

A SICKLY WIFE NO FIT MATE FOR ANY MAN

GIRLS AND WOMEN SHOULD
LOOK WELL TO THEIR
HEALTH AND
STRENGTH.

Never before was physical health and vigor so highly esteemed and so eagerly sought for as today.

No man finds happiness in a sickly wife, and the woman who wishes to enjoy the pleasures of life should spare no effort to maintain perfect health.

Is your daughter growing up strong and sturdy? Has she strength to drink in greedily all the pleasures that youth so zealously seeks—or is she compelled to use the strictest exercise of walking—does she after the ball arise exhausted, indifferent, and perhaps irritable?

When strength and vigor can be so easily maintained by Ferrozone, when the glow of health is so quickly brought to the cheeks and elasticity refreshed and vigorous, or is she expected to the step, it is plainly a mother's duty to see that Ferrozone is on hand to assist her daughter back to health.

Upon the wake of Ferrozone quickly follows a stream of rich, nourishing blood which imparts that power and surplus energy so earnestly desired by those in ill-health.

Stop and think what this means for your daughter—certainly a great deal.

Every growing girl and young woman derives enormous benefit in many ways from this nutritive, vitalizing tonic.

It is specially suited for young women and is a guarantee of health and regularity as long as it is used.

Ferrozone is free from alcohol and perfectly safe to use. Prepared in the form of a chocolate-coated tablet and sold in 50c. boxes or six for \$2.50, at all dealers or The Catarrhzone Co., Kingston, Ont.

It sometimes happens that a man knows almost as much as his son.

THE WOMEN OF FRANCE UNCHANGED BY THE WAR

Baroness Huard, an American Born, Denies That a New Type of Women Has Taken the Place of the Old—Has Lived in France for Fourteen Years—Traditions of French Life Entrenched in a Civilization Centuries Old.

(New York Sun)

There must still be something to say of the French woman, for the Baroness Frances Huard has come over to America to say it. She is well known on this side of the ocean as well as in France, as she was before her marriage the daughter of Francis Wilson and is American born.

Since the time fourteen years ago when she married Baron Charles Huard, whose etchings of the battlefield were made at the request of the French Government, she has lived in France, where she has had a country home near Soissons, suffered during the German invasion, and Baroness Huard wrote in a book, entitled "My Home on the Field of Honor," the tale of the war as Soissons suffered it. She therefore might be expected to know France, pre-war as well as post war and to know enough about this United States to make her comparisons worth listening to.

No New Type of Woman

So much talk about the new French woman has been passed around lately that it is interesting to hear that the Baroness doesn't believe in the existence of any new type miraculously created out of the war.

"The American people, with rare

exceptions, said she the other day at the Commodore, "do not understand the French woman, for they do not know intimately enough the values and the standards of French life, which are so inherently different in some matters from our own. And the French woman's position is so dependent upon, so wrapped up with, the French conceptions of marriage and the home and the state that you cannot grasp one without understanding the other."

"You hear now and then, especially in this country that there is a new type of French woman since the war; that the incoming currents of French life have knocked down this barrier, have bowled over that tradition. Now I do not think this is true any more than that the French people have been influenced by the fact that there were a million or more Americans settled down in their midst for more than two years. The traditions of French life are so fixed, its customs so entrenched in a civilization centuries old, that no such transient thing as the American invasion could have any effect in influencing French habits and customs."

Mass Saw Few Americans

"In saying this of course, I speak of the great mass of French people

FROM A CHILD WAS CONSTIPATED

According to the best medical authorities, fully three-fourths of the people of the civilized world suffer in some form from costiveness or irregular action of the bowels. There is no doubt that many distressing diseases are caused by constipation. It gives rise to sick and bilious headaches, jaundice, heartburn, floating specks before the eyes, catarrh of the stomach, biliousness and the painful, troublesome piles. Therefore, it is of supreme importance to health that the bowels be kept regular. Simple food, fruit, etc. should be used, and rich food and stimulants of all kinds avoided. This, with the use of Milburn's Laxa-Liver Pills to regulate and establish healthy action of the bowels cannot fail to give permanent relief in the most obstinate cases.

