

In the Realm of Woman --- Some Interesting Features

"The Wife" By Jane Phelps

"THE WIFE"

By Jane Phelps.

MRS. CLAYBORNE DECIDES TO PROLONG HER VISIT.

CHAPTER LXXVI.

Ruth was surprised at her aunt's attitude. Surprised and pleased. She had expected she would be so opposed to her going to work, that it might make her visit unpleasant. She welcomed the change without, in the least, appreciating the cause. Her aunt had come north with the sole intention of seeing if she could not persuade her niece to give up her work and return south with her. Her meeting with Arthur Mandel, her quick appreciation of his feelings toward Ruth, had caused her to change her mind, and also to desist from disparaging remarks about women who went out into the world and work.

In general, she had in no wise changed her deep-rooted opinions or dismissed her prejudice against women working outside of the home. But her clever wit had seen at once that for Ruth to continue, was in time to become discontented with Brian, and to realize Mandel's superiority—at least she persuaded herself that this would happen. Not that she disliked Brian Hackett for any particular thing he had done; but because of his failure to succeed financially, she looked upon him as almost a nonentity, one not to be considered in her plans.

When Brian heard that Mrs. Clayborne was to extend her visit, he groaned inwardly. He was not unaware of her attitude toward him, and although he resented it, he did not allow himself to show that he did. She was a relative of Ruth's, almost the only one she had. He would be as gracious as he could for Ruth's sake. But the very next day he called Mollie King up and asked her to lunch with him, and confided to her sympathies the way he felt because of his inability to be with her as often as he had been of late.

"I shall have to walk a crack while the old lady is here!" he complained. "She's as sharp as a steel trap. No one could put much over on her. And she'd be sure to make trouble if she thought I as much as spoke to another woman. Ruth isn't at all like her," he explained, flushing a little because of what he had said, "not a bit. She never has asked me not to see my old friends—not that it would do her any good if she did"; he added.

To Avoid and Relieve Influenza.

By Dr. Franklin Duane.

Many people have been frightened by the news of the spread of influenza. To more you fear the disease, the surer you are to get it. Go right about your business and forget it. As the disease is spread principally by contact through sneezing, coughing or spitting, many health authorities have advised that everyone wear a gauze, which is daily washed and saturated with a one to five hundred solution of zinc sulphate in water, and then dried before wearing over the nose and mouth. You should avoid crowds, common drinking cups and public towels. Keep your strength up by taking lots of exercise in the open air and plenty of nourishing food.

If you have any of such symptoms as illness, nasal obstructions, flushed face, headache, feverishness, restlessness, weakness, or irritating cough, give up work at once and go to bed. This will save your strength to help you overcome the disease. Put your feet in hot water for fifteen minutes. If you have a fever, take with some such mild and non-irritating physic as Dr. Pierce's Pleasant Pellets. Take a glass or two of hot water, and then cover up with plenty of clothes in bed so as to get a good sweat. When you wake up, take a glass of hot water, and take a dose of two Anurie Tablets every four hours, followed by drinking at least a glass or two of hot water. Anurie Tablets help quickly to relieve the soreness of the muscles and bones from which most patients complain, and help the kidneys flush out the poisons.

To relieve nasal obstructions and excessive discharge from the nose, probably nothing is better than such a mild, soothing, antiseptic wash as Dr. Sage's Catarrh Remedy. It will give great relief. Employed as a gargle, in same strength as made for use in the nose, it will soothe the throat, and quickly arrest soreness and dryness in the throat.

Influenza weakens the patient's resistance to disease, so that there is danger of bronchitis and pneumonia developing. To combat this tendency and fortify the patient's strength, insist that he keep in bed at least two days. Probably nothing will assist the recovery and strengthen the patient more than an iron-ionic tablet called "Ironite" or that well known herbal tonic, Dr. Pierce's Golden Medical Discovery, which has been used by thousands in the past two generations.

"A loaf of bread and me, didn't appeal to Ruth. I don't blame her, mind you, but it makes it darn lonesome, especially when she is away." Why he should be lonely, when she was not at home (inasmuch as she never had left him save when out of town), he did not explain. "Of course it does! men, always want their women folk at home when they get there. It isn't quite fair, though, Brian. You men think you can stay out as much as you please; but none of you want us to do so."

"A woman's place is in her home." He returned so solemnly that Mollie laughed a ripping little laugh and then told him to pay the clerk and go back to work. Brian did as he was told. He loved these little domineering ways of Mollie's; so different from Ruth's desire to defer to him. Mollie bossed him so prettily, that he could not resist. "I can't take my lesson to-night."

Talking it Over

With Lorna Moon.

Fatty "Goes Across."

