

In the Realm of Women---Some Interesting Features

For Quality



MAPLE LEAF MATCHES

It is your safeguard

Efficient Housekeeping

By Laura A. Kirkman



Why Fear Child Birth

Dr. J. H. Dyer, M.D., M.B., F.R.C.S., F.R.C.P., F.R.S., F.R.C.O., F.R.C.S.D., F.R.C.S.(G), F.R.C.S.(S), F.R.C.S.(C), F.R.C.S.(E), F.R.C.S.(I), F.R.C.S.(N), F.R.C.S.(O), F.R.C.S.(P), F.R.C.S.(R), F.R.C.S.(T), F.R.C.S.(U), F.R.C.S.(V), F.R.C.S.(W), F.R.C.S.(X), F.R.C.S.(Y), F.R.C.S.(Z)

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DR. H. A. STEWART

Dental Surgeon

Wishes to announce that he has resumed his practice, cor. Wellington and Princess Streets. Phone 2092.

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If your sight is at fault, place your case in our hands and permit us to examine your eyes.

We are competent and dependable in Optical Science, and will help you to new sight and visual comfort.

Trust Us With Your Eyes.

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SURPRISE A PURE SOAP

A Big Bar

A full-size, full-weight, solid bar of good soap is "SURPRISE." Best for any and all household use.

Answered Letters.

Mrs. W. W. D.: "Can you tell me what will take out a stain caused from uncooked fish? Coming home from town one day I left a parcel containing fish in the baby's carriage. It got on the baby's embroidered dress and when I got home I put but could not get the stain out."

Answer: A fish stain is such an unusual one, that I have no recipe for removing it. So I am publishing your query in the hope that some Reader Friend who has happened to have experience in removing such a stain, will drop me a postal giving me some hint that will help you, so that I can publish it here.

A Pupil: "You may think it rather early, but I am writing for advice in making my Christmas presents! What would be an appropriate gift for a dear teacher and also for a dear friend? Please also tell me from what material a combing jacket is best made."

Answer: Don't ever fear that I would think one of my readers "too early" in requesting information concerning some definite event. The trouble with most readers is, that they wait till the very last minute before an event—and then write me in such desperate haste that it is often hard for me to get answer to them in time. I think your teacher and your friend would both appreciate something made by your hands—such as a boudoir cap, or one of the dainty pink or blue satin pin cushions covered just on the top with a mat of embroidered white linen, or crocheted linen thread (these pin cushions are very popular just now.) For the combing jacket, use either silk crepe or cotton crepe

pressed with an iron. Bind the jacket with satin ribbon in the same delicate color of which it is made.

S.H.: "Kindly advise me concerning the best way to keep linens and laces for a period of six months without using, so that they will not discolor. Also, does good lace tear from being laid away?"

Answer: Wrap the linens and laces in blue tissue paper and lay them away in a chest so that light does not strike them. The blue paper keeps them from becoming yellow. Good lace does not tear from being laid away. But for a period longer than six months it is not wise to lay away any linens or cottons which have been starched. Instead, "rough dry" the pieces (that is, wash them without soap and sun them well to dry) and lay them away in the blue paper just as they are. When you wish to use them you can blue, starch and iron them. In this way, no chemicals in starch or bleaching can decay the fibres.

A Subscriber: "How can I remove stains caused by an indelible pencil?"

Answer: Soak the stained part of the fabric in denatured alcohol, then wash as usual.

Tomorrow—Knitting Yourself a Scarf for Winter.

All inquiries addressed to Miss Kirkman in care of the "Efficient Housekeeping" department will be answered in these columns in their turn. This requires considerable time, however, owing to the great number received. So if a personal or quicker reply is desired, a stamped and self-addressed envelope must be enclosed with the question.—The Editor.

SOMETHING ABOUT BUNGALOW SERVANTS

Then the velvet-footed Tamils Hand around the groody fate, And forgotten are life's trammels, Little thought of in its care.

