

In the Realm of Woman --- Some Interesting Features

SUFFERED TERRIBLE AGONY

"Fruit-a-tives" Alone Gave Him Quick Relief

Buckingham, Que., May 3rd, 1915. "For seven years, I suffered terribly from Severe Headaches and Indigestion. I had belching gas from the stomach, and I had chronic Constipation. I tried many remedies but nothing did me good. Finally, a friend advised 'Fruit-a-tives'. I took this grand fruit medicine and it made me well. To everyone who has miserable health with Constipation and Indigestion and Bad Stomach, I say take 'Fruit-a-tives', and you will get well!"

ALBERT VARNER.

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent postpaid by Fruit-a-tives Limited, Ottawa, Ont.



Prince George Hotel
TORONTO
In Centre of Shopping and Business District
250 ROOMS
100 with Private Baths
ELEGANT PLAYERS
BAR, ICE, THOMPSON, PAIN

Try Making Your Own Cough Remedy

You can save about \$2. and have a better remedy than the ready-made kind. Easy dose.

If you combined the curative properties of every known "ready-made" cough remedy, you probably could not get as much real curative power as there is in this simple home-made cough syrup, which is easily prepared in a few minutes.

Get from any druggist 2 1/2 ounces of pines (50 cents worth), pour it into a 16-oz. bottle and fill the bottle with syrup, using either plain granulated sugar syrup, clarified molasses, honey or corn syrup, as desired. The result is 16 ounces of really better cough syrup than you could buy ready-made and never spoils.

This Pinex and Syrup preparation gets right at the cause of a cough and gives almost immediate relief. It loosens the phlegm, stops the nasty throat tickle and heals the sore, irritated membranes so gently and easily that it is really astonishing.

A day's use will usually overcome the ordinary cough and for bronchitis, croup, whooping cough and bronchial asthma, there is nothing better.

Pinex is a most valuable concentrated compound of genuine Norway pine extract, and has been used for generations to break up severe coughs.

To avoid disappointment, ask your druggist for "2 1/2 ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

THREE FULL LOTS FOR SALE
On Nelson Street CHEAP.
W. H. Godwin & Son
Insurance and Real Estate.
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Teach Children to Use Cuticura Soap

Because it is best for their tender skins. Help it come and then wash with Cuticura Ointment applied to first signs of redness, roughness, pimples or dandruff. If mothers would only use these super-creamy emollients for every-day toilet purposes how much suffering might be avoided by preventing little skin and scalp troubles becoming serious.

October 29th is reported to be the date on which friends and admirers of Hon. Robert Rogers will hold a banquet in his honor in Toronto.

"The Wife" By Jane Phelps

RUTH PLANS TO BRING HER OLD NURSE TO LIVE WITH HER.

CHAPTER XIX.
Ruth had been planning, for some time, to bring old Rachel north as soon as she could afford it. It seemed to her, now that she had a dainty place to live, she longed for her "mamma" more than ever. While Mrs. Crawford was a good cook and kept the place very clean; she never had been accustomed to waiting either on the table, or helping her mistress. Ruth missed the little attentions Rachel always had given her, and now that she was so busy at the shop they would be doubly welcome.

As she packed her things to go away, she thought came to her that the very next raise she had, she would send for Rachel. The thought made her smile through her tears. It would be heavenly once more to have some one of her very own with her.

In the morning Brian had partly forgotten his grudge and she left him in a much better humor than she expected from his actions of the night before.

"Don't mope!" she said when she kissed him goodbye. That was as much as she could bring herself to say. She hoped it wouldn't spend his time with Mollie King.

When she left that afternoon, Arthur Mandel went to the train with her. He had a few directions he wanted to give her, he had said things he had overlooked.

Ruth had no faintest idea that it was an excuse to be with her, away from the prying eyes of the clerks. Neither had she mistrusted that Mr. Mandel knew that Brian was with Mollie King when she was in Philadelphia; or that he also had seen them together that day in Washington Square. Yet, all these things were so. And like most men of the world,

Mandel put his own construction on what he had seen, knowing nothing at all about the circumstances. He insisted upon stopping at one of the Avenue fruit shops and buying Ruth a basket of fruit. Then when they reached the station he bought the late magazines and papers. In every way possible he looked after her comfort, and she was grateful. But one word from Brian, a simple telephone message, even bidding her goodbye, would have meant more to her than all Arthur Mandel could have done, more than all he did. Yet it was but natural that she should be pleased at the attention her employer gave her. "I must be doing well or he would not be so kind to me," she said to herself as she sunk her teeth in a delicious peach, and opened a magazine.

That she herself was the cause of this kindness, she never dreamed. It was because of her value as a business asset. She must work terribly hard to make good. She had such wonderful chance. She thought, for a bit, after Mr. Mandel left her. Then her mind reverted to Brian, as usual. She wondered what he was doing. It was near dinner time. Would he go home and have his dinner? Or would he take Mollie King and go to some restaurant and spend the evening? She never yet had visioned him as spending the evening at Mollie's little studio. It some way had not occurred to her.

