

In the Realm of Woman --- Some Interesting Features

INDIGESTION AND CONSTIPATION

Quickly Relieved By "Fruit-a-lives"

Rochester, P. Q.
I suffered for many years with terrible indigestion and constipation. A neighbor advised me to try "Fruit-a-lives". I did so and to the surprise of my doctor, I began to improve and he advised me to go on with "Fruit-a-lives".
I consider that I owe my life to "Fruit-a-lives" and I want to say to those who suffer from indigestion, constipation or headaches—try "Fruit-a-lives" and you will get well.

CORINE GAUDREAU
No. 4 box, 5 for \$2.50, trial size 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ottawa.

THOMAS COPLEY
Telephone 987.

Warranting nothing done in the emergency line. Estimates given on all kinds of repairs and new work. Also hardwood floors of all kinds. All orders will receive prompt attention. Shop at Green street.



TO ALL WOMEN WHO ARE ILL

This Woman Recommends Lydia E. Pinkham's Vegetable Compound—Her Personal Experience.

McLean, Neb.—"I want to recommend Lydia E. Pinkham's Vegetable Compound to all women who suffer from any functional disturbance, as it has done me more good than all the doctor's medicine. Since taking it I have a fine healthy baby girl and have gained in health and strength. My husband and I both praise your medicine to all suffering women."

Mrs. JOHN KOPPELMANN, No. 1, McLean, Nebraska.
This famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, has been restoring women of America to health for more than forty years and it will well pay any woman who suffers from displacements, inflammation, ulceration, irregularities, backache, headaches, nervousness or "the blues" to give this successful remedy a trial.

For special suggestions in regard to your ailment write Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is at your service.
The judge may charge the jury, but it is usually the defendant who is compelled to pay the freight.



Floating Ivory

Ivory Soap floats. In the tub, you don't have to grope for it; it is always within reach. In toilet and laundry use you are reminded to remove the cake from the water. You do not let it sink out of sight to dissolve. The floating Ivory cake also insures against possible injury. You cannot slip on it in getting out of the tub.

IVORY SOAP 99 44/100 PURE
MADE IN THE PRATER & GAMBLES FACTORIES AT HAMILTON, CANADA

"THE WIFE"

By Jane Phelps.

RUTH PLANS FOR BRIAN'S HOMECOMING

CHAPTER CXXXV.
Brian was back with his regiment. "Good as new," he had written. Ruth had not again given way to her despondency. And now that he was once more removed from her influence, she forgot Mollie King—almost.
She kept up her work among the children of the soldiers, and that, with her work in the shop, a little social despatch because of her aunt, and the care she gave little Brian, kept her every moment filled. They came talk of the war ending soon. (Can had been expected. The Germans were being pushed back day after day. While losses on both sides were great, yet those on that of the Allies were small as compared to those of the enemy. The Hun morris, too, was breaking—the most dangerous thing in an army. Eagerly Ruth followed the line that each day advanced farther and farther into the country occupied by the foe. Like others, she figured that if the Allies kept going with no real setbacks, the war must end.

"Brian will soon be back if what the papers say about the war being soon over is true," she said to her aunt one day.
"Yes—I think the fighting is nearly over. It will be a long time before all the soldiers will come back. Brian may be one of those to remain on duty over there even if the war ends. Don't think too much of seeing him soon, dear. It would make your disappointment the greater. Then there is still the chance—"
"That he never may come back," Ruth interrupted. "I know. Yet somehow I feel, Aunt Louisa, that he will not be wanted again. I feel so sure he will come back to baby and me."

"That is the right way to feel—it keeps you from worrying." Ruth looked to question her aunt. To ask her if she was planning to remain with her after Brian returned. But she hesitated to do so, fearing her answer would be that she would go home when he came back.
In spite of her love for ease and for pretty things, Ruth had saved a surprising amount while Brian had been away. She still paid the rent of the apartment, but she often said laughingly that it was all she did pay; that her aunt ran the house. Then, too, Mrs. Clayborne was constantly buying clothes for both Ruth and the baby. She delighted in

dressing them both. So, aside from her charitable work and the rent, Ruth had saved almost all of her salary; she had bought each issue of Liberty Bells; and had given to the Red Cross. But the greater part of her giving had been to her own pet charity—her war-babies.

