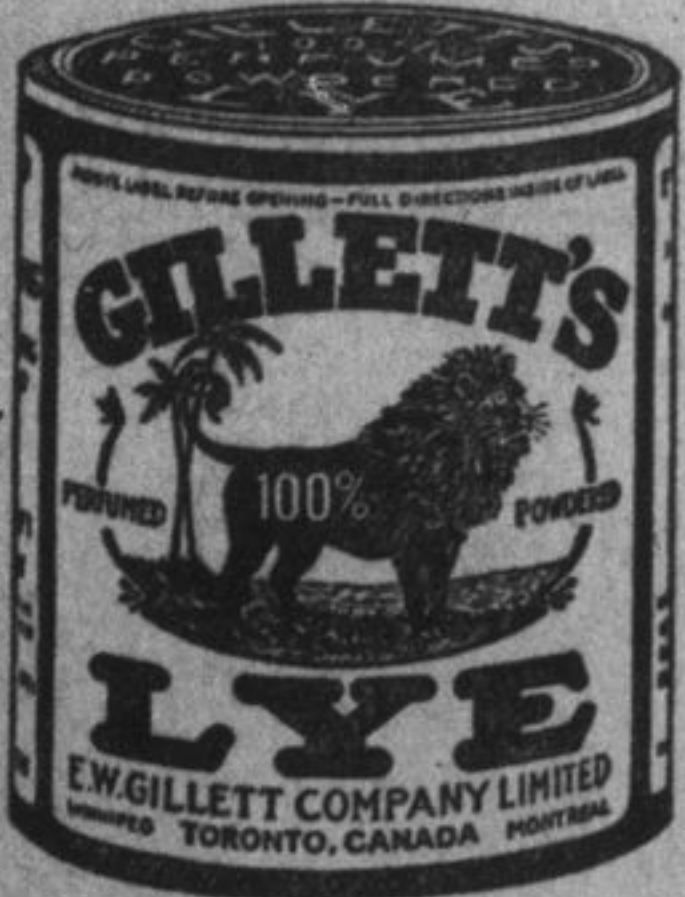


In the Realm of Women---Some Interesting Features

WHO WOULDN'T By Juanita Hamel



Ludendorff's Code of Honor.
Berlin, Jan. 23.—In response to an inquiry as to what he advised those persons to do whose names are on the extradition list of the Entente, General Ludendorff, former first Quartermaster-General, said today:

"Nobody is obliged to surrender himself voluntarily. It is no breach of honor to place one's self outside the pale of arrest."

You borrow from yourself when you cut down expenses.

Fat That Shows Soon Disappears

Prominent fat that comes and stays where it is not needed is a burden; a hindrance to activity, a curb upon pleasure. You can take off the fat where it shows by taking after each meal and at bedtime, one Marmola Prescription Tablet. These little tablets are as effective and harmless as the famous prescription from which they take their name. Buy and try a case today. Your druggist sells them at \$1.00 or if you prefer you may write direct to the Marmola Co., 364 Woodward Ave., Detroit, Mich. You can thus say good-bye to dieting, exercise and fat.

What Women In Their "Forties" Need

BY A SPECIALIST

"Many women approach the critical changing period of their lives that comes between the ages of forty and fifty, unmindful of its tremendous importance to their future health and happiness. Not understanding the functional changes taking place in their bodies, they work beyond their strength, often break down, become nervous wrecks, their bodies suffering with fatigue and their weakened nerves trembling at every step. Often in their weakened condition capillary hemorrhage becomes excessive, this added drain compelling them to take to their beds from nervous exhaustion.

What these women need is something that will instantly relieve the pressure on the overworked nerve centres and give them vitality to stand up under the grueling strain. Wonderfully effective results are often given in such conditions by the simple use of Ferro-Peptide, a skillful combination of six of the best nerve-vitalizing elements known to modern chemistry. These little tablets contain no dangerous habit-forming drugs and are entirely harmless in their action.

Thousands of women can testify that Ferro-Peptide strengthens the laded nerves, revives the tired brain and puts the energy and courage into the body that enables one to stand up under the unusual strain of the changing period. Ferro-Peptide has to do these things or it costs nothing, as all leading druggists sell it on a positive guarantee of relief or money back.



Baby Loves It

It's hard to bring up a baby without Mennen's TALCUM POWDER. It relieves and cools his tender skin. It makes him "cozy" and happy. Be sure it's Mennen's—then you know it's pure, sanitary and safe. For 40 years Mennen's has been the baby's best friend.

