

In the Realm of Woman --- Some Interesting Features

DANGER LURKS IN EVERY ONE OF US

We Are As Full of Deadly Poisons As A Germ Laboratory.

AUTO-INTOXICATION OR SELF-POISONING

"FRUIT-A-TIVES" Absolutely Prevents This Dangerous Condition.

The chief cause of poor health is our neglect of the bowels. Waste matter, instead of passing from the lower intestine regularly every day, is allowed to remain there, generating poisons which are absorbed by the blood.

In other words, a person who is habitually constipated, is poisoning himself. We know now that *Auto-intoxication*, due to non-action of the bowels, is directly responsible for serious kidney and bladder troubles; that it upsets the stomach, causes indigestion, loss of appetite and sleeplessness; that chronic rheumatism, gout, pain in the back, are relieved as soon as the bowels become regular; and that pimples, rashes, eczema and other skin affections disappear when "Fruit-a-tives" are taken to correct constipation.

"Fruit-a-tives" will protect you against Auto-intoxication because this wonderful fruit medicine acts directly on all the eliminating organs. 60c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent on receipt of price by Fruit-a-tives Limited, Ottawa.

His One Mistake.

An English gamekeeper's friends were once congratulating him as to his ability in addressing his master's titled guests.

"Well," said the gamekeeper modestly, "the only time I ever came near making a blunder was when a little archdeacon joined the shooting party. There he stood, gun in hand, and though he had after bird got his foot on a log."

"So up I goes to him—feeling rather annoyed, I was—and I says, 'Look here, your 'Oliness, why don't you up with your blanky gun and shoot the bloomin' biggers?'"

Keeps Children Well Makes Them Robust

HERE IS GOOD ADVICE FOR THE HEAD OF EVERY FAMILY

Rapid growth, work at home and in the school-room, are sure to tax the strength of every child, and often prove the beginning of a chain of weakness that lasts through life.

Give your sons and daughters a fighting chance. Give them good home surroundings, fortify them with education—but above all else do everything possible to insure for them perfect health in years to come.

In no way can you destroy weakness and build up health so surely as with Ferrozone. It's the concentrated nourishment in Ferrozone that enables it to do so much good. It contains the very elements that are helpful in building up bone and sinew, in vitalizing and strengthening the blood. The appetite Ferrozone brings will gladden any parent's heart, and when color, spirits, vim, and energy increase day by day then you know what grand work Ferrozone is doing. Because it makes and keeps you healthy, because it is pleasant, harmless and sure to do enormous good—you and your children should use Ferrozone every day. Sold by all dealers in 50c boxes, six for \$2.50.

Using Beets.

In the fall beets are hard to cook, and many are left to waste on this account. Gather the beets, wash and grind to a pulp in your chopper. Cook until tender in clear water, then add vinegar and sugar as desired; seal hot. This is a rich winter dainty. Removed from the pickle syrup and covered with salad dressing it is a dish worth trying.

"The Wife" By Jane Phelps

RUTH'S SALARY IS RAISED AGAIN. SHE TELLS BRIAN

CHAPTER C.
For some time, things moved very quietly with Brian and Ruth. The horror of the Lusitania sinking had kept them occupied for days to the exclusion of nearly everything else in their conversation. Brian talked war, the necessity of preparation, until Ruth told him:

"Anyone would think you were anxious to be shot at, to hear you talk."
"There are worse things than being used as a target."
"Really, Brian, would you go if there were war, and you weren't drafted?"
"Drafted! Do you think I would wait for that? If you weren't all alone—"

"What do you mean, Brian? If I wasn't alone?"
"I'd go over and enlist with the Canadians. I wouldn't wait."
"Oh, Brian!"
"I won't, so don't worry. I said if you were not all alone. I know your aunt does not like me and it would give her another handle against me. But I am tempted to do it every time I talk with that bunch of Canucks. They are great fellows, Ruth. They were leaving New York in a few days, Brian had said, and some way Ruth felt she would be glad when they had gone."

Ruth would not think of objecting, did her own country claim Brian. She was intensely loyal, thoroughly patriotic. But she did object to his joining under any other flag than the stars and stripes. She would be second if Uncle Sam needed him; but until that time, which she prayed fervently never would come

she felt that her claim was first. Her work was going very smoothly. She did not at all realize to what extent Mandel was responsible for this. How he would constantly alive to her needs, the needs of her department, and smoothed away any difficulties as far as he was able.

