

In the Realm of Woman --- Some Interesting Features

Delicate Children Vinol is What They Need

More than eight thousand druggists recommend Vinol because it contains in deliciously palatable form the oldest and most famous reconstructive tonics known to medicine. During the last sixteen years it has brought health and happiness to thousands of puny, ailing, anemic children.

HERE IS PROOF

Middletown, Conn. "I used Vinol for my little girl five years old for a run-down, nervous condition. She was thin, irritable all the time and had no appetite. In a week I noticed an improvement and now she has a good appetite, has gained in flesh and strength and is much pleasanter."—Mrs. C. E. Wilkinson.

Manville, R.I. "The whooping cough, and later the measles left my little boy of eight years with no appetite, thin, frail, delicate and tired all the time. After everything else had failed Vinol gave him a hearty appetite, restored his strength and he is now as well as ever."—Mrs. James H. Hall.

For all run-down, nervous, anemic conditions, weak women, overworked men, feeble old people and delicate children, there is no remedy like Vinol.

Vinol Creates Strength

"MAHOOD'S DRUG STORE AND AT THE BEST DRUG STORE IN EVERY TOWN AND CITY IN THE COUNTRY."



Dining Room Furniture

In oak, walnut and mahogany. All the latest designs and finishes.

R. J. Reid

Leading Undertaker

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Phone 577



MILK without worry without waste

IN thousands of Canadian homes the milk problem has been solved by the grocer. These folks now buy their milk ahead—a week's or a month's supply—with their groceries. They keep a supply on their pantry shelves—against any unexpected need. They have forgotten worry about milk delivery, about "running short" of milk, about having milk "left over."

Let Carnation Milk solve your problem too. It is rich, whole milk "from Contented Cows." Part of the water—and water only—is evaporated. Then it is sealed safe in air-tight cans and sterilized. Carnation Milk therefore keeps for months. Even when the can is opened, Carnation Milk will stay sweet and fresh for several days. There is no waste—no problem of "left over"—with Carnation Milk. You can use this more convenient, more economical form of milk in every way

you now use ordinary milk. As cream for tea, coffee, fruit or cereals. Diluted with an equal quantity of water, as a nourishing, satisfying drink for the children. Diluted still more, for cooking—it adds a delicious flavor. Carnation Milk will also whip—chill it first of course. Directions are on every can. Order three or four trial cans (16-oz. tall size) from your grocer. Now! We'll be delighted to send you a copy of "The Story of Carnation Milk"—a splendid booklet that includes 100 tested recipes for every need.

Carnation Milk

"from contented cows"

Made in Canada by Carnation Milk Products Co., Limited, Aylmer, Ont., Seattle and Chicago U. S. A. Condensed at Aylmer and Springfield, Ont. Canada Food Board Licenses 11-99 and 14-97.



The Promoter's Wife

NEIL TAKES BLANCHE ORTON'S ADVICE TO EXERCISE

CHAPTER XVII. At times I felt almost afraid of my love for Neil, so strongly had I always swayed me. Then again I was almost ashamed of loving him so much. This, when he seemed inanimate when with me—as often happened. Men are said to be selfish. I had heard women talk as if selfishness were bred in men, and in fact it is; therefore it must be accepted by women. Selfish because anyone I ever had known in some ways; unselfish to a definite degree in others. And as his unselfish actions were invariably accompanied by passionate love-making and generosity toward me, I would forget the other side—the selfish side of his nature—for long periods at a time.

We had moved into the new apartment. I felt almost lost in the immense rooms. I had cared for the smaller one with a sort of joyous devotion and energy, because, as I told Neil, it was "my little house, my first home with him." All through my life at home with father and mother, there had been, aside from the necessary plainness of people in our circumstances, a note of simplicity. But Neil loved luxury. He often said laughingly: "I like the sensation of sinking down in things." So we had divans with big, fat cushions, and easy chairs that, once you were settled in them, you felt that never could you get out of them without assistance.

Our new home was exquisite in many ways. Yet to me it lacked the "homeliness" of the first little home. A fashionable and high-priced decorator had hung the walls with tapestries, or soft plushes. The furniture had been selected for the place it was intended to fill with the greatest care. But once put where it belonged, it had to remain there. It was absolutely incongruous anywhere else.

