

MISS BROWNE HAD TO GIVE UP POSITION

Was in a Badly Run Down Condition for Six Months—Tanlac Restores Her.

"Tanalac has helped me so much that it is a great pleasure to recommend it," said Miss Doris C. Browne, of 87 Glen Lake Ave., Toronto, Ont. "I suffered from a nervous breakdown," she continued, "and for six months I was in a dreadful condition. My appetite failed, strength and energy left me and I was so nervous I could hardly keep still. I would have dizzy spells when I would faint. My condition was such that I had to give up my position and for several months I couldn't do any work at all. I could hardly sleep, lost several pounds in weight and became very despondent. For nothing helped me and I was getting worse all the time. "Hearing so much about Tanlac I decided to try it and before I had finished my second bottle I was feeling so much better, that I kept right on taking it and have recovered entirely from the nervous breakdown. My appetite is fine. I sleep like a child and am in better health than I have been in years. I have regained all my lost weight and really feel as well as if I had never been sick at all."

Tanalac is sold in Kingston by A. P. Chown, in Plevna by Gilbert Ostler, in Battersby by C. S. Clark, in Fernleigh by Ervin Martin, in Ardchoy by M. J. Scullion, in Sharbot Lake by W. Y. Cannon.

GRAND TRUNK RAILWAY SYSTEM

A temporary reduction in Passenger Train Service will be made effective Sunday, November 30th, 1919, on account of coal shortage.

For full particulars apply to— J. P. HANLEY, C.P. & T.A., G.T. Ry., Kingston, Ont.

Over sixty boys appeared in the Orangeville police court on charges of destroying property on Halloween's eve. It is not weakness, but strength, to change from a false position.

DRESS

BY ANNE RITTENHOUSE

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Fashion Prophets Predict "Off the Face" Shape in Millinery. Whereupon Contrary Womanhood Pulls Her Hat Further Down Over Her Eyes and Scouts the Prediction.

It would have been a decided convenience if fashionable women had been made with eyes like poodle dogs—those ragged-looking, dish-nop dogs who, we are always assured by their owners and fanciers, would ruin their eyesight if they wore their front hair any way but straggling down to their noses. That, of course, after we have made an effort to tidy up said poodle dog by smoothing back those wayward locks. Then we learn that that sort of thing "isn't done," that the best groomed of poodles wear their hair over their eyes and that we would be interfering with nature and dog fashion if we trained it to do anything else.

Charm in Shaded Eyes. What a comfort it would be if our eyes were thus made to look out upon the world through a fringe of tulle, a ruffle of gold lace, the meshes of a spotted veil, or the deep, dark shadows of a drooping brim of velvet—as poodles' eyes look out through a fringe of ragged hair.

Anyway, we have the consolation of knowing that the shaded eye, the eye that is partly concealed, the veiled eye, has an appeal that can never belong to the eye that looks at you straight through the medium of pure air. It is coquettish—slightly vampirish—but then these are the days of vampire fashions and especially of vampire hats that are made with a brim that turns abruptly up and casts no shadow never did gain the popularity that was predicted for it. To be sure, hats of this type are sometimes seen worn by well-dressed women; Paris is still much inter-

ested in them, and there may be brighter days for them in the not distant future.

There is a very smart sort of evening hat that is much sought after by this season's debutantes. And what a raft of those debutantes there are! For there have been no formal coming-outs since the war began, and now the buds of three seasons—if they have not been married while they were waiting to appear—are making their first bow; and usually that bow is made with eyes that are shaded.

This little evening hat is of course made of metal lace or of metallic net or tulle. It is in turban, tam or mob cap shape, and sometimes there is a rose at one side and sometimes the trimming consists of a band of fur. In one of these caps two little fur tails hang down from the fur band of the hat over the right ear. "Once we might have thought that it was a trifling incongruity to see dangling behind the cheek of one of our young girls the tails that had once belonged to some shy little wild creeping thing of the forests. We would have felt that in wearing fur coats and muffs and collars we were justified, because we needed them to keep us warm. But to use fur thus simply for the decoration it afforded—that would have seemed barbaric and blood-thirsty.

The reason that fur has come to be used so often on these diaphanous head dresses is doubtless because it combines so well with gold lace. Gold lace is a necessity. Hardly an evening hat is without it. And the fur follows inevitably. Evening cap of gold lace with fur band and tails at right side.

INSTEAD OF EGGS.

In many households the problem of planning and getting breakfast is always comparatively simple so long as there are good eggs to be had. To boil an egg is about the simplest culinary operation there is, and the real egg liker always likes eggs boiled. But there are eggs and eggs, and the sort that cost a dollar and ten cents a dozen, more or less, are the ones that you are safe in boiling. The other sort may be quite all right scrambled. However, there are some of us who don't fancy the idea of eating in any form, the egg that is not fresh enough to be eaten boiled. They may be finical, but with those people there just are no two sorts of eggs. There are the dollar a dozen sort—and the other unmentionable sort.



