

# In the Realm of Women--Some Interesting Features

HER PROBLEMS

By Annette Bradshaw



THE HANDICAP OF BEING A TYPE

MISS EXQUISITE (sadly)—Look at Estelle posing beside that Titian reproduction just to prove she's up-to-the-minute in her costume modeled after an early Italian masterpiece. Oh, dear, I can't look saintly and my features are so piquantly New Yorkish!



## "I don't understand why I should be so tired in the mornings."

"ARE you often that way?"  
"Why, for months I have felt wretched every morning. And it is not because I do not go to bed early enough."

"How do you sleep?"  
"Not very well. Lots of nights I lie awake for hours, restless and fidgety, thinking about everything, but not resting or sleeping."

"Have you consulted a doctor?"  
"Yes. The doctor says I am anemic; the blood is thin and watery, and the nervous system run down for want of proper nutrition."

"Are you taking any medicine?"  
"No, not now; he gave me some tablets to make me sleep, but I had to keep on taking them, and I could not see that they were of any lasting benefit. I don't like drugging myself that way."

"Why don't you try Dr. Chase's Nerve Food?"

"I don't know just why, unless it is because I thought it was only for the nerves."

whereas what I need is something to enrich the blood."

"Well, that is exactly what Dr. Chase's Nerve Food does. It is only by enriching the blood that you can restore exhausted nerves."

"Perhaps I should try it."  
"I certainly would if I were you, for I know it is wonderful the way it helps some people who are anemic and generally run down in health."

"I have no appetite, you know, and what I do eat does not seem to go to the improvement of the blood. When one gets in that condition it is most discouraging. This is why I have such blue days sometimes, and I do hope the Nerve Food will help me."

"I am sure you will not be disappointed, and if I were you I would not lose a day before getting started with this treatment."

Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto. Look for the portrait and signature of A. W. Chase, M.D., on the box you buy.

## Told in Twilight

(Continued From Page 3)  
Mrs. J. B. Carruthers and the Misses Carruthers, "Annandale" entertained at a bridge and tea on Monday in honor of Miss Audrey Taylor. There were four tables in play and the winners of the pretty prizes were the guest of honor and Miss Margaret Hemming. Lovely chrysanthemums were in the drawing-room where Miss Kathleen Carruthers made the tea for the players and the other guests who came in at the tea hour for a chat with Miss Taylor. The guests included Mrs. Heber Laferty, Mrs. Hamilton Roberts, Mrs. Leach, Mrs. Howard Penhale, Miss H. K. Hill, Miss Alison Macdonell, Miss Margaret Hemming, Miss Mary and Miss Helen Strange, Miss Laura Kilborn, Miss Harriet Gardner, Miss Eleanor Lyman, Miss Kate and Miss Nora Birmingham, Miss Doris McKay and Miss Doris Brown.

The nursing staff of Sydenham Hospital entertained on Saturday evening in the spacious Nurses' Home. Miss Stomach received the guests, fully one hundred in number, and an excellent programme of dance music was played by the orchestra for the dancers who filled the large reception room. In the dining room there were bridge tables for those who enjoyed a game. Supper was served about eleven o'clock. The dance was a most delightful one and greatly enjoyed by the guests. Colonel and Mrs. Bedell, Colonel and Mrs. D. E. Mundell, Major and Mrs. Victor Williams were among the guests.

The members of the Royal English Opera Company made many friends during their recent visit to Kingston, both among the soldiers in the Hospitals to whom they gave of their best in music and fun, and among the people who had the pleasure of seeing their splendid performances at the Grand Opera House. One of the hostesses who entertained in their honor was Mrs. Rankin Smith, Wellington street.

Mrs. James Higgins, Wellington street, asked a few of Miss Julia Lyman's friends to come in on Saturday afternoon for a cup of tea and a chat with the guest of honor, who will spend the winter in Italy.

The patronesses at the dance to be given by Queen's Medical Faculty in Great Hall, on Friday evening next, are: Mrs. Bruce Taylor, Mrs. J. C. Connell, Mrs. W. T. Connell, Mrs. T. R. Little and Mrs. James Millar.

There have been several small bridge parties and suppers for Miss Eleanor Lyman, who will be much missed among the young set this winter.

Mrs. J. C. Stewart, 97 Centre street, will receive for the first time on Thursday, Nov. 18th, and on the first Tuesday in each month thereafter.

Col. and Mrs. Stockwell have leased George Smyth's house at 53 West street. Mrs. Stockwell will receive on Fridays throughout the winter.

Mrs. Philip Gilbert, Toronto, was the hostess of a young people's luncheon at the York Club on Friday in honor of Miss Phyllis Oeler and Miss Mollie Godfrey, of Montreal.

Miss Marion Ogilvie, Kingston, is the guest of Mrs. James Edgar, Toronto, for her dance tonight.

Miss Irene McCormack, Kingston, was a guest of Mrs. Benjamin Chapman, Brockville, for the week-end.

Miss Katie Millan, Earl street, has returned from Toronto, where she spent a month with her aunt, Mrs. J. J. Collyer.

