

FEMINISMS : : : : : By Annette Bradshaw

A. O. HUNTER, of Cincinnati, Ohio, who says Tanlac has certainly proved its worth in both his own and his wife's case. He wasn't able to work when he began taking it.



"Last fall I had the 'Flu' and it left me in a very weak and run down condition with no appetite at all and such a weak stomach that even the smell of cooking made me sick. I was awfully nervous and night after night I couldn't sleep to do any good. I would get up in the mornings tired and worn out and was so short of breath that a half hour's job would tire me as much as a whole day's work used to. In fact I finally had to give up a good job.

When I first started on Tanlac I was working for the Goodyear Rubber Co. in Akron, Ohio. I decided that anything that was being talked about so much was at least worth an honest trial. It helped me right from the start and by the time I had taken my third bottle all of my troubles were gone and I found myself well and strong again.

"While in Akron my wife got so she couldn't eat. She lost weight and got very pale. Tanlac was doing me so much good I got her to try it and after talking two bottles, she is looking fine again. Her appetite is just splendid and she looks like a different person. It certainly has proven its worth to both of us and has come up to every word I have read and heard about it."

The above statement was made by A. O. Hunter, 106 W. 7th St., Cincinnati, Ohio, a well-known mechanic now in the employ of the Cincinnati Abattoir Co.

Tanlac is sold in Kingston by A. P. Chown and by the leading druggists in every town. —Advt.



THE DANGERS OF DELAY.

MR. JUST WED—I've been thinking over that suggestion of yours to buy that little cottage in the country. I agree with you—
MRS. JUST WED—But I've changed my mind. Your sister and I want that big place next door—you know, the one with the garage.

How to Remove the Blackheads That Mar Your Beauty

By LUCREZIA BORI, The Famous Spanish Prima Donna

Please tell me how I may get rid of blackheads. I have a rather dark complexion and brown eyes, but my friends say I would be quite pretty if it were not for those horrid blackheads.
ROSALEE.

As there are doubtless many other readers of my column who are annoyed by the same facial blemish I shall devote this article to answering RosaLee's question.
Blackheads, as you know, are generally found on oily faces. They result from accumulations of fatty matter in the openings of the sebaceous glands. As these tiny orifices are exposed to all the dust of the atmosphere they soon become clogged up and the little dark pinheads appear.

As a rule, blackheads flourish on the chin, around the nose and even on the forehead. Sometimes they are so numerous that the face takes on a dirty, brownish appearance. Or they may be so deeply seated that their roots are about an inch long. And when they are extracted pus often follows on their train. As the blackheads are usually rather oily she is more apt to be troubled with blackheads than the blonde.
Various instruments have been invented to remove them, and if they are handled carefully the results are thoroughly satisfactory. But if too much pressure is used when the blackheads are swollen they are apt to spread. Then abscesses, may develop, and if they have to be opened by the knife, scars may be left.

If the blackheads on your face are quite large, you may remove them by placing the centre of a watch key or one of the instruments designed especially for the purpose over the blackheads. Then gently press until you extract them. After doing this you should bathe your face well with hot water or put small compresses of hot water on the parts you have worked over. This will prevent any infection, and afterward dash on plenty of cold water so that you will close the pores of your skin.

However, if you do not wish to use such instruments you will find the following treatment very beneficial. Get a good camel's hair face brush, some pure toilet soap, some good cold cream, and a few ounces of washing soda, or if you prefer it bicarbonate of soda. Scrub your face morning and night with hot water in which you have placed a small piece of soda. Allow about the size of a small nut to a quart of hot water. Soap the brush exactly as if you were going to use it for your hands, and scrub your face thoroughly. After you have rinsed off all the soap then apply the cream, massaging it gently but firmly into your skin.
Here are receipts for some excellent lotions and ointments that will do much to aid you in your battle against blackheads.

- A Lotion For Removing Blackheads.**
No. 1.
Green soap 1 1/2 ounces
Alcohol 2 1/2 grains
Glycerine 2 1/2 grains
Borax 1 1/2 grains
No. 2.
Rosewater 2 1/2 grains
Spirit of lavender 3 1/2 grains
Alcohol 2 1/2 grains
To get the best results from this lotion wash the skin every morning with No. 1. Then rub in the second mixture and wash thoroughly with warm water.
- Another Lotion for Blackheads.**
Pure Brandy 2 ounces
Cologne 1 ounce
Liquor of potash 1/2 ounce

Wipe the parts of the face on which there are blackheads with this lotion every night after you have washed your face thoroughly with soap and water.
ROSALEE.

Ointment for Blackheads.
Bnaphthol 0.40 grams
Precipitate sulphur 1 gram
Vaseline 15 grams
Green soap 5 grams
Rub this on twice a week and you will soon see a marked difference in your skin. And if you keep up a systematic warfare against these beauty destroyers you will eventually rid your face of all disfiguring blackheads.

