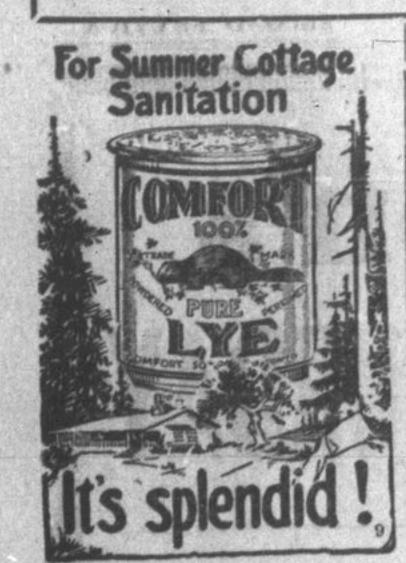
In the Realm of Woman --- Some Interesting Features





Clean to handle. Sold by all Drugsiste, Grocers and General Stores.

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

Canada Food Board License

LONDON DIRECTORY (Published Annually)

enables traders throughout the World to communicate direct with English

Manufacturers & Dealers in each class of goods. Besides being to make of myself a well-rounded "Oh, I'd love to go—but the ba-a complete commercial guide to Lon- woman. It is wonderful what one bies." They were four months old. don and Suburbs, it contains lists of |can accomplish with determination. but I never had been away from

Export Merchants. with the goods they ship, and the Col-onial and Foreign Markets they sup-

Provincial Trade Notices of leading Manufacturers, Merchants, in the principal Provincial Towns etc. in the principal Provincial Towns and Industrial Centres of the United were entertaining. But I no longer I should have hesitated much lon-

not change him in that regard. He pleasurable experiences of my life. would not have his liberty curtailed. But I had to tell him at once. I call-British Agencies which they are interested at a cost of now, any more than when we were able to care for the boys.

**S for each trade heading. Larger adnow, any more than when we were able to care for the boys.

Test married. But he also never. "Yes ma'am You go all first married."

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Test married. But he can now be printed under each trade in his goings and comings questioned ed Lena in and asked her if she felt Then once more I spoke:

A copy of the directory will be sent by post on receipt of postal orders for him listen while I recounted all I had

The London Directory Co., Ltd.,

25, Abehurch 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

C. H. Pickering, Grocer and Meat Dealer 490 and 492 Princess St. Canada Food Board License

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



try Lydia E. Pinkham's Vegetable Compound and I tried because it made me well, and

housework. I am telling my friands about it."- Mrs. J. M. Camus, 726 Caroline St., Key West, Florida. Many women at some period in their sex and which in most cases may be

If you have any annoying symptoms on fail to understand, write Lydia E. linkham Medicine Co., Lynn, Mass.

667 he Wife" By Jane Phelps The sense of security a soldier has under a shrapnel helmet is astonishing. Perhaps that is because its ef-

THE WEDDING DAY

ried in any month but October! See soon, so you needn't the sun on the golden trees, Rachel, threats to throw

is, jest like old Rachel will when her. "I want my coffee quick! "Nonsense! Hasn't Brian said I before breakfast."

me again!" and, taking hold of the Ruth say: room until she was out of breath. do? Kill yo ole mamy?" "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 was named) to live. The running shared with her old mammy. It gold. thoughts expression;

For the Last Time. "Who gwan to git her bath ready, persisted Ruth. lak I does? She ain't no call to go "Yes, missy, he mighty handsome so little.

CHAPTER CXLIX

For the next two years my life

I kept up my music, even studied them

went on in about the same way. I cock. He said Mrs. Babcock wanted

was one of the means of keeping perfectly capable of taking care of

did he remain at home unless we I think if I had had time to think ing away."

worried either him or myself about ger; perhaps refused altogether to if you were at home."

George at home. He had not chang- them and it will do you good. But

ed in regard to remaining out, or you must decide at once. I must

it. I had made up my mind I could go, and so missed one of the most

first married. But he also never, "Yes ma'am. You go right along.

ly gloated over my babies. They have good sustantial names.

with us ever since Kenneth was and one or two others.

was delighted and so was I. I fair- George had insisted that his boys you."

continually tried to improve myself you to come along."

rather in going out evenings. Seldom catch the night train.

Awake with the first peep of trash niggers. They ain't worth as he is. day, Ruth ran to the window, and, nothin', them kind. I reckon she'll missy Ruth, yo bath am ready."

