

# In The Realm Of Woman--Some Interesting Features

## Why Blame the Good for the Bad?

**B**ECAUSE thin, skim milk will not nourish a baby; has nothing to do with milk fresh from a registered cow.

**B**ECAUSE some coffee develops a bitter tang—and is not satisfactory—has nothing to do with

## SEAL BRAND COFFEE

"Seal Brand" is coffee that has been selected from the world's best plantations by coffee experts, roasted and blended by those who have given a lifetime to the study of coffee.

If you like a cup of GOOD Coffee, try "Seal Brand".

In 1/2 and 2 pound tins—in the bean, ground, or fine ground for percolators.

If you want to know the true secret of a delicious cup of coffee, write for our booklet, "PERFECT COFFEE—PERFECTLY MADE". 198

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**DR. DEVAN'S FRENCH PILLS** A regulating pill for women. 25 a box or three for \$10. Sold at all Drug Stores, or mail order to any address on receipt of price. THE SOBELLE DRUG CO., St. Catharines, Ontario.

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The very best fresh and cured meats carried in stock.

Prompt Delivery  
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## FOOD BOARD FLASHES FOR FEMINE FOL

The work is waiting for them if girls will take the dairying course and go in for it in earnest," says Professor Dean, Professor of Dairy Husbandry at the Ontario Agricultural College, Guelph.

The dairymaid is now one of the world's war workers. Never again in sunbonnet and gingham frock, perhaps, but certainly in breeches and leggings! Canada is only meeting about 1 1/2 per cent. of the British but requirements—which is not good enough for such a country as this. Labor on dairy farms is scarce. There are approximately 3,500,000 cows in Canada at the present time, and they are ready to do their share if they get human co-operation. The best use is not being made of them at the present time. Butter and cheese are needed by the Allies as they never were before.

Canadian girls have a rare opportunity here to help. There are colleges all over the Dominion where they can get instruction in dairying. The course is short and inexpensive. Think it over and see if you wouldn't like to be a dairymaid. You might end up by being a dairy farmer—ette!

# The Woman Who Changed

By JANE PHELPS

## A BETTER UNDERSTANDING

**CHAPTER CXXV.**

I couldn't believe what George had told me—believe that I had heard aright. If I had, then my reasoning had been all wrong; Julia Collins had been all wrong.

"Do you mean what you said, George?" I asked, as I snuggled in his arms.

"Of course I do!" he smiled his answer. "What should I do with my money, my business, if we had no children to inherit it? Nice old Darby and Joan, we would be, with no young things around to keep us from getting to be a couple of old cranks. I am to blame," he added, after a minute. "I don't know why, but in some way I have made you afraid of me—afraid to trust me."

"It was because you so often seemed displeased with me—so often cross, and impatient because I was different from your friends. Then you said you wanted to make me over. I tried to let you—tried to be as near like them as I could. I failed, I know, but I tried."

"Dear, I never wanted you to be like them, save in the things that would give you peace—would help you in holding your own in society. I have often been very proud when you did so. I remembered the look that I had seen on his face and could not account for it. It had seemed like a certain prideful look, but I was never sure.

"Why didn't you tell me, when I pleased you? You always told me when I angered or annoyed you."

George Confesses His Fault.

"I'm sorry, Helen," he replied seriously, "very sorry. I thought that you knew me well enough to see when I was pleased. My only excuse is that I have done always what I thought right. I am a peculiar man, in some respects. A hard man, ex-

cept," his smile softened the words, yet I knew they were true. "I have little patience with inefficiency in any one. But now we understand each other better," he said, as he put me back among my pillows, "and after this, we will talk things over together."

I did not say so, but I recalled the time that I tried to talk things over with him because Mrs. Sexton had advised it; and how he had flung from me in anger. But I had felt, then, that I was tactless. I must try to learn to wait until a time when I could talk without annoying him.

We talked a little more, then George called the nurse and left me. I had not been so happy since the day I promised to marry him. I felt so relieved; so glad that he wasn't cold and hard-hearted as Julia Collins had made me think. I didn't flatter myself that he would be changed in every respect, he had said he was "a hard man," but never again would I let another woman—especially Julia Collins—make me so miserable.