MENNE'S TALCUM POWDERS

Plant Food

Tone up those straggly ferns and pale, weak plants.

They are Starved

We carry the best brands of Plant Foods—the clean, odorless fertilizers that contain all the elements necessary to strong, vigorous plant growth, and it costs next to nothing.

A. D. HOLTON

FLORIST,
280 Princess Street,
Phone 681. Residence 2366v.



What chap would mind being ill—not too ill, of course—for the privilege of having a slim young nurse bending over him, smoothing a rumped pillow or soothing his brow with her cool hand? And who—I ask you—wouldn't get well, even if he did lose his heart to her? Have a care, young man, for it won't be the first time it has happened.

LOVE and MARRIED LIFE by the noted author Idah McGione Gibson

What a Man Never Knows.
"I brought myself back quickly from my retrospection, but not quickly enough for John not to notice my silence."

"What are you thinking about?" he asked impatiently.

"Your last remark," I answered with a somewhat wry smile. "It does not seem possible to me that you, an acute business man, who in your daily routine of 'putting over,' as you call it, advertising contracts, you who project your thoughts into the other man's mind in such a way that you make him think they are his own, can not recognize this mode of procedure when a woman practices it on you."

"Oh, pshaw, Katherine, what are you talking about? Why, you must know, if you know your sex at all, that women have neither the mind nor the inclination to do a thing of that sort! You, my dear, are the most straightforward, upstanding, clear thinking little person I have ever known. I have often thought that you would never be successful in business because of this honesty."

"And, as usual, my dear husband, you judge every other woman by your wife! But I must tell you that I do know women well enough to know that in the battle of the sexes the only weapon that woman has had—besides her feminine charm, which she has always used to sharpen this weapon—is her ability to put her thought and desire into a man's mind in such a subtle way that he thinks the thought and desire originated within himself."

your arms around my neck and kissing me once or twice."

"Yes, I suppose that is a man's idea of what a woman should do under the circumstances. But, John, I can't do it! You have found out that it is impossible for me to do it. When I want to compliment you, I want to be honest, in what you might call flattery. And I can not sell my carcases even for the big price of your complaisance."

John threw up his hands.

"Great Lord, I thought I was marrying a woman, and I find I am tied to a high-brow!"

Just a Human Being.
"No, dear, I am not at all what you might term a 'high-brow.' I am just a human being like yourself, and I know this when my blood boils at your mention of Elizabeth Moreland's name, and I know that she is working upon you with the very weapons that you have described to me as feminine. Also my hurt feeling tells me that I am very human when I find that I am absolutely dependent upon you because I happen to be a woman."

"Dependent? Dependent? Of course you are dependent? Do you imagine I would have a wife who was independent? There wasn't any talk of independence that glorious night when we sped through the moonlight to our secret wedding at the church?"

"No, dear, I was at that time bather in the light that is not on land nor sea."

"Why don't you stay in that bath tub?" he asked with awkward humor.

"Unfortunately I am not amphibious!" I tried to meet his humor half way, but with the result that he exclaimed angrily:

"Oh, come on back to earth!"

"All right, I will," and the words seemed to freeze upon my life as a thought flashed through my angry mind.

"Do you realize that I have no money?" I challenged John.

No Need For Money.
"Goodness, what do you want of

money? You are in a hospital, aren't you? You can't spend much here! I've paid your bills. I can't understand your everlasting harping about money!"

"I borrowed \$20 from your sister yesterday and I'd like to pay it back."

"There you go, making Alice think that I'm abusing you. What right have you to borrow money from my sister when you know you can have all the money you want for the asking."

"Must I remind you that I have asked many times and since our marriage you have given me just \$5."

"Well, I can't understand why you want any more when all your bills are paid."

"Then the discussion is finished."

I said wearily.

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To-morrow—John Learns About Women.

TODAYS FASHION By MME. FRANCES



This Evening Gown is in Strictly Spanish Lines. Goya might have designed this evening gown, so reminiscent is it of the Spanish paintings of his period. Bands of skunk accent the deep V of the bodice and black and gold brocade and, crossing in front, continue around the sides of the distended skirt yoke. Under the arms of the bodice there is a glimpse of flesh mousseline showing lines of color in narrow folds of jade and rose satin. The skirt yoke is wired in true

Spanish fashion and over a full skirt of gold lace fall panels of black tulle outlined with a narrow bias fold of black charmeuse satin. A design of the black charmeuse folds is set on the tulle between satin "binds" or folds.

With this costume are worn slip-pers of gold and black brocade.

