

# In the Realm of Woman --- Some Interesting Features

For Summer Cottage Sanitation



It's splendid!

Every 10c Packet of WILSON'S FLY PADS WILL KILL MORE FLIES THAN 58¢ WORTH OF ANY STICKY FLY CATCHER

Clean to handle. Sold by all Drug-gists, Grocers and General Stores.

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

Dominion Fish Co. Canada Food Board License No. 9-3246.

LONDON DIRECTORY (Published Annually)

enables traders throughout the World to communicate direct with English Manufacturers & Dealers

In each class of goods. Besides being a complete commercial guide to London and suburbs, it contains lists of Export Merchants with the goods they ship, and the Colonial and Foreign Markets they supply; also

Provincial Trade Notices of leading Manufacturers, Merchants, etc. in the principal Provincial, Town and Industrial Centres of the United Kingdom.

Business Cards of Merchants and Dealers seeking can now be printed under each trade in which they are interested at a cost of 25¢ for each trade heading. Larger advertisements from 25¢ to \$50.

A copy of the directory will be sent by post on receipt of postal orders for \$7.50.

The London Directory Co., Ltd., 25, Abchurch Lane, London, E.C. 4.

GROCERIES AND PROVISIONS Are costly these days. It is necessary for you to buy the best. Our store is stocked with the best of every thing in our lines. C. H. Pickering, Grocer and Meat Dealer 490 and 492 Princess St. Phone 530. Canada Food Board License No. 9-3246.

SHE SUFFERED FIVE YEARS

Finally Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Key West, Fla. "For five years I suffered from irregularities, with terrible pains and a awful weakness in my back. The doctor gave me different medicines but they did me no good. A friend asked me to try Lydia E. Pinkham's Vegetable Compound and I found it to be the best medicine I ever tried because it made me well, and I can now do my housework. I am telling my friends about it." Mrs. J. M. CAMUS, 725 Caroline St., Key West, Florida.

Many women at some period in their life suffer from ailments peculiar to their sex and which in most cases may be readily relieved by this famous root and herb medicine, Lydia E. Pinkham's Vegetable Compound, just as Mrs. Camus found it helped her after suffering for years and trying everything else in vain. If you have any annoying symptoms you fail to understand, write Lydia E. Pinkham Medicine Co., Lynn, Mass. The results of their 40 years experience in advising women on this subject is at your service.

## "The Wife" By Jane Phelps

**CHAPTER V.**

The day Ruth and Brian were married dawned bright and beautiful. Ruth ran to the window, and, leaning out, said happily: "Happy is the bride the sun shines on!" Then called Mamma to draw her bath.

"What for you all up so early!" the old woman grumbled, coming in with her cap all awry. "I don't thought you was sick, callin' me befo' I had my cap on."

"No Rachel! I'm not sick, I'm going to be married to the man I love and I am very happy! I want to get dressed quickly and get out of doors. I never would get married in any month but October! See the sun on the golden trees, Rachel, isn't it lovely?"

"What you call them trees gold for? They ain't no gold. They is just gittin ready to die, them leaves is, just like old Rachel will when her baby goes away."

"Nonsense! Hasn't Brian said I could send for you, soon? Come, don't look so distressed. One would think you were never going to see me again!" and, taking hold of the nurse, Ruth danced her around the room until she was out of breath.

"Dar, chile! what yo all tryin' to do? Kill yo ole mammy?"

"No, make you stop grumbling so that I can have my bath."

Rachel went into the bathroom to prepare everything for her young mistress' morning bath, as she had ever since Ruth, a child of ten, had come to "The Terrace" (as the place was named) to live. The running water drowned her grumbling, but it could not prevent her giving her thoughts expression:

For the Last Time.

"Who gwain to git her bath ready, lak I does? She ain't no call to go away up thar along with him wid' me."