Mrs. Letitia Wainman, Orillia, Ont., writes:—"From a child I was always very badly constipated, and I can well remember when quite young, my mother giving me senna tea nearly every morning, and I got to dread it. After taking Milburn's Laxa-Liver Pills for a while I am no longer troubled with constipation any more."

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

who for the most part did not come into close contact with the American or if they did, in the towns and the cities where the A. E. F. was billeted or encamped saw him only for a short time, observed him as a piquantly interesting westerner, and then let him slip out of their lives. A certain number of French girls, of course married Americans, but they will go to America and become citizens; they cannot be counted upon as leaving influences at home.

"The war moreover did not send out all the young unmarried girls into this or that occupation, except among the middle classes, where it became necessary for the girls to become bread-winners at the death of soldiers.

When nurses were needed, or workers in various French charities it was the matrons and the mothers and the older women who left the home and not the young girls, as in America. The home was left to the latter. I am not saying that this is better or worse, but only the French way of doing things.

"For the most important unit in the French social system is the married woman, the wife, the mother or the widow at the head of a family. No Frenchman takes his pleasure without a woman. Her conversation and influences are indispensable to any phase of life not strictly connected with business, and so complete is her power that no man would think of taking any new step, of making any change in his business, without consulting his mother any more than he would dream of marrying without the consent of his parents, a conception of things foreign of course to the American mind.

Families are Closely Knit

"But the French family is something more closely knit than the American, which is perfectly natural because French life, materially as well as spiritually is a more concentrated minutely divided thing. It matters tremendously what you do and how you succeed in France, for there you spend all your life in the same circle of people; the young men you knew in your youth watch your career down to the grave.

"Whereas in this country, if you don't succeed in New York you can go out to Chicago or the west coast where no one knows you. In France there is only Paris, and in Paris you die with the same friends with whom you began life, no matter how famous you become. For it is after all a very ancient civilization."

Baroness Huard will be in America three months, after which time she will return to Versailles, where she now makes her home.

"Whether life is worth living or not depends a good deal upon the liver." Uh-huh! Liver and stomach.

OPERATION WAS NOT NECESSARY

"Fruit-a-tives" Restored Her To Perfect Health

153 PAPIERMAN AVE., MONTREAL.

"For three years, I suffered great pain in the lower part of my body, with swelling or bloating. I saw a specialist who said I must undergo an operation. I refused."

I heard about "Fruit-a-tives" so decided to try it.

The first box gave great relief; and I continued the treatment. Now my health is excellent—I am free of pain—and I give "Fruit-a-tives" my warmest thanks."

Mme. F. GAREAU.