Are You Fat? Just Try This

Thousands of overfat people have become slim by following the advice of doctors who recommend Marmola Prescription Tablets. Those harmless little fat reducers that simplify the dose of the famous Marmola Prescription. If too fat, don't wait for the doctor's advice. Go now to your druggist or write to the Marmola Co., 864 Woodward Ave., Detroit, Mich., and for \$1 procure a large case of these tablets.

They reduce two, three or four pounds a week without exercise, dieting or any unpleasant effect whatever. If too fat, try this today.

Aid to Transplanting. Transplanting flowering and vegetable plants is now greatly facilitated by the use of paper flower pots which are nothing more or less than the familiar paper drinking cups. For use in the farm and garden these cups are perforated and the seedlings are grown in them in the nursery. When it comes time to put the delicate plants out in the open they are transferred bodily, pots and all, and placed in the ground. The transfer is attended by no shock whatever, which is rarely the case when the roots are disturbed during the operation as when removing them from the little pots of clay which are generally used for this purpose. The perforations enable the rootlets to find their way beyond the limits of the pot, and so the paper does not interfere with their growth.

All Wanted a Change. I was sitting on the porch one day reading and much interested in my book. Of a sudden I became aware of the fact that the little boy downstairs had been drumming and singing at the top of his voice for some time. I listened. He sang, "Turn to the left, boys, turn to the left," over and over again until I wished he would change it and sing something else. Evidently the little boy two doors away wished the same thing, for he called out, "For goodness sake, Danay, turn to the right."—Exchange.

STOMACH DISORDER

Only 6 Months To Live READ WHAT B. B. DID FOR HIM

Mr. Hans Kehki, Magnolia, Alta., writes:—"Some years ago I became very sick from stomach disorder, which the doctor told me had started from drinking bad water. I tried local doctors, but finding I got worse from day to day I went to a doctor in Edmonton. He told me that I must have an operation, and that if I didn't I couldn't live any longer than six months. I told him I had better die after six months than be cut to pieces. I did not have the operation, but returned home. No one was there to meet me at the station, because they did not know I was coming. I felt so bad I couldn't walk farther than 10 yards without resting. It took me 8 hours to walk 2 miles; the distance from the station to my home was 10 miles. Some weeks later I read an advertisement about your Burdock Blood Bitters. After I had used one bottle I felt much better, and after I had used three bottles I was completely cured; therefore you see your B. B. has saved my life, and I cannot praise it too highly. Burdock Blood Bitters puts the stomach into shape by promoting perfect digestion, and restoring health and strength to the system. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

That Whiff of Fragrance which never fails in its cheerful invitation to breakfast, comes more frequently, more invitingly, when it's SEAL BRAND COFFEE that is used. The famous Seal Brand flavoured, fragrance and delicacy are sealed right into the tin. In 1/4, 1/2 and 3/4 lb tins. Never sold in bulk. Whole, ground, and Fin-ground, for Trifolium and ordinary percolators. At all good dealers. "Perfect Coffee—Perfectly made" tells just how to make Coffee. It's free. WRITE for it. CHASE & SANBORN, MONTREAL.

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Table with 3 columns: Location, Time, and Service. Includes routes between Kingston and Ottawa.

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Tell of Snakes in India. The American consul, M. M. Hayward, stationed at Calcutta, India, states in a government report that more than 28,000 persons lost their lives in the country last year because of snakes and wild animals—the snakes claiming by far the larger number of victims.

To be exact, the consul says that 23,900 persons died in India last year as a result of snake bite, and that 2,176 persons were killed by wild animals. This is an increase of 300 over the previous year as regards fatalities from snake bite and an increase of 100 as regards the number killed by animals.

Boy Saved by Rubber Heels. Lawrence Ramm's study of electricity was not for naught. The young Ben Franklin, who is twelve years old and his brother, John, two years his senior, went out with other Chicago lads for a bit of play. They encountered the end of a broken electric wire, still charged with a strong current. With boyish curiosity John touched the wire. He could not let go.

The other boys became frightened and ran. But Lawrence remained. Tearing off his rubber heels, he jammed them against the wire and his brother's hand was released.

Lightening Ice Cream Maker. An ice cream freezer of English invention in which ice and salt are packed in a cylinder that revolves inside the cream delivers its product in a continuous stream half a minute after a crank is turned.

J. N. Francoeur is said to be the choice for next Speaker of the Quebec Legislative Assembly.

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