I am very happy! I want kind of niggers yo will get up of doors. I never would get mar- a sendin' for old Rachel mighty "What you call them trees gold Ruth replied gayly, giving Rachel a

could send for you, soon? Come, I "All right, honey, it'll be ready in the early dew. think you were never going to see hustled away too quickly to hear, wedding day, she went about her to enable it to build locomotives now

my own coffee, or go without?" mess. "Dar, chile! what yo all tryin' to then, "I must ask cook to tell me other mornings before she knew

> asked as she sipped her coffee. "Who, missy Ruth?"

"Why Brian, of course. Who else could I mean?" Ruth had had "Beauty's only skin deep, so missy Clairbon' say once. "But he IS handsome, isn't he?"

away up thar along with him wid'- fer a man. Yo all gwan to mak a

The Woman Who Changed

By JANE PHELPS

MOTHERHOOD

I must go. Had a wire from Bab-

harder than ever I had before, as it "They will be all right. Lena is ing paper and I had interrupted him.

questioned me. Not that it was ne- With Katie to help I shall get along never should forgive myself"-I re-

done; where I had been, and with "Yes, I'll tell her to help you all don't keep still and let me read this

old, my twin boys were born. George named the twins Edward and Robert know yet what it is about, thanks to

When Kenneth was three years full with 'Ted and Bob." We had article at least five times and don't

were strong, bright little fellows, "It is too much of a handicap to a period. But the babies were so on

and looked amazingly like their fath- boy when he has to go through life my mind that when I had looked out

born, and once again George and I "All right dear. When I have a told her to, but servants are so no

One afternoon George came home "No, should any girls come our where I can read in peace," and very early. I knew something un- way you can name them whatever without giving me an opportunity to

manly fellows and it's hard to be !

girl don't you dare interfere I had glectful."

We had a nursery fitted up on the said when I rather objected to Ed- car I again said: -

ised that he wouldn't.

usual had brought him, but waited you please. But my boys must be reply he left me.

"Would you like to go to Chicago? | manly with a girlish or silly name.

she can. You will have your hands paper. I have read, or tried to, one

as an Algernon, or a Claude," he had of the window a bit, then around the

replied laughingly, and he had prom- "For Heaven's sake Helen! do

be sendin' fer old Rachel mighty mighty purty. Yo ain't no wax doll

won't be cold if I take that.", She

o get dressed quickly and get out north to wait on yo all. Yo will be mistress. Ruth had a way of roam-

for? They ain't no gold. They is hug and a resounding kiss, before table. "It is necessary that the table just gittin ready to die, them leaves she got into the bath prepared for where one eats, be artistic, pleasing I to the eye, if the food is to taste want to have an hour out of doors good," she often said, when reproved by Rachel for getting her feet wet

nurse, Ruth danced her around the . "I wonder if I will have to get her lips. She sang for pure happi- railway situation is exceedingly bad. But so had she sung many Brian Hackett. Why shouldn't she? Loved, indulged, she had everything "Isn't he handsome, Rachel?" she to make her happy, nothing to make

"I wonder if we will have a garden," she said aloud, as she turned toward the house, her arms filled come to "The Terrace" (as the place scarcety a thought she had not with leaves of red and brown and "Of course we won't!" she water drowned her grumbling, but was perfectly natural that she laughed quickly, "we are going to it could not prevent her giving her should talk over her lover with her. live in an apartment-for a little while." But she held the leaves a little closer and, before she arranged them, she buried her face in their fresh, dewy beauty, and sighed ever

To-morrow-Good-byes.

Helen Worries Over the Children.

I was so rushed getting off that

scarcely had time to worry. But no

"You think they will be all right

George?" he was reading the even-

"Suppose they should get sick.

never should forgive myself for com-

"Really you feel that way?"

"They won't-no more apt to than

I waited perhaps ten minutes

"I hope if they are sick Lena will do as I told her and telegraph us. 1

"I never shall forgive you if you

This time I kept still for a longer

should get croupy or anything.

keep still! I'll go in to smoker

I waited a minute, then:

sooner were we on the train than

sical, particularly when one remembers the anatomy of the head, and can appreciate the brain's delicated 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 conlessing that he felt unbearably "windy" had seen disapproval in Rachel's machine-gun-swept road with stretchers, until he made a practice of slopsaid as she gave it to her young of the face, so that it acted as

> Spain Needs Locomotives. Four Spanish railways, the Northern, the Madrid, Saragossa and Alicante, the Andalusian and the Madrid-Cateres 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," task with a gay, lifting song upon badly needed in Spain. The Spanish 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 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. --





T. H. Sargent, Druggist, Kingston,

HARVEST HELP **EXCURSIONS**

WINNIPEG, MAN.

