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**NOIS \$50. CASH PRIZE**

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ALSO A PRIZE OF \$10 FOR NEAREST SOLUTION. Somebody who sends for particulars of this Puzzle Contest telling us WHAT THREE STATES IN THE UNITED STATES ARE REPRESENTED by the above Three Sketches, will receive a \$50 GOLD WATCH or \$50 IN GOLD MONEY! Try it once. It may be you.

Write the names of the States in a letter or postcard, giving your Name and Address. BRITISH PREMIUM CO. Dept. 13 Montreal, Canada.

## DANGER PERIOD OF WOMAN'S LIFE FROM 45 to 50

Interesting Experience of Two Women—Their Statements Worth Reading.

White Oak, Ont.—"At Change of Life when doctors could do no more and I was given up by my friends, Lydia E. Finkham's Vegetable Compound came to the front and did wonders for me. I had been having female troubles for years, my head troubled me severely at times, I had bearing down pains and backache and I was very anemic from excessive flowing. I recommend your Compound highly and do all I can to advertise it as a genuine woman's medicine."—Mrs. SYLVESTER MANNING, White Oak, Ontario.

The Case of Mrs. Kirlin. Circleville, Ohio.—"I can truthfully say that I never had anything do me so much good during Change of Life as Lydia E. Finkham's Vegetable Compound. Before I had taken one half a bottle of it I began to feel better, and I have continued taking it. My health is better than it has been for several years. If all women would take it they would escape untold pain and misery at this time of life."—Mrs. ALICE KIRLIN, 368 W. Mill St., Circleville, Ohio.

The Change of Life is one of the most critical periods of a woman's existence. At such times women may rely upon Lydia E. Finkham's Vegetable Compound.

**For the Bride**

No gift is more acceptable than beautiful, durable silverware. Remember that

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is the original "Rogers." It is "Silver Plate that Wears." Made in the heaviest grade of plate, and ranks first in quality.

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## OF INTEREST TO WOMEN

### Declining Marriages

WE must accept for once the official figures in regard to the marriage rate; they have been so consistently declining.

As a recent novelist once said: "Marriage is only one of our second-rate distractions."

But it is now certainly plain that it can hardly lay claim to even third-rate popularity; or perhaps people are beginning to believe that there is more "distraction" than "attraction" about it.

Theories galore have been advanced to account for this, but as a witty Irishman once remarked: "There is no reason for marriage—only woman," and so, in endeavoring to ascertain which sex is the more guilty for the state of affairs alluded to, an old proverb might be amended thus: "Man proposes—but woman prompts—and woman disposes."

But the question cannot thus be lightly dismissed. Woman may be held responsible in the main for the marriage rate; but the initiative has been forced upon her!

That is, up to within recent years, when man monopolized all the business and professional pursuits—marriage was the only trade left to woman, and she devoted all her subtle energies to that end.

Now that her right to perform more interesting and intellectual work than mere drudgery and domestic duties has been acknowledged she is able to exert an independent choice.

It therefore seems very unflattering to man that the marriage rate has so rapidly declined.

It is also profoundly disquieting. Left to her own choice, woman can easily dispense with man—but man cannot so easily dispense with woman!

It might indeed be said that woman is the lovin'—man the marrying animal.

That is—one wants adoration, the other a home; for the majority of men are, at heart, inclined to agree with the proverb: "A man may be cheerful and content in celibacy, but I do not think he can ever be happy; it is an unnatural state."

Besides, men are much more far-seeing than women—they dread an unloved, lonely old age—and still more the awful isolation of a selfish bachelor's death.

As a clever epigrammatist has said:

### Apple Dishes for Apple Day

THIS is apple day, an announced by the international association, and every housewife is expected to pay tribute to this fine fruit by preparing a dish in which it is used. Here are some good recipes:

**Apples with oatmeal**—Core apples, leaving large cavities, pare and cook in a syrup made by boiling one cup of sugar with 1 1/2 cups of water for five minutes. When the apples are soft, drain and fill cavities with the hot, well-cooked meal, and serve with cream and sugar.