"I have been sitting thinking, Teddy," said Uncle Frank, "that among my most pleasant memories of Ceylon Christmas Day must always take a place. I have spent many jolly Christmases with brother planters and I very seldom was obliged to have dinner alone except on my first Christmas in Ceylon. I had orders from the superintendent to be back and I found myself along eating roast turkey and plum pudding and drinking iced beer. The servants had the bungalow all decorated with evergreens when I arrived home, for I had been away on a day's leave the day before, and even a small present was waiting for me. I remember when dinner was over I gave them a present and told them to go to the coolie lines and enjoy themselves. I spent the evening wondering what wickedness I had committed to be excused like that on an out-of-the-way tea estate. The servants were the only touch of Christmas about the whole business. I was only a sinera duri, or small master then, and I had a cook-appu and a cuisinemat. The cook-appu looked after the bungalow and cooked and the other fellow was just with a wooden leg and a top hat who used to sweep around the garden for a short time every day, who was quite a character, but he was not really my own servant as he swept round all the buildings on the estate. The cook-appu was a Cochin, not nice servants as a rule, and the kitchen help was a rather poor specimen of a Tamil. I did

not get a big salary, and, like most other sinera duri, I had to put up with any sort of servant I could get. When I became a periya duri, or big master, I had an appu, who looked after the bungalow, a cook, a dog-boy, a kitchen cooly, a garden cooly, and after I married, a couple of native nurses. It did not take me long to get rid of my Cochin cook-appu for he chewed bang, a wicked drug, and I knew that he would probably knife me sometime when under its influence. I then got an old rascal of a cook by name Silvanaigom, who is still with me and whose son is now my second servant. He was a bad rascal and more often drank than not, but he could cook and he never took exception to being thrashed when he deserved it. I bowled him over with a leg of mutton on one occasion. He was foolish to come to the table when he was drunk and I lost my temper and hit him over the head with the mutton. He was a nice old chap when I was ill with fever, and I think you will like old Silvanaigom. He is a very old man and seldom gets the chance to tipple.

Little Boys Are Servants.

The bungalow podyeyon is usually a young boy, who is learning his work. They have a hard life of it as a rule. The other servants keep them in order and master keeps them on the run and jump. Woe betide the podyeyon who does not appear spotlessly clean when waiting at the table. He were better dead than allow a dirty spoon or fork or a glass with a fingermark to appear on the table. Master's clothes have to be put out just-so-so, and the water in master's bath must be exactly the right temperature. He must hear master call and be at his side one second after. He is an important personage. I can tell you, and when he is taken on a trip instead of the appu he is the "whole cheese", as people sometimes say. I used generally to have Sinhalese podyeyons until the "Snipe" was old enough to walk. I think his right name is Gabriel, but he was such a poor sort of angel that some of my friends nicknamed him the "Snipe." He is old Silvanaigom's son and a young man now. The appu is sometimes called the butler. My appu always calls himself the butler, and he is a very superior person. His name is Anthony. He wears a pink and gold turban and his coat buttons are solid gold, but beyond looking beautiful and occasionally taking a turn as cook when Silvanaigom is sick, he is not of much use. He only appears at mealtimes and when this other servants bring in the horses food, the dogs' food, or anything that needs my special inspection. One has to inspect the food for the animals for Ramaswamy has a way of depriving his charge if he is not watched. It is nice though, Teddy, to sit down with one's friends at a nice dinner table, beautifully decorated with rich flowers and maiden-hair ferns, while the white-clad servants move noiselessly around and supply every want without the trouble of asking for anything."

Good Blood Rich and Pure

Is essential to health, happiness, energy, willingness to work and good appetite.

Lack of it means disease, rheumatism, catarrh, humors, headache, wandering pains, cold hands and feet, decline of a health-tone.

Hood's Sarsaparilla is recommended for all these and other symptoms, because it is made from the best ingredients physicians prescribe, combined by pharmacists who have made a life-long study of medicines.

To-morrow's HOROSCOPE

By Genevieve Kemble

WEDNESDAY, NOV. 15.

The prospect is for an active and progressive day, according to the favoring positions of leading planets. The mind should be in a particularly active and far-seeing state, with all the faculties alert and potential, under the aspect between Mercury and

Cape Vincent Woman Passes Away.