It may seem strange that I was happy in spite of the fact that George had not refuted a single statement I had made when I spoke of his neglect—of his desire to be with Julia Collins—and the other things of which I complained; but I had lived with him long enough to know that what he said—that little meant more than much protesting would have meant from another man.

I improved rapidly, and was soon as well as ever. Mother had only been able to remain until I could sit up. Father was not well, and she had to return to him and the boys. Oh, how I hated to see her go! I knew her loving heart had been torn by what I had said in my first sickness—that she was uneasy and unhappy about me. So I had told her

as much of the conversation between George and me as I thought necessary to quiet her fears. If I exaggerated some of the things he said, I felt I would be forgiven, because I did it so that she might not worry.

**A Happy Convalescence.**

I was almost sorry when I was able to go out once more—to take up my social duties again. George had been so uniformly kind, although, as I got stronger, he went out a good deal. But he never failed to come home first and see that I was comfortable. And, except a few times, he did not remain out late. He kept me almost smothered in flowers, and as soon as I was able to ride, he came home early every afternoon and took me for a spin out into the country.

Sometimes we went alone, then, again, he would stop and get Evelyn Reeves and my little namesake—who had grown amazingly and was a lovely little roly-poly thing, good natured and cunning. Sometimes he would call for Mrs. Sexton, and she would go with us. I had confessed how I had hated her, at first, and how much I thought of her now. George had laughed at my confession and had remarked:

"It will be like that with many things, Helen. Sometimes little girls don't know what is good for them, and they have to learn it by experience."

Once, to my surprise, he asked Merton Gray to go with us. We met him in the street. He said he was on his way to inquire for me, and George invited him to make his call in the car. Merton had been most thoughtful, sending me flowers and an occasional message. In fact, everyone had been more than kind in that way, even Julia Collins.

(To be continued)

**GENEROUS PRAISE.**

British Soldiers Were Heroes of Paris Parade.

Paris, July 18.—Generous and enthusiastic praise is showered on the British soldiers who marched through the streets of Paris in the Bastille Day parade on Sunday. Speaking of the deep impression made on the multitude by the sons of Britain, the Action Française says:

"To listen how crisply their heels struck the road in perfect step was like hearing the faint and solemn echo of the strains of 'Rule Britannia.' Those magnificent specimens of Anglo-Saxon manhood rose above the line without spoiling it, and we may say without hesitation, because we know we shall be understood by our incomparable Pottius, that it was Britain's troops, especially the Scotch, who produced the greatest impression. One must have seen them to have experienced a sort of magnetic influence which deeply affected all as they advanced, almost as if dancing to the strains of the melancholy but inspiring bagpipes. As the kilted, bare-kneed Scots swung by in perfect harmony of motion to the strains of Scottish airs, the great throngs along the line of march broke into shouts of 'Long live Britain!' 'Long live Scotland!'"

Hon. C. J. Doherty, acting Postmaster-General, says the bonus for mail carriers voted last session will be forthcoming in a few days.

## TALKING IT OVER With Lorna Moon

### Is It a Myth?

"My Brilliant Friend is on the war path again," said the Feminist deftly putting the last touch to a head bandage. The Journalistic Girl who was wearing the bandage, made a noise which sounded like "woof" but which might mean anything. It is awkward to conduct a conversation when you are acting model for a fractured jaw bandage. However, the Feminist was anxious to unburden and took the remark as encouragement to proceed.

"He doesn't believe in female intuition, at least, he doesn't believe that it is ever right."

"The benighted heretic," gasped the Fair Divorcee, and the Journalistic Girl said "WOOF" again, but this time with more emphasis.

