

In the Realm of Woman --- Some Interesting Features

SUFFERED TERRIBLE AGONY

"Fruit-a-lives" 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-lives'. 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-lives', 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-lives Limited, Ottawa, Ont.

New Shirt for Rough Work

The comfort, convenience and long service of work shirts demanded nowadays by all classes of tradesmen is found in

KITCHEN'S "Railroad Signal" SHIRTS

This open front shirt is a real comfort to the wearer. It prevents all the ripping and tearing that occurs when getting into an ordinary shirt.



Made to stand long wear over used. When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home.

The Best Cough Syrup Is Home-made

Here's an easy way to cure it, and yet have the best cough remedy you ever tried.

You've probably heard of this well-known plan of making cough syrup at home. But have you ever used it? When you do, you will understand why thousands of families, the world over, feel that they could hardly keep house without it. It's simple and cheap, but the way it takes hold of a cough will quickly earn it a permanent place in your home.

It is really wonderful how quickly this home-made remedy conquers a cough—usually in 24 hours or less. It seems to penetrate through every air passage, loosens a dry, coughing throat, lifts the phlegm, heals the membranes, and gives almost immediate relief. Splendid for throat tickle, hoarseness, croup, bronchitis and bronchial asthma.

THOMAS COPLEY Telephone 987.

Wanting anything done in the carpentry line. Estimates given on all kinds of repairs and new work; also hardwood floors of all kinds. All orders will receive prompt attention. Shop 10 Queen Street.

GRAND TRUNK RAILWAY SYSTEM LOCAL BRANCH TIME TABLE

IN EFFECT SEPT. 29TH 1918.
 Trains will leave and arrive at City Station, Front Street, Going West.

No. 19 Mail	12:15 a.m.	12:31 a.m.
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No. 27 Local	9:15 a.m.	10:17 a.m.
No. 1 Intern'l Ltd.	1:15 p.m.	1:47 p.m.
No. 7 Mail	5:15 p.m.	5:47 p.m.

No. 17 Mail	1:40 a.m.	2:17 a.m.
No. 16 Express	1:40 a.m.	2:17 a.m.
No. 8 Mail	11:30 p.m.	12:32 a.m.
No. 14 Intern'l Ltd.	1:15 p.m.	1:47 p.m.
No. 28 Local	8:48 p.m.	7:51 p.m.

Other trains daily except Sunday.
 Direct route to Toronto, Peterboro, Hamilton, Buffalo, London, Detroit, Chicago, Bay City, Saginaw, Montreal, Ottawa, Quebec, Portland, St. John, Halifax, Boston and New York. For Pullman accommodations, tickets and all other information, apply to J. P. Stanley, Agent, Agency for all ocean steamship lines. Open day and night.

The devil's advice always comes without the asking.

"The Wife" By Jane Phelps

RUTH DINES WITH HER EMPLOYER WHILE BRIAN STAYS OUT LATE.

CHAPTER LXIX.
 Ruth could scarcely repress the guilty feeling she had at accepting her employer's invitation. It came over her that she was doing exactly what she hated so to have Brian do—then excused herself on the ground of business.

Had Brian been coming home as usual, she would not have gone. But Mr. Mandel had been so insistent that she dine with him, if she worked overtime, that it had been easier to consent than to refuse.

"I will be careful not to tell him when Brian is out," she said to herself, as she smoothed her hair, preparatory to going to dinner. She had worked with Mr. Mandel until a little past seven, and was both tired and hungry.

She was thankful for the waiting taxi. It would rest her a bit.

"You are very tired," Mr. Mandel said as she leaned back with an unconscious sigh.

"Not so very," Ruth had answered, flushed to think she had allowed herself to let her employer know she was weary. He was so uniformly kind and thoughtful that she felt chagrined.

"You must eat a good dinner. Then I'll send you home in a cab. I was going to propose a theatre; but you are too tired."

"Oh, I couldn't have gone!" Ruth exclaimed, knowing she would have enjoyed a good play.

"Why not?"

"It wouldn't be right for me to do something so selfish when Brian, my husband, is working," she had not told her employer that her husband was going to school. Simply that he

had to be out on business.

"I wonder—!" Mandel stopped, then after a moment added: "If all wives are as considerate."

"Why, of course they are, I feel almost wicked to go to dinner with you, knowing he is probably taking a smack in some horrid place near his office."

"You have a very tender conscience."