"I have decided to raise your salary, Mrs. Hackett," he said to her one day. "You have done wonderfully well and your personality has also attracted new customers. I shall give you sixty dollars hereafter."
"Sixty dollars a week! She could do many little things she had wanted to do. She needed a few clothes, and Brian needed an overcoat. As had been proposed, Brian had paid the light and food bills, but Ruth paid everything else, including the rent. What Brian did with the rest of his money, she did not know—neither did she ask."

When she told him, that night, of the "raise," he was silent. She feared another outbreak of jealousy as he had had before, but he waited a moment, then said:
"You're in luck to be appreciated. I know that I am as good a lawyer as Roberts, yet he told me he was making three times as much as I am. I am getting mighty tired of the way things are going."
"Don't worry, dear. You will get on. I am sure of it if you will only apply yourself."
"Just as if I didn't! But I don't intend to go without my luncheon just to hang round to please some client whose time is no more valuable than mine. That's what Roberts does. He says he has almost given up taking any luncheon—that he often catches a good client by be-

ture, needed to make him successful—necessity to exert himself. It is doubtful if she would have believed that she had harmed Brian in this way, even had she been told. She was so unselfish with her money, and so willing to use it for anything needed, that the idea that it might stand in the light of Brian's advancement in his profession would have seemed unbelievable. She had much to learn concerning the effect a woman, a wife, who was economically independent, had upon many men. Men who, with the spur of necessity pushing them on, accomplish; but, that gone, they drop slowly backward, and become unambitious, almost slovenly as far as their work is concerned.

Brian Hackett was in a fair way to become one of this sort. Ruth's salary, added to what came easily to him, made them very comfortable. Ruth was determined to work; nothing he could say against it had any effect, so what was the use of worrying any longer. To-morrow—Ruth has An Unpleasant Experience.

For Healthier, Prettier Hair



VELNOR SHAMPOO
IN CONCENTRATED FORM

THREE FULL LOTS FOR SALE
On Nelson Street
CHEAP
W. H. Godwin & Son
Insurance and Real Estate,
89 Brock St. Phone 424

WOOD
Sawed in Stove Lengths
BOOTH & CO.,
Phone 133
Foot West Street

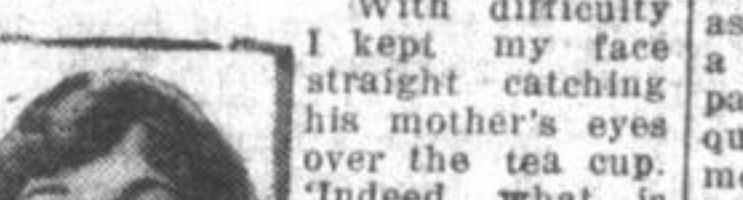
Feed Your Poultry
Purina Baby Chick Feed
Purina Chicken Chowder
Purina Scratch Feed
More Eggs and Cuddy Chicks.
For Sale By
D. Couper,
841-3 Princess Street,
Phone 76.

Government FISH
Fresh white fish and herrings arrive daily to the United Grocery Co., at the Government price.
SMOKED FISH
Finnan Huddle, Fillets, Blonkers and Kippers.
SPECIAL WINTER APPLES
Northern Spy and Greenings.
Per barrel.
UNITED GROCERY
Canada Food Board License No. 9-1237
Phone 261-8-1237. Hen Lee, Prop.
125 Princess Street.

TALKING IT OVER With Lorna Moon

"And how does your airship progress?" I asked the inventive boy of fourteen whose name is Roger.

"Oh, I haven't been working on it for two weeks," then he added with engaging frankness, "I have a friend now you see, and I have been visiting her most of the time."



Lorna Moon

With difficulty I kept my face straight—catching his mother's eyes over the tea cup. "Indeed, what is her name?"

"Janet," he answered, seating himself next to me, with a conversational air. "Don't you think that's a pretty name? It's funny how it happened—I never liked girls, then when I saw her the tide turned—I wish my hair didn't stand up on my head like this." He passed his hand over his bristling hair, which never would mind the controlling attentions of a brush.

His mother gave her attention to the logs in the grate, but I had to keep an unblinking gravity for he was studying my face intently.

"And you don't need to be sent back to wash your ears now, do you, Roger?" said his mother.

"No, I try to be as neat as I can." "Do you tell her about your air ship?"

"No, if never talk business to her," he answered with all seriousness. "I tell her jokes, and talk about a variety of subjects."

Mr. and Mrs. Murray Green, Burlington, have returned to their home after a pleasant visit in Kingston.