## The Woman Who Changed

By JANE PHELPS

**MOTHERHOOD**

**CHAPTER CXLIX.**

For the next two years my life went on in about the same way. I continually tried to improve myself to make myself a well-rounded woman. It is wonderful what one can accomplish with determination. I kept up my music, even studied harder than ever I had before, as it was one of the means of keeping George at home. He had not changed in regard to remaining out, or rather in going out evenings. Seldom did he remain at home unless we were entertaining. But I no longer worried either him or myself about it. I had made up my mind I could not change him in that regard. He was going to remain as he was, and his goings and comings questioned now, any more than when we were first married. But he also never questioned me. Not that it was necessary. I was only too glad to have him listen while I recounted all I had done, where I had been, and with whom.

When Kenneth was three years old, my twin boys were born. George was delighted and so was I. I fairly gloated over my babies. They were strong, bright little fellows, and looked amazingly like their father, even when tiny.

We had a nursery fitted up on the third floor, a young girl installed to help Lena, the nurse who had been with us ever since Kenneth was born, and once again George and I were able to go about together.

A Visit to Chicago.

One afternoon George came home very early. I knew something unusual had brought him, but waited for him to tell me what it was.

"Would you like to go to Chicago? I must go. Had a wire from Babcock. He said Mrs. Babcock wanted you to come to see—"

"Oh, I'd love to go—but the babies. They were four months old, but I never had been away from them."

"They will be all right. Lena is perfectly capable of taking care of them and it will do you good. But you must decide at once. I must catch the night train."

I think if I had had time to think I should have hesitated much longer; perhaps refused altogether to go, and so missed one of the most pleasurable experiences of my life. But I had to tell him at once. I called Lena in and asked her if she felt able to care for the boys.

"Yes ma'am. You go right along. With Katie to help I shall get along all right. Then Annie too is so nice with Kenneth."

"Yes, I'll tell her to help you all she can. You will have your hands full with Ted and Bob." We had named the twins Edward and Robert. George had insisted that his boys have good substantial names.

"It is too much of a handicap to a boy when he has to go through life as an Algernon, or a Claude," he had said when I rather objected to Edward and Robert as being common sort of names, and suggested Paul and one or two others.

"All right dear. When I have a girl, I don't you dare interfere I had replied laughing, and he had promised that he wouldn't.

"No, should any girls come our way you can name them whatever you please. But my boys must be mainly fellows and it's hard to be

## TALKING IT OVER With Lorna Moon

**Prevention of Cruelty to Relations.**

"Everything is at sixes and sevens," said the mother of two. "This is one of those days that is full of mishaps. Everything has gone wrong that can go wrong. I could quarrel with my best friend over a hair pin." She gave a nervous laugh and looked apologetically at the Comfy Lady as she said this. She had snapped a little when the Comfy Lady asked her a question.

"The Comfy Lady gave her a smiling smile and said "Have your visitors gone home?"

"Not yet," said the mother of two, "they will be going on Monday, I think."

"Been having summer visitors?" questioned the Fair Divorcee blithely.

"Yes, my sister and her five children have been staying with me for a month. It has been nice having them."

"Wheel!" whistled the Fair Divorcee "you've got a weird idea of enjoyment. When I'm having a good time, I don't lose fifteen pounds in the process, she added with a mean-

## Knights in Armor.

The sense of security a soldier has under a shrapnel helmet is astonishing. Perhaps that is because its effect is psychological as well as physical, particularly when one remembers the anatomy of the head, and can appreciate the brain's delicate composition, and the scant protection afforded by the skull against modern projectiles. A soldier recently told an audience in Vancouver that, with his tin hat cocked over his face, and an enamel plate reposing on his "tummy," he could sleep through a bombardment, feeling safe as a knight in armor. Another capped this by confessing that he felt unbearably "windy" every time he had to cross a bit of machine-gun-swept road with stretchers, until he made a practice of sloping the helmet well to the exposed side of the face, so that it acted as a "blinker."