KITCHEN ECONOMIES
By ISOBEL BRANDS
Of the Appliance Experiment Station

Some Delicious Things You Can Make With Peanuts.

Judged by their food value and general wholesomeness, peanuts really should be recognized as a staple food product in the home, as much as rice, beans or any of the grains. A cupful of shelled peanuts yields 663 calories, and five tablespoofuls of peanut butter about 640 calories. This is more than the same quantity of meat would yield. A cupful of round beef gives about 475 calories, and with the exception of goose or ham, practically every other kind of meat and fish contains less in caloric value than peanuts.

Peanuts are relatively cheap, in spite of the fact that there is so much waste in the shelling. Peanut butter, of course is sold nutriment with not a particle of waste. It should be used freely as a spread for bread, in preparing "made" dishes and as a flavor for puddings. Children are fond of the peanut flavor, and it is one of the most wholesome of foods for them. Good peanut butter varies in price, but even at the maximum price it is cheaper than the best butter, and gives far more nutriment.

Peanut butter contains protein—the muscle builder—as well as fat. It is, therefore, a real food, and a sandwich as a cheese or egg or sardine sandwich. To make the peanut butter a little more liquid mix with a good oil mayonnaise and then spread on bread. It will then not be too sticky and thirst producing.

Peanut Soup.
A quart of milk

The Sugar Saver among cereal foods
Grape-Nuts
No added sweetening needed.
You'll like the appealing flavor of this sugar-saving food.
SOLD BY GROCERS EVERYWHERE!

1 cupful of shelled peanuts
Salt, pepper
Cook the milk in a double boiler and add salt and pepper. Rub a little hot milk with the chopped peanuts, gradually blend with the rest of the milk. Cook about 20 minutes then strain. Serve hot with croutons.

Peanut Loaf—A Meat Substitute.
2 cupfuls of mashed potatoes
1/2 cupfuls of chopped peanuts
1 cupful of whole wheat bread-crumbs
2 eggs
1 teaspoonful of onion juice
3/4 teaspoonful of paprika
1 teaspoonful of salt
2 tablespoofuls of butter
1 tablespooful of chopped parsley
1 tablespooful of milk
Whip the hot, boiled, mashed potatoes and add milk, whipping in well. Chop the peanuts fine, add also the breadcrumbs, the beaten eggs and seasoning. Pour into a greased baking dish and bake in a moderate oven for half an hour. Serve with apple sauce.

Macaroni and Peanuts.
1 1/2 cupful of chopped peanuts.
1 cupful of macaroni
Breadcrumbs
Boil the macaroni in salted water until tender, drain and let cold water run over it to remove the starchy film. Place a layer of macaroni in a buttered baking dish, then a layer of white sauce and peanuts. Repeat until ingredients are used up, cover with breadcrumbs and bits of butter and bake until brown.
Any fruit salad is improved by adding a few whole peanuts or sprinkling the top with coarsely chopped peanuts.

WILD FLOWERS ARE FEATURED
American Blossoms of All Kinds Strongly in Evidence at Recent Big City Style Show.

There is this to be said about the new fashions for the season, that one cannot tell whether the wearer thereof is coming or going, says a fashion writer. This goes for the shape, or lack of shape, just as you please. As for the materials, one is in doubt. They are coming and coming strong.
"The wild flowers of America," yards and yards of them reproduced on supple silk, were featured at the Fashion Art league annual convention, recently held in Chicago. Dandelions, pansies, irises, daisies, figured in great profusion. It is said that the United States is now manufacturing more silk than all other countries of the world combined, having wrested supremacy from Japan.
More than a thousand designers, dressmakers and artists attended the convention. They agree that styles this season will be unusually gay, the customary reaction from the restrictions due to the war.

On Wednesday the home of Mr. and Mrs. Horton Rowsome, Lyn, was the scene of a pretty wedding, when their only daughter, Miss Grace Rowsome, was united in marriage to Robert J. Bolton, only son of Mr. and Mrs. Edward J. Bolton, Brockville.

Mrs. Horace Paul, Robin, left on the 10th to spend a month in Montana. She will also visit friends in Regina, Winnipeg, and Port Arthur. The German gun alofted to the county of Lennox and Addington was unloaded at the Napanea station on Wednesday.
Few things are more foolish than praying for a high task while neglecting a lowly one.

Are You Sinking Into the Rut of Ill-Health Because Your Blood Is Starving For Iron?

