

# In The Realm Of Woman--Some Interesting Features

## The Woman Who Changed

By JANE PHELPS

### HELEN MAKES A PROMISE BEFORE MERTON GRAY ARRIVES

CHAPTER XXII

"I am glad dear!" Mrs. Sexton said when I resumed my seat beside her. "Very glad. Now I want a promise from you. I want you to talk things over with your husband very simply, very plainly, very lovingly. Take care you choose your time well. Don't try to talk to him when he acts annoyed or worried. But some night after dinner, when he is at home with you, tell him that you want to know just what he really expects of you; how you feel about everything save only his friendship for Julia Collins or any other woman. Do not mention that, else he will think you only prompted by jealousy. Will you promise?"

"Yes, Merton. I was not fair. I see it now. Because of an occasional bit of jealousy, a little unhappiness that may come and every married couple, I was soothed and comforted by your love. I thought I loved—care—for you more than I did for George. But Merton isn't so. I never could be happy if I left him—we would not be happy. Forgive me for asking you, think I—care. Will you, can you?"

"Are you sure this time dear?" he had grown very white. "Very sure," I answered so low he bent his head to hear. Then releasing my hands he put one of his under my chin and raising my face he looked long and earnestly into my eyes. Then he bent and kissed me, just once.

"Why, yes—but I have tried to talk to him." "Talk more intimately than you have done. Talk as one man to another. Take the ground that he isn't being fair and square with you. I imagine that will have more effect with him than anything else. Tell him you have seen me, and that I said I was flattered because of your improvement, your gain in poise, your greater understanding of social matters. It won't hurt you to praise yourself by repeating what I have said—but you with him, I mean. Don't be too meek, my dear, too easily hurt by what he says. He probably doesn't mean it in the way you take it. Please him; but in doing so, do not lose your individuality. That was what attracted him to you. Remember that when you are discouraged. There comes Merton. I will leave you now. He will not care to see even me."

"Thank you, Helen. You are an angel." We talked a few moments more then he took me home. I was happier than I had been in a long time.

"If you have finished your trade I will read," was all my answer. All I deserved for talking as I had, for not controlling myself. (To be Continued.)

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## TALKING IT OVER With Lorna Moon

### Hunting a Career for Daughter.

Mother is fluttering around in desperation trying to find a match for Daughter Mildred. They raced off to Palm Beach and stayed at the most expensive hotel during the whole month of March, but not a single man did they meet who was able to pay for the many needs of Daughter Mildred—of course there was that Major person who had been to France and was invalided home, he corresponded after returning to Canada, but when mother investigated him she found that he only owned a homestead. Not, of course, that he had ever said that he owned anything more. He had protested that he was only a "rube farmer"—but then THAT might mean anything—lots of those Canadian farmers are very wealthy.

simply HAVE to take Daughter to England, even if it means selling the last bit of property to accomplish it. Lots of Canadian and American girls have made good matches after they went over to Shorncliffe. Of course, daughter will go over to "help make the world safe, etc.", and get her picture in the papers before she goes. It's terribly hard to get over there now—Washington so strict and all that, but then Mother has a lot of influential friends in the capital and she thinks it can be managed.

Mother is simply at her wits end, she is doing everything she can. They have an expensive suite of rooms in the best hotel in the city, and they "know all the best people," but still nothing comes of it. Daughter Mildred seems to be a permanent liability in spite of her good looks and her continental education. If kind of chance for happiness at all. If Mother was doing her duty she would be learning the new national game "hunting a career for daughter."

Poor Mother, she is due for a sad awakening. Like Rip Van Winkle, she had been sound asleep while the world turned over a few times. She is still engaged in the early Victorian pastime of "hunting a husband for daughter," meanwhile the only game that is worth the candle today, the only game that brings all prizes and no blanks is not "hunt a husband," but the much more honorable and self-respecting game "hunt a career for daughter."

### 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 of the staff of the Dominion Experimental Farm.

**Compost Heap.**

In every war garden this year a place should be set apart in which unused green stuff from the house—weeds, leaves and so on—may be kept to be used, when thoroughly decomposed, as manure for the following season's crops. If a sprinkling of lime is added from time to time, it will sweeten the material. This provides the basis of excellent manure and none of it should be allowed to go to waste.

If the compost heap was made up early in the season or if part of an old one remains, it is an ideal place to grow squash or other creeping vegetables, provided that it is not situated in too shady a part of the garden. Every square inch of ground should be made to count.

Thomas W. Bowie, clerical assistant at the Portsmouth penitentiary, has been granted three months' leave of absence and is visiting his son, Dr. Harold Bowie, at Essex.

## A Baby's Skin

What is so beautiful as baby's soft, smooth, velvety skin? And how is it to be kept free from chafing, irritation and distressing eczema? This is every mother's question.

Many have found the answer in the use of Dr. Chase's Ointment. Applied after the bath, this soothing, healing ointment overcomes irritation of the skin and prevents the development of eczema and annoying skin diseases.

### FOOD-BOARD FLASHES FOR FEMINE FOLK

Send any information you may have about cases of waste or hoarding to the local police officials and see that action is taken.

