed when I saw Julia Collins sitting close to George.

"Did you enjoy your walk?" George asked, when I had greeted her as civilly as possible under the circumstances.

"I hope you did not hurry," she said.

"No, although I have remained longer than I intended."

"So giving me a chance to visit with George," she returned.

"Yes, so giving you the chance to talk with Mr. Howard," I repeated. "Now may I offer you some tea, or have you not quite finished talking?"

"Tea, please. We can finish our conversation some other time."

How I wanted to throw something at her! But I smiled, instead, and gave the order. Then I left them in order to freshen myself up a bit after my walk.

When I returned to the room they were talking earnestly.

"Julia is trying to persuade me to wait and go when she does," George

said. Of course I knew he meant to Bar Harbor.

"Really?"

"Yes, what do you think of it?" she turned to me. "It would be much more pleasant."

"For you, yes, as naturally you would be alone. It is always agreeable for me to travel alone with George."

Do He Unselfish.

"But it will be really doing a kindness, to wait for me. Do be unselfish and do so!"

"Helen is never selfish. That is one of her charms."

When George said that I would have been pleased to the evil one himself. So I returned:

"It is, of course, as Mr. Howard says. Our plans are made, however, and my packing nearly finished."

"I think we will follow out our original plan, Julia," George said, to my delight. "I do not care to stay here longer. I haven't quite recovered from the shock of our accident. I shall pull myself together more quickly than."

I could have shouted aloud in glee. Without my saying a word, George had done exactly as I wished. I talked quite gleefully, during tea, and when Mrs. Collins came to go I was more cordial than I ever had been. That George did not understand my reason, was proven by his remark:

"I am glad you are getting over your foolish dislike for Julia. She is, as you know, a very old friend of mine."

I wasn't "getting over it," I was simply delighted that she was to be outwitted by him.

(To be continued)

FIGHTING TRENCH FEVER.

New Disease That Has Been Discovered in Present War.

Trench fever and shell shock are the two most difficult problems that this war has presented to medical science, according to a report issued by a British American medical commission.

Cases of trench fever were reported from France as early as 1915, and the disease has been continually studied ever since. It is the organism which causes it has not been found for its successful treatment. The American army doctors believe that trench fever is communicated by a body louse, a fact which has been repeatedly suspected by the British investigators also.

The actual crux of the discussion, seems to be whether trench fever is a disease of man transmitted by the louse, or some disease among lice themselves which is transmissible to men. If the latter, the cure would seem to be the eradication of lice, a gigantic and almost hopeless task in war time. If the former, the dissemination of the disease comes down to a control of the human carrier, and probably an easier task. The commission recommends energetic action in the direction of greater personal cleanliness, which will also contribute greatly to the general comfort and health of the troops.

Missionary as a Guide Book.

Some years ago in Tokio I met Carl Crow. I was about to take my first plunge into China, and was then carrying in my grip Crow's guide-book to the country. "What suggestions have you for the trip?" I asked. "Go to the missionaries," replied Crow. Then he modestly added that his guide-book was largely a compilation of information which he had collected from the missionaries.

"They are the only people," he explained, "who really know the country. I have had frequent occasions to test this assertion and I feel impelled to record that it is profoundly true. The temples and the bazaars have their value in introducing one to the country but they chiefly give one a glimpse of what the past has been. The people who are the present, and who are determining the future, cannot be found there. If one wishes to see the Orient that is, one will have to make very generous use of the missionary. And yet very few tourists see him at all. The missionary is often the one person available who understands both the language of the tourist and the language of the country; but more important is the fact that often he alone understands why one asks the questions one does. He knows the background of the questioner's mind, and is at the same time intimately familiar with the life about which the question is asked. The English-speaking native may understand one's words but unless he belongs to the very limited class of those who have been educated abroad he is practically at a loss to understand why anyone would ask such a fool question anyhow.—Asia.

Better Than Politicians.

"Whoever makes two ears of corn or two blades of grass to grow where only one grew before, deserves better of mankind, and does more essential service to his country than the whole race of politicians put together.—Swift.

Hawaii has two snow-capped mountains rising nearly fourteen thousand feet from a tropical sea coast.

## TALKING IT OVER With Lorna Moon

### Nurses, Born and Made.

Having spent two weeks in a hospital, I long to emulate Iryn Cobb and write about "My Operation." However I will stifle the impulse. I am wiser on the subject of nurses for my experiences. I know that, like poets, they are born, not made.

The Born Nurse is a Tonic. The homogeneous efficiency of "made nurses" starved, professional and emanculate—may deceive all but the patient. But the patient is the acid test for the nurse. She doesn't need to wear a cap and uniform if she is a "born" nurse. The patient knows her instinctively. Her gift comes straight from heaven. Her light is too bright to be hidden. Parched lips become less dry when she assures you that you will get some water just as SOON as the doctor will allow. Sleep comes more easily when she shakes up your pillow. Her cherry "Good morning" somehow convinces you that you are much better. She is a tonic.

### War Garden Bulletin

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

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

Prepare For Canning.

June sees the beginning of the canning season. The Canada Food Board insists that every woman do some canning this year and work with a will to make the most of the supply of fruit and vegetables which the war gardens have already begun to yield.