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

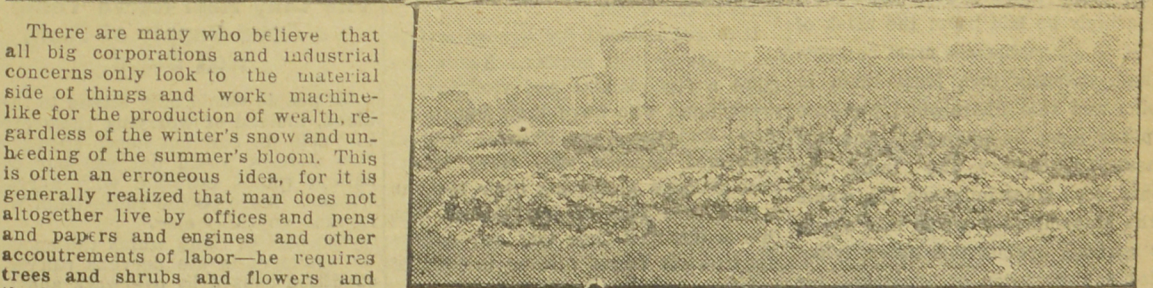
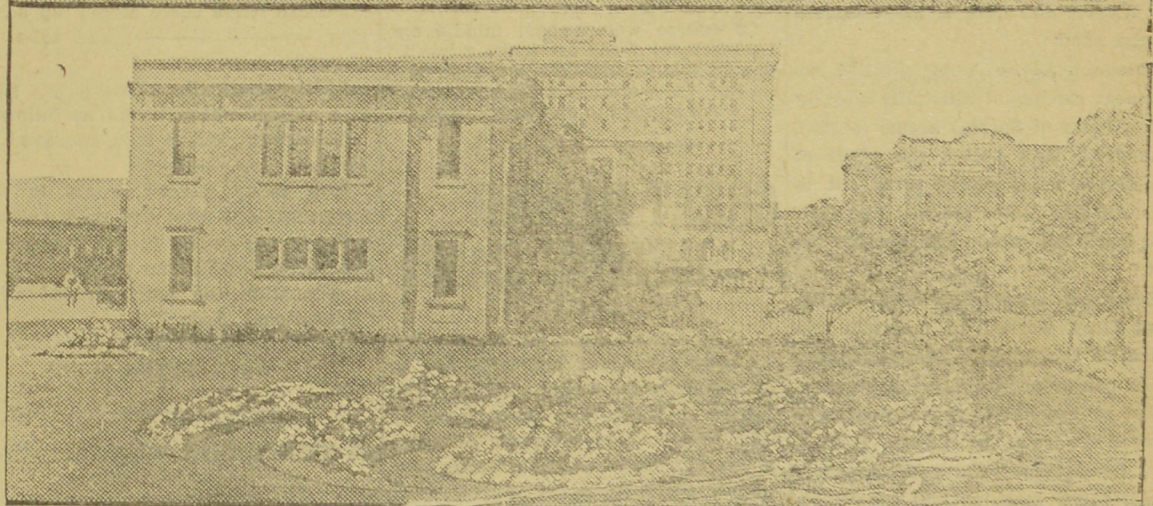
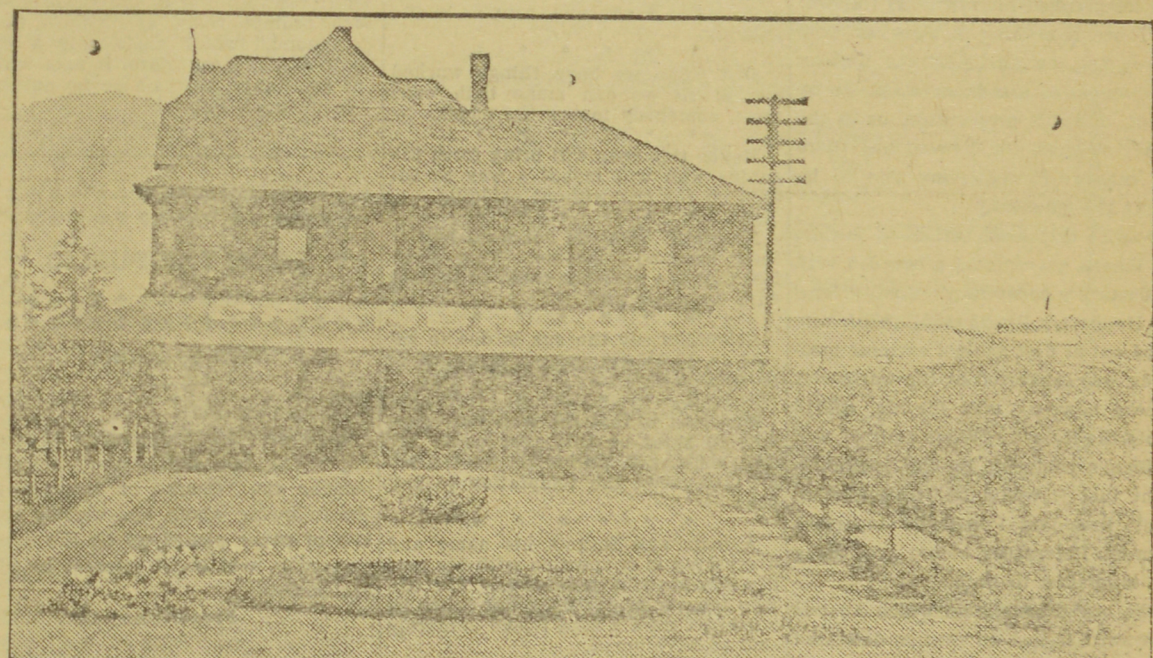
JEWTRAW WAS HURT