Physician Explains Why Modern Methods of Living Sap the Iron From The Blood and Why So Many Men and Women Are Benefited By The Strength-Giving, Up-Building Effect of Organic Iron like NUXATED IRON



Many a man or woman is wearily trudging along the road of life steadily becoming more weakened and run-down simply because their blood is getting thin, pale and watery—starving for a want of strength-giving iron. At any moment they run the risk of sinking into the Rut of Ill-Health, and by not building up their physical condition in time they often sentence themselves to a lifetime of misery and regrets.
"Without iron there can be no strong, sturdy men or healthy, beautiful women," says Dr. Ferdinand King, New York Physician and Medical Author, in commenting upon how the strains of modern methods of living sap the iron from the blood and break down the health and strength.
"Seldom do you find a weakling in a place of real power, and see any number of the men who reach the top in business are those who do not neglect their physical or mental development." The women who come to the front in commercial or social life, and the ones who are most successful in the home are those who realize the value of health.
"You can look broad and see any number of such people and you can tell that every one of them is possessed of rich, red blood—the kind it to build strength and health. Yet there are thousands of people who

are weak, nervous and run-down for the lack of iron and do not know what to take. In cases of this kind, I always prescribe organic iron like Nuxated Iron for I find that by enriching the blood and creating new red blood cells, it helps strengthen the nerves, rebuild the weakened tissues and give renewed energy to the whole body. Through my own tests of Nuxated Iron I am convinced it is one of the best strength and blood builders any physician can prescribe."
Among other physicians to comment on the need of rich, red blood to increase the power and endurance of weakened, run-down men and women, is Dr. James Francis Sullivan, formerly Physician of Bellevue Hospital (Out-door Dept.), N. Y., and the Westchester County Hospital, who says: "There is little doubt, in my opinion, that many men and women would be stronger, more energetic and vigorous in body and mind, and therefore more successful in life, if they would only enrich their blood with organic iron, and thus fortify and invigorate their whole system."
"There can be no success or happiness without the rich, red blood—full of iron—that always goes with health. Wherever you go you can tell the fellows with iron in their blood they are the strong, vigorous, downy, successful ones brimming over with Life and Energy. In my opinion, the best way to build up the strength and endurance is to take organic iron—Nuxated Iron. I have prescribed it with remarkable results and in many instances it has increased the strength and endurance in two weeks' time, I can't recommend it too highly for men or women who are weak, nervous and run-down."
"If you are not strong or well you owe it to yourself to make the following test: See how long you can work without becoming tired. Next take two or three grain tablets of ordinary Nuxated Iron three times per day after meals for two weeks. Then test your strength again and see how much you have gained."
MANUFACTURER'S NOTE: Nuxated Iron, which is recommended above, is not a secret remedy but one which is well known to druggists everywhere. Unlike the older iron pills the iron is administered in a form that does not injure the teeth, make them black, nor upset the stomach. Each tablet of genuine Nuxated Iron is stamped as follows: "Nuxated Iron" and the words "Nuxated Iron" are stamped into each bottle, so that the public may not be led into accepting inferior substitutes. The manufacturer guarantees successful and entirely satisfactory results to every patient or they will refund your money. It is dispensed in tablet form only by all druggists.

NUXATED IRON FOR RED BLOOD STRENGTH AND ENDURANCE

The Truth About Telephone Profits

IN 1879 the telephone business in Canada was disjointed. In 1880 a number of men determined to link up the scattered companies, improve their equipment, standardize their methods and give better telephone service. This was the Bell Telephone Company of Canada.

Like Christopher Columbus in his quest of a new road to Cathay, like most leaders of great enterprises, the new company was moved by the ancient and honorable desire for profit.

And it made a profit. But the venture was new, the future so uncertain, that the company decided that adequate provision must be made for replacements, for emergencies and the requirements of an ever changing art.

Surplus earnings were re-invested in the business and a margin of safety built up. The wisdom of creating this fund was soon apparent. The constant demands for replacements and extensions were met without too frequent appeals for new capital.

Not unnaturally the shareholders expected—and with good enough reason—that the earnings of these new extensions of service would be added to their own profits—that their self restraint would bear fruit.

But as a matter of fact the benefit did not go to the shareholder but to the subscriber. The increasing costs of operating the telephone system ate up all the profit there might have been on the newly extended plant. The re-investment merely enabled the company to continue its moderate dividends on the shareholders' initial investment without any increase in telephone rates commensurate with the increase in costs.

That is the story of the Bell Telephone Company's profits. Every cent of its surplus and reserve amounting to over \$20,000,000 is re-invested in the business. This then is the answer to those who say, "Let the Company use its Surplus and Reserve if it wants new capital!"

It has already used these funds! The only hope of obtaining such sums as the \$10,000,000 essential this year for extensions, lies in the sale of new securities. These cannot be sold unless they bear a good interest rate.

Last year telephone rates yielded barely enough to earn 4% on the company's telephone property. This year they will earn even less!

The Bell Telephone Company of Canada