As he said it, Arthur Mandel wondered how long it was wise to hide what he knew from Ruth. Wise for him; his hopes of winning her. She evidently knew nothing. Had he realized that already Ruth was terribly jealous of Mollie King, that she knew of some of Brian's visits; he would have hesitated no longer. But he supposed her entirely in the dark except, perhaps, that day when she saw them when they visited Washington Square on business.

They had a delightful dinner. Mandel insisted that Ruth drink a tiny glass of champagne.

"It will do you good," he had said when she objected, and so once more she did as he asked rather than discuss the matter further.

When they finished he put Ruth into a taxi, bade her good-night, adding:

"Don't hurry down in the morning. You need the rest."

"Was ever employer so kind?" Ruth wondered as she leaned back in the corner of the cab. All through dinner he had chatted brightly, told her interesting stories and anecdotes of people, without taxing her in the least to do her part to entertain him. She had been grateful. She did not feel like talking and it had been a relief to know it was not required of

her. And somehow she knew that Arthur Mandel knew she did not want to talk; and so had saved her the necessity.

Ruth was just the type of a woman who appreciated such delicacy of attention. She thought much of Mandel as a consequence. She regarded him as the kindest, most thoughtful man she ever had known. Occasionally she wondered idly why he never had married, and was rather pleased that he had not, although she could have given no reason for the feeling.

She went directly to bed when she arrived home, and fell asleep almost immediately. She had no intention to be so late for Brian and tell him of her nice dinner and hear how he had got along with his typewriter. But she really had been very fatigued, and so had slumbered, regardless of her intent to remain awake.

She woke with a start; she must have fallen asleep. But Brian was not yet in, so she could not have been sleeping long. He had said he would be home a little after nine if he had his lesson early; and it had been just nine when she lay down.

She looked at the tiny clock on her dressing table. It was after eleven. She had dozed nearly two hours. Where in the world was Brian?

She went to the window to watch for him.

Just as the clock struck twelve she saw him. Some impulse, for which she could not account, sent her scurrying back to bed; and made her pretend to be asleep when Brian switched on the lights.

To-morrow—Brian Remains Out Just As Late As Before.

TALKING IT OVER With Lorna Moon

The Comfy Lady with the wide lap bustled into her place at the bandage table half an hour late.

"Shopping," she remarked by way of explanation to the inquiring faces turned towards her. "It's a problem, I'll tell you," she added, as she drew some work towards her. "with four growing children to buy for. I dread the changing season for I haven't fairly got them all provided for with summer things. Before I've got to begin thinking of winter clothes for them."

The little mother at the end of the table gave her an understanding smile of sympathy and said, "You sent all the children's last winter things to France, didn't you? That makes it harder and clothes are so terribly high this year."

"Yes," answered the Comfy Lady, "but I don't regret that one bit. They say charity should begin at home—but I think

that when charity is such a tickler for beginning at home it is also very apt to stay there. It's the easiest thing in the world to convince yourself that you're too poor to help others if you magnify your own needs and forget theirs. I've tried to excuse myself to myself by saying that I have my hands full with my own and have no time to bother about other people's children. But that is just the point, it's because my hands are full that I sympathize with the mothers of France. I never put Tommy into a pair of new trousers or buy a vest for Jimmy that I don't think of all the Tommys and Jimmys in France that don't have vests and trousers. You've got to have children of your own before you can realize all that children need; and you can't appreciate the cost of keeping a pair of active feet shod unless you have just such a pair of active feet at home to keep in shoes and stockings."

There is a world of truth in the Comfy Lady's remark, before you can truly sympathize with another you must first drink from a common cup of sorrow with him. That is the secret of living sympathy, it is the solution of the heavenly kindness of the poor towards the poor.



CATCHING HUSBANDS

We girls have organized to sew for bachelors. Got any bachelors sewed up as yet.

RESTFUL

De Soft is at ways thinking of himself. Yes, in that way he avoids having much on his mind.

No Indigestion! Stomach Feels Fine!

No Acidity, Gas, Souring, Dyspepsia

Belching gas, food souring in stomach, lumps of pain from indigestion and all distress from an upset stomach stops instantly. Yes! At once!

No more stomach-headache.

Never any indigestion pain.

Pape's Diapiesin not only relieves bad stomachs but it strengthens weak stomachs. Splendid! Costs little—Any drug store.

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The best you can buy—a special blend—with a wonderful rich, mellow flavor. "The Most Delicious Drink." Try it. In 1 lb. and 1/2 lb. sealed tins only.

