NEWS AND VIEWS FOR WOMEN READERS

WORKING WOMEN, WEAK, RUN DOWN **SOON RESTORED**

Home Treatment to Create Red Blood, Body Tissue and Vital Nerve Force Costs But Little.

Countless thousands of women must work day after day in stores, offices, manufacturing establishments or in their own homes who are really unfit for their tasks. With bodies and nerves overstrained, they get through each day by will power alone. At night, worn and exhausted, life holds little of pleasure for such women.

They should not be content to drag on, making their sacrifice of health, beauty and happiness. They should, instead, undertake at once the upbuilding of their bodies; the creation of red blood and flesh tissue that fills out hollow cheeks and wasted forms; that restores nerve resistance and brings back the bloom of health. strength and vitality.

When weighed down by worry and weakness, such women should begin at once a simple, inexpensive home treatment of Wincarnis, the restorative. They can obtain a generous size bottle of Wincarnis from any leading druggist. Wincarnis is the ideal body and strength builder and is absolutely harmless. More than ten thousand physicians have recommended it.

The Wincarnis treatment costs only ten cents a day. In twelve days see the improvement Wincarnis brings.



Every Facility of Most Expensive ELECTRIC RANGE at fraction of cost No Extra Wiring Required

Science Cook Book "W" and Direct

COOK FOR **50**c A MONTH Wm. Campbell Co., Georgetown, Ont

CUTICURA HEALS SKIN TROUBLE

Face Broke Out In Pimples. Were Disfiguring. Extremely Sore.

es that were very annoying s well as disfiguring. The pim-les were small, hard, red lumps at first, but increased in size and came to a head. The pimples were extremely sore and tender, and I was very much discouraged.

" I read an advertisement for Cuticura Soap and Ointment and sent for a free sample. I purchased more, and after using two cakes of Cuticura Soap, together with the Cuticura Ointment, I was healed." (Signed) Miss Alberta Moore, Salt Springs Sta., Nova Scotia.

For every purpose of the toilet and bath, Cuticura Soap, Ointment and Talcum are excellent



Miss—"I'd like to see the husband who wouldn't stay home with me." Mrs,-"That's what we all say till we marry, and then never do see him."



Alvaro Obregon, the warrior president of Mexico, is shown with his family on the steps of his home after a strenuous military campaign, during which he successfully upheld his government and defeated the rebel movement.

H. A. Buck, Sydenham, To Build a

this vicinity this spring. Herbert Thursday. H. A. Buck, Sydenham, her aunt's, Mrs. Harry Lee's; Cle- Picton, has returned. Mrs. Wright Stevenson and his mother expect to expects to build a cottage here soon, ment Lee at Venice Green's; Mrs. visited with friends in Picton for a move to Rosedale in the near future, and Dr. F. R. Sargent is preparing George Kempt and Flossie at Wil- few days. Miss E. Campbell left on in Kingston General Hospital, is now in the near future. Oliver Retton is at home. Mrs. Venice Green made now at the poultry train. A. a business trip to Sydenham on Martin, Ottawa, called on him on at \$2.15, and some at \$2.10 each, on their back farm at Salmon Lake. spending her Easter holidays

liam Wilson has been under the doc- cows from William Wilson recently. the winter with his daughter, Mrs. tor's care for some time. Mrs. Kemp Maple Grove, April 18 .- The was also on the sick list, but is Rettan's; Mrs. Annie Stevenson at ed to his home for the summer roads are drying up rapidly. There somewhat improved in health now. William Green's; Fred and Minnie months. Miss L. Thurston, who spent was not much maple syrup made in Mostyn Lee was in Sydenham on Green are at Godfrey; Reta Lee at a couple of weeks with friends in is Frank Clarke, constable, was in at this neighborhood on Friday. Ernest

Henry Green, who was seriously ill, to build a boat house at his cottage liam Wilson's; Mr. and Mrs. James Friday for her home at Cornwall, Nellis at Bill Green's; Stanley Mar- where she will spend Easter holl-G. tin at his home; Mr. and Mrs. Blake days. Nellis at B. Martin's, also George Thursday last. The trappers were Saturday last. Philip Vancough- Nellis and wife, from Kingston; successful this spring. Some got nett is moving to Wilmar soon, Mr. Mack Green and Nelson at Venice nearly two hundred rats, which sold and Mrs. Kenneth Babcock are still Green's.

THE LATE S. S. PETERSON. A Former Resident of Bongard' Passes Away at Wampoos. Bongard's, April 9 .- S. S. Peter son, a former resident of this place, but who for the past few years had resided at Wanpoos, passed away at his home after a short illness of abscess of the brain. Deceased leaves two daughters, Mrs. Kearney, Osh awa, and Mrs. Jamieson, Wanpoos. Mrs. Peterson predeceased her hus-

gion. Miss E. Campbell spent the

for the past month has returned to her home here. Mrs. Smith. Fredricksburgh; is visiting at the home of Mr. and Mrs. I. B. Lucas. Mrs. Thurston has returned after spending the winter with friends in Picton. The cheese factory began operations on April 13th.

Mrs. Lucas who is ill with pneu-

monia, is recovering. Mrs. Allan

the Prince Edward county hospital

Harrison, who has been confined to

Rulers always hate and suspect the next in succession. What is the use of running, when you are not on the right road? band about ten years ago. Mr. Peter-No single man is born with the son was a Roman Catholic in rell- right of controlling all the rest. It is a bad sack that will abide week-end with Miss L. McDonald., no clouting.





