

In the Realm of Women--Some Interesting Features

The "Quality" Character of this brand has an International Reputation.



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The most alluring ad ever written it wouldn't do justice to the splendid qualities of our new shoes for men. In smartness, model and finish they go far and away ahead of ordinary footwear. Come see them. You'll like them still more when you wear them.

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Is Your Blood Starving For Want of Iron?

Modern Methods of Cooking and Living Have Made an Alarming Increase in Iron Deficiency in Blood of American Men and Women

Why Nuxated Iron so Quickly Helps Build Up Weak, Nervous, Run-Down Folks--Over 2,000,000 People Annually Taking It to Increase Their Strength, Power, Energy and Endurance.

"In your blood starving for want of iron... you were to go without eating until you became weak, thin and emaciated, you could not do a more serious harm to yourself than when you let your blood literally starve for want of iron--iron that gives it strength and power to change food into living tissue," says Dr. James Francis Sullivan, formerly physician of Bellevue Hospital (Outdoor Dept.), New York, and the Westchester County Hospital.



"Modern methods of cooking and the rapid pace at which people of this country live has made such an alarming increase in iron deficiency in the blood of American men and women that I have often marvelled at the large number of people who lack iron in the blood, and who never suspect the cause of their weakness, nervous, run-down state. Lack of sufficient iron in the blood has ruined many a man's nerves and utterly robbed him of his virile force and stamina which are so necessary to success and power in every walk of life."

"I strongly advise those who feel the need of a strength and blood-builder to get Nuxated Iron--or if you don't want to go to this trouble, then purchase only Nuxated Iron in its original packages and see that this particular name (Nuxated Iron) appears on the package."

In commenting upon the value of Nuxated Iron as a means for creating red blood, strength and endurance, Dr. George H. Baker, formerly physician and surgeon, Montreal, writes:

"What women need to put roses in their cheeks and the springiness of life into their step is not cosmetics or stimulating drugs, but plenty of rich pure red blood. Iron is one of the greatest of all strength and blood-builders and unless this iron is obtained from our food it must be supplied in some form that is easily assimilated if we want to possess power, energy and endurance. I have found nothing in my experience so effective for helping to make strong, healthy, red-blooded men and women as Nuxated Iron."

Mr. and Mrs. W. H. Jacobs, Athens, were guests of the Kewpie Society Club dance in Toronto on Friday night.

Mr. W. A. Leggo returned hastily to Ottawa on Tuesday morning, owing to illness in her family. She was visiting her daughter, Mrs. Stuart Hawkins, Centre street.

Mr. and Mrs. T. F. Monaghan, Toronto, announce the engagement of their daughter, Edythe Lois, to Capt. A. Roy Brown, son of Mr. and Mrs. J. M. Brown, Carleton Place. The marriage is to take place quietly on Feb. 19th.

A well known resident of Brockville and an employee of the James Smart Mfg. Co. plant of the Canada Foundries and Forgings Co., for over fifty-one years, passed away on Sunday in the person of John Flanagan. The late Mr. Flanagan was born in Ireland seventy years ago.

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LOVE and MARRIED LIFE by the noted author Idah McGione Gibson

White Violets. "What's the matter, Katherine?" asked Helen. "You look as though your letter fussed you." Then I realized that the blood was flushing my face. Was it possible that Alice, or anyone, could think that Karl Shepard was in love with me? "White violets and the word 'Forgive'!" All those little notes and flowers at the hospital! His interference in John's flirtation with Bea Marchand! Still I could not believe it might be true!

Almost as if in answer to my silent heart questioning Helen said: "Strange isn't it that that handsome Mr. Shepard has been a bachelor so long? Propinquity can not have much force in his case, or he would have long ago fallen in love with some girl of your set." "Propinquity has two distinct results. A person either grows very fond of another or mutual dislike ensues."

Not a Wicked Woman. I don't think I was a wicked woman because the thought gave me a little joy, a little pleasure, a little warming about my heart. My brooding spirit had been so hurt and torn that the fact that someone in this wide world was ready to pour the balm of adulation upon it was consoling. However, I still had sense enough to know in that direction danger lay, and I rose quickly from the table, saying: "Come on, Helen; I'm going for a long hike. Let's walk up to the inlet and back."