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How often has an attack of indigestion interfered with your work or spoiled your pleasure? Good health is mostly a matter of sound digestion. Whenever you are troubled by dyspepsia, flatulence, sour eructations, sick headache, biliousness or constipation, take Beecham's Pills. They quickly and effectively correct digestive disturbances, stimulate the supply of gastric juice and

Tone the Stomach

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Feed Your Poultry

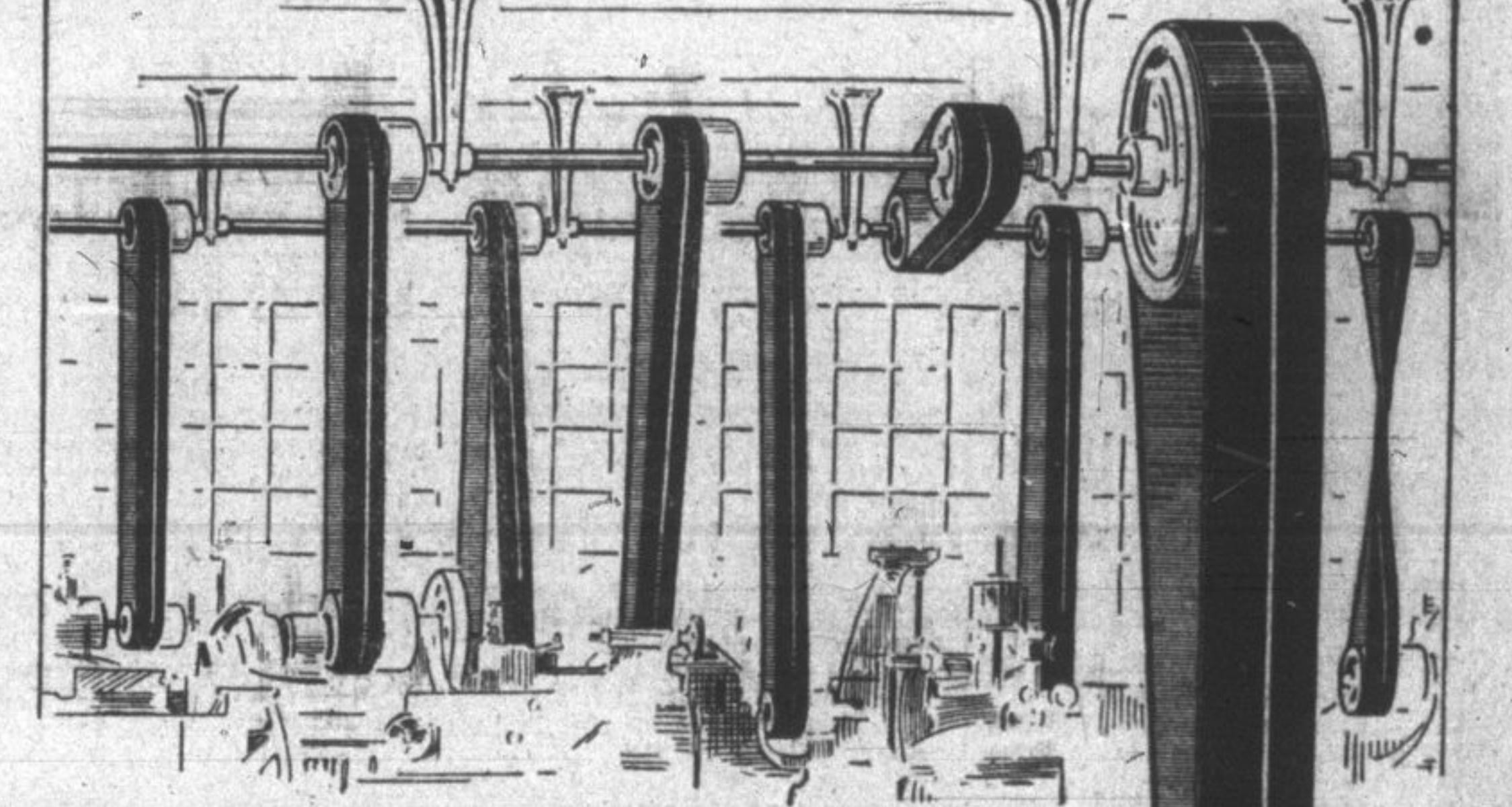
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Our Dominion-wide service—in charge of belting engineers—not merely salesmen—is within phone call of your plant. The first time you are in trouble, test it out.

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Vacation, with many, is the hardest season of the year.