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Quit Laxatives, Purges; Try NR

NR Tonight—Tomorrow Feel Right

It is a mistake to continually dose yourself with so-called laxative pills, calomel, oil purges and cathartics and force bowel action. It weakens the bowels and liver and makes constant dosing necessary. Why don't you begin right today to overcome your constipation and get your system in such shape that daily purging will be unnecessary? You can do so if you get a 25c box of Nature's Remedy (NR Tablets) and take one each night for a week or so. NR Tablets do much more than merely cause pleasant easy bowel action. This medicine acts upon the digestive as well as eliminative organs—promotes good digestion, causes the body to get the nourishment from all the food you eat, gives you a good, hearty appetite, strengthens the liver, overcomes biliousness, regulates kidney and bowel action and gives the whole body a thorough cleaning out. This accomplished you will not have to take medicine every day. An occasional NR tablet will keep your body in condition and you can always feel your best. Try Nature's Remedy (NR Tablets) and prove this. It is the best bowel medicine that you can use and costs only 25c per box, containing enough to last twenty-five days. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist. H. Sargent, Druggist, Kingston, Ont.

Nature's Remedy
NR TABLETS
Better than Pills GET A 25c BOX
For Liver Ills.

The Woman Who Changed

By JANE PHELPS

HELEN GIVES HER HOSTESS PLEASURE

CHAPTER CXXXIV.
We had a delightful trip home. George was so pleased at the success of his business deal, so pleased that Mr. and Mrs. Babcock had seemed attracted to me, that he was good natured itself. And I was perfectly happy. For once, I had really done something which met with his unqualified approval.

I had not spoken of his going to the aid of Julia Collins, after that night. When we had reached our room, I had remarked:

"I think you made yourself and me unnecessarily conspicuous by interfering with Mrs. Collins and her escort. I was terribly embarrassed."

"Not as much so as was poor Julia! How she happened to go out with that man is beyond me. I expect she did not know his fondness for rum—champagne, rather."

"Well, I felt it was unnecessary for us to get mixed up in it."

"Had you been in such a position, and any friend of mine had not done the same, I should have been very much annoyed with him," he had replied, still good naturedly.

"How did she happen to be in Chicago when we were?" I asked, unable to say any more about the restaurant affair because of what George had said.

"She went a couple of days before we did, I believe. She is to remain some time longer, so she told me."

One Cause of Unhappiness Removed.

I was delighted that she was to be out of town for a while. It would be one less cause of unhappiness for

me. I had told no one but Evelyn about the faux pas in the restaurant, and she surprised me by saying: "I'm sorry for Mrs. Collins, or, rather, I should have been had I seen her."

"Well I wasn't sorry! I was really glad," I confessed, acknowledging for the first time that I had been pleased at the situation in which Mrs. Collins had placed herself by allowing that man to act as her escort.

"Why, Helen! think how mortified she must have been."

"She was! I never saw anyone more confused in my life. I was so angry with George for going near her."

"I should have been glad, had I been you. They have known each other always, have been in the same set, and your husband realized, that, knowingly, Julia Collins would never go where she would be placed in such a position by anyone."

"We said no more about the occurrence, but I confess I could not see Evelyn's view-point, and am afraid I rather gloated over the fact that, for once, Julia Collins had been embarrassed. She had made me feel so, many times, and I was not in a forgiving mood toward her."

It seemed that nothing could shake George's good nature. He beamed upon me when he told me how pleased the rest of the company were that Mr. Babcock had joined them in the affair.

"We must ask them to Moreland soon. Babcock will want to meet the directors, and we'll invite Mrs. Babcock, and entertain them at the house."

A Compliment
"Do you think I am capable? You know they have such perfect service."

"Certainly you are capable. All you need now is a little more confidence in yourself. If they accept, ask Mrs. Sexton to assist you, if you like; she could come and stay while they remain. But I really see no necessity for any such thing. Mrs. Babcock knows you are young; she cannot expect you to be as experienced as she is. I imagine she was keeping house when you were born."

Would wonders never cease? I could scarcely believe it was George talking. If he were to be like this—like he had been ever since we came home—it would make life delightful. I must try harder than ever to please him—to be the perfect hostess, the well-poised woman he would be proud to call, and introduce as, his wife.

"Thank you for the compliment, George. I shall try to deserve it," I said quietly.

"You deserve a lot more than you get," he said rather brusquely. "But I am mighty proud of you, at times." With that he left the house without even saying good bye. He did not come in until nearly eleven o'clock. But I had been as happy as could be, all the evening, and had kept busy planning just how I should entertain Mrs. Babcock if she decided to visit us. I hoped she would. I wanted the chance to show George that his growing confidence in me was not misplaced.