Mrs. Emma Gibson, aged fifty-six, widow of the late T. A. Gibson, Cape Vincent, N.Y., died on Saturday morning. She had been in failing health for the past two years. Mrs. Gibson was born and had always lived at the Cape. Surviving are two daughters, the Misses Nathalie and Ruth Gibson, Cape Vincent, N.Y.; two brothers, John Gravitte, Asbury Park, N.J., and Joseph Gravitte, Watertown, N.Y.



Why Teeth Show

In pictures—and everywhere today
Millions are removing film

Have you noted how most pictures now show pretty teeth? And how countless people, wherever you look, show beautiful teeth when they smile nowadays?

Those are results of this new way of teeth cleaning, which millions now employ. Now we urge you to try it at our cost, and to start today.

Try combing film

Until late years, nearly all teeth were kept clouded by a film. And 49 in 50 people suffered from film attacks.

Film is that viscous coat you feel. It clings to teeth, gets between the teeth and stays. It forms the basis of dingy coats, including tartar, unless you constantly combat it. Stains are absorbed by that film.

It also holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay. Germs breed by millions in it. They, with tartar, are the chief cause of pyorrhea.

Thus most tooth troubles are now traced to film. And all these troubles were constantly increasing, despite all care of the teeth.

Old ways ineffective

No ordinary tooth paste effectively fights film. In fact, tooth pastes based on soap and chalk even make the film more clinging.

No dental science has for years been seeking film combatants. Two effective methods have been found. Able authorities proved them by many careful tests. And now leading dentists almost the world over advise their daily use.

A new-type tooth paste has been created, based on modern research. The name is Pepsodent. In that tooth paste are embodied those two film combatants—one to curdle the film, one to remove it.

Careful people of fifty nations are now using this new method, largely by dental advice. To millions of homes it is bringing a new dental era.



Brings Added Charms and Quickly

You will see the Pepsodent effects, amazing and delightful, after very little use.

Present the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how teeth whiten as the film-coats disappear.

New beauty, new charm, comes with those whiter teeth. Also new safety, new cleanliness. Not by scouring teeth in any harmful way, but by fitting the film for easy removal.

This means too much to you and yours to be longer overlooked. Cut out this coupon now and present it at your store.

Made in Canada

Pepsodent CANADA

REG. IN

The New-Day Dentifrice

Now advised by leading dentists the world over

Get Your Free Tube

At stores named below

This week only, any store named below will hand you a 10-Day Tube of Pepsodent if you present the coupon.

Go get this tube. Its use will bring you a delightful revelation.

10-Day Tube Free

(Only one tube to a family)

Insert your name and address, then present this coupon this week to any store named below. You will be presented with a 10-Day Tube of Pepsodent.

If you live out of town, mail coupon to The Pepsodent Company, 191 George Street, Toronto, Ont., and tube will be sent by mail.

Present coupon to

L. T. BEST, 124 Princess St.
MAHOOD DRUG CO. LTD., Princess & Bagot
M. R. McCOLL, Opp. St. Andrew's Church
T. H. SARGENT

British Whig, Kingston, Ont.

BEFORE BABY COMES

Watchful Care of Health Necessary

Lydia E. Pinkham's Vegetable Compound a Marvelous Help

possibly on original lines. Let the classified advertisement. It should make a success help you through the winter.

Found it Great Relief

Chicago, Illinois—"I recommended Lydia E. Pinkham's Vegetable Compound for all prospective mothers. I suffered from weakness and faint spells and had to lie down twice a day for an hour or so before I could get on with my work. My cousin, who lives in Wisconsin, had used your Vegetable Compound for over five years and she came to us for a visit and she recommended it to me, saying she would pay for the bottle if it did not help me. I took that bottle and got none as I found it gave me great relief. I recommended it to my friends and sisters and am willing for you to use these facts to help others." Mrs. J. J. Kussner, 1818 W. 17th St., Chicago, Illinois.

Cannot Praise too highly

Winnipeg, Manitoba—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me, owing to my condition, but told me to expect another miscarriage. My husband's grand-



A NEW DIGNITY FOR JAPANESE WOMANHOOD.

The slavery of the picturesque Geisha Girls, which has existed as long as the history of Japan, has been abolished by a court decision. The Geishas were girls sold in early childhood by parents who could not afford their support; and were trained as entertainers.