But Ruth was young, vitally alive, and easily interested. She never had travelled west before, and soon gave up all thoughts of home and business to watch the shifting scenery. Until it was too dark to see, she looked from the window upon the new country constantly unfolding to her gaze.

TALKING IT OVER With Lorna Moon

The Fair and Foul Weather Friends

"Such friends as thou hast and their adoption tried, grapple them to thy soul with hoops of steel."

A friend who will sympathize with us in our adversity, rejoices with us in our good fortune, and loves us in spite of our faults. He is the friend to "grapple to our souls with hoops of steel." But where shall we find such a friend?

We find many to love us in spite of our faults—but first, there are the friends who sympathize with us through hardships and sorrow; but when prosperity smiles upon us again they fall to rejoice. Instead they give way to envy and become sourly, resentful of our good fortune—as if our being removed from the need of their sympathy had also placed us beyond the reach of their friendship.

Such friends remark "Oh, now they have got a car and we won't be good enough" or "well, I've seen the day when they didn't have enough to eat, now they throw money around as if they'd always had it." They are the friends who must love us from an elevation or not at all. They will expend the utmost energy to help us to success, and when we reach it, their friendship is eaten up by the fires of jealousy.

Then there are the fair weather friends who beam with good will when we wear clothes that tell their own tale of a price in three figures—or when we remark that we have bought the little place at the beach which we rented last year. But if the day comes when we sell the little place or make over the clothes from weather friends give us a chilly smile which means, "It's nothing to us, we were never more than the merest acquaintances."

I don't know which are the more disloyal, the friends who envy our good fortune, or the friends who disown us when luck turns back, but neither of them are the friends that we should "grapple to our souls" or that I am sure!

Musical Notes.

Music begins where language ends. To let the piano get out of tune is false economy.

Music has a general appeal to everybody. The hymns of the strictest and most exclusive of denominations are rarely sectarian.

Economize on the earth's natural resources. But saving on music or anything that can help the soul of man is a crime.

1918 is the one hundredth anniversary of Gounod's birth. Gounod was the foremost of French composers. He is best known as the writer of "Faust," the "Soldiers' Chorus" of which every one knows.

"It has done the most good to the greatest number and has touched more lives helpfully than any other hymn." That was Dwight L. Moody's tribute to "Just as I am," Charlotte Elliott's words mostly sung to the tune Woodworth.

"One thing I have always opposed," said a well-known concert accompanist recently, "is the practice of women singing love songs obviously intended for men. There seems to be an unwritten law that women can sing men's love songs with perfect propriety, though one does not hear the contrary to any extent."

One of Chopin's last wishes was that his heart should be sent back from Paris to Warsaw. This was carried out. The wish was prompted by his great love for his native land, Poland, and also by the strange fear that he might be buried alive.

Musie played a great part in the Reformation. It was carried forward on the waves of song. The new songs of the Reformation and the old psalms revived in the popular musical forms had a tell effect upon the masses of the people. Now, as then, music and religion are inseparable.

"Once the educational side of mu-

YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

If Cross, Feverish or Bilious Give "California Syrup of Figs."

No matter what ails your child, a gentle, thorough laxative should always be the first treatment given. If your little one is out-of-sorts, half sick, isn't resting, eating and acting naturally—look! Mother! see if tongue is coated. This is a sure sign that it's little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach-ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile sent on its way out of its little bowels without gripping, and you have a well, playful child again.

Mothers can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's liver and bowels and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle. Beware of counterfeit fig syrups. Ask your druggist for a bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."

Fresh and Fragrant

An Everyday Delicious Beverage

"SALADA"

Black, Green or Mixed... Sealed Packets only at all Grocers...

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Childs'
In lace and button.
Girls'
High and low cut, black or brown.

Boys'
Strong and durable.
The Sawyer Shoe Store
Study the store ads—that you may know when a merchant offers the things you want at the prices your consider fair.



Say NO!

"You might as well have it," whispers temptation, but your Canadian Patriotism says "No!"

THE tempting suggestions of selfishness meet no response from a patriot.

For he knows that selfishness and self-indulgence are just now the allies of the Hun—they fight on Germany's side against Canada.

When the devil-whisper says "You might as well have it," every true Canadian answers "No!"

Except for the bare necessities of life, we should not be spending five cents a day.

For every expenditure we make on things not absolutely necessary directly affects the fighting strength of Canada and her allies.

The materials that go into the making of things you can do without are needed for our soldiers overseas.

Many of those materials which enter into our unnecessary purchases are brought from other countries and occupy precious space in ships; space sorely needed for those cargoes which can be used for the winning of the war.

The labor that fashions the things we unnecessarily use is labor which could and would be employed to real advantage in the production of war necessities.

Knowing all this, how dare you divert a single unnecessary dollar from your country's war effort!

The shame that must inevitably follow your every self-indulgence, at so grave a time, will be your fitting punishment—if you persist in buying the things you merely want and do not need.

Resist indulgence, cultivate thrift—for thrift is an evidence of patriotism.

And the money you save by thrift will be yours to lend to your country whenever the call comes.

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