After this talk with her aunt she sat down and figured how much she had saved in various ways; and how much she could add to it in the next few months. Brian would have nothing to start with. His salary as a soldier even as a commissioned officer, would scarcely be more than he needed; surely no more than he would spend, knowing she and the baby were having everything they wanted. She had written much of her aunt's generosity, and had told Brian many times to spend his soldier's pay for comforts.

She was surprised to see that, by the time the word—event if figured in months—how much money she would have at her disposal. She had a plan in her head which was to be a surprise for Brian.
She would fit up an office for him in a good location. To his slender law library she would add books that he needed. He could start now, feeling that they had money enough ahead so that his mind could be given to his work, without the worry he had before experienced about money. She had said nothing of this plan to anyone, not even to her aunt. But as the papers reiterated their belief that peace was at hand, she thought more and more of the pleasure it would give Brian.

"He'll have baby to work for, now," she said to herself with a smile. That had he been allowed to work for her, he would have been happier, never occurred to her; never did she think it might have prevented much of her own unhappiness.
Then one day came other news. News which she hurried home to impart to Mrs. Clayborne. She had heard the newsboys calling: "Waxtra," had bought one opened it, and glanced at the first page which contained an account of a big battle, as she walked along.
"Aunt Louisa! where are you! read this!" she thrust the paper into her aunt's hand and then leaned over her shoulder and read with her the news which had so excited her.
To-orrow—Brian is Decorated for Bravery Under Fire.

ELECT DIRECTORS.

Men Chosen by the Eastern Ontario Dairy-men.
Directors of the Eastern Ontario Dairy-men's Association for 1919 were selected as follows at the meeting in Belleville: H. Glendenning, Manilla; Thomas Hicks, North Gower; William Brown, Dickenson's Landing; A. J. Robertson, Marlinton; R. G. Leggett, Newboro; J. A. Kerr, Belleville; G. A. Gillespie, Peterboro; George Smith, Ironsides; W. H. Olmstead, Bearbrook; D. Mulhearn, Renfrew; T. H. Thompson, Medoc; Alexander Hume, Campbellford; Neil Fraser, Vankleek Hill; M. N. Empey, Napton; J. A. Sanderson, Oxford Station; J. Campose, Hartington; John Steel, Almonte; W. A. Benson, Picton.

The report of the judges of the cheese and butter exhibit in the City Hall, Belleville, in connection with the Eastern Ontario Dairy-men's meeting showed that 320 cheese out of a total of 476 entries scored as high as 36 per cent. L. Zufelt, of the Kingston Dairy School, pointed out that an unusual feature of stakes by a colored cheese in competition with white, as the colored is much more difficult to make. The score made by the sweepstake cheese was 35.5 points.

the maker and exhibitor being F. M. Murray, of Kemptville, Ont. The cheese exhibit was the biggest that has ever been made at a Canadian dairy show, and the judges, Messrs. Zufelt and J. H. Scott, were agreed that the quality throughout was unusually high, there being not more than half a dozen cheeses that had to be scored down real low.

Would Abolish "Cheese Boards." Dairy Commissioner Ruddle, in his address proposed a sweeping change in the system of selling cheese that was in operation before the war, and a system that may replace it after peace returns. The proposal involved nothing less than the abolition of "cheese boards," and the shipping of all cheese to a central warehouse in Montreal, where it would be graded and sold by auction. This change would, as Mr. Ruddle said, do away with the cost of running local boards and salesmen together at scores of local boards, at frequent intervals, and so make possible the paying of a higher price to the producer of cheese. Moreover, each factory would be paid for its output according to quality. In Quebec, Mr. Ruddle said, a similar system is followed. The Quebec Agricultural Co-operative Society handled 100,000 boxes of cheese and considerable butter through one central warehouse last year, and the cheese so handled showed a much higher percentage of No. 1 than that sold by other factories in the old way through local boards.

It is just possible that for this year the Dairy Produce Commission, through which cheese has been bought for export during the war, may be continued, but as soon as that commission ceases to exist, Mr. Ruddle recommended his plan as a substitute for the old system of selling through local boards.

WIFE NOT NOTIFIED OF HUSBAND'S DEATH

Hamilton Man Died in Asylum and Was Buried as an Indigent.