We were talking about a woman KNOWING by intuition whether a man loved her or not; and I asked him if he thought a woman's intuition was ever wrong and he said, "ALWAYS!" Intuition is merely an ingrown toe-nail on the female mind! It is something which wouldn't worry them at all if they didn't press upon it. But they DO press upon it continually. They have been told about this intuition myth until they believe in it; so they are forever irritating it by pressure and the resulting sensations they call intuition, premonitions.

tion or any other tion that happens to be fashionable at the time. A woman suspects that her husband or sweetheart loves her no longer, she keeps this thought fixed firmly in her mind, using any incident that may happen to color the thought; then the resulting conviction which comes from this thought process, she calls intuition. Or she decides that she is going to be ill, and she keeps on thinking about it until she DOES become ill, whereupon she announces triumphantly that her intuition TOLD her that she was going to be ill—and there you are. Female intuition is merely another name for female foolishness which has been given too much credence."

The Journalistic Girl was removing the bandage with business like haste. When she got her left eye and lower jaw released she fixed her eye scornfully on the Feminist and demanded "Did YOU let him get away with all of that?"

"Not so, my friend," said the Feminist with reassuring calm. "I reminded him of the day he went swimming when not a soul knew, and of how he put everything on right side out and brushed his hair and yet when he got home his mother said 'Jimmy McDougal you've been in the water again'—I reminded him of the time the chorus girl phoned him at the house and he was lucky enough to answer the call himself, and how in spite of the fact that he called her BILL all through the conversation his wife said 'What woman was that?' Oh, don't worry, I raked up enough ghosts of the past to keep him thinking," said the Feminist.

### CAUSES CATTLE TO RUN.

**A New Fly Appears to Torture Cattle.**

Claudebyre, July 17.—A new cattle pest in the shape of a fly has appeared in this district. This fly attacks the cattle on the hind legs and causes them to race madly around the pastures. With tails elevated over their backs and saliva running from their mouths, they run around and around the fields in vain endeavors to get rid of their tormentors. If ponds of water are near, they dash into them and stand there. Dense shade in a thick wood seems to bring relief. Some call this new pest the Western Heel Fly, and say it is common on the prairies. This is its first appearance in numbers in these parts, and farmers are concerned as to what re-

### MELONS SEIZED.

**Food Board Sells Refused Canned to Prevent Waste.**

Ottawa, July 17.—The Canada Food Board announces that it had seized and sold a car of melons at London which the consignee refused to accept because of their condition. This action was taken in order to prevent further waste of the melons, a considerable number of which were already in a decaying condition. After paying expenses the balance from the sale is being held, pending a decision as to the ownership of the car.

### INFLUENZA IS RAGING

**All Scandinavia Affected—Most Malignant in Norway.**

Copenhagen, July 18.—The Spanish influenza is now raging in all Scandinavia. It seems most malignant in Norway, where several persons are dead. The railway, telegraph, and other official institutions, and the army and navy in all countries are especially affected. The Copenhagen Exchange is partly closed. Asiatic cholera, luckily, seems to keep under control in Stockholm, only two persons being affected.

Stratford council has appointed William O'Connell fuel controller for the city.

## 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 experts on the staff of the Dominion Experimental Farms.

**Marketing Garden Truck.**

Nine out of ten war gardeners are able to use most of the vegetables they grow but among those who have gone in for vacant lot gardening there will be some who will want to market their produce. The community spirit pays in this as in most other things.

A case in point is a project put forward by the Women's Canadian Club of Ottawa. Last year they had a wayside market and through this medium \$750 was made on the sale of vegetables. This year they are to have a motor truck, which will bring the produce right into the city to be sold at street corners.

This is a novel scheme that might be adopted in other cities. The wayside markets have proved lucrative as they have been well patronized by motorists and wayfarers of every kind.

A motor truck in a country community may be made the means of transporting to the city market the produce of a score of war gardens. Fresh, good-looking vegetables are always easy enough to sell. The biggest difficulty presented as a general rule is transportation. This may be overcome by team work on the part of war gardeners.



## A Toast—

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May they never Meet"

Drink it with  
**Orange Iced Lipton's Tea**

Made this way:  
1 pint freshly brewed Lipton's Tea,  
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5 or 6 oranges,  
Sugar to taste.

But be sure the Tea is Lipton's. Then you'll get the real Tea flavour.

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President Wilson has signed the resolution taking over during the period of the war, telegraph, telephone, cable and radio lines.

Senator James Mason, Toronto, is dead, following an operation, aged seventy-five years. He was general manager and late honorary president

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