

In the Realm of Woman --- Some Interesting Features

ONLY MEDICINE MADE FROM FRUIT

Extraordinary Success which "Fruit-a-lives" Has Achieved

One reason why "Fruit-a-lives" is so extraordinarily successful in giving relief to those suffering with Constipation, Torpid Liver, Indigestion, Chronic Headaches, Neuralgia, Kidney and Bladder Troubles, Rheumatism, Pain in the Back, Eczema and other Skin Affections, is because it is the only medicine in the world made from fruit juices.

It is composed of the medicinal principles found in apples, oranges, figs and prunes, together with the nerve tonic and antiseptics of proven reputation.

50c. a box, 4 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

WHEN USING WILSON'S FLY PADS

READ DIRECTIONS CAREFULLY AND FOLLOW THEM EXACTLY

For more effective than Sticky Fly Catchers. Clean to handle. Sold by Druggists and Grocers everywhere.

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 Provinces and Industrial Centres of the United Kingdom.

Business Cards of Merchants and Dealers seeking

British Agencies can now be printed under each trade in which they are interested at a cost of 50¢ per each trade heading. Larger advertisements from \$15 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.

Prince George Hotel

TORONTO

In Centre of Shopping and Business District

250 ROOMS

100 with Private Baths

EUROPEAN PLAN

SAM. H. THOMPSON, PROP.

HOW TO AVOID BACKACHE AND NERVOUSNESS

Told by Mrs. Lynch From Own Experience.

Providence, R. I.—"I was all run down in health, was nervous, had headaches, my back ached all the time. I was tired and had no ambition for anything. I had taken a number of medicines which did me no good. One day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for women, so I tried it. My nervousness and backache and headaches disappeared. I gained in weight and feel fine, so I can honestly recommend Lydia E. Pinkham's Vegetable Compound to any woman who is suffering as I was."—Mrs. ANNE E. LYNCH, 109 Plaza St., Providence, R. I.

Backache and nervousness are symptoms or nature's warnings, which indicate a functional disturbance or an unhealthy condition which often develops into a more serious ailment.

Women in this condition should not continue to drag along without help, but profit by Mrs. Lynch's experience, and try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound—and for special advice write to Lydia E. Pinkham Med. Co., Lynn, Mass.

"The Wife" By Jane Phelps

RUTH TELLS BRIAN SHE HAS ACCEPTED POSITION. HE OBJECTS

CHAPTER XX.

Ruth's feet were winged as she returned home. Twenty dollars a week to commence and the promise of more as soon as she proved her worth! No fears as to being able to satisfy an employer entered her mind. She was an inexperienced girl, going in to study the principles of something which she knew nothing, but she was to do the thing she loved—the thing she had studied, for years, just for the love of the study. Her fingers had itched to handle the beautiful stuffs; to be where they were, would be a delight—would be almost recompense enough, she thought, as she looked around her little home with a feeling very near to disgust.

What would Brian say? Would he be reasonable about it, or would he be disagreeable. Long before he came home she had determined to go, no matter how much he objected. But she hoped he would look at the thing sensibly.

Her home had never seemed so mean, she never had felt so discontented as she did that afternoon while she waited for Brian to come home. She tried to have the things he liked for dinner. It put him out when his meals were not fairly good.

She noticed at once that Brian was in unusual good humor. He ran up the stairs whistling.

"I collected that ten dollars to-day, Ruth. We'll go to the movies after dinner," pleased as a child that he had ten dollars, and ready to spend it at once, although he had declared they must have cheaper quarters.

Ruth waited until they were nearly through dinner. Then she said: "Let's stay home, Brian. I want to have a good talk with you."

"My, how serious! Well, fire ahead. I guess you can say all you want to, and we can go to the movies too."

"No—then," Brian, I have decided to take a position—in fact I have already taken one."

"What? What in the world are you talking about? A position?"

"Yes," her heart thumped so she was sure he must hear it, but she kept her voice steady. "I have taken a position in an interior decorator's shop."

"But—Ruth—why? I don't understand."

"Brian, there is no use pretending! I can't live this way any longer. I hate housework, dish washing, sweeping and dusting. We can't afford to have you even claim we can't afford to live here, even when I do all the work. I have had twenty dollars a week offered me with the promise of more, doing what I love. Why should I do what I hate for nothing—and do it badly at that? Wait—as I started to speak, I shall hire a good woman to do the work, and we will be far more comfortable than we are now and I, at least, will be happier."

