"War-Time Cookery" The Woman Who Changed FREE

Send name and address for new "Warstime Cookery" This book contains recipes chosen by the judges as the best and most practical recipes submitted in our recent cash prize competition. It is intended to assist in the conservation of food and to effect savings in

Approved by Canada Food Board ADDRESS

home cooking and baking.

E. W. Gillett Co. Ltd. TORONTO, CANADA

to the United States to instruct both much and we men in the munitions plants how to lead powder into bags.

The first western woman to enlist other thing you haven't thought of. As George Howard's wife you are proud—I know," the added as I proud—I know, the added as I proud—I know the added to the added as I proud—I know the added to the added to the ad



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soap and Ointment and I sent for a free sample. I afterwards bought more, and it was not over a week when I was completely healed." (Signed) Miss Annie Forgue, Alderson, Alta., Aug. 28, 1917.

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for toilet purposes assisted by touches of Cuticura Ointment to soothe and eal any tendency to irritation, redness or roughness of the skin or scalp.
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CHAPTER CX. excited, my dear," Mrs. Sexton said vants-"

positive that you no longer love those things." had not once mentioned the right or hand. "Let me see—oh yes, we had know it far better than you do. I wrong of what I purposed doing. I finished with all the material bene- do not for one moment believe that

now know it was simply her own fits you have from him. Now tell your husband has been actually unclever way of helping me to decide me aren't there days at a time when true to you. He has known Julia all marital difficulties in Brooklyn without attempting to bias me be- he is thoughtful and kind, when he Collins, and others, for years. His since Miss Helen P. McCormick has cause of that. I now realize per- forgets to criticize, or when you manner with them takes on a degree appointed assistant district attorney fectly that most people would have give him no cause so that he can of intimacy that looks to mean more has surprised legal circles in that at once spoken of that side of the | make no complaint?" question; would have made that the "Yes, often. But that makes it by their first names, they take liber-

munition workers have been brought at times, when he is nice to me, even ter he has been nice." so often-he scarcely ever spends an him and go with Merton, you will you so long without finding that approximately fifty women physicians evening with me unless we are going surely be ostracized—not by every- out. He is proud of you, my dear. who will take over the fight against out or are entertaining at home. one, but by the very people you Your youth, your leveliness, and I tuberculosis among the troops.

But I wouldn't mind anything if he would like to know. I am not sure, am sure he would be unhappy to Sexton interrupted.

> Many Kind Acts Recalled. "Yes indeed!" I confessed quickly. "You remember the taxi aceident, the theatre fire, and that time in Newport when I was nearly you did ed me a little to talk as he did, to tion." say the things he said." "That's something in his favor,

calmly. "You are feverish now. I "But I'd rather be poor poor as his neglect and criticisms, hard as

By JANE PHELPS

MRS. SEXTON CALMS HELEN

gret whatever decision you may He may not be quite as rich as in Merton's favor?"
make." Then she asked: "Are you George; but he could give me all "Why, of course! Naturally."

You have much to make you happy." him soon. Suppose we finish with to me of these things. To my astonishment Mrs. Sexton Mr. Howard first," she patted my "I know the world, my dear,

principal factor in the decision I had all the harder. I think many times ties with each other, because of their

had acted as if he loved me and"- of course, I but I doubt if you could lose you." "Has he never acted so?" Mrs. get a divorce save on some flimsy I looked at her in amazement. pretext that would not deceive any- That it would make George unhappy one. I do not believe your husband to have me leave him I never had has been untrue to you. Do you?" "I don't know! I wish I did."

A Plain Question.

knew he had been true to you since on the wife." isn't it? Now let us see what other your marriage you would hesitate to

things we can find. You have a leave him, is that right?" beautiful home; all the money you | "Yes-yes, I think if it had no "Don't allow yourself to become so need, lovely clothes, motor cars, ser- been for my doubt of him I could Bay.

My face flushed scarlet. No one, your husband? Think carefully. "I know dear. We'll come to not even my mother, ever had talked

than it does. They call each other city that it would be easier to bear if friendship, that to you may look

"But why does he act so

cares for me?" "We cannot alter people's natures "Would it make any difference if very radically. Many people have uneven dispositions. I imagine he drowned. He surely must have lov- "Of course! What a funny ques- is one of those. Business or some other matter goes wrong, it upsets "A plain question rather. If you them, and they sore of take it out

TALKING IT OVER ----- With Lorna Moon -----

From My Mail Box.