Neil still looked worn and tired. He was always laboring under a sort of excitement, was restless, and "strung up," as father would have expressed it. I felt anxious about him, but when he spoke of what I called his "nervousness" he only laughed at me. One day he came home in great grief. He and another man had decided to take boxing lessons. He explained his reasons. "Everyone says I look tired. I think it is because I get no exercise. I'm sitting in an office three-quarters of the time. One does get stale and soft. The softer one gets, the less he is inclined to make the effort required if he would harden his muscles. I met Blanche Orton today, and she accused me of getting old. So I made arrangements to box twice a week." He had done it because of Ont.

maid, and the cook. Neil was planning to entertain extensively that winter. When I asked him whom he desired to invite, he said: "Business people mostly. It is necessary now-a-days, if one is to get on." To-morrow—Neil is Anxious Because Neil is Drinking.

Told In Twilight

(Continued from Page 3.)

Among the guests at the Skating Club on Saturday evening were Mr. and Mrs. George McKay, Captain and Mrs. Powes, Mrs. and Mrs. W. E. McPherson, Mrs. J. Howard Box, Mr. and Mrs. Gordon Smith, Miss Marion Leslie, Miss Mildred Jones, Miss Jessie Smith, Miss Blanche Anglin, Miss Phyllis Knight, Miss Mamie Garrett, Miss Myra and Miss Jessie Dyde, Miss Olive Chow, Miss Margaret Murray, Miss Helen and Miss Marjorie Uglow, Miss Nora Martin, Miss Eleanor Minnes, Miss Helen Strange, Miss Ethel Kent, Miss Helen Todd, Miss Major Birdsell, Major Kidd, Major Goodwin, and Messrs. Manley Baker, Fife McKee, Kenner, Kenneth Taylor, J. Taylor, Bob Richardson, Jack Williams, Peterson, Douglas Chown, O'dell, W. Minnes, H. Ryan.

On Wednesday, Feb. 19th, Mr. and Mrs. Archie Elliott, Seeley's Bay, entertained a few friends at an Oyster supper given in honor of their guest, Isaac R. Luker, who recently returned from overseas after serving in France for over three years. A very pleasant evening was spent.

Misses Vernol and Clarice Truesdell, Sydenham street, are guests of Mr. and Mrs. F. G. Porter, Glenvale, for a few days.

Mrs. Alexander Stewart, Kingston, was in Hamilton visiting her sister, Mrs. McMaster, for a few days. Lieut. and Mrs. J. A. Langley have returned to Kingston after a short visit with Mrs. Langley's mother, Mrs. H. S. Conn, Ottawa.

Captain W. Sidney McCann, M.C., is in Ottawa to resume his work at the Geological Survey.

Miss Ethelwyn McGowan, Kingston, was a guest at the G.W.V.A. ball in Peterboro on Friday night.

Gordon Smith, Smith's Falls, spent a few days with friends in Kingston. Mr. and Mrs. Harold Anderson and Miss Dorothy Anderson, of Napanee, are the guests of Mr. and Mrs. W. S. Holm, Ottawa. Sergt. Russell Sharp, formerly of Kingston, but now living in Cleveland, has returned from overseas where he has been for the past sixteen months. His friends will be pleased to know he is enjoying good health.

Mrs. Johnston, Kingston, is the guest of Miss Lella Wright, Napanee.

Mrs. H. W. Branscombe, Picton, left on Wednesday for New York to visit her daughter, Mrs. J. E. Tenney.

Miss Williams, Kingston, is spending a week at the home of her sister, Mrs. J. S. Derry, Napanee.

Sat Up in Bed To Get Her Breath

Palpitation of the heart, shortness of breath, inability to lie on the left side, feelings as if smothering, oppressed feeling in the chest, dizzy and faint spells, tired, weak, worn out feeling, involuntary twitching of the muscles, sleeplessness, restless, etc., all point to the fact that either the heart or nerves, or both, are not what they should be. Any of these conditions should be remedied immediately so as to avoid a complete breakdown of the whole system.

