

In the Realm of Women---Some Interesting Features

HP SAUCE

Rich — Thick Fruity

Just try a few drops with cold meat, or even bread and cheese — you have never tasted anything so fine.

Of all Grocers.

for preserving late Fruits

Lantic Sugar

because it is

fine!

Used for 70 Years

Thru its use Grandmother's youthful appearance has remained until youth has become but a memory. The soft, refined, pearly white appearance it renders leaves the joy of Beauty with you for many years.



Gouraud's Oriental Cream

MAKES BLOOD

If your blood is watery, thin and poor, just try Vital Tablets, the French Remedy for making and purifying your blood, your skin will become clear, and color will return to your face. Price 50c. a box, 6 for \$2.50, at all drug stores. The Sebell Drug Company, Montreal, Que. Sold in Kingston by Mahood's Drug Store.



Wash Out Your Pores With Cuticura Soap

And have a clear, sweet, healthy skin with little trouble and trifling expense. Contrast this simple, wholesome treatment with those massaging and other fads. On retiring smear the face with Cuticura Ointment on the neck of the finger, wash off in five minutes with Cuticura Soap and hot water, using plenty of soap, best applied with the hands which are kept clean and continue bathing of course. Rinse with tepid water and dry gently. Soap 25c, Ointment 25c and 50c. Sold throughout the Dominion, Canadian Dept. of Commerce, Limited, St. Paul St., Montreal. Cuticura Soap shows without soap.

Embrassing Hairs Can be Quickly Removed

(Beauty Culture) Hairs can be easily banished from the under-arms, neck and face by this quick, painless method: Mix into a stiff paste some powdered delatone and water, spread on hairy surface and in 2 or 3 minutes rub off, wash the skin and it will be free from any hair or blemish. Excepting in very stubborn growths, one application is sufficient. To avoid disappointment, buy the delatone in an original package and mix fresh.

GROWING DEAF WITH HEAD NOISES? TRY THIS

If you are growing hard of hearing and fear Catarrhal Deafness or if you have roaring, rumbling, hissing noises in your ears go to your druggist and get 1 ounce of Parmitin (double strength), and add to it 1/4 pint of hot water and a little granulated sugar. Take 1 tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucous stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who is threatened with Catarrhal Deafness or who has head noises should give this prescription a trial.—advt.

As an article of commerce sugar was not known among the ancient Greeks, and it is not mentioned in the Bible.

LOVE and MARRIED LIFE by the noted author Idah McGione Gibson

Hail and Farewell. It was then that I turned to my husband and, calling his attention to Mary and Robert, who were strolling along oblivious to everything but each other, I asked him for the first time in my life: "Karl, do you love me, dear? Do you think that after twenty years, you love me as much as that boy loves Mary?" Karl moved quickly and took my hand in his. "I don't know," he answered, and then for the first time in all the years that I had known Karl Shepard, he said in so many words: "Katherine, I love you, dear—I love you better than I ever loved you before. At our time of life, beloved, it isn't the same kind of love that Robert has for our daughter, but it is the kind of love that makes me feel that I am missing something when I am not with you. When I look forward and realize that some day one of us will be here alone, grieving for the other's absence, it gives me a cold feeling, dear heart. And I am selfish enough, dear heart, to hope that that grieving one will be you. For, sweetheart, I do not believe that I could bear to stay in this world after you had gone out of it. "In all the long years we have journeyed through life together Katherine, you have been the one thing that has always meant to me that greatest of blessings—happiness. And now, Katherine, in the sunset of life, say fervently that I would not have had you changed in any particular. When the time comes for me to die, I shall ask no more of Heaven than that I be permitted to go back and live the years all over with you again, dear heart. And I shall find no greater Hell than not to be able to find you, somewhere, somehow, sometime—out there—in the great beyond."

I have written, at the very end of this little book, all the sacred things that your father, Karl, has said to me on this day of anniversary, Mary my child, because I wanted you to know that one can be happy in marriage. Yes, that two can be happy in marriage. And I also want you to know that it was very possible that had not Fate stepped in and torn your own father from me, we, too, might have been happy. And yet, some way, my dear, it is borne upon me that Karl's soul and mine are like the twin souls of which these little green idols that I am attaching to this book, are the symbols. His soul stayed in the cavern and waited—and mine through years of pain and tears, and misunderstanding came at last to rest beside him.

Goodnight, my child! That peace and happiness, joy and contentment be yours in fullest measure is the fondest hope of your devoted mother. But do not despair if tears and pain and sorrow come. For, at last, in the fullness of Time, you will come to know that nothing happens to us that does not make for better things and nothing is sent to us that we are too weak to bear.