"Dear Lorna Moon: I wonder if I have reason to believe that she KNOW there is nothing to be susyou can help me. I'm afraid that loves him.

more thoughtful for me than ever, not go on pretending that I do not

grown apart; also age to speak."

have lost my husband's love. He . "We have children and I love my attentive to your toilet, and arrange has not told me so, in fact he is husband. What am I to do? I can- to have a room of your own, but do

> there is another Dear Little Woman: Your fears has over you-SHE can be mysteriwoman. No, not may be well founded, but I think that ous about her toilet, prettiness doesthe sort of girl they are only based on the imagin- n't count for much and her youth is who usually makes ings of an over sensitive nature that a drawback for her). the third in a tri- lives too much within itself. One angle—she is a can imagine ANY calamity is upon her-your husband can enjoy your nice girl, young, one when the imagination gets full society without feeling guilty (nice pretty and clever. rein. It is brave and sensible of men don't like to feel guilty). You I am fifteen years you to admit that the girl is nice, so know the things he likes and can older than she, few women would have the justice to make him comfortable-take an inand I was never do that under like circumstances (al- terest-a sympathetic and kindly ha-VERY pretty, ways provided of course that there terest in his work. Then you have Their work brings ARE any circumstances).

great deal. If there low-it seems to me sometimes that in a few months you will be laughing is anything more he shoots his arrows just for the lark at a vanished ghost of your imaginathan friendship between them, I of mixing things up a bit. But-if don't believe either he or she sought it deliberately. I cannot believe that my husband is unfaithful but I DO believe that he loves this girl, and begin to look instead for things that

you more than all else. Remember that the WIFE ALWAYS wins, the other woman loses whether she wins or not. Deep in his heart, no matvers the mother of his children; the other woman no matter how nice she may be always seems less good in comparison, and that is only ONE of the penalties the other woman must suffer for loving "not wisely.

You must keep silent; it is only safe to mention suspicions when you picious about. Become a little more that very tactfully, mention the heat, but we have know, and yet I have not the cour- etc. Become a little more mysteri ous (that is the only advantage she

You have a dozen advantag , over the children-Why! Everything is on hem together a Cupid is such a wayward little fel- your side. Start the fight today and

Twilight

(Continued from Page 3.) Mrs Norman Wormwith, after over a week's visit with Mr. and Mrs. W H. Wormwith, Earl street, returned

to Toronto on Friday. . Miss Louise Walsh, Clergy street, spent a few days at camp at Varty Lake with relatives.

Rev. Frederic Gill, after two weeks' stay in Kingston with his sisters, Mrs. W. H. Wormwith and Miss Gill, Larl street, will go on to Toronto on Tuesday.

Mrs. W. St. Pierre Hughes, Ottawa, has gone up to Toronto, where she visits her son-in-law and daughter, Capt. and Mrs. Gzowski. Miss Gwynneth Carr-Harris, Ottawa, left on Thursday for Bathurst,

Miss Kate Fraser, Ottawa, is with her sisters at their home on Barrie

Mrs. Arthur Neish, New York, is in the city with her brother, Joseph

Mrs. G. Munro, Iona, Ont., a former bright Kingstonian, is with her sister, Miss Kennedy, Johnson street. Miss Elva Dillon, Kingston, spent the week-end the guest of Miss Elsie Law, Brockville. Mr. and Mrs. W. J. Drysdale and

child, Kingston, have been visiting in Master Byron Revill, Kingston, is spending a couple of weeks with his grandmother, Mrs. D. Buchell, Missis-

Prof. and Mrs. E. A. Storr, Kings on, have taken Sir. Sherrin's flat in he Kelso, McDonald street, Ottawa, Mrs. W. R. Fravers, Montreal, his Mrs. George Hunter. Collingwood

street, went to Toronto on Friday to visit her sister, hirs. J. T. Greenwood. Miss Edith Pense, West street, is

leaving on Monday to visit Mrs. The last of the June teas was held

at the Country Club this afternoon. Mrs. Walsh, who has been visiting (her daughter, Mrs. A. W. Brown, Barrie street, returned to Brampton

Mrs. George Graham, Belleville, has been spending a few days with her mother, Mrs. James Hamilton, Sydenham street.

Mr. and Mrs. E. J. Rees and their family, Bagot street, have moved to their summer cottage at Dead Man's

Miss Houst's and Miss Houston, entertained informally at the tea hour in their honor.

Miss Millie Ferris, Albert street, has been senpding this week with Mrs. H. E. Richardson, at Wolfe Is-

A number of expert French girl last night. I love George very much find fault with me. It hurts so af-Dr. Tremain's Natural Hair Restorn- ericanization work in the home of

The tender leaves - carefully picked and more carefully prepared-impart that same charm to your cup of Japan Tea as to the sacred tea ceremonial of Japan. Japan Tea carries à

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