"But I don't understand yet, Ruth. I can take care of you. Why should you humiliate me by taking work outside of your home?"

"Why should you humiliate me by making me, wanting me to do a servant's work when I am capable of earning, even to start with, almost as much as you do?" then, more quietly, "Be sensible, and be fair, Brian. Had it not been for an investigation, given me for work of the same kind I propose to do, you would not have been able to pay your debt."

"That was very different!" Brian got up from the table and paced back and forth. "Very different. To do things for your aunt is the same as doing them for me. I won't allow it. Ruth, so you may as well give up the idea."

TALKING IT OVER With Lorna Moon

"Suggestion" and "Reflections."

"Fall in Love," protested the Feminist mockingly, "why, my dear, women don't fall in love—they ooze into it. It requires strength of mind and a definite idea of what one wants to fall in love. My Brilliant Friend has been elucidating on this subject for an hour and his eloquence has convinced me that we are poor spineless things. A woman never knows enough to fall in love until some generous man suggests it to her by telling her that he cares; then having received the suggestion she unleashes her imagination in no time she is fanning the flame of suggestion to frenzied heat. She can't even put it out when it is no longer wanted."

"We seem to be quite a bright crowd," commented the Fair Divorcee caustically. "Why not arrange to have the man also 'suggest' his extinction then everything would be lovely."

The Feminist acknowledged the interruption with a roughish smile.

continued: "He says that it isn't modesty that keeps a woman from declaring her love for a man before he speaks. It is simply that a woman's chief reason for loving a man is that he loves her. Add he, of course, must tell her so before she arranges to become in love with him. It isn't anything in the man that wins her love. Any one of a hundred men could win that love if he loved her and told her of it. A woman merely loves to be loved. It is a woman's special brand of egotism that she thinks the man who loves her is necessarily more wonderful than other men. He says all that is quite as it should be, and that my theories about a woman exercising the right of choice are all both because the affection a woman gives a man can never be anything but the mirrored reflection of the love he gives her."

"Well," gasped the Teacher, "You wiped the earth with him, of course!"

"Not very successfully—you see that is we are going to be married next month. And—I do think he has wonderful ideas—and I've been waiting his 'suggestion' so that I could 'reflect' for the last six months."

"Move up to the top of the class," said the Divorcee in a burst of admiration.

Told In Twilight

(Continued from Page 3.)

Mrs. Richard Uglow returned from Toronto on Wednesday.

Justice Britton, Mrs. D. G. Macphail and Miss Katharine Macphail left on Monday for Toronto.

Miss Jean Duff, who has been doing V.A.D. work at "Petterclairn," returned home on Monday.

Mr. and Mrs. C. W. Livingston, who have been visiting Mr. and Mrs. C. Livingston, Barrie street, returned to Toronto on Monday.

Mr. and Mrs. L. E. Newman and Miss Mamie Garrett spent the weekend at Charleston Lake.

Miss Mary Clarke, Albert street, is staying with Miss Anne Minnes at Murton's Point.

Mr. and Mrs. James Minnes and Miss Marjorie Minnes returned home to-day from Old Orchard, where they have been spending the past two weeks.

Mrs. George Hawley, who has been visiting Mrs. K. M. Saunders, Alice street, left yesterday for her home in Nanaimo.

Mrs. John Mackinnon, of Halifax, is the guest of her parents, Mr. and Mrs. John Wright, Alfred street.

Miss Etta Freeman, of Montreal, spent her holidays at Mrs. G. H. Smith's, 181 Division street.

Miss Sutcliffe, of Toronto, is visiting Mrs. Howard Folger, Emily street.

The Rev. Walter Loucks has come east from Winnipeg and is now with his parents, Canon and Mrs. Loucks. He will be in Toronto next week for general synod.

Mrs. W. D. Carmichael has returned to her home, corner Mack and

F. McC. SYLVESTER

Managing Director and vice-president of Granby Consolidated Mining and Smelting Co., Ltd. (International Press Photo.)

Watch Heart in Lobar Pneumonia.

Deaths of pneumonia patients are due either to heart failure or to septicemia, seldom, if ever, to insufficient aeration of the blood in the lungs, says Dr. E. P. Hershey of Denver in his prize answer to the New York Medical Journal's question, "How do you treat lobar pneumonia?"