CHANGE OF WATER CAUSED DIARRHOEA.

People moving from one place to another are very much subject to diarrhoea on account of the change of water, change of climate, change of diet, etc., and what at first appears to be but a slight looseness of the bowels, should never be neglected, or some serious bowel complaint will be sure to follow.

The safest and quickest cure for diarrhoea, dysentery, colic, cholera infantum, cholera morbus, pains in the stomach, seasickness and all looseness of the bowels is Dr. Fowler's Extract of Wild Strawberry.

Mr. T. T. Aillard, Parry Sound, Ont., writes: "In the fall of 1914 I was working on the new 'Chiclet Gun' factory, on Carlaw Ave., in Toronto, when I had a violent attack of diarrhoea, owing, I think, to the change of water. One of the foremen advised me to get a bottle of Dr. Fowler's Extract of Wild Strawberry, which I did, with the result that I hadn't taken it all before I was completely cured."

Dr. Fowler's Extract of Wild Strawberry has been a national remedy for the past 72 years, and is sold by medicine dealers everywhere at 35c a bottle. Don't let anyone palm off a substitute on you. When you pay your money for the genuine, you're a right to get it. Put up only by The T. Milburn Co., Limited, Toronto, Ont.

A CZECK-SLOVAK WOMAN LEADER

"What a lot of evil-minded cats we women are," said the Comfy Lady. "I can see now how this ridiculous story started. When Mrs. Hammond opened her shop, I bought some of her stuff. I happened to show it to Mrs. Wigan, and she remarked that there was a great deal of work on it for the money it had cost me; and added that Mrs. Hammond would never make a fortune at that rate. I said that Mrs. Hammond didn't need to make a fortune selling fancy work; but that she liked it and really ran the shop to occupy her mind while the boys were away. She no doubt repeated part of my remark to you, and you in turn repeated it to Dolly; while she in her hare-brained manner would at once scent a scandal and make the most of it. I wonder if we women are EVER going to develop a sense of fair-play—or if we will ALWAYS condemn the victim without a trial if the victim happens to be a female."

TALKING IT OVER With Lorna Moon

Honi Soit Qui Mal Y Pense.

"Did you hear that woman?"
"I did. She is a friend of mine. Why?"
"Oh, nothing, I'm surprised, that's all!"

"Will you kindly come out of ambush and tell me JUST WHAT YOU mean?" There was more than a touch of asperity in the Comfy Lady's voice as she said it.

"Oh I don't want to talk gossip. Let's change the subject," fenced the Better-Than-They-Lady in an effort to get on safer ground. She hated to have to back up her insinuations, and the Comfy Lady had a knack of making one substantiate one's remarks.

"You don't need to TALK gossip, my dear. Just one shrug of your shoulder, and a slight elevation of your left eyebrow is enough to ruin the reputation of a female Anthony Comstock. But I can't think what little Mrs. Hammond can have done to merit this lifted eyebrow attitude."

"Why, she—she's not respectable. At least Dolly Westmore said something to that effect. And I KNOW that she isn't invited anywhere."

"Well now, you and I will just go and have a little conversation with Dolly Westmore. I have known Mrs. Hammond all my life; in fact she and I were school mates. I haven't seen her much lately, but when she first moved to the city, just after her boys went to the front, I helped her to fit up her little shop. She thought that there would be more companionship in the city than on the farm, so she rented it, and moved in here. She said she felt she MUST have something to occupy her mind while the boys were away."

"Oh, has she got boys at the front? She looks very young," said the Better-Than-They-Lady.

ter-Than-They-Lady with a hint of repentance in her voice.
"Yes, she does look young. She was only sixteen when she was married. She has had enough trouble in life. I hope Dolly Westmore isn't brewing a little more for her."

"Well, Dolly didn't say anything DEFINITE, you know. I don't think she really knew quite what it was; but it seemed that Mrs. Best had said something about the shop not being Mrs. Hammond's only means of support, and hinting that it was only a blind—but I really didn't pay much attention."

"Here is Mrs. Best now. We'll just get to the root of this."

How It Started.
"Yes, I admit I DID tell Dolly that Mrs. Hammond didn't run her fancy work shop for the money that there was in it—but what of that? Mrs. Wigan told me that you had said those very words to her. I didn't at the time understand QUITE what she meant, but I have heard other things since."