The nurses called him Fatty Ar-buckle, and they vied with each other for the privilege of feeding him food egg-nog through a glass tube. Fatty wasn't handsome, but there was something about his big pink face and his smiling hazel eyes which his favorite "nurse" expressed it, "went right around your heart and buttoned up the back."



In some inexplicable manner he had come into possession of a pair of striped pajamas of a particularly rosy pink. As he lay in the great ward room, which had been made into a makeshift hospital when the dread epidemic struck the barracks, he looked like an enormous baby doll.

He had lost his voice, it even hurt him to whisper, but he could smile! There were six hundred sick boys in that great emergency ward, but not one of them had a smile like Fatty's.

He managed to smile apologetically at the doctor, his guard, his cheerful after a sixteen hour day. When he came to his bunk-side late one night and stayed a long time. After the doctor left his "nurse" was very quiet; Fatty seemed to sense that she was losing the fight, and clung to the white linen covered arm.

"Don't let them take me over to Death Valley, Nurse," he pleaded. "If I've got to croak, I'd rather croak here amongst the fellows I know and have you looking after me." Death Valley was just on the other side of the hastily rigged up screen of sheets; and there lay the men who were dying of pneumonia.

The nurse promised that he would not be moved she did not think it necessary to add that there was not a vacant cot there. The next day she asked him in an elaborately casual way if he wouldn't like her to drop a line to his mother, just to let her know how well you're getting on. "But Fatty had no mother," he answered; he had not anybody but his "girl."

"She thinks I'm on my way across," he said in his choked whisper. "I wrote and told her I might be going any day and not to be worried if she didn't hear from me for a few days. If I'm going to get well what's the use of bothering her? And if I'm going to croak—I don't want her to remember me that way."

It was just before dawn that he opened his eyes and shuddered. "I'm cold—I'm lonely too," he whispered wistfully. "I kind of wish my girl was here; I kind of wish I hadn't told her that he about going across. But it would have been—mighty hard—on her." (The whisper died away and the nurse knew that he had not told his girl a lie, after all; he had gone across.)

DUNLOP-DOUGLAS WEDDING.
Ceremony at the Home of the Bride on Brock Street.

The home of Mr. and Mrs. Hugh Douglas, 510 Brock street, was the scene of a very pretty wedding on Monday morning, November 11th, when their eldest daughter, Florence Isabelle, was united in marriage to James William Dunlop, of this city. The ceremony was performed by Rev. John Fairlie.

At eleven o'clock the bride entered the drawing room on the arm of her father, who gave her away. She looked a picture of loveliness in a suit of navy blue broadcloth, and wore a hat of tulle with gaslight blue chenille. She also wore a corsage bouquet of white roses and lilies of the valley and entered the room to the strains of Mendelssohn's wedding march, played by her sister, Miss Elizabeth Douglas. During the signing of the registrar Miss Edith Dunlop, youngest sister of the groom, rendered sweetly "Because I Love You Truly." Miss Florence Dick played the bridal chorus. The room was tastefully decorated with white chrysanthemums and ferns.

A recherche wedding breakfast was served after the ceremony. The bride's table was centered with the wedding cake, which she cut.

The bride's mother wore a purplish pussy-willow silk dress, with velvet pannel and steel beads. After the ceremony the happy couple received a large number of long-distance telephone calls, including one from Mrs. John O'Toole, of Ottawa, Mrs. Charles Cunningham and Mrs. James O'Reilly, of Buffalo, N.Y. The groom's gift to the bride was a Hudson seal cape, and to her sister, a gold ring set with pearls.

Among the out-of-town guests were Mrs. William Schwalke and Miss Cora Schwalke, of Buffalo, N.Y.; and Mrs. Jane Rothwell, of Brockville.

Mr. and Mrs. Dunlop left amid a shower of good wishes and confetti for Buffalo, N.Y., and other western points.



"Oh! This Shopping"

"It certainly gets on my nerves. I come home all fagged out, and nearly always have a splitting headache."

"Yes, they say we women always like shopping. But if everybody feels as tired out afterwards as I do, it is no joke."

"I wonder if it is my nerves. I never could stand much sightseeing, anyway. The strain on the eyes seems to exhaust the whole system."

"I suppose I shall not be able to sleep to-night, and that will put me in fine condition for to-morrow."

"Why don't somebody invent a good medicine for the nerves?"

"But what was that Mrs. Cray was telling me about? I believe it was Nerve Food—Dr. Chase's Nerve Food. I have heard so many talking about the way this Nerve Food helped them that I must give it a trial."

