

WOMAN'S REALM IN THE HOME AND OUTSIDE

MAKE SURE THAT YOUR NAME
IS ON VOTERS' LIST!

When the referendum on prohibition is taken in the fall, women all over this province will vote on the same general qualifications as men. To compile the voting list, enumerators are about to make a house to house canvass of this entire province.

It is the duty of every qualified woman with the mother at heart to see that she gets on that list when it is being compiled.

Here are those who may vote: The franchise is equal to both men and women, who must be British subjects, 21 years of age, and have resided twelve months in Canada prior to June 30th last, three months in the province (or where the constituency is outside of a city, three months in the constituency), and thirty days in the polling.

A person, who was not naturalized prior to April 15, 1917, before the same can be taken by the enumerator, must be naturalized under the provisions of the Naturalization Act, 1914, which is a federal statute. With regard to a woman of foreign birth, to be entitled to vote she must have been naturalized in her own right before April 12, 1917, or have become naturalized since under the provisions of the Naturalization Act of 1914.

Marriage of a foreign born woman with a British subject does not entitle her to be placed on the voters' list. With regard to a minor, whose parents became naturalized before the minor reached the age of 21 years, the procedure is slightly different, and all that is required is to secure a certificate from a Supreme Court judge that she has the proper qualifications as to residence and character, and takes the oath of allegiance to his Majesty.

All persons who have been engaged in military or naval service of Great Britain, Canada, any British

A THOUGHT FOR TODAY

The future of the race is in the hands of the cook as well as of the teacher.—Burton.

dominion or of any of the cities, to a British subject and resident in Ontario at the time of enlistment, or having no permanent residence in Ontario enlisted from the province, are entitled to vote in the municipality from where they enlisted, whether or not of the age of 21 years. This applies to soldiers, sailors, nursing sisters and V. A. D.s.

No person may be entered on the list for two places. Defaulters under the Military Service Act, or persons convicted of an offence under the War Measures Act, or who have been convicted of sedition or treasonable offences, are disqualified, and may not vote under a penalty of \$500.

WARM WEATHER RECIPES.

A delicious salad for the hot weather is made of tomatoes and grapefruit, with French dressing. Have ready crisp, fresh lettuce leaves. Arrange on these alternate slices of tomato and grapefruit, sprinkled with pieces of olive; pour over the French dressing and serve very cold.

Spiced beef makes a welcome change and can be eaten either hot or cold. The following recipe was among those given last year by the Ontario Food Board, for which the cheaper cuts can be used: Take a thick piece from the solid part of the shank, cover it with diluted vinegar and season it with whole spices. Allow this to stand for several hours. Then bring it slowly to the boil and remove the spices. Add a teaspoon each of sugar and salt and simmer the meat until tender. Half an hour before it is done.

to serve, make a savory, tomato sauce or add Worcestershire sauce. A dainty molded beef salad is given by the current number of Good Housekeeping among cooked recipes, and it is as follows: 3 cupfuls tiny beads, 2 tablespoonfuls vinegar, 3-4 cupful hot water, 1 teaspoonful salt, 1 teaspoonful sugar, 1 head lettuce, 2 tablespoonfuls grated horseradish, 1-2 tablespoonfuls granulated gelatin, 1-2 cupful cold water, 3-4 cupful mayonnaise.

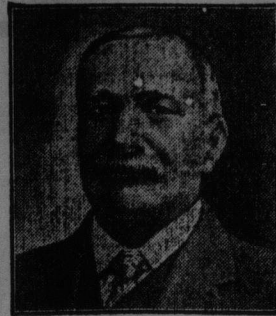
Scrub the heads thoroughly and boil until tender; rub off the skin. Add the vinegar, salt, sugar, horseradish, and hot water. Let get thoroughly heated through, and then add the gelatin which has been softened in the cold water. Pour into a shallow pan which has been previously wet with cold water. Set away to chill, out in cubes, and serve on lettuce or cream with mayonnaise. This recipe will serve at least eight. Large beads may be used and cut into cubes about an inch in diameter after cooking.

Another tested recipe from the same magazine is for pineapple cocktail, sent in by a lady from Victoria, B. C.: 1 pineapple, 1 cupful sugar, 1-2 cupful coconut, 1-2 cupful orange juice, 1-2 cupful grapefruit juice, 3-4 cupful water. Boil the sugar and water together for five minutes, cool, and add the fruit juices. Cut fresh pineapple cylinders, using an apple-corer, put in glasses with coconut, and cover with the syrup.