"What a lot of evil-minded cats we women are," said the Comfy Lady. "I can see now how this ridiculous story started. When Mrs. Hammond opened her shop, I bought some of her stuff. I happened to show it to Mrs. Wigan, and she remarked that there was a great deal of work on it for the money it had cost me; and added that Mrs. Hammond would never make a fortune at that rate. I said that Mrs. Hammond didn't need to make a fortune selling fancy work; but that she liked it and really ran the shop to occupy her mind while the boys were away. She no doubt repeated part of my remark to you, and you in turn repeated it to Dolly; while she in her hare-brained manner would at once scent a scandal and make the most of it. I wonder if we women are EVER going to develop a sense of fair-play—or if we will ALWAYS condemn the victim without a trial if the victim happens to be a female."

NOT A VILLAGE OR A HOUSE ESCAPED

There is No Sentiment in the Latest Struggle Against the Huns.

With the American Army on the Aisne-Marne Front, July 27.—A desolate shell-torn waste and burning houses and towns mark the zone evacuated by the Germans, and today the indications are that should the salient of Soissons-Rheims be recovered, there probably will not be a millage within it or house standing with its walls intact.

At Oulchy-en-Chateau, for the possession of which the Franco-American troops struggled for two days, fires had been observed for two days. It is unknown whether they were started by the Germans or from the shells of the Allied guns.

Neither side is permitting sentiment to enter into the situation. There has been no battle which has displayed a greater spirit of merciless sacrifice. Village after village has been subjected to terrible artillery fire, until their appearance indicated that the guns had been aided by an earthquake in their destruction.

The Germans have occupied, and often fortified, every village farmhouse, using them to the last, and the Allies have not hesitated to reduce them.

The grain fields and vineyards have escaped, although it is expected that thousands of over-ripe wheat will be lost through a lack of harvesters. The grain fields were saved owing to the rapid retreat of the Germans, who in only a few instances set fire to them. A slower retreat would have resulted in greater destruction.

EATS DIRT
MADE IN CANADA
GILLET'S LYE

MISS Olga Masaryk, daughter of Prof. Masaryk, leader of Czech-Slovaks. They escaped from Austria just after the war broke out, and the death sentence was passed on the Professor as a traitor. His wife was an American.

MURDER CREW.

Steamer Lydon Torpedoed in Spanish Water.

Santander, Spain, July 30.—The French cargo steamer Lydon has been torpedoed off Zampa, twenty-one miles west of San Sebastian. Of the crew of 45 only six reached shore alive, the remainder having been murdered by the submarine ramming the raft and boats to which the crew had taken, thus endeavoring, as in the case of the Llandoverly Castle, to destroy all evidence. The evidence of survivors is that the ship was torpedoed within territorial waters.

The British armored cruiser Marjora was torpedoed and sunk by a German submarine, according to an announcement made by the British Admiralty. Ten members of the crew of the vessel are missing, and it is presumed they were killed.

Kerensky, the former Russian Premier, will not make a trip to the United States as he had intended.

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LOCAL BRANCH TIME TABLE

IN EFFECT JUNE 23RD, 1918

Trains will leave and arrive at City Station, Foot of Johnson Street.

Going West.
Lvs. City Arr. City
No. 19 Mail . . . 12:29 a.m. 12:57 a.m.
No. 12 Express . . . 2:10 a.m. 2:45 a.m.
No. 87 Local . . . 3:45 a.m. 10:47 a.m.
No. 1 Intern'l. Ltd. 1:20 p.m. 1:00 p.m.
No. 7 Mail . . . 3:00 p.m. 3:40 p.m.

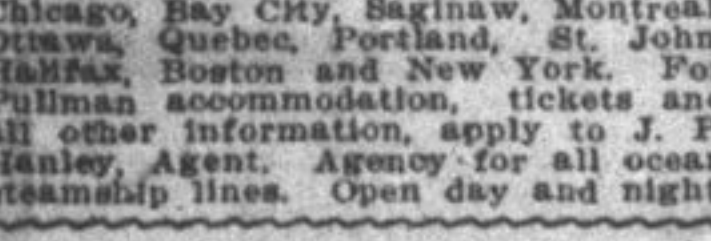
Going East.
Lvs. City Arr. City
No. 18 Mail . . . 1:40 a.m. 2:17 a.m.
No. 16 Express . . . 2:10 a.m. 2:52 p.m.
No. 6 Mail . . . 2:10 p.m. 2:52 p.m.
No. 14 Intern'l. Ltd. 1:20 p.m. 3:20 p.m.
No. 28 Local . . . 6:45 p.m. 7:27 p.m.
Nos. 1, 15, 16, 17, 18 run daily.

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Daily Except Sunday.

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Cheapest, because there are more perfect matches to the sized box than in any other box on the market.

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