It is against the law to hold more than a limited quantity of food-stuffs, and anyone who exceeds the line of demarcation is liable to a heavy fine, or imprisonment, or both.

Make it your business immediately to report any infringement of this law, as food quickly goes bad in summer, and no risks of the kind should be taken.

We want this to be known as Conservation summer.

## A LIFETIME OF SUFFERING

### Prevented by "Fruit-a-tives" The Wonderful Fruit Medicine

53 MAISONNEUVE ST., HULL, QUE. "In my opinion, no other medicine is so good as 'Fruit-a-tives' for Indigestion and Constipation. For years, I suffered with these dreaded diseases, trying all kinds of treatments until I was told I was incurable. One day a friend told me to try 'Fruit-a-tives'. To my surprise, I found this medicine gave immediate relief, and in a short time I was all right again!" DONAT LALONDE

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or from Fruit-a-tives Limited, Ottawa.



Far more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

## You May Find It In Stocking

Cincinnati authority says your troublesome corns just loosen and fall off

Sore corns, hard corns, soft corns, or corns between the toes just loosen in their sockets and fall off the next day if you will apply directly upon the corn a few drops of a drug called freezone, says a Cincinnati authority. You merely put a drop or two of this freezone on the tender, touchy corn today and instantly the corn stops hurting, then tomorrow some time you may find the old torturous pest somewhere in your stocking, having fallen off entirely without a particle of soreness, pain or irritation. The skin surrounding and beneath the former corn will be as healthy, pink and smooth as the palm of your hand.

## Lake Ontario Trout and Whitefish, Fresh Sea Salmon, Haddock, Halibut and Cod.

Dominion Fish Co.

## THIS WOMAN KNOWS

### She Proved that Lydia E. Pinkham's Vegetable Compound Does Help Suffering Women

Watertown, N. Y.—"Last fall when I was expecting to become a mother I was in very poor health. I suffered from a female weakness so I did not have strength enough to do my own work and could not stand on my feet for any length of time. Lydia E. Pinkham's Vegetable Compound corrected my trouble and I improved in health so that when my baby came the doctor said he never saw a woman get along any better than I did and I know it was Lydia E. Pinkham's Vegetable Compound that helped me."—Mrs. Elveng Bessie, 724 Wyoming Ave., Watertown, N. Y.

Women who continually overtax their strength until they get into such a weakened condition should profit by Mrs. Beebe's experience and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound.

For special suggestions write Lydia E. Pinkham Medicine Co., The result of its long experience is at your service.



## Fry's Iced Cocoa

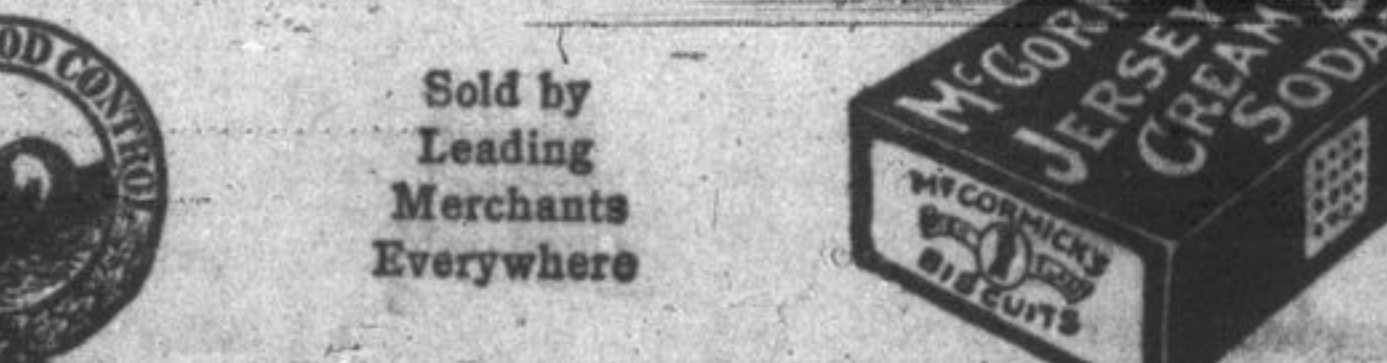
RECIPE: Keep on hand a syrup made up of one half cup of FRY'S Cocoa, one cup of sugar, one cup of warm water. Stir until smooth. Then boil for 5 minutes—chill and add one half teaspoonful of Vanilla Extract. To serve, allow two tablespoonfuls of this syrup to a glass with a little chopped ice and fill with cold milk. Stir well.

Try this cooling, delightful FRY drink. You'll want it often.



## McCormick's Jersey Cream Sodas

are made from Government Standard Flour and in accordance with the regulations of the Canada Food Board.



The McCormick Manufacturing Co., Limited  
GENERAL OFFICES AND FACTORY, LONDON, CANADA  
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Canada Food Board Licenses 11-003 and 14-166.

## For Holiday Time

For dancing, of course—for every sport and recreation—for ease and comfort—for style and attractiveness—for economy worth while—wear

## FLEET FOOT

There are FLEET FOOT styles for every member of the family—high cut, sport height, oxfords and pumps—for mountain, lake and seashore resorts, as well as for summer wear at home.

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