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OF INTEREST TO WOMEN

WATCH YOUR STEP

Everybody recognizes that a change of work is rest for the mind or the body. But not every woman realizes that to wear the same shoes all day will keep the feet in the same position, with the strain on the same muscles, so that by night the worn-out feeling in the feet has affected both mind and body. Every woman whose work keeps her on her feet for any considerable extent will find it restful to change her shoes some time during the day.

Close watch should always be kept upon the heels of shoes, so that the first unevenness may be corrected. Every step taken in shoes with worn-down heels is a shock to the nervous system, and while the woman about her housework will not be conscious of each separate shock, she certainly will feel their combined effects at the end of the day. Runtown heels also throw the foot out of poise, and if habitually of the ankle. A line-up of all her shoes once a week for a rigid inspection of heels will save the home woman many an hour of weariness.

Incidentally, shoes last much longer when not worn continuously for long periods, and retain their shapeliness longer when heels are kept even so that they are not thrown out of position. Comfort looks and expense are the three big considerations in buying shoes, and the woman who carries out the suggestion given here will experience such satisfying results in all these directions that she will soon be passing the word to other women to "watch your step."

LEMON APPLE CAKE.

An economical cake recipe used in the writer's kitchen and served with much success follows:

To three even tablespoonfuls of butter substitute add a half cup of sugar and cream until smooth. Add the yolk of one egg and one cupful of milk and one and one-half cups of flour sifted alternately. Flavor with vanilla and pour into a greased cake tin.

The frosting is made with one cupful of sugar, cooked with one-half cupful of water until it spins a thread. Pour this over the beaten white of one egg. When thoroughly blended add about three-quarters cupful of thick apple sauce, blend again and finally add a scant teaspoon of baking powder. The last ingredient assures a fluffy frosting and one that lends itself easily to decorative purposes. Before spreading over the warm cake dust the latter lightly with corn starch, as this prevents the frosting from dripping over the cake sides. This recipe may be used in a delicious coconut cake, with the difference that instead of flavoring the frosting with apple use coconut shredded fine.

Cocoanut Corn Starch Pudding.

Dissolve one tablespoonful of corn starch in a bit of cold milk and add to it a pint of heated milk. Boil until nearly thick, when the yolk of one egg is added and the mass cooked until finished. Flavor with vanilla and add cocoanut shredded fine. Beat the white of one egg with a tablespoonful of cold water and a pinch of salt. Add the hot mixture to the cold and set to jelly. Serve with cream or fruit juice.

Russians are said to be eating "raw apples". The Pen Davis is our idea of a raw apple.

To a gossip, trouble is like a hole in a tooth—she can't keep her tongue out of it.

Many a woman considers herself a martyr when she durns her husband's socks.

There were some stunts in connection with the Armistice Day celebration which did not have a place on the official program.



MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on Friday, the 19th November, 1920, for the conveyance of His Majesty's mails on a proposed contract for four years, 3 times per week on the Millville R. R. No. 4 from the 1st April, 1921, next.

Printed notices containing further proposed contract may be seen and blank information as to conditions of proposals of tender may be obtained at the post offices of Millville and Norton, and at the office of the Post Office Inspector, St. John, N. B.

H. W. WOODS,
Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., Oct. 5, 1920.



and the sealed air-tight carton keeps it "Good".

Red Rose Tea comes to you with all its original, rich strength and rare flavor fully retained.

Red Rose Coffee is as generously good as Red Rose Tea

JILTED GIRL ENDS HER LIFE IN A HOTEL IN CHICAGO

Travelled From Texas to Wed a Man Who Already Had a Wife
—Was Unable to Obtain a Divorce—First Met the Young Woman While on a Trip to Mexico Last Winter and the Sequel is a Tragic One.

Chicago, Nov. 9.—Miss Theodora Sanders, 25 years old, an American-Mexican of Laredo, Texas, stabbed herself to death today in the presence of H. H. Garver, foreign trade representative of the Chicago Association of Commerce to whom she was engaged to be married.

Grief over the fact that he was about to break the engagement led to her act, according to the story told by Garver to the police. Garver is held.

The tragedy occurred on the mezzanine floor of the Fort Dearborn Hotel at La Salle and Van Buren streets. Miss Sanders drew a Mexican dagger and plunged it into her bosom. She died thirty minutes later.

The trade expert met Miss Sanders while on a trip to Mexico last winter. He became infatuated with her, and it is said they expected to be married. Garver, however, already was married. He has not been living with his wife for several years but has been contributing to her support. Soon after his return from the South Mrs. Garver filed suit for divorce.