**Apples a la Parisienne**—Pare several sour apples, cut them in half crosswise and remove the cores. Cook them with one cup of sugar to one cup of water, taking care to retain the shape. Drain the apples and set each half on a round stoneware cake, sprinkle lightly with orange juice and either orange or peach marmalade. Cover the apple with a meringue and some chopped almonds and set in the oven to brown delicately. Serve hot or cold.

**Apple pone**—Pare and chop fine one quart of sweet apples. Pour a pint of boiling water over one quart of white oatmeal; when cold, add enough sweet milk to make a very soft batter; add two tablespoons of sugar and one half teaspoon of salt. Add the apples and pour in a moderate oven for two hours.

**Apple custards**—Steam two large tart apples that have been peeled and cored. Rub them through a sieve and add one cup of milk, two teaspoons of butter, and one quarter of a cup of sugar and the yolks of four eggs. Turn the mixture into baking cups, stand them in hot water and bake for twenty minutes. When they come from the oven, pile the beaten white of egg on top of each cup, sprinkle with powdered sugar and place in the oven to brown slightly. Serve cold.

**Raised apple biscuits**—Scald one cup of milk, add one tablespoon of sugar and one teaspoon of butter; let cool. Add one-half cake of yeast dissolved in warm water, one teaspoonful of salt and one cup of flour; mix, add one cup of apples, pared and grated, and one cup of flour sifted with one-half teaspoon of soda. Let rise for one hour. Shape into two flat

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## Ready for the Chilly Days?

The best protection against sudden changes of temperature is the robust vigor that comes from a nourishing food that is easily digested, that contains in well-balanced proportion all the material for giving warmth and strength to the body. Fortify yourself against cold and exposure by eating

# SUREPRESSED WHEAT

the food that supplies in digestible form all the proteids and heat-making units that are needed for work or play in any climate. Its daily use is an easy solution of the servant problem because it is ready-cooked and ready-to-serve and is delicious in combination with all kinds of preserved fruits.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Try Toasted TRISCUIT, the Shredded Wheat wafer, for luncheon, with butter, cheese or marmalade.

The Canadian Shredded Wheat Company, Limited



Niagara Falls, Ont. Toronto Office: 48 Wellington St. East W-31

## New Life and New Health For the Weak and Ailing

The sufferer need suffer no longer. The weak need be weak no more. Because "Wincarnis" (the wine of life) creates new health, new strength, new vigor, new vitality and new life. Every wineglassful of "Wincarnis" makes you stronger, healthier and happier than you were before. From even the first wineglassful you can feel it doing you good. You can feel it surcharging your whole body with new energy, can feel the rich revitalised blood dancing through your veins. And as you continue taking "Wincarnis" your ailments will completely disappear, and in their place you will have an abundance of renewed health, strength, vigor, vitality, and reserve strength. Don't suffer needlessly. Today is the best day to commence taking "Wincarnis."

# WINGARNIS

Send 6 cents (to pay postage) and you will receive a liberal trial bottle. Address Coleman and Co., Wincarnis Works, Norwich, England. After free trial you can obtain "Wincarnis" from all leading stores, Chemists, and Wine Merchants.

## Homecraft Course for Girls

FOR several years there has been more or less agitation as to the advisability of introducing a course in the high school curriculum specially designed to fit women to take up the duties of home-makers. Advocates of such a course say that making a high school girl has little or no training at home in the running of the household machinery. If this training, they say, were given in school, long steps would be taken toward solving the question of the high cost of living, for with such training women must become more intelligent in the matter of spending money.

This fall, as an experiment, classes in training girls in household science are a part of the high school courses in two schools as widely separated as the Atlantic and the Pacific, says a Newark News writer. The high school in Alameda, Cal., is starting the ball on the western coast, while in New York city a homecraft course has been introduced in the Wadleigh high school for girls.

At Wadleigh the course will cover four years. On graduating a girl who has completed the course should be qualified to get good results in the disbursement of funds. She should have an excellent practical knowledge of how to cook, sew and make her hair, and she should know about home furnishings, practical as well as artistic. At the same time she is expected to gain through this course and the regular classes a breadth of training which ought to stand her in good stead.