Keep your courage, my child, for courage is the greatest of virtues and do not let the sin of intolerance for others creep in, for that in the fullness of Time you will come to know is the unpardonable sin for which we mortals are punished most.

THE END. (Copyright National Newspaper Service.)



MISS ZARA CLINTON In the title role with F. Stuart-Whyte's "San Toy," which comes to the Grand Opera House, Friday and Saturday, Oct. 15th and 16th, with a special matinee on Saturday.

CHARMING MODES FOR EVENING WEAR

Sumptuous Fabrics, Rich Embroidery and Fine Furs Are Favored.



Black Lace Trims This Frock of Vari-Colored Silks Trim This Wrap of Flame-Colored Velvet.

By Annette Bradshaw. Gowns and wraps for evening are characterized by great richness of material. The most sumptuous fabrics are used. Lush embroidery in silk, beads or metallic threads, adorns many of these gorgeous creations. Laces and furs also add to their beauty, while brilliant colors are featured in many of the wonderful modes for evening.

the rose silk from which it is fashioned. The skirt is made of alternate founces of the silk—accordion-pleated—and black lace. This is extremely effective.

A handsome sash of the pink silk is attached at the back of the bodice and is finished with long ends that reach to the bottom of the skirt.

The interesting wrap is originated in lustrous chiffon velvet. The color is flame, for that is one of the best liked for evening wear this season. The upper part and the short sleeves are richly embroidered with varicolored silks.

A magnificent collar of gray fox and cuffs of the same fur enhance the loveliness of this superb evening wrap.

Of Interest to Women

A Woman's Invention. A woman's invention to save gas at the gas range makes the weight of pot or kettle on the burner throw open a valve which allows the gas to burn full force, while with the removal of that weight, the valve closes to a point where it cuts off all the gas except an amount barely sufficient to support a pilot light.

"Make a Note on It." Billed coarse hominy is very nutritious.

Raw young carrots are very wholesome and delicious.

Large red cranberries can be made into mock cherries.

Keep spices in airtight tins.

Try graham flour griddle cakes for a change; they are delicious.

One scant quart of milk to one quart of flour is required for batters of all kinds.

Tip to Housewives. Finely cut potato parings and ammonia will clean the inside of a carafe.

Allow one teaspoonful of flavoring extract to one quart of custard.

For a mixture to be frozen, take one tablespoonful to the quart.

The young housewife cannot go wrong if she makes it a rule to serve with meat always one new green vegetable, such as peas, string beans, or any seasonable green.

Use the water in which potatoes have been boiled to freshen a silk dress. Sponge the dress all over with the potato water and it will be sweet and fresh when it is dry and

COMMUNITY PLATE



A Source of Pride

COMMUNITY PLATE appeals to every woman because it is a wonderful combination of correct pattern, beautiful, exclusive designs and a heavier plating which has a thick overlay of pure silver wherever wear is greatest.

The housewife who wants tableware she can be proud to own, and to use, should insist on having only COMMUNITY PLATE.

Because of its moderate cost and remarkable service COMMUNITY has become the vogue in tableware.

All COMMUNITY patterns are standard. You can start your set with a single serving piece and add to it from time to time.

The Better Shops are glad to show COMMUNITY.

Send for our attractive Booklet— "Correct Service with Community Plate"

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SHERATON COLD MEAT FORK

Borden's EAGLE BRAND



Eagle Brand for "favorite" dishes

Eagle Brand in your cooking and baking makes every dish a "favorite" dish. There's a distinctive relish, a rich pleasing flavor in cakes or cookies, puddings or pies made with Eagle Brand. And there's high food value too. For a can of Eagle Brand is equal in units of food value to a pound and a quarter of beefsteak or a pound and a half of pork.

For this reason you can economize by using Eagle Brand in preparing menus for your table from feather-light muffins to delicious desserts. A little of it used in your recipes makes your cooking more nutritious and lessens the amount of other food needed to supply the body.

Write for book of "Borden's Recipes"—we will mail it to you free.

In feeding Baby use Eagle Brand—it has been the standard infant food for 63 years.

THE BORDEN COMPANY LIMITED, MONTREAL



has been pressed. If a piece of waxed paper is placed under the centrepiece on a polished table, it will prevent the linen from adhering to the table in hot weather, as well as to prevent a stain from cold water or an overfilled vase.

Friday Stuffed Peppers.

Flake one small can of tuna fish and mix with it an equal amount of diced, cooked potatoes. Moisten with three-fourths cupful of well-seasoned white sauce. Add one

teaspoonful of scraped onion, one-half teaspoonful of salt, and one-eighth teaspoonful of pepper. Fill the parboiled peppers with this mixture. Cover the tops with grated cheese and brown richly. —October Good Housekeeping.