"Splendid," said Helen, as she adjusted her step to mine, and in a moment we were on the board walk. Helen and I had no need of asking each other if we were real friends. We proved it daily by the long, meaningful silences that fell between us. This morning we covered the distance from the hotel to the inlet without a word. The same came out gloriously, and long before we reached our objective I had to remove my heavy sweater. Much to my surprise, however, I found that my breathing was a little labored, and the first words that I said to Helen were: "I've got to get back into athletic trim. You see it has been months since I have done any of my old stunts. I hope I look as well now as you do," I commented as I turned to her. Her glowing cheeks and brilliant eyes made her appear like the girl I had known and loved so many years.

"Oh, it's good to be alive, isn't it, Katherine?" she said, as her hands went out as if in invitation to the sun and sea. "Is it?" I asked, and then I added: "Yes, of course it is. It must be! It shall be!" Helen silently put her hand on my arm but with rare tact she did not look into my face. "I'll race you back the first half mile," she said, as she looked quickly down the walk to see if there were many present to be interested in our mad prank. "All right! Here goes!" I answered.

Off we started, but before we had gone half the way I felt my heart pounding and my breath coming in short gasps. I stopped abruptly and seated myself on a bench beside the walk. Helen looked around in surprise, and then came back in great contrition. "Oh, my dear, my dear, I forgot that you had not fully recovered from your illness! After your bath this morning you looked the picture of health. Forgive me, won't you?" "White violets and the word 'Forgive'!" Again the words seemed to stare up at me from the white sheet of Alice's letter.

Utterly Vain and Conceited. How foolish! How utterly vain and conceited I am! Certainly if Alice had dreamed of the importance I should attach to her words, she never would have written them! She could never think anything of this kind or she would not have been so quick to have helped Karl Shepard to make his flower-laden devotions easy.

My heart would not stop pounding. I grew a little frightened, and I think Helen did also, for she seated herself quickly beside me and threw her arm about me. For a few moments I rested quite relaxed with my head on her shoulder and then my breath began to come less gaspingly. But I still felt a weakness in my knees. "Helen I am afraid I won't be able to walk back to the hotel. Had that roller chair and we'll ride." "I shall never forgive myself, Katherine, if anything happens to delay your recovery while you are with me." "Nonsense, I'm only weak because of my long illness. No one could help getting well in this great atmosphere."

(Copyright by National Newspaper Service.) To-morrow--An Invitation to Dance.

Told In Twilight

(Continued from Page 3.)

The Marquis and Marchioness of Aberdeen are so well known in Canada that it is interesting to learn that Lord Aberdeen on Jan. 27th celebrated the golden anniversary of his succession to the titles and estates. It was in 1870 that Lord Aberdeen, now in his seventy-third year, succeeded his brother, who, after a romantic and adventurous career, was drowned while serving in the vessel Horn on a voyage from Boston to Melbourne.

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SOURCE OF ST. LAWRENCE

WHERE THE WATERS OF THE RIVER CAME FROM.

Springs at the Bottom of the Great River Contribute Their Share--Raging Torrents at Bottom Near Rock Island.

Clayton, N.Y., On-the-St. Lawrence. From whence comes the flood of water that day and night, year in and year out, is flowing past us to the sea? At first thought, a resident being asked such a question, might reply, "From the small rivers and streams that empty their waters into the great lakes." But not so; or rather but a small portion not amounting to, as the old saying goes, a drop in the bucket. The spring freshets of snow and rain water raise the waters of about two feet, reaching the maximum about the latter part of June, then slowly subside until the following spring. The basins of the great lakes are valleys, and like all land valleys are honeycombed with springs that are ever sending their waters upward. There is abundant proof of the existence of great numbers of springs at the bottom of the St. Lawrence valley, and their waters being warmer,



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Lanka Tea is British grown and comes from Ceylon direct through Vancouver by the water route. This makes such a saving in freight charges and duties that Lanka, with all its super-fine quality, can be sold at a popular price. It costs only 75 cents a pound.

You want tea like Lanka. You will enjoy its captivating aroma, appreciate its rich sparkling color.

Order Lanka from your grocer. He has a stock of Lanka today. Leading dealers everywhere welcome the opportunity to supply their customers with Ceylon's finest--the best value the world produces.

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LANKA TEA

as has many times been proven by thermometer test at the surface, the ice in winter never becomes frozen to be trusted.

