

# In The Realm Of Woman--Some Interesting Features

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Quickly Relieved By "Fruit-a-tives"

ROCHON, P. Q.  
"I suffered for many years with terrible indigestion and constipation. A neighbor advised me to try 'Fruit-a-tives'. I did so and to the surprise of my doctor, I began to improve and he advised me to go on with 'Fruit-a-tives'."

"I consider that I owe my life to 'Fruit-a-tives' and I want to say to those who suffer from Indigestion, Constipation or Headaches—try 'Fruit-a-tives' and you will get well!"

CORINE GAUDREAU.

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Nature's Remedy (NR Tablets) is a vegetable compound that acts on the stomach, liver, bowels and kidneys, the purpose being to bring about healthy and harmonious action of all the organs of digestion and elimination. It acts promptly and thoroughly, yet so mildly and gently that there is never the slightest gripping or discomfort.

But that is not all. Nature's Remedy (NR Tablets) has a beneficial effect upon the entire body. By improving the process of digestion and assimilation, the nourishment is derived from food, the blood quality is enriched, vitality is increased and the whole system strengthened.

Once you get your body in this splendid condition, you need not take medicine every day—just take a NR Tablet occasionally when indigestion, biliousness and constipation threaten, and you can always feel your best. Remember keeping well is easier and cheaper than getting well.

Get a 25c box of Nature's Remedy (NR Tablets) and try it. It is so guaranteed and recommended by four druggists.

T. H. Sargent, Druggist, Kingston, Ont.  
**Nature's Remedy**  
NR TABLETS  
Better than Pills! GET A For Liver Ills. 25c Box

## The Woman Who Changed

By JANE PHELPS

### AN AWKWARD ENCOUNTER

CHAPTER CXXVIII.  
"I just met George, and he said you were in here alone, and, as I have had no luncheon, I told him I should join you," she said, with an air of surety that amazed me. She knew I did not like her—that I never willingly went where she was—that I had, on more than one occasion, shown my dislike so plainly she could not help but see it; yet she had the audacity to forge herself upon me.

"I am nearly finished, myself," I told her, as coldly as I could speak. "Mr. Howard was finished when I came in, so I ordered very little. I did not breakfast until nearly ten."

She gave the waiter her order, then turned to me. She asked: "Why didn't you join us last night?"

"I have been very ill, and have not been sitting up late."

"Oh, but you were up; I saw you looking in at the grill room door."

"I never had been so absolutely nonplussed in my life. My face turned crimson, I knew. How I hated this woman! Before I could frame an answer, she went on in a mocking voice:

"I didn't tell on you, so don't look so distressed."

Helen Regains Her Coolness.  
"Tell on me? I do not understand, Mrs. Collins," I said calmly.

"Oh, don't pretend you didn't run so that George wouldn't see you—or was it because you were cross, that he hadn't asked you to join the party?"

"I don't believe there ever lived anyone who felt more like committing murder than I did, at that minute. Yet, I managed to keep cool. I had spoken of my husband as 'Mr.

Howard' each time, but she persistently ignored it, and continued to call him 'George.' This always angered me, and it did so now.

"How do you know he hadn't asked me to join the party?" I asked. "You are very sure of 'George'?"

"I am! You see, Mr. Howard had known all you Moreland women long before he met me. Had he preferred you, he would not have asked me to marry him. That is a self-evident fact, so needs no explaining. And most men, I notice, prefer to marry a young woman rather than one of their age or older."

The blank amazement in Mrs. Collins' face told me I had hit home, and gave me such courage as I had never felt since my marriage.

"One would think George a Methusalem, and his friends the same age, to hear you talk!"

"No—Mr. Howard is quite a young man, and of course his friends are really young also. But, as I said, he had known them long before he knew me; and he evidently preferred a woman much younger than his own age, or a trifle older."

I had an idea that Julia Collins was a little older than she acknowledged, and when she flushed angrily I was positive that I was right.

"You are to be congratulated on having such entire faith in your own attractions," she said, just as the waiter brought me my check. Then she added: "You haven't thanked me for not giving you away last night."

"I have nothing to thank you for. Mr. Howard knows you saw me," I told her untruthfully, but feeling no regret that I had prevaricated. (To be continued.)

"Yes, when they are jealous of anyone with whom their husbands happen to be. But when one feels as I do—that, because of many things, my husband prefers me to anyone else—there is no cause for worry."

"You are very sure of 'George'?" she scarcely hid the sneer by her short laugh.

"I am! You see, Mr. Howard had known all you Moreland women long before he met me. Had he preferred you, he would not have asked me to marry him. That is a self-evident fact, so needs no explaining. And most men, I notice, prefer to marry a young woman rather than one of their age or older."

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## TALKING IT OVER With Lorna Moon

### The Lady With the Ready Smile.

She has the whitest white hair, the roughest pink face, and the sweetest kind of a smile. You just naturally fall in love with her on sight. You are apt to think that the ready smile is the bubbling over of a joy fountain owned exclusively by the Little Lady.

You may even sigh a little enviously that the joy fountain plays so little part in your life. I am always interested in the owners of joy fountains so I talked with the Little Lady. Life had been anything but a rose-strewn path for her. Her only daughter had been drowned while swimming and a sudden illness had carried off her husband a short time after. Left with little means and a small son for whom to provide, life had been a hard struggle for a bare existence.

"And how have you kept your smile through it all?" I asked, marvelling at her cheerfulness.