Plus 1/2c Per Mile Beyond GOING DATES

AUG. 20th and 29th KINGSTON

For further particulars apply to third floor, a young girl installed to ward and Robert as being common "I hope Annie will remember to J. P. Hanley, C.P. & T.A., Kingston, help Lena, the nurse who had been sort of names, and suggested Paul send for Doctor Marvin if they Ont.

NOT How much a pound?

BUT How many cups from a pound?

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 Pectoral Syrup of Horehound

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, 2½, 3, 3½, 4 and 7. All at one

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

Come in and look at these shoes.

The Home of Good Shoes.

Many Thousand Farm Eaborers Wanted

for Harvesting in Western Canada

"Going Trip West"-\$12 to WINNIPEG.

"Return Trip East"-\$18 from WINNIPEG.

GOING DATE August

TERRITORY From stations in Ontario West of Smith's Falls to and including Toronto on Lake Ontario Shore Line and Havelock-Peterboro' Line. From stations Kingston to Renfrew Junction, inclusive, From stations on Teronto-Sudbury direct line. From stations on Sault Ste. Marie branch. From stations on Main line, Beaucage to Franz, Inclusive. From stations Bethany Junction to Port McNicol and Burketon-Bob-

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

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 cora -and thus save sugar. Ask your grocer. THE CANADA STARCH CO., LIMITED, MONTREAL, CARDINAL,

3 lb. "Perfect Scal" Glass Jers.

FORT WILLIAM.

TALKING IT OVER -----With Lorna Moon

Prevention of Cruelty to Relations.

were able to go about together.

A Visit to Chicago.

two," they will be | month.

The results of their 40 years experience joyment. When I'm having a good the lime, I don't lose fifteen pounds in Signature of Cat Hillstone the process, she added with a mean-

they did me no good. Comfy Lady asked her a question. and no maid to help during all this ings; J. W. Johnson, M.P.P. for "The Comfy grilling weather. Sister and her; West Hastings, and members of the Lady gave her an children were invited to stay a week county council, waited upon the deunderstanding and they have stayed a month and puty minister of highways on Wedsmile and said still making no active signs of going. nesday and asked that the province "Have your visi- Think of the cooking for that tribe take over the provincial highway in tors gone home?" three times a day! Think of set- Hastings county, which is approxi-"Not yet" said tling the childrens quarrels and bear- mately 30 miles long. They also the mother of ing the incessant racket for a asked that another piece of road in

going on Monday. "I don't care how dearly one may be protected. love one's sister and her children, a having week of that sort of thing is all that summer visitors?" anyone can stand without having

For Infants and Children

In Use For Over 30 Years

ciety for the Prevention of Cruelty

to Relations; the first rule being that time mentioned in the invitation unless forcibly detained by the invitee." "I'm all for that," said the Fair

TAKE OVER 'HGHWAY.

Depuation From Hastings County Wait Upon Deputy. Toronto, Aug. 15 .- A deputation from Hastings County including members of the county council, the county which is much travelled

questioned the ragged nerves. No wonder she could barns in the district were destroyed Fair Divorces by fire in a heavy electric storm. James Boyd's barns in Thurlow were destroyed with harvest of hay and grain and straw. His loss is estimated at \$4,500, with \$3,800 in-

> surance. William Keith, Smith's Falls, died on Tuesday, aged seventy-five years. He had lived a long time in the town. At one time he was town

clerk.

that I would be wearing a straight jacket by this time if I were in her "I think we ought to start a So-

"Everything is at sixes and sev-ling glance at the mother to two. ens," said the mother of two. "This "I always do get thin if the sumis one of those days that is full of mer fenced the mother of two, gath-Key West, Fla - "For five years I mishaps. Everything has gone ering up her things as she prepared suffered from irregularities, with ter- wrong that can go wrong. I could to go. rible pains and an quarrel with my best friend over a "Now there is an imposition, awful weakness in hair pin." . She gave a nervous said the Comfy Lady when the moth- Warden Thomas Montgomery. T. H. my back. The doc- laugh and looked apologetically at er of two had departed. That poor Thompson, M.P. for East Hastings: tor gave me diff- the Comfy Lady as she said this. little thing has had seven children S. Grant, M.P.P. for East Hastings; erent medicines but | She had snapped a little when the her own two and her sister's five. J. R. Cook, M.P.P. for North Hast-

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 dren have been staying with me for month. a month. It has been nice having

"Whee!" whistled the Fair Divorcee" you've got a weird idea of en- Always bears