Miss Sanders and Garver were in constant communication. Last month she came to Chicago and registered at the Fort Dearborn Hotel, and had seen her sweetheart there almost every day. This afternoon they met by appointment, and held a long conversation.

"I can't do it," Garver was heard to say. "You know I would if I could, but it is impossible."

"I first met Miss Sanders on a train on June 8, 1919," said Mr. Garver at the South Clark street police station. "I called on her at her home at Laredo and when I returned to Chicago we kept up a steady correspondence."

"During the last year she has made made several trips to Chicago. We had decided to marry as soon as I had obtained my divorce. Finding, however, as time went on, that we were temperamentally incompatible, we decided on August 20 of this year that we would call it off, and just be good friends."

"Miss Sanders made her last trip to the city on November 1. We met at the office of Attorney E. A. Biggs of Chicago to talk the matter over for the last time. This morning she called me up and wanted me to meet her at the Fort Dearborn Hotel. We discussed letters. Neither of us wanted returned the letters we had written to the other. Then—she sank to the floor where she had the dagger I haven't the slightest idea."



MAIL CONTRACT

SEALED TENDERS addressed to the Postmaster General will be received at Ottawa until noon on Friday, the 12th November, 1920, for the conveyance of His Majesty's mails on a proposed contract for four years, 3 times per week on the Harvey Rural Route No. 2, from the 1st January next.

Printed notices containing further proposed contract may be seen and blank forms of tender may be obtained at the post office of Harvey Station and at the office of the Post Office Inspector.

H. W. WOODS,
Post Office Inspector.
Post Office Inspector's Office,
St. John, N. B., Sept. 20th, 1920.

POSSESS GOOD HEALTH BY LOOKING AFTER THE BOWELS

A free motion of the bowels, once or twice a day, should be the rule of every one, as half the ills of life are caused by allowing the bowels to get into a constipated condition.

When the bowels are allowed to become constipated the stomach gets out of order, and the liver does not do its work properly on account of holding back the bile, so that it does not get into the blood, thus causing a poisoning of the whole system.

If you would escape constipation, sick and bilious headaches, heartburn, floating specks before the eyes, coated tongue, foul breath, the nasty irritating, bleeding, itching and protruding piles, you should keep your liver stirred up by the use of Milburn's Laxa-Liver Pills.

These pills, being purely vegetable, keep your liver working actively, helping it to resume its proper functions, and thereby removing the bile that is circulating in the blood and poisoning the whole system.

Mrs. H. Barrows, Enfield, N. S., writes: "I was troubled with such headaches and constipation. One day a friend told me of Milburn's Laxa-Liver Pills. I got two vials and found they did me a world of good. I therefore have great faith in them."

Milburn's Laxa-Liver Pills are 25c. a vial, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

AN UNUSUAL LAST REQUEST

Special to Daily Mail, Copyright 1920 by Cross Atlantic News Service.

London, Nov. 6.—"I direct that my body be placed in a covered shell, provided with a face window of plate glass such shell being placed in a coffin of durable hard wood, and my body so kept for a week before the lid of the outer coffin is screwed down," wrote Mr. Alexander Keller, of Gotherland Villa, Sardown, Isle of Wight, and Edithgrove, Fulham-road, S. W. in his will. The gross value of the estate is \$3,351 pounds.

THE OLDEST MAN LIVING

I asked about his corns would say they didn't bother him because he always used "Putnam's" Corn Extractor. For fifty years "Putnam's" has been the favorite because painless and sure. Try only Putnam's. 25c at all dealers.

All the classics and metaphors at the command of a woman school teacher don't prevent her jumping on a chair at the sight of a mouse.

Silk shirts are getting so low in price that soon they will be aristocratic again.

Lots of girls prefer suffering from corns to suffering from the looks cast at big feet.



Grape-Nuts

Tastes as
good as it
sounds.

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75 Regent Street.

STERLING F. LINT, Prop.

Lunches Served at All Hours

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EVERYTHING IN SEASON

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ALL THE BEST AUTHORITIES AGREE that the most profitable form of advertising is through the daily newspapers. People who have goods to sell must get the fact to the public the quickest and surest way. Local advertisers show their confidence in the Mail and we have every reason to boast that our advertising service is reliable and valuable. A word to the wise.

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Cook's Cotton Root Compound

Reliable remedy for all three degrees of stricture—No. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

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