Before another day passes the wise woman will investigate her cellar or her pantry shelves and find out just what she needs to complete her canning equipment. The season has come, and if she is unprepared to meet it she should immediately get to work and secure the materials necessary for canning. It is poor housekeeping for a woman to start preserving and in the middle of it to find that she is short of rubber bands, or that the stoppers are not secure, or that she has not enough containers.

Her work will be cut in half if she starts canning with everything in good order. Poor tools necessarily make a bad workman. And in war time bad workmen are expensive to the country.

Always heat the sugar for jelly fruit. Let a salad form part of every meal. Excellent cookies are made with peanut butter. Oatmeal makes a good thickening for soup. Spinach water can be used as a soup foundation. Eggs when scrambled should be stirred constantly. Don't forget that food habits are not easily changed. Even the fat or corned beef can be used in cooking. Fresh mint can be grown at home in a glass of water. There is no finer polish for tinware than wood ashes. Bents are second only to potatoes as a general food value. A wooden box is better for keeping bread in than a tin one. A sweet red pepper should always hang in the canary's cage. Plain pastry is the lighter for a little baking powder in it. Steaming bacon is much more economical than boiling it. Omelets can be made with apricots as well as other things. Never buy spices in large quantities; they lose their flavor.

A SENSIBLE TABLE BEVERAGE FOR WAR-TIME INSTANT POSTUM. No boiling. Each cup strong or mild as desired. NO WASTE.

**GILLETT'S LYE**

CLEANS-DISINFECTS—USED FOR SOFTENING WATER—FOR MAKING HARD AND SOFT SOAP—FULL DIRECTIONS WITH EACH CAN.

**School Boys Draw Rations.**

London, June 18.—The War Office has arranged to issue rations to over 10,000 boys from the public and secondary schools who have volunteered to work on the land during the summer holidays. The boys in all probability will be formed into camps and will draw their rations like soldiers from the nearest army service corps depots.

Thousands of boys are cultivating land near their schools under the supervision of masters.

Don't forget that most people eat too much meat in summer time.

**Gray Hair**

Preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hairdresser. It is a dye. Use as directed. At dealers, ready to use. Philo Ray Co., Newark, N. J.

**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.

**Feed Your Poultry**

Parina Baby Chick Feed. Parina Chicken Chowder. Parina Scratch Feed.

More Eggs and Sturdy Chicks. For Sale By

**D. Couper**

841-3 Princess Street. Phone 76.

**LEMON JUICE TAKES OFF TAN**

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled.

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quart of the best freckle, sunburn and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day and see how freckles, sunburn, windburn, and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

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Are costly these days. It is necessary for you to buy the best. Our store is stocked with the best of every thing in our lines.

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Grocer and Meat Dealer  
490 and 492 Princess St.  
Phone 530.

**ACIDS IN STOMACH CAUSE INDIGESTION**

Create Gas, Sourness and Pain How To Treat.

Medical authorities state that nearly nine tenths of the cases of stomach trouble, indigestion, sourness, burning, gas, bloating, nausea, etc., are due to an excess of hydrochloric acid in the stomach and not as some believe to a lack of digestive juices. The delicate stomach lining is irritated, digestion is delayed and food clogs, causing the disagreeable symptoms which every stomach suffers from.

Artificial digestants are not needed in such cases and may do real harm. Try laying aside all digestive aids and instead get from any druggist a few ounces of Bismarck Magnesia, and take a teaspoonful in a quarter glass of water right after eating. This sweetens the stomach, prevents the formation of excess acid, and there is no sourness, gas, or pain. Bismarck Magnesia (in powder or tablet form—never liquid or milk) is harmless to the stomach, inexpensive to take and is the most efficient form of magnesia for stomach purposes. It is used by thousands of people who enjoy their meals with no more fear of indigestion.

**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.

**CASTORIA**

For Infants and Children.

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

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### GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

IN EFFECT MARCH 31ST.

Trains will leave and arrive at CHY Station, Foot of Johnson Street, Guelph West.

No. 19 Mail	12:30 a.m.	12:57 a.m.
No. 13 Express	3:10 a.m.	3:52 a.m.
No. 21 Local	9:15 a.m.	10:17 a.m.
No. 1 Intern'l. Ltd.	1:30 p.m.	1:50 p.m.
No. 7 Mail	3:00 p.m.	3:40 p.m.

Leve City Arr. CHY

No. 18 Mail	1:40 a.m.	2:17 a.m.
No. 15 Express	3:10 a.m.	3:52 a.m.
No. 6 Mail	12:30 p.m.	12:57 p.m.
No. 14 Intern'l. Ltd.	1:30 p.m.	2:20 p.m.
No. 25 Local	9:45 p.m.	10:27 p.m.

Nov. 1, 13, 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. F. Hanley, Agent, Agency for all ocean steamship lines. Open day and night.

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PASSENGER SERVICE Between Montreal and Great Britain

MONEY SENT BY MAIL OR CABLE Apply to Local Agents or THE ROBERT REFFORD CO. Limited General Agents. Toronto

**DIRTY? Yes SUNBURNT? No.**

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