Dr. Hershey says the heart must be watched and stimulated with digitalis. If it can be obtained the appropriate vaccine is to be used. In spite of prejudice, he recommends the ice bag. If the patient be alcoholic he must have whiskey or brandies; if not, all liquor must be cut out. A generous diet, but without meat, is necessary. Open-air treatment is conquering ancient prejudice. Sudden rise of temperature on the third, fifth or seventh day is no cause for alarm, and depressing medicines at this time may mean death.

Army Horses Good-Tempered.

It's a weary, wicked world if you are an army horse. You may or may not approve of shoes, but you've got to have them just the same. The French authorities have an ingenious contrivance which so plumps a horse that he has absolutely nothing to say in the matter. It holds his head, and holds his feet and holds his body, and forcibly prevents him from expressing an opinion, or choosing his shoes, or making a protest in any way. If they would only let a fellow get in just one real horse-size kick one could—but what's the use. In the meantime the farther gets in his fine work, and then it is too late. Yes, it's a hard, cold, cruel world, so it is. Still, shoes are not so bad and they give a dandy left to one's hind boots in arguments later on in the camps.

Shortest Railroad.

You have heard of shortest railroads before. Always they're the most abbreviated ever. But off-hand one would grant the prize to Missoula, Mont. It has a railroad only 100 feet long. It connects the Northern Pacific with the C. M. & St. P., and is used as a transfer. It has no equipment, no employees, and no stations, yet the company that owns it gets 50 cents for every car that passes over its rails. Sixteen thousand have done so thus far. Think of it!—Popular Science Monthly.

It doesn't amount to much to say a mental amen to the minister's prayers unless you follow them.

Miss Anna Elliot, Renfrew, visited her sister, Mrs. R. M. Clark, at Kingston.

A Cup of Tea In Perfection

"SALADA"

Fresh From The Gardens
Sealed Packets Only
Black—Green or Mixed

Try a Packet To Day

A Real Opportunity For Men Who Have Had Selling Experience Of Any Kind.

Here is an individual line of work with immense opportunities for the man who has character and ability to sell in the new rich field of Life and Indemnity Insurance. You earn an income that is limited only by the energy and ability you put into your work. We start you into business—give you a free course in Salesmanship, and help you to make good. Write to-day.

J. O. HUTTON
General Agent, Canada Life Assurance Company, Kingston, Ont.
Telephone 708 78 Market Street.

Kiddie's Clothes

How to Make Them Wear Longer

There is stringent need of it, as every mother can testify, in these days of mounting prices. Well—did it ever occur to you that harsh, common soaps, and the ordinary rub and scrub of the wash board, break down more clothes than are ever actually worn out in use? Its so. We've studied the question. That's why

Sunlight Soap

purest and best of soaps, was first evolved, years ago—to wash clothes gently but thoroughly, without rubbing—the special "Sunlight" way. Doubly—trebly useful—now, in war time, when the clothes must last longer.

It's easy to do the washing yourself with Sunlight.

LEVER BROTHERS LIMITED
TORONTO

Safety or Danger? in Electrical Devices

THE housewife or business man who allows, in home or office, an electrical device unapproved by electrical authorities, or that does not measure up to standard electrical requirements, harbors an element of danger to life and property every minute it remains in use.

We make this strong statement in the nature of a warning because it is in our interest as well as yours to do so. The sale of cheap, dangerous electrical equipment affects our business—particularly those copied from our own designs, thus depending for their sale upon the fact of being imitations of the BENJAMIN. When one of these articles proves its inferiority by use—as might be expected—the loss has fallen, not upon the unknown manufacturer, but upon the innocent purchaser who has been deceived by the resemblance of the cheap article to the genuine—and the BENJAMIN name undeservedly suffers the blame.

Benjamin goods are all inspected and passed for safety before being placed on the market. The Benjamin Two-Way Plug, for example—which is most glaringly imitated—is approved by all electrical authorities. On the contrary, there are imitations that are not only unsafe but which are sold, in some instances, under conditions which lead the public to believe that they are getting the BENJAMIN Two-Way Plug. Can you imagine more heartless "profiteering" than this? Is it any wonder we feel called upon to issue this warning in your interests and our own? It is safer to play safe—look for the name!

Insist on **Benjamin** Products

Electric Lighting Specialties Two-Way Plug Industrial Lighting

Made in Canada by
The Benjamin Electric Mfg. Co. of Canada, Limited
11-17 Charlotte St., Toronto
Sold by Responsible Electrical and Hardware Dealers Everywhere