Mrs. Kavanagh, Lorne avenue, Montreal, entertained at the tea hour this week for her nieces, Miss Elmore Pheelan, Kingston, and Miss Mildred Owen.

Earl Graham has returned to Peterboro from Kingston, having spent the week-end with his sister, Miss Gertrude.

Miss Suzanne Silvercrans will be one of the guests at the Military College dance.

Miss Silvercrans was the guest of Sir Charles and Lady Fitzpatrick when she was in Quebec. She will be the guest of the Belgian Consul-General and Mrs. Goor in Ottawa.

Mrs. Nell D. Black will be with her aunt, Miss Victoria Morrison, at the Elspeth Apartments, Toronto, for a few days. Mrs. Black before her marriage overseas was well known as Miss Kathleen Ryan. Capt. Black is one of the latest Canadian officers to win the Military Cross. Mrs. Black's brother, Capt. Edward Ryan, is now recovering from wounds in an English hospital.—Toronto Globe.

Mrs. Stuart Parsons and children, Ticonderoga, N.Y., is with her father, J. R. Henderson, Earl street.

Mrs. Connell, Gravenhurst, is visiting her sister, Mrs. Frederick Welch, Clergy street.

Told In Twilight

(Continued from Page 3.)
Mrs. P. T. Ahern, Ottawa, will chair a number of young girls who will come to the Royal Military College dance on Monday evening.

Those in the party will be Miss Willa Ahern, Miss Athol Bentley, Miss Anna MacArthur, Miss Kathleen Evans, Miss Clara Foley, Miss Nancy Thackeray, and Miss Margaret Southam.

Miss Muriel Mabey, Miss Frances Sharpe, Miss Helen Paget and Miss Rose O'Connor, Ottawa, are to attend the dance at the Royal Military College.

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Among the 340 students who enrolled in the Ecole Centrale des Arts et Manufacturiers in Paris, are six young women who stand well in their class.

It is believed that this number will be increased considerably in succeeding years as women acquire a bent for engineering.

Grace R. Byers, six years old, of San Francisco, Cal., is considered the champion child typist in the world. She recently made a record of 80 words a minute.

Onyx and Georgina Shoes

Whether you require a military walking boot for serviceable wear, or a graceful two-toned afternoon shoe, or a handsome pump, you will find this season that Onyx and Georgina Shoes are as usual the leaders in style, comfort and durability.

Only by using the best of fine leathers and the skilled workmanship of an organization of specially trained workers can our standard of excellence be attained.

Our trade-marks guide the way to supreme shoe satisfaction and service.

Blachford Shoe Manufacturing Company Limited.
52 Sherbourne Street, Toronto
Obtained through Canada's leading boot shops
And in Kingston

GEORGINA Shoes for sale by LOCKETT'S Boot Shop
ONYX Shoes for sale by J. H. SUTHERLAND & BRO.

Restores Rapid Gray Hair

To the Natural Color In From 4 to 8 Days

THIS advertisement is addressed to all women who are afflicted with gray hair, no matter what their age—whether they are ladies of leisure, or beginning business life.

It tells how another woman found a way to restore her whitening locks to their natural color without resorting to crude dyes. It offers you the opportunity to test the method free.

This scientific restorer can be used without fear of criticism. It is as permissible and far more important than the powder you use daily. It is very easily applied—the user simply combs it through her hair. In from four to eight days the gray is gone!

This may seem too good to be true—prove it by a trial. Don't let yourself be handicapped by gray hair when it is so simply and quickly remedied. These first gray streaks are a warning that it's time to use

Mary T. Goldman's Hair Color Restorer

This clear, colorless liquid is pure and clean as water, which means much to fastidious women who shudder at the thought of greasy, repulsive dyes.

It doesn't interfere with shampooing, nor with curling and dressing as usual. No one need know you use it, even your own family.

The fact that you can apply it yourself easily and safely and surely is another great advantage to most users.