"Two things have helped me," she said. "First my sense of humor. I have held on to that desperately. Without it I could not have faced

some of the things I have had to bear. One incident comes to my mind where my sense of humor probably saved me from hysterics.

"About a year after Mr. P.'s death I received a bill from the cleaners. Now, all my husband's bills had been settled nine months after his death and I had no cleaning done. I rung up the cleaner and asked the bookkeeper what the bill represented. He said it was for cleaning and pressing Mr. P.'s clothes, this work being done by contract and the bill rendered at the end of the year. I asked him if they had done this work during the past year. He said 'Yes.'"

"And how did you receive the clothes?" I asked. "Mr. P. brought them in himself." So I answered: "Then you had better send the bill to Mr. P.—; he died a year ago."

"If I didn't smile sometimes, I would cry," she continued, "so I smile for preference."

"And the second thing that has helped you?" I asked.

"The thought that my smile might make life easier for others. One's heart MUST ache but why advertise it? I started my smile to help others, and you see it has helped me for I get a smile for every smile I give."

That was the secret of the Little Lady's joy fountain. Like most help-

ful and beautiful things in life it was found on the path of adversity, for most pure springs are found by long and sorrowful diggings.

### HERE AND THERE IN SHOPS

New Sports Skirt Made of Striped Wool—New Chiffon Fabric—Straw Flowers—Plaited Tulle.

One of the new sports skirts is made of striped wool, the stripes running up and down. The skirt is so cut that the stripes are mitered, beginning at hip depth in the back, and they meet at the back seam in a cross-wise direction. The two stripes directed in front run from waist to hem, forming a panel. The two next stripes, one on each side of the front, are mitered at hem depth, and so on each two stripes are mitered higher and higher until those at the back are mitered at hip depth.

One of the new chiffon fabrics is made with a deep border running along one side of silver embroidery, in a rich and intricate design.

Straw flowers, not a novelty this season, are shown on some of the new hats. The very fact that they are not a novelty has given them a change to show what they are worth, and we all know from experience that they are durable for summer hats that will get hard wear.

Tulle is sold all plaited, by the yard, to place about the crown and brim of the straw hat. This tulle comes with a wide flouncing, laid in plaits, to place over the brim of the hat, and a narrower flouncing, likewise laid in plaits, to stand upright about the crown. A soft folded band of tulle that goes about the bottom of the crown connects the two widths of flouncing. With a big flower, perhaps placed against the crown where the tulle is joined, the hat trimming is complete.

We have heard and seen much of braid this season. One striking suit of sand-colored gaberdine is made with all edges, including the hem of the skirt, bound with self-colored braid a couple of inches wide. The sleeves, long, and flaring over the hand, are slashed at the outside seam and this slashing, of course, is also bound with the braid.

The Ontario Government appropriates two million dollars to lend to urban and rural municipalities for workmen's houses.

King Alfonso of Spain has intervened to save eight Belgians condemned to death by the Germans.

## "I Need Hardly Say

how thankful I was to get out alive, and fully made up my mind that I would write and tell you how useful Dr. Chase's Ointment was," writes a survivor of the Gallipoli Peninsula campaign. "We found that it afforded instant relief from poison from shrubs and bushes, and got to using it for all manner of minor wounds and grazes."

## BLACK IS POPULAR

Gowns Suitable for All Occasions and All Ages.

May Be Relieved by Use of Colored Lining and Touches of Jet and Metallic Lace.

With the spring season almost upon us, nearly every woman will have need of a smart new evening gown. Something simple and dignified is looked for in these days of economy, says a fashion authority, and women gladly pass up the frivolous frocks of more prosperous days. Black is tremendously popular for evening wear, but it is usually brightened by quantities of fine jet or metallic lace.

One of the loveliest black evening gowns is made of black tulle over soft satin. If you have a black satin or charmesse afternoon frock, the waist of which is worn, you can use that to great advantage. If the skirt is rather narrow, use it as the foundation.

First make a plain drop skirt of black net over the satin, reaching down to the hem. A narrow band of jet sewed to the net will give it weight and make it hang well. A tunic with four points, also bordered with jet, goes over the net skirt and falls a little longer than usual.

This tunic can be elaborately embroidered in jet beads, or you can buy black net that is already embroidered. However, it is not difficult to do oneself, and if white tissue paper is held under the net, it will not be so hard on the eyes. Later, carefully rip the paper away.

The bodice of the gown should be extremely simple. Make a plain dart fitted foundation of black satin and drape the net over it in soft folds. Shoulder straps of jet hold the bodice, while two loops of jet slip over the arm. Or you can make a bodice of net with long sleeves flaring at the wrist. A jet band is the only trimming on the sleeve.

An interesting note could be given this gown by a corsage bouquet of gay colors. A rich red poinsettia would be striking at the belt, especially when worn by a brunette. The girl with the auburn hair should select a few orchids (artificial if necessary) to wear with her black dance frock.

For those who find all black too intense, try black tulle or lace over a slip of flesh-colored satin. Finish the bottom with a deep flounce of silver lace and have a black tulle drop skirt.

Silver embroideries should trim the tunic of this style gown and silver banding used at the shoulders. This makes a lovely dance frock for the young girl, and one of which she does not easily tire.

Black evening gowns are well suited to all ages and occasions, from the elderly matron with snowy locks to the golden-haired debutante.

## BLACK SATIN HAT AND BAG

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## MAY BE FUTURE QUEEN OF BRITAIN



Princess Margareta of Denmark, who may be the bride of the Prince of Wales.