Over in Goose Bay, at the eastern end of the village, there is a bubbling spring at the centre above which the waters are four feet deep, and about every young skater has learned of its location by sad experience. The great northern wildernesses are the supply sources of the lake water-ers. There the slow melting snows being held in partial storage by underbrush, mosses and weeds, are absorbed by the earth to find their way by subterranean channels to the southward. It is the great snow falls of the northern forests, as has many times been noted, that raise the lake waters, a year or more later, to high levels. The quantity of water flowing through St. Lawrence valley is almost beyond computation.

At the surface the currents move so slowly that an hour's time in calm weather is required for a water-soaked board to float from Clayton

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Don't worry about perfect results. Use "Diamond Dyes," guaranteed to give a new, rich, fadeless color to any fabric, whether it be wool, silk, linen, cotton or mixed goods--dresses, blouses, stockings, skirts, children's coats, feathers, draperies, coverings. The Direction Book with each package tells so plainly how to dye that you can't make a mistake.

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Frontenac, a distance of a mile. But down at the bottom, especially in the neighborhood of Rock Island lighthouse, submarine divers working on wrecks have said the currents are raging torrents with mill race force that they cannot stand against unless holding on to something.

Fishermen for wall eyed pike in that part of the river, and in boats anchored in fifty feet of water, were long puzzled to know why a line with extra heavy lead weights would go part way to the bottom, then lead away back like a trolling line. It was corroboration of the statements in later years of divers as to the great force of the under currents, by which most likely a thousand tons of water is rushed along, where one ton is carried by surface currents.

Big Silk Consignment. Prescott, Feb. 13.--Fourteen more cars of silk were ferried from Prescott to Ogdensburg yesterday. The consignment was valued at five and a half million dollars. This shipment was from Japan, and was rushed across this continent by special trains from Vancouver to Prescott, which is the quickest route to New York. It was accompanied en route by three detectives.

Soldiers Still Coming. Ottawa, Feb. 13.--Vessels crossing the Atlantic continue to bring a few soldiers. The militia department has received advices that the liners Grampan and Saturnia are now on the way across, the latter carrying four officers and twenty-five other ranks, and the former nineteen other ranks. The Grampan will dock at St. John on or about Feb. 23rd, and the Saturnia at Halifax, probably on the same date.

Mrs. Sherwood Elliott, daughter of the late Mr. and Mrs. Thomas Storey, a life long resident of Marlborough and vicinity, passed away at the Brockville General Hospital on Saturday evening.

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CP TO EUROPE

From West St. John To Feb 27--Halifax... Liverpool Feb 28--Grampian... Glasgow Mar 11--Proscott... Glasgow Mar 22--Scandinavian... Liverpool Mar 25--Emp... Liverpool Mar 28--Minotaur... Liverpool Mar 29--Metagama... Liverpool Mar 30--Carleton... Liverpool Steamers sail on arrival of C.P.R. trains leaving Montreal 12:10 p.m. and 1 p.m. day afterwards. Apply to local agents or CANADIAN PACIFIC OCEAN SERVICES 1 King Street, East Toronto

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Table Dainties Quality Service

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WATT'S FLOWER GIRL

Chrysanthemums are the favorite fall flowers



Bulbs Bulbs Bulbs

Just Arrived From Holland

Now is the time to plant. Nothing better to look at in early Spring than a good bed of Tulips.

WATT'S FLORIST

1179 WELLINGTON ST KINGSTON, ONT. PHONE 1763

NOW LT.-COL. VANDERWATER

Transferred from 49th Regt. to be O. C. 15th Regt.

Belleville, Feb. 13.--Major Roscoe Vanderwater, who served as second in command of the 2nd Battalion in France and Belgium, has been promoted to be Lieut.-Col. and Officer Commanding the 15th Regiment. He has been transferred from the 49th Regiment, Hastings Rifles. Lt.-Col. Vanderwater won the D.S.O. and bar, and was mentioned in despatches.

Miss Gladys Alyon and Leo Rowe, Comoxon, were quietly married at her home on Monday. Owing to illness in both families the young couple did not take the trip they had intended to take to Flint, Mich.

On Feb. 3rd, a quiet but interesting marriage took place at Regina, Sask., when Miss Matilda Gertrude Lillie, Plum Hollow, Ont., was united in marriage to William D. Wilkins, of Moose Jaw, Sask.

This world owes every man a chance to make an honest living.

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Prominent fat that comes and goes 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 before bedtime, one Marmol 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 to-day. Your druggist sells them at 15¢ or if you prefer you may write direct to the Marmol Co., 884 Woodward Ave., Detroit, Mich. You can then say good-bye to dieting, exercise and fat.

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