Saranac Lake, N. Y. Jan. 21—Charles Jewtraw, amateur ice-skating champion, has a broken nose and other bruises from falling on the ice after running into a child who had run onto the course at the finish of a 220-yard race. It was at first thought Jewtraw was seriously injured, as he remained unconscious for more than an hour.

If you want to see something that is really funny hunt up a photograph of yourself taken about twenty years ago.

"Elephant grey" is a popular shade for dress goods. And makes for pachyderm bills, brothers!

ROADS THAT ARE STREWN WITH FLOWERS



(1) Cranbrook Station, B.C. (2) Flowers Beautify the C.P.R. at Calgary. (3) Guelph Junction, Ont.

There are many who believe that all big corporations and industrial concerns only look to the material side of things and work machine-like for the production of wealth, regardless of the winter's snow and unheeding of the summer's bloom. This is often an erroneous idea, for it is generally realized that man does not altogether live by offices and pens and papers and engines and other accoutrements of labor—he requires trees and shrubs and flowers and the loveliness of nature.

The Canadian Pacific Railway has always paid considerable attention to the development of garden plots along its lines. It is just thirty years ago since a C.P.R. employee raised a few varieties of flower seeds in his own garden, and distributed them amongst his friends in the service of the company, with the object of promoting flower gardening at the various station plots of the railway. A vast advance has been made since then; and now the company possesses a Floral Department with headquarters at Windsor street Station, Montreal, and a Floral Committee which embraces members from the Eastern and Western lines. It is under the guidance of this department that the various station plots and other properties of the company are cleared up and beautified. Thousands of packages of flower seeds, bulbs, trees, and shrubs and large quantities of grass seeds and fertilizers have been distributed during the last few years to station agents, section foremen, caretakers of round houses, and all employees living on the property of the com-

pany. Travellers on the line observe the happy results achieved. The cultivation work is done in all cases by the employees themselves, who in most cases acquired the art of amateur gardening by taking their lessons from leaflets issued by the Floral Department. The best material is always provided. Amongst the varieties of trees supplied are: Maple, birch, beech, poplar and cat-alpa. Some of the shrubs are: weigelia, berberis, laurel leaf willow and sumac. Perennials distributed are: Oriental poppies, iris, phlox, veronica, gaillardia, larkspur, columbine, sweet william, and pink. Bedding plants used include: geraniums, coleus, cannas, pansies, asters, verbenas, petunias, and castor oil plants. Standard seed packets sent out contain: Nasturtiums, alyssum, mignonette, sweet peas, phlox and kochia. Ferns and house plants are given to the larger stations. The establishment and main-

tenance of the gardens and selection of the seeds, bulbs, and plants are supervised by Mr. B. M. Winnogor, forester of the company.

The encouraging influence of flower growing on the C.P.R. during the last thirty years has in a large measure assisted in the inauguration of floral societies all over the country. There are hundreds of C.P.R. officials connected with these societies, and most of them received their first lesson in flower culture at the C.P.R. flower beds. Flowers have improved the railway stations, and inspired by the beauty of the stations, residents of the towns have planted flowers and improved the appearances of their homes. In every division of the C.P.R. prizes are given every year for the best displays, and many of these amateur railway gardeners have tried their products with success against all comers at the big Canadian and American flower exhibitions.



Look for
the name:

All in sealed
packages.

Helps appetite
and digestion.
Three flavours.



IT'S not enough to make WRIGLEY'S good we must KEEP it good until you get it.

Hence the sealed package—impurity-proof—guarding, preserving the delicious contents—the beneficial goody.

The Flavour Lasts

SEALED TIGHT

Made in
Canada

KEPT RIGHT