WHY YOU SHOULD TREAT YOUR HAIR WITH GREAT GENTLENESS By LUCREZIA BORI Famous Spanish Prima Donna

It is amazing how many women and even professional hairdressers fail to appreciate the necessity for gentleness in caring for the hair. What could be more fragile than a single hair? Yet when treated collectively the hair is sometimes washed and combed with such roughness that the wonder of it is the strands survive such rough handling.

Every attention you bestow on your hair or you have your hairdresser bestow should be given with the idea of gentleness uppermost. Massage, brushing and even combing may be firm, but should be administered with extreme gentleness. In fact, it is this gentle treatment, effected, for instance, in brushing by even, slow strokes, that is the secret of the beautiful hair of many women.

A shampoo is frequently administered with such violent rubbing and friction of the poor, helpless scalp that the roots are injured. A liquid soap or shampoo lotion should be sprinkled over your head and then rubbed into your scalp with a firm and gentle rotary massage with the softly cushioned ends of your finger tips. Don't dig your nails into your scalp or let any one else wash your hair that way.

Rub Very Gently.
After your scalp and the roots of your hair have thus been gently and thoroughly rubbed so that no possibility of dirt or oil remains the lather should then be gently washed throughout the length of your hair, taking only moderately small portions of your hair at a time for this washing treatment.

The strands should be gently rubbed between your hands so as not to pull on the roots unnecessarily or to tangle your hair too much. The subsequent freeing of unnecessary snarls and tangles may pull out perfectly good hair, which might just as well continue to be on your head as to lie in your hair receiver.

In rinsing your hair you will find that frequent changing of the rinsing water will have more effect in clearing it of soap than an extraordinary amount of unnecessary rubbing.

Some Helpful Hints.
Every woman who washes her own hair or who has it washed at home should possess a shower nozzle for rinsing purposes. These nozzles are comparatively inexpensive, and may be attached to any faucet.

After your hair has been thoroughly rinsed in from three to four clear waters it should not be dried too violently, either with artificial heat or a drying machine that blows it straight and is apt to take out any natural curl or waves your hair may possess.

Only very curly hair can maintain its waviness under this violent, swift drying process unless you employ a water wave with small combs to accent the wave. To do this set the combs in place and pin your hair tightly, holding it down with a meshed veil.

Do not brush or comb your hair until it is thoroughly dried. It will be much more fluffy if you let it dry before attempting to brush it. Brush wet or damp hair and you straighten it and rob it of its fluffiness.

After your hair is dried the tangles should be brushed out with long, gentle strokes of the brush. If your hair has become snarled or tangled a heavy-bristled brush may be employed. You should never use a wire brush on your hair.

You should follow these rules if you take care of your own hair and insist on the observance of them if your hair is cared for by a hairdresser.

Happiness doesn't consist of having everything you want, but in the ability to get more.

A small boy says coasting is all right in its way, but it has its drawbacks.

There's No Limit To its good points in Infusing Qualities.

"SALADA"

Is a Revelation in Tea Goodness.

When Sitting in a Draught brings a stiff neck or sore throat—

—YOU will find a swift remedy in Thermogene. It is astonishing in its action. It immediately brings soothing comfort, and gradually, by its influence on the deeper blood vessels, brings lasting relief. The stiff neck or sore throat is soon gone and forgotten.



Thermogene gives Ready Relief

In cases of Rheumatism, Lumbago, Bronchitis, Neuralgia, Sciatica, Chest Colds, Sore Throats, Sprains, Muscular Pains. Good, too, in cases of Pleurisy and Pneumonia, but also seek medical advice. Medical authorities testify to the great value of Thermogene.

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Invented by Vandembroek, the famous Belgian chemist. British-made by The Thermogene Co. Ltd., Hayward's Heath, England.

Look for the Orange Colored Box

THERMOGENE CURATIVE WADDING

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HISTORIC FAMILIES UNITED IN MARRIAGE.

John Beverley Robinson and Miss Marion Schrieber, who were married in Toronto, January 20th. Mr. Robinson capped a distinguished career overseas by escaping from a Hun prison camp. Mr. Robinson is well known throughout Canada.

If you're nervous today or if you were wakeful last night or the night before, its time to think of

Instant Postum

In place of coffee

A boon to those who like coffee but can't get along with it.

Sold by Grocers

Try a tin—you'll find "There's a Reason"

Canadian Postum Cereal Co. Ltd.

Windsor, Ontario.

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for Sore Throat, Tonsillitis, Quinsy, Colds, Coughs, Whooping Cough.

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