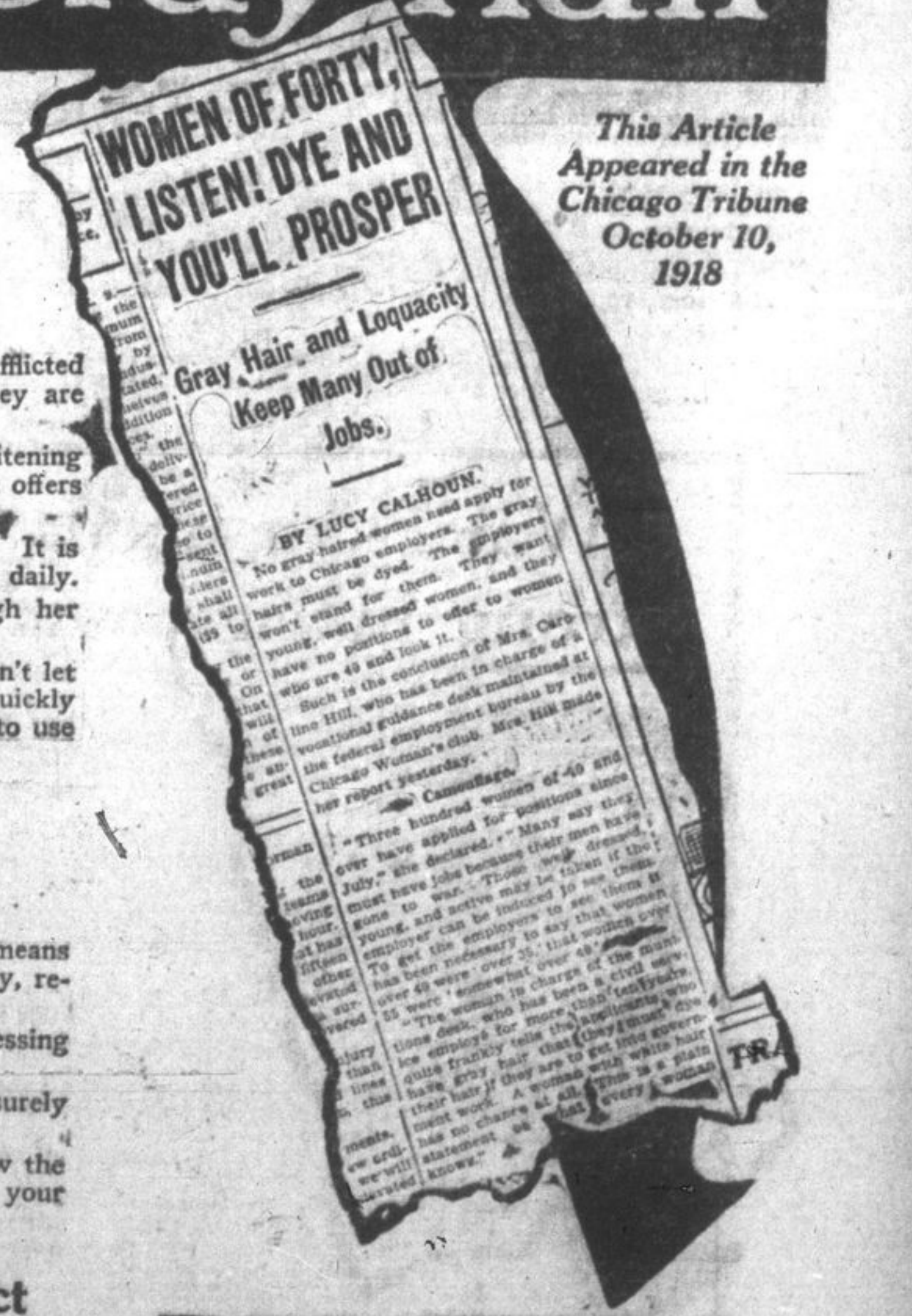
Get a bottle and test as directed on one lock of hair. See how the gray disappears and the natural color returns. Then treat your entire head. Every gray hair will be gone within 8 days.

Buy from Your Dealer or Order Direct

Your dealer can supply you with Mary T. Goldman's Hair Color Restorer. If he hasn't it in stock, order direct and we will forward a bottle by return mail. Price \$1.25, duty free. Tell us the original color of your hair and enclose sample, if possible.

Remember, the first gray streaks are a warning that it is time to begin with Mary T. Goldman's Hair Color Restorer, and buy or send for a bottle today.

MARY T. GOLDMAN, 1062 Goldman Bldg., St. Paul, Minn.
Established 50 Years
Samples to Canada prohibited by Canadian Government



Crude greasy dyes are repulsive to fastidious women. Don't dye your hair—restore it by the scientific method discovered by Mary T. Goldman

JAPAN TEA

Renewed vigor in the hour of fatigue, nutriment for the strong, and health for the ill are in each cup of Japan Tea. Natural purity and absence of adulteration are Japanese Government regulations. Drink Japan Tea and be sure your tea is pure.

"Tea tempers the spirit, awakens thought and refreshes the body."