And this is what Mrs. Cray of 515 Cedar street, Peterboro', Ont., writes about her experience with this well-known food cure:

"I was suffering from a rundown condition of the system, nervous debility and sleeplessness. I lost a good many nights' sleep, and sometimes after going to sleep would wake up with a start."

and then lie awake for hours. I also had frequent headaches and pains through my back. I had taken doctor's medicine, but it did not seem to help me. Through reading in the newspapers of the help others had derived from the use of Dr. Chase's Nerve Food I started taking this medicine. The first box helped me, so continued taking about five or six boxes. I found that I was a great deal better, able to sleep well and do my work without any trouble. My headaches and nervousness are gone. My children, five with me, and she has also found great benefit from the use of the Nerve Food. I cannot speak too highly of Dr. Chase's Nerve Food for nervous trouble of any kind."

If you could only read the letters which come to this office from day to day telling of what Dr. Chase's Nerve Food is doing for women, and men, too, in all parts of Canada, you would not be long in doubt as to the most satisfactory treatment for tired bodies and exhausted nerves.

All we can do is to pass along the good words by publishing an occasional letter. It remains for you to benefit by using this blood and nerve builder to restore energy and vitality to your exhausted system.

You can obtain Dr. Chase's Nerve Food from all dealers, or Edmanson, Bates & Co., Ltd., Toronto, 6 boxes for \$2.75. On every box of the genuine you will find the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author.

HP SAUCE

The World's Appetiser

This new Sauce is rich—thick—fruity, and is such a welcome change to the old-fashioned kinds of Sauces.

Dandruff Heads Become Hairless

If you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't.

It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it. You will find, too, that all itching and digging of the scalp will stop, and your hair will look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive, and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.

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

Dominion Fish Co.

Canada Food Board License No. 9-3240.

CLOTHING ON EASY TERMS

Ladies Suits, Dresses and Furs, Gentlemen's Suits and Overcoats.

N. Morris, 374 King St.

THREE FULL LOTS FOR SALE

On Nelson Street

CHEAP

W. H. Godwin & Son

Insurance and Real Estate.

80 Brock St. Phone 424

COKE ORDERS ONLY TAKEN

The James Sowards Coal Co.

Phone 155.

Feed Your Poultry

Purina Baby Chick Feed
Purina Chicken Chowder
Purina Scratch Feed

More Eggs and Chubby Chicks. For Sale By

D. Couper.
841-8 Front Street,
Phone 76.

WOOD

Sawed in Stove Lengths

BOOTH & CO.,

Phone 133

Foot West Street

ROYAL YEAST

Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the loaf will be just as good as the first.

MADE IN CANADA

E.W. GILLET COMPANY LIMITED

WINNIPEG TORONTO, ONT. MONTREAL

The girl who is the most popular with men in general is the most apt to make one man miserable for life. A man gets more invitations to pay up than he does to dinner. If you want a thing done well ask the waiter to bring it rare.

Some men wake up to find themselves famous, while lots of others stay up all night and never even get a glimpse of fame. Beauty may be skin deep, but thick skinned people are not necessarily the most beautiful.

Taste and Prove That Klim is Genuine

GET a tin to-day with your groceries. Whip a quantity into water as directed and use it on your table for drinking at every meal. You will be delighted with the fresh natural taste.

When you have put Klim to a drinking test, use it in baking and cooking. You will recognize its value for constant use summer and winter. Klim is genuine pure dry milk powder, without butter fat. The butter and animal fats eaten at every meal, more than supply the fat needs, and at less cost than in bottle milk and cream.

At your grocers in convenient 1 lb. and 10 lb. tins.

Capella Food Board License No. 12-242

3 cups to the pound!

Delicious, satisfying, rich-flavored Tea—tasty Tea. The fragrance of the plantation is in the leaves.

Lipton's is the only firm selling Tea in Canada that actually grows, blends and packs the tea it sells. Every packet is guaranteed as to flavor, quality and weight.

Say to your grocer, "I must have Lipton's."

Lipton's Tea

The Public is Warned

Against using Dangerous Hair Preparations

If you value your hair, be careful what you use.

Chemical analysis shows that most liquid preparations for shampooing contain an excess of alkali (a most harmful irritant), which eats its way into the pores of the scalp, rots the roots of the hair, thus causing it to fall out.

The surest, safest and easiest way is to make your own liquid. Buy a carton of Velpor at any drug store. Dissolve one of the small packets into half glass of fresh water and you will have an abundance of pure non-injurious liquid that, aside from cleaning the hair thoroughly, will relieve itching of the scalp, falling hair and dandruff, also improve the natural color of the hair.

A State Liquid Preparation that has been made for months perhaps years.

or

A pure concentrated Powder that never spoils. Mix with fresh water as required.