Milburn's Heart and Nerve Pills will bring energy to the weakened constitution, strengthen and regulate the heart, and tone up the tired, overstrained nerves.

Mrs. William Steeves, Chemical Road, N.B., writes:—"I have been a great sufferer from nerve troubles and palpitation of the heart, which was so bad I had to sit straight up in bed to get my breath. I could not lie on my left side at all. I tried doctor after doctor, also several different remedies, but got no help from them. My mother insisted on me trying Milburn's Heart and Nerve Pills. By the time I had used one box, I was feeling very much better. I took in all three boxes, and now I am in perfect health, and can enjoy a good sound sleep, and can lie on my left side without any trouble."

Milburn's Heart and Nerve Pills are 50¢ a box at all dealers, or mail-order direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

TALKING. IT OVER With Lorna Moon

Tragic Nineteen

Just as I was beginning to think that every single Khaki Ted had wrapped his heart in asbestos while abroad and had kept it free from even the smallest flame of admiration for the coquettish black-eyed daughters of France, and the peach complexioned girls of England, then came this letter. The writer is very tragic and nineteen, that is nothing to smile at, things never hurt again quite as much as they do when sixteen and twenty: "Dear Lorna Moon: My sweetheart went to France a year ago, we weren't exactly engaged, but I never went out with any other boy all the time he was away. His letters were very loving, and spoke often of how he longed to get back to me, and he was glad that I was trying to be a daughter to his mother. Then he was wounded and sent to England. After that his letters took a new tone. He often addressed me as "little sister," but I did not think much about that—then, right out of a clear sky, he wrote to tell me that he was bringing a wife home with him! I could not believe it. I thought he MUST be hoaxing me, so I took my letter to his mother, and found her crying a little over a picture of her boy and his English bride. The bottom has fallen clean out of the world for me! I cannot bear the thought of his return with a wife, and if he calls me "little sister" I know that I shall scream—I wish that I could die."

It looks like a perfectly desperate situation to you, Nineteen, and it's hardly any use my telling you that you will be laughing over it a year from now; and that in five years you will probably be so engrossed in the way your baby's little feet curl up, and in making a home for your very handsome husband, that you won't even remember Khaki Ted or his

Many Advantages in POSTUM Instead of Tea or Coffee

Rich flavor, ease of making, no waste, and absolute freedom from those annoyances to health and comfort which sometimes follow tea or coffee drinking, make POSTUM the ideal drink for all the family. There's a Reason.

FIX BOUNDARIES PROVISIONALLY Revision May Later Be Made in Particular Cases if Necessary.

Paris, Feb. 25.—In the realization that it will be practically impossible to harmonize all differences over boundaries within any reasonable time, the chief peace delegates have under consideration a proposal for a provisional boundary arrangement, subject to future revision.

This proposal contemplates having boundaries defined on the understanding that they will be respected until revision is possible. The definitions would be made originally by experts, who would then submit them through the Peace Conference to the interested nations. Should these interested nations be unable to agree, the supreme council would fix the boundaries, generally following the lines laid down by the experts—and call upon the disputants to accept them temporarily. The temporary agreements would be written into the general peace treaty.

One phase of this plan provides that all boundaries shall be delimited before any effort is made to adjust any particular boundary controversy. It is argued that by this means every nation will see what it is proposed to give every other nation, and it is believed that dissatisfaction will be lessened. It is realized that each nation will be obliged to sacrifice some of its claims. The nations may also find reason to believe that in the boundary limitations made them in the boundary arrangements compensate them for territory claimed, but not awarded.

The whole theory of the proposal is that after the provisional arrangements have been in force for a period long enough to test their practicability the nations will come to the conclusion that it is just as well to accept them as permanent. The mode of settlement proposed is a time-saving device born of the realization that the Peace Conference will last an interminable time if something is not done to expedite its business. The Supreme Council is now considering methods of taking short cuts, and a disposition is shown to conclude the negotiations in the shortest period consistent with the slow-going methods of diplomacy.



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Always keep Bovril in the house.

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