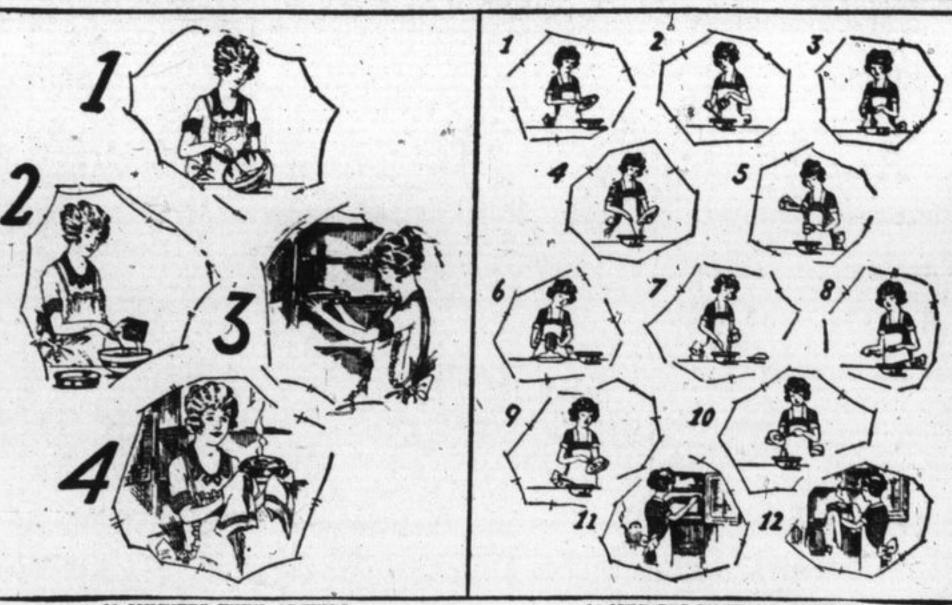
"I was sick for several months with my stomach, I had pains in the back, and how I used to dread wash day, for my back would pain so that I couldn't lie down when night came. I also had gas on my stomach, and my appetite was so poor that sometimes I did not care whether ! ate or not. The doctor gave me medicine, of which I took a number of bottles without benefit At last I started to use Dr. Chase's Kidney-Liver Pills, and although I have only used three boxes, I am quite well again."

Dr. Chase's Kidney-Liver Pills x of 35 pills, Edmanson, Bates & Co., Ltd., Toront

AT MAPLE GROVE.

Miss Reta Hagerman, teacher,

The Maharanee of Takari, wife of the Maharajah of Takari, has been acclaimed by her countrymen as the most beautiful woman in India. She is not considering entering the movies,



Easier and Pleasanter Bake Days With Green's Sponge Mixture

LJOW much easier and pleasanter bake day will be when Green's Sponge Mixture takes the place of the old-fashioned, tedious way of mixing cakes. How much more certain the results, when this simple method of cake-baking is used.

And what a saving in time you will make! Delicious layer cakes and jelly rolls made in 10 minutes. Your baking time cut in three. With Green's Sponge Mixture you simply whisk 2 eggs together in a bowl, add the whole contents of a packet of

Green's Sponge Mixture and bake for about 8 minutes. No guesswork-no mixing of half-a-dozen ingredients - no waste of either

materials or time-no disappointment. Absolutely certaintherefore economical.

The women of England use millions of packets of Green's Sponge Mixture yearly. The fact that only the finest ingredients are used in it-combined with its ease and certainty in bakinghave earned for it an extensive sale throughout the country.

Ask for Green's Sponge Mixture at any grocery store-20c a package. Choose your favourite flavour-Plain, Vanilla, Orange,

Lemon, Almond or Maderia learn at once how greatly your baking duties will be simplified. Recipes on the back of every packet.

Ask your grocer for, or write for free recipe booklet, to

Turn on to a sugared paper, spread with jam, marmalade or other filling; place together and sprinkle with sifted sugar.

VICTORIA LAYER CAKE

One packet Green's Sponge Mixture, 2 eggs, 2 ozs. butter. Beat the eggs thoroughly together, then add by degrees the sponge mixture, mixing to a smooth batter. Take 2 round, medium-sized tins, well greased, sprinkle with flour and put half the mixture in each. Place in a hot oven and bake for about 10 minutes.

Ontario Distributors - MacLaren-Wright Ltd., Toronto

GREEN'S GREEN'S SPONGE SPONGE MIXTURE

For Layer Cakes and Jelly Rolls H. J. Green & Co., Limited, Brighton, England



Kellar purchased some valuable Milford. J. H. Harrison having spen

Visitors: Mostyn Lee at Oliver McCormack, in Picton, has returne

No cooking secrets

You don't have to be an expert cook to serve Shredded Wheat Biscuit in many delicious ways. Most people eat it for breakfast with hot milk. but it is delicious for any meal with fruits or creamed meats. Contains all the tissue-building elements in the whole wheat grain, including the bran which is Nature's greatest laxative. It is ready-cooked and ready-to-eat. The tasty crispness of the oven-baked shreds of whole

> wheat tempt the appetite and satisfy hunger.

The Canadian Shredded Wheat Company, Ltd. Niagara Falls, Ontario

Shredded Wheat