Dr. Stuart H. Rowe of Wadleigh high in speaking of the new course, says that those taking the homecraft course will have instruction in domestic art, household arithmetic and general management of a home. The course ranges from millinery to the fundamentals of legal procedure, and while it won't prepare a girl for a business office or school teaching, it will fit her to earn her living as an up-to-date housekeeper.

Miss Lucille Hewitt, who is in charge of the course at Alameda, is a graduate of the course in domestic economy at Columbia. In speaking of her belief that "a household should resemble a great corporation, where the purchasing agent ranks in equal importance with the head of the department that makes the actual sales, and returns the money into the firm's coffers. While the man," Miss Hewitt says, "is the selling agent and money getter of the family, the wife is the purchasing department." Intelligence in the disbursement of funds cannot but lead to better living.

## FOR THE SUNDAY MORNING BREAKFAST.

**Parsley Omelet.**

BEAT separately the yolks and whites of the eggs. Season the yolks with salt and pepper. For each egg used add one teaspoon each of milk and finely chopped parsley, salt and add a dash of white. Brown a lump of butter in a frying pan and pour in the eggs. As soon as they begin to set, loosen by running a knife under the edge. Watch carefully that the omelet does not burn and when finished serve on a hot, covered dish.

Golden Muffins.

Sift two cups of flour into a basin; add three heaping teaspoons of yellow corn meal; rub into them three table-spoons of butter; add a pinch of salt

## Convincing to Ladies—This Oven Test!

So that you may use less flour, we do what a home cook would do if she were in our place.

From every shipment of wheat delivered at our mills we take a ten pound sample. We grind this into flour. Bread is baked from the flour. We find that some samples make more bread and better bread than others. So we keep the shipment from which the more and better bread comes. The others we sell.

You save money by using flour that bears this name. And you get better bread.

# PURITY

"More Bread and Better Bread" and "Better Pastry Too"

## FIGHTS

Continued From Last Saturday

There appeared to be a crowd of 200 men immediately before the front of this work—the front of this body returning a directed at them from the parapets above, and which was sweeping them down in great numbers and also from an entrenchment which the enemy had thrown across the main ditch, about a yard or two retired from the opening into it. I served at the same time a heavy fire with the few of my own people who were also unsupported. I endeavored with the head of my detachment to kill some of their own officers in urging and pushing forward this body. They had commenced firing and there was no moving them. Firing in this, I proposed to Lieutenant Clarke, who was the commander of the light company of the Royals to let the right of these people, in the hope that, seeing us passing them they might possibly cease firing and follow. I had scarcely made this proposition when this fine young man was killed; and several of my own (15th) detachment, as also many of the light company Royals, were here killed and wounded. In passing this body with the few of my own people as most of the light company Royals some might have come away, but the bulk remained. Their halting there opposite the ditch—thus formed a sort of stopping-places between the trenches and the breach, as the men came forward from the formation on their way to the latter. On arriving at the breach, I observed that the whole lower parts thickly strewn with killed and wounded. There were few individual officers and men left on the face of the breach, but nothing more. These were cheering, and greatly opposing themselves to the close and destructive fire at the breach from the round tower and other defences on each flank of the breach, and to a profusion of hand-grenades which were constantly rolling down from the top of the left thigh. The breach, though quite accessible as my own case, to the bottom. Finding on rising up, that I was not distressed from moving, and observing two officers of the Royals who were exceedingly themselves to lead some of the men from under the live wall near the breach, I went to assist their endeavors, and again went up the breach with them, when I was shot through the inside part of the left thigh.

About the time of my receiving a second hit, Captain Archibald of the Royals arrived near the bottom of the breach, bringing with him some eight or ninety men, cheering and encouraging them forward in a very brave manner through all the interruptions of the explosions of the many hand-grenades that were dropped upon them from the top of the wall, and the wounded men retiring in the line his advance (the narrow space between the river and the bottom of the wall). Seeing, however, that whatever previous efforts had been made had been unsuccessful—that there was a body of men not supported by the wall at the defences of and around

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"I never dreamed and smooth a shave.

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