C. E. Willis, Sydenham street, has returned from a holiday in Nova Scotia.

Mr. and Mrs. Hugh Nickle, Earl street, have returned from Toronto.

Mrs. Godwin, who has been the guest of Mrs. K. N. Fenwick, King street, returned to Ottawa on Tuesday.

Theodore Lyman, Miss Julia Lyman and Miss Eleanor Lyman left for New York today, and on Tuesday will sail for the Mediterranean on the S.S. Patria. They will spend the winter in Italy.

Miss W. Gordon, University avenue, will go up to Toronto this week to attend a meeting of the committee of selection of the Daughters of the Empire, to choose Ontario's candidate for one of the four overseas scholarships provided by the War Memorial Fund.

Miss Honor Tott, Elgin, is now the guest of Mrs. Bruce Hopkins, West street.

Mr. Bedell and Miss Ethel Bedell, Hillier, spent the week-end with Colonel and Mrs. Bedell.

Mrs. T. R. Power, Earl street, has gone down to Ottawa to visit Mrs. Stewart.

Col. and Mrs. W. P. Wigar, Mack street, spent the week-end in Toronto.

Mrs. T. McKean Robertson, Lower Union street, went down to Ottawa this week to be with her daughter, Mrs. William Harrison, Waverly street.

Mrs. Perry Mahood, Johnson street, who has been visiting Mr. and Mrs. Storey in New York, returned to town early in the week.

The Monday bridge club met this week at Mrs. Stewart M. Robertson's, Sydenham street.

There will be a great many visitors in town for the Varsity-McGill match on Saturday.

Prof. Jackson, Queen's University, spent the week-end in Toronto.

Mrs. W. J. Gibson, Gore street, returned from New York on Sunday.

Mrs. Phelps, Owego, N.Y., is the guest of her daughter, Mrs. Frederick Cary, Wellington street.

## Mark Well!

Your safeguard is the name

# "SALADA"

This is the genuine 'tea of all teas'.

If you do not use Salada, send us a post card for a free sample, stating the price you now pay and if you use Black, Green or Mixed Tea. Address Salada, Toronto

An inventor has notched the inner sides of clothes pins to increase their grip.



## Baby's Own Soap

A Sanitary wash  
A Soft healthy skin  
A lingering fragrance

"Its Best for Baby and Best for You."

Albert George Limited, Mfrs., Montreal.

## All Fat People



## Easily Reduce

The world owes a debt of gratitude to the author of the new famous Marmola Prescription, and is still more indebted for the reduction of this harmless, effective obesity reduction to tablet form. They are so convenient to take, and so pleasant as candy. One after each meal and at bedtime will quickly reduce your weight, two, three or four pounds a week, and leave no evil effects such as loose, flabby skin and slightly wrinkled. Just go on eating what you like—leave exercise to the tablets—take your little tablet as directed and soon you will be your natural self, clothed in firm flesh and trim muscles. Marmola Prescription Tablets may now be obtained at all drug stores, or by writing direct to the Marmola Co., 92 Garfield Building, Detroit, Mich., and their reasonable price—one dollar for a good size box—leaves no excuse for dieting or violent exercise for the reduction of the overweight body to normal proportions.

## GRAND TRUNK RAILWAY SYSTEM

AGENCY FOR ALL STEAMSHIP LINES

Special attention given your family or friends going to or returning from the Old Country. For information and rates apply to J. P. HANLEY, C.P. and T. A. G.T. Ry., Kingston, Ontario. Open day and night. Phone 28.

## Firewood

Large quantity of sound Railway Ties for sale cheap. All tents reduced to clear. We need the room.

I. Cohen & Co. 275 Ontario St. Phone 887.

## New Goods

AT THE UNIQUE GROCERY AND MEAT MARKET RAISINS—CURRANTS—PEELS FIGS—DATES—PEANES—WINE—MEAT—CANNED FRUIT AND VEGETABLES.

C. H. PICKERING, Prop. 490 and 492 Princess Street. Phone 530.

## MATTRESSES

Don't throw away your old Mattresses. We renovate all kinds and make them as good as new. Get our prices.

## Frontenac Mattress Co

17 BALACLAVA STREET Phone 2106w

## Talking Machines

All kinds of Phonographs repaired, cleaned, recharged and adjusted. Main and governor springs for all makes in stock. Quick service, expert workmanship.

## J. M. PATRICK

140 SYDENHAM ST. Phone 3056J.

# Five Roses Flour

## W. P. PETERS

Office and Elevator foot of Princess Street.  
Phone 51 or 217 - - - Kingston, Ont.

## Safeguard Your Kiddies In Their Play

LITTLE realized, but a great factor in the preservation of health, is the absence of dust and dirt in the home, more so in the home blessed with children, for the kiddies' scurrying feet put into circulation the myriads of germs that household furnishings retain.

The daily use of the Northern Electric Vacuum Cleaner in your home will safeguard you and your children.

Ask your family doctor why you should use the Vacuum Cleaner and ask your dealer why it should be a Northern Electric.

## Northern Electric Company LIMITED

Montreal Halifax Quebec London Toronto Hamilton Windsor Winnipeg Regina Calgary Edmonton Vancouver



## Northern Electric QUALITY