Hamilton, Jan. 13.—Governmental investigation, probably as a result of the Great War Veterans' Association taking up the case of Mrs. Annie Hazell, 331 York street, who received no notification of her husband's death at the Hospital for the Insane until a month later, when she went to the institution to visit. Mrs. Hazell has two sons overseas, who are her sole support.
On Dec. 1st she went to the asylum to inquire of her husband what progress he would like for Christmas, he being an epileptic patient at the institution. Mrs. Hazell was horrified to learn that her husband had been buried one month previously, as an indigent patient, the funeral having passed her own residence.
Dr. Walter English, superintendent of the asylum, asked for an explanation, said the burden of responsibility was on one of the staff physicians who failed to notify the widow. This physician he said had since left the asylum.

Unless you have more dollars than sense, do not expect others to consider your troubles interesting.

TALKING IT OVER

With Lorna Moon

Expecting the Blue Bird

It is a long discontented letter, all little cribs in the nursery over the sixes and sevens. I gather that the writer is young and beautiful, and has two children and a husband who "plods"; the word is her's, not mine.



The people over the way have a car; the lady who writes the letter hasn't got one—yet. "I think I have the right to expect happiness," she says.
Now, what does she mean? Does she think that happiness is something that we handed to us, all wrapped up in tissue paper and tied with pink ribbon?
I wonder if she thinks that happiness would come and take root with her if she had a car like "the lady over the way?" Perhaps the lady over the way is unhappy in spite of her car; she may even think of the two

COACHES JUMP RAILS

And Eight Persons Are Injured Near Brantford.

Galt, Jan. 13.—Eight persons were injured when the Grand Trunk train on the Hamilton-Guelph section, on Saturday morning, jumped the track a mile south of Brantford on a bad curve, and two coaches plunged down a twenty-five-foot embankment into a pond. The injured persons were all in the first coach which slid down the bank, turning three parts over. The cause of the wreck is said to have been a spread rail.

MURDERER IS DEAD.

Shot Himself After Killing Woman and Child.

Chelsea, Mass., Jan. 13.—Vester Clark, self-confessed murderer of Mrs. Alice Smith, and her five-year-old son, died at a hospital here Saturday. Clark shot himself in the head on Wednesday, a few hours after he had stabbed the woman at her home in Revere and cut the child's throat. Clark told the police that he committed the murder after he had quarrelled with the woman.

Some people can berate if they can't be president.

Positive Definite Knowledge

of its Matchless Quality and Value has been the forceful power that has created a sale of 25 million packets Annually.

"SALADA"

TRY IT - a Tea-Pot Test is better than a Volume of Arguments.



Mary had a little lamb; Its fleece was white as snow; And everywhere that Mary went The lamb was sure to go. It followed her to school one day; They were a pretty sight; For Mary's skin was snow-white, too. She used "Infants-Delight."

INFANTS-DELIGHT TOILET SOAP

ITS kindly soothing effect is truly delightful. Pure white. Exquisitely perfumed. Borated, to soften the water and penetrate the pores.
Send us three of these ads—all different—for beautiful Mother Goose Book in color.
JOHN TAYLOR & CO., Limited, Dept. 11, TORONTO.

Unless you have faith in your effort it will be a failure. The brand of popularity that one can buy isn't worth the price.

Soldiers Home Coming Campaign



The Boys Have Done Their Part



The Salvation Army Million Dollar Fund

January 19th to 25th

"FIRST TO SERVE—LAST TO APPEAL"

Think what might happen to your boys with military discipline relaxed and no Salvation Army to furnish the fun and a song, to bake pies, fry the eternal eggs, mend clothes, provide a place to write to you, steer the boys out of graver dangers than German shells, and mother them in the hundred and one ways every man needs and never misses until he is away from his women folks.



Repatriation

Then think how vitally necessary it is that the Salvation Army should keep open the doors of its Hostels—yes, and open MORE Hostels—right here in Canada, for the returned soldier, from the moment he lands until he has settled down to civilian life again. Assure our boys Hostel comfort in Halifax, St. John, Quebec, Montreal, Kingston, Toronto, London, Chatham, Winnipeg and Vancouver.

The Hostels are soldiers' hotels where the men can find a hearty, wholesome welcome, find good entertainment, home cooking, clean beds, and a bath—all at prices they can afford to pay.



If they haven't the Hostels, where will they go? THAT is the problem. It is for you to answer by your whole-hearted help!
Remember how the boys went away with your promise ringing in their ears: "We'll keep the home fires burning till the boys come home." And we WILL, too,—till the last boy is home and settled down.



"By love serve one another"
THE SALVATION ARMY MILLION DOLLAR FUND COMMITTEE
Headquarters: 20 Albert St., Toronto