Cold salmon soaked in vinegar is a particularly appetizing dish for the hot weather, and is a good way of using up bottled salmon that is left over. Simply place the cooked salmon in a deep pie-dish, with peppercorns, whole mace, cloves and a very little mixed whole spice, and pour over a cup of hot vinegar. Let cool and keep on ice till required. Served mashed to the same way is very good. A few bay leaves, if procurable, add to the flavor. Serve with thinly-sliced cucumber.

ACUTE NERVOUS EXHAUSTION

All Treatments Proved Useless Until
He Tried "FRUIT-A-TIVES".



MR. JAS. S. DELGATY.

R.R. No. 4, Gilbert Plains, Man. "In the year 1910 I had Nervous Prostration in its worst form; was reduced in weight from 170 pounds to 115 pounds.

The doctors had no hope of my recovery, and every medicine I tried proved useless until a friend induced me to take "Fruit-a-tives."

I began to mend almost at once; and after using this fruit medicine for 3 or 4 months, I was back to my normal state of health.

I never had such good health for twenty years as I have enjoyed the past six years. We are never without a box of "Fruit-a-tives" in the house."

JAS. S. DELGATY.

50c. a box, 6 for \$2.50, trial size 25c. At all dealers or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

"FOURTEEN POINTS" FOR HOME CANNERS:

Inspect your cans now. Be sure that the glass inside and outside is smooth.

Test the edge and the rim where the rubber meets. If not smooth, correct the roughness by filing.

I'll with covers. Test for leaks. To do this, adjust a rubber, fill jar with hot water, put the cover on and clamp, invert. Leaks are caused by poor rubbers, shifting covers and imperfect clamps or screws.

Discard for canning all jars that cannot be made "non-leakable." Order new jars now.

Consider carefully the size, durability, and quality of new jars. The best jars are the simplest. They have few joints, are easily sealed, easily washed and easily stored.

The best type of jars have straight sides, wide mouths, covers easily adjusted.

Mason jar covers must be inspected. If the porcelain is cracked, or the screw levers replace with a perfect one.

Metal covers of the vacuum seal type must be renewed every year. Inspect the rubber-like rim in the vacuum seal covers. If it is broken or chipped, it is superfluous. If it is crummy or chipped like it is spoiled.

Be ready when your garden is ready, and smile, smile, smile.—L. Ordner, University Farm, St. Paul.

THE ONE-DISH MEAL.

One of the first things we heard on food economy during the early days of the war was that people were getting fewer courses. Now we can have several courses combined in the one-dish meal. These dishes are made up of such combinations as cheese, rice and tomato, cheese and macaroni, meat stew with vegetables and rice, baked rice with cheese, pork and beans, bean soup with milk, corn and bean, chopped meat and potatoes, rice and Hamburg steak, chopped meat and cornmeal porridge.

Bean Soup—1 cup beans, 3 small onions, 1 tablespoon minced parsley, 1 teaspoon salt, 1 egg, 1 cup dry crumble, 1 tablespoon fat, 1-2 teaspoon pepper, 1 cup tomatoes. Soak the beans overnight. Cook until tender. Add crumble, 3 onions which have been browned in the fat, minced parsley, salt and pepper, egg and tomatoes. Simmer all down in a little water. Dried split peas may be used instead of beans, but in this case the tomatoes should be omitted.

Try to work out a standard of supplies. Keep account of the amounts you buy and find out how much you need for one week. Then order the staples a week in advance. It takes no more money than ordering daily and saves time and energy.

It is much easier for the average housewife to keep one bill than a dozen, and it certainly pays to keep correct accounts of the house supplies.

WAR-TIME HUSBANDS AT SIXTEEN AND NINETY.

Some curious facts are revealed in the Registrar-General's report of births, marriages and deaths in 1917. Whereas most of the marriages used to take place in July, August and September, the favorite months now are October, November and December. Although young war-widows affected the figures, it is clear that the war was not wholly responsible for the total began to increase in 1912. Widowers, too, show an increasing tendency to take second wives.

The youngest bachelor to marry was fifteen, and the youngest spinster fourteen. No fewer than twenty-nine males married at the age of sixteen, and 83 at the age of seventeen, two of the latter marrying widows. Twenty-six spinsters married at the age of sixteen, one of them to a widower; 157 women were sixteen when they married, and of 1,200 marrying at seventeen years, fifteen married widowers.