**Spain Needs Locomotives.**

Four Spanish railways, the Northern, the Andalusian, the Saragossa and Alicante, the Andalusian and the Madrid-Caceres have joined in a venture to make locomotives. These four companies will help raise \$5,000,000 for the extension of a large machine shop in Barcelona, "La Maquinista Terrestre y Maritima," to enable it to build locomotives now badly needed in Spain. The Spanish railway situation is exceedingly bad. The locomotives and cars of many of the roads, and particularly those of the Northern railway, were considerably damaged in the recent severe strikes and ill-usage has further added to their deterioration.

**Food Conservation.**

Mr. Justwed—This soup seems very thin. What did you use for stock? His Bride—Why, you see, Mr. Hoover advises us to use the water food has been boiled in, so I used the broth from the boiled eggs.

## Gray Hair

Gray Hair is a sign of old age. It is a preparation for restoring natural color to gray or faded hair, for removing dandruff and as a hairdresser's aid. Is not a dye. Generous sized bottles at all dealers, ready to use. Price 10c per bottle. N. J.

Nature's Remedy KR-TABLETS-KR Better than Pills. GET A For Liver Ills. 25c Box

T. H. Sargent, Druggist, Kingston, Ont.

GRAND TRUNK RAILWAY SYSTEM HARVEST HELP EXCURSIONS TO WINNIPEG, MAN.

\$12.00 Plus 1/2c Per Mile Beyond GOING DATES

AUG. 20th and 29th FROM KINGSTON

For further particulars apply to J. P. Hanley, C.P. & T.A., Kingston, Ont.



Many Thousand Farm Laborers Wanted for Harvesting in Western Canada

"Going Trip West"—\$12 to WINNIPEG. "Return Trip East"—\$18 from WINNIPEG.

GOING DATE August 20th

Special Through Trains From Toronto. For tickets and information apply to F. Conway, C.P.A., City Ticket Office, Cor. Princess and Wellington streets. Phone 1197.

SAVE SUGAR By Using CROWN BRAND CORN SYRUP for all Sweetening

NOT How much a pound? BUT How many cups from a pound?

# "SALADA" TEA

will yield twice as much in the teapot as will ordinary tea. It is REAL economy to use it, to say nothing of the unique flavour.



Soothes and Heals Burns and Cuts—Works like magic. Takes the inflammation out of scalds, bruises, blisters, sunburn and chafe. Relieves piles and abscesses. A wonderful healing ointment, tested and proven by over 25 years success—always effective. Try it—and you will always have a box in the house. 50c a box—all dealers—or write us. HIRST REMEDY COMPANY, HAMILTON, CANADA. HIRST'S Pain Exterminator (35c), and HIRST'S Fecular Syrup of Marshmallows and Eucalyptus (35c)

## Some Good Shoes Low Priced

In addition to lines marked at \$1.98, \$2.25 and \$2.98, we have placed about 150 pairs women's high and low shoes, principally Queen Quality \$4.00, \$5.00, and \$6.00 shoes. Sizes 2, 2 1/2, 3, 3 1/2, 4 and 7. All at one price \$2.49

Also one lot, about 40 pairs, mostly all sizes; \$10.00 high laced shoes for \$5.95

Come in and look at these shoes. J.H. Sutherland & Bro. The Home of Good Shoes.

## Many Thousand Farm Laborers Wanted for Harvesting in Western Canada

"Going Trip West"—\$12 to WINNIPEG. "Return Trip East"—\$18 from WINNIPEG.

GOING DATE August 20th

Special Through Trains From Toronto. For tickets and information apply to F. Conway, C.P.A., City Ticket Office, Cor. Princess and Wellington streets. Phone 1197.

SAVE SUGAR By Using CROWN BRAND CORN SYRUP for all Sweetening

In 2, 5, 10 and 20 pound tins and 3 lb. "Perfect Seal" Glass Jars. for making homemade candy—for all baking—as a sauce for desserts—on griddle cakes and hot biscuits—use this delicious table syrup, made from corn—and thus save sugar. Ask your grocer. THE CANADA STARCH CO., LIMITED, MONTREAL, CARDINAL, FORT WILLIAM, 131