The earliest second marriage of males was at the age of nineteen, and three widows remarried at the age of eighteen. Of thirty-one men marrying when they were turned eighty only one, aged eighty-one had never tasted the joys of matrimonial bliss previously, the rest being widowers but out of nine women marrying be-

young that age two were spinsters. The oldest man to be married was a widower of ninety-two, and the two oldest women were aged eighty-five, one a widow and one a spinster.—T.M.B.M.

THE ENGLISHMAN'S MANNERS

"The London Daily News" on the question of the average Englishman's manners—see they good or bad? George Bernard Shaw has contributed to the discussion.

"All nations have their particular code of good manners and bad manners," writes Mr. Shaw. "They depend a good deal on the speed and pressure of life; for instance, it is very polite of an Oriental shopkeeper to serve tea to his customers and discuss the news of the day before coming to business, but not even Collinghams could afford to do that in London, where many foreign ceremonies would be an intolerable and uncivil waste of time.

"I have seen a white ox purchased at an Indian market, and the peace conference is a trifle in comparison; the agitation was greater than it is at the sale of a Kerry cow, in which the whole population joins. The sale of a horse at Tattersall's is a very different matter, and when a picture is sold at Christie's it is a point of honor with the purchaser to make his bid as if his dearest wish was that nobody would notice it. The difference is not in good feeling, but in the value of time in the community.

"Undoubtedly a man calling himself a gentleman should take off his hat when entering a lift on the Underground and handing his ticket to the young lady who works it; but at the risk of being considered a pig by Mrs. Carolyn Whipple, I brazenly confess that I never do it. When a too grasping theatre proprietor places his rows of stalls so close together that persons passing along the row can only serve themselves from falling into the laps of the already seated ladies by clinging to the backs of the chairs in front at the risk of pulling them over the poorest man must use the instincts of those he passes as a precarious payment.

"Politeness in boarding a bus depends on the number of buses available, the value of your time and the urgency of your desire to reach the bus destination. It is dangerous to order the poorest man must use the instincts of those he passes as a precarious payment.

"Manners do not differ from nation to nation, but from city to city, and even village to village. Paris is easily the worst-mannered city in the world as far as my experience goes, but Manchester runs it hard, except among the working classes. But there are plenty of well-mannered people and ill-mannered people everywhere."

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Worth Ten Kaisers, Too. Boston Transcript: Prince Henry of Prussia, Begs George V. to Save Kaiser. As we remember it, he was one of the millions of Prussians who did nothing to have the Kaiser save Edith Cavell. Rudolph often settles matters of importance better and more effectively than severity.—Horace.

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JUST like new. Fresh and clean—and a wonderful new color. But it's an old waister that was soiled and faded. Majic Dye Soap Flakes, whisked into a thick lather in a moment; the garment dipped in; and it was washed and dyed. It came out without a streak or spot. And just the color she wanted.

This new dye soap in flake form will win your enthusiastic approval as soon as you try it. It's so easy to use. It's so sure in

results. No rubbing or boiling. No stained hands. No injured fabrics. Silk, cotton, linen or wool—it doesn't matter.

Always you are sure of your color. Always you have an instant means of renewing all those dainty clothes that soil and fade so easily. Waists, skirts, lingerie—yes, silk hose and gloves also.

Majic Dye Soap Flakes come in 15 charming colors. There is practically no limit to the results you can secure. Try a package now—on some garment you have despaired of ever again wearing. On sale at drug, grocery and also at 5, 10, and 15c. stores. Perpackage. **15c.**

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MAJIC Dye Soap FLAKES
Dainty Dye—For Dainty Women

Health and Happiness

Women of today seem to listen to every call of duty except the supreme one that tells them to guard their health. Home duties, church duties, war activities, and the hundred-and-one calls for charitable enterprises soon lead women to overdo. Nervousness, headaches, backaches and female troubles are the inevitable result.

Philadelphia, Pa.—"I was very weak, always tired, my back ached, and I felt sickly most of the time. I went to a doctor and he said I had nervous indigestion, which, added to my weak condition, kept me worrying most of the time—and he said if I could not stop that, I could not get well. I heard so much about Lydia E. Pinkham's Vegetable Compound my husband wanted me to try it. I took it for a week and felt a little better. I kept it up for three months, and I feel fine and can eat anything now without distress or nervousness. Health and happiness? Yes, I have both now."—Mrs. J. WORTHINGTON, 2843 North Taylor Street, Philadelphia, Pa.

The majority of women nowadays overdo, there are so many demands upon their time and strength; the result is invariably a weakened, run-down nervous condition with headaches, backache, irritability and depression—and soon more serious ailments develop. Avoid them by taking in time

Lydia E. Pinkham's Vegetable Compound