

IN WOMAN'S WORLD.

NOTES AND REFLECTIONS.

A VERY interesting little volume from the pen of Rev. F. X. Wetzel, bearing the title "The Man; a book for Christian Men," has been published by B. Herder, St. Louis, Mo.

"Any humble man, nay, even one belonging to the middle class, who has hitherto gone on credit, will," says this author, "if he henceforth follows this little rule, save at least one-eighth of his former expenses, and will not live one jot less comfortably."

It is because everything must be booked at the baker's, the butcher's, the milkman's, the grocer's and so on. Tea parties and late dinners must of course be kept up. Calculations are never thought of, and at last, when the time comes for the payments to be made, then there is not money enough.

Begin to pay for each loaf of bread and every pound of meat; pay cash down for everything, then you will not only be saved from debt, but you will spend much less and at the same time obtain superior goods; for he lives on credit, gets inferior articles and has to pay much higher prices.

No reader of the daily papers can have failed to notice that increasing frequency of authentic records of centenarianism. No doubt a great many readers have asked themselves the question as to what extent longevity is attainable by conscious effort.

It seems, says this journal, to be a reasonable proposition that an adult blessed with a sound constitution should be able, barring accidents, to reach the century mark, or at least to what is called a 'good old age'—a few years more or less do not matter.

The centenarians and long-lived people generally come from all classes and conditions of society. Poverty is no bar; it is painful to note that centenarians are most frequently found in the poorhouse. On the other hand, wealth is no bar, as witness the cases of Sir Moses Montefiore and John I. Blair.

There is no doubt that human life may in a majority of cases be prolonged almost indefinitely by conscious and intelligent effort, and considering how dear each one's life is to him we should expect every one to be making this effort.

The writer, like many of his class, then proceeds to give vent to sentiments which seem to us a sort of strongly of Jagerism. He says:

We should expect longevity to be made a matter of scientific cultivation and practical certainty. We should expect to find not only the middle-aged but even the young diligently seeking the secret of longevity and strenuously striving to attain it.

He concludes in a little more sober style as follows: But the fact is that the cultivation of longevity is almost wholly neglected, and such is the contradiction of human nature—the one thing which the average man thinks the least of is the one thing which he holds dearest—his own life.

Just the right amount of exercise means a healthy degree of fatigue, even distribution of blood and a relief of nervous tension predisposing to rest and recuperation. Too much exercise causes active congestions and undue exhaustion; too little exercise results in passive congestions and accumulative nervous irritability.

Another writer in the Medical Record deals with another phase of the subject in the following manner. He says:

An old colored servant once told Gen. Washington the secret of life in a few homely words. Said he: "Gin'ral, if you want a good night's sleep, set up de night befo." In other words, if you desire keen senses and lively enjoyment in the commonplace acts which constitute nine tenths of life, stint yourself.

Give every normal want a reasonable gratification only. Moderation is the golden mean between indulgence and asceticism. A broad knowledge and general application of economics constitutes the science of living.

To illustrate: If you stint your diet, such food as you do take will be received gratefully by a stomach which has accumulated surplus energy. Every organ in the body will be eager and work hard for its supply of pabulum. Assimilation is therefore improved. A satisfied stomach means a healthy liver, regular bowels, sound and resistant nerves, dreamless and refreshing sleep.

CURE rheumatism by taking Hood's Sarsaparilla, which by neutralizing the acid in the blood permanently relieves aches and PAINS.

HOUSEHOLD NOTES.

THE CHRISTIAN HOUSEWIFE is the title of another little volume from the prolific pen of Father Witzel. It is published by B. Herder, of St. Louis, Mo. It should be in the library of every household. In treating the subject of economy of the mistress of the house, Father Witzel says: "One woman will use a great many ingredients, and yet supply her household with poor fare; another will need half the quantity, and yet will produce good appetizing dishes. How does this happen? It is because the latter understands cooking, and the former has never learnt it properly. Very possibly she may be able to dance and play the piano. She may even understand French and German; she has read Shakespeare and Tennyson, and some dozens of novels. But if some fine morning the servant should happen to be ill, the mistress of the house cannot even make the coffee. Is not that a deplorable fact? Many a housewife will therefore do well to make up for her former neglect by thoroughly acquiring the art of cookery. It never does any harm to know how to do a thing, but the comfort or discomfort of a family depends in a great measure upon the kitchen. Many women drive their husbands to the public house simply and solely because they either cannot or will not cook things properly."

Coffee drinking to excess is more injurious to the human system than over-indulgence in whiskey, the medical director of a Pennsylvania insurance company has told a Philadelphia Ledger reporter. Its effect is in shortening the long beat of the heart, and medical examiners for insurance companies have added the term 'coffee heart' to their peculiar classification of the functional derangements of that organ. These physicians advise that the use of coffee be limited to two cups a day. Coffee toppers, they say, are plentiful and are as much tied to their cups as the whiskey toper. The effect of the coffee upon the heart is more lasting and consequently worse than that of liquor. It is a powerful stimulant and in certain cases of extreme weakness is more valuable than liquor. As a beverage it is important to use it only at the close of a meal, when it is said to assist digestion. In this respect it is unlike tea, which by its tannic acid prevents digestion.

At the meeting of the American Public Health Association, held at Ottawa recently, Dr. Dargin, of Boston, Mass., read a paper on the dangers of illuminating gas. He endeavored to show that bad gas fittings were more dangerous to health than bad plumbing. He made reference to the danger from illuminating gas and the need of wholesome regulations and careful inspection to secure better construction and repairs for gas pipes and gas fixtures. He did not wholly deplore the popular fear of sewer gas, but he had to affirm that there was no scientific basis for regarding it as an active poison or a serious source of danger to human life. Continuing he said:—On the other hand, it must be said without hesitation that illuminating gas contains a most active and deadly poison. No deaths, he said, are reported from sewer gas, but many are reported from illuminating gas. In Boston 139 deaths had occurred through the latter agency in the last five years. Such deaths were reported only when no doubt existed as to the cause and effect. That innumerable cases of slow poisoning with the attendant disturbances of health and comfort, do occur, was believed by the medical profession, but such cases did not appear upon the public records. He believed that they should maintain that simple coal gas, dangerous in itself to health, was a great menace to health when conjoined to the many small leaks in the gas pipes and fittings sufficient to make it inexcusable for the health officer to refrain from giving at least as much attention to gas pipes and fixtures as is now given to the plumbing and drain pipes.

Sunny living-rooms are almost necessary, according to skin specialists, for a fine complexion. One reports curing an obstinate case of facial eruption by removing the patient, a merchant who spent his days in a dark office on the north side of the building, to a little partitioned nook, into which the sun streamed all day long. The patients on the sunny side of an hospital always recover first.

A flannel cloth, wet in hot brandy, or better, camphor and brandy, mixed and heated will relieve the pain of the bowels if frequently laid over the stomach and bowels.

It is said by a medical expert that mortality among hospital nurses is startling. It has been ascertained that a healthy girl of 17, devoting herself to hospital nursing, dies on an average 21 years sooner than a girl of the same age moving among the general population. A hospital nurse at the age of 25 has the same expectation of life as a person of 55 in the ordinary community.

STARVING CHILDREN.

Thousands of well-fed children are starving, simply because their food is not of the right kind. They are thin, pale, and delicate. Scott's Emulsion will change all this. It gives vim and vigor, flesh and force.

WHIMS OF FASHION.

IN the autumn the young woman's fancy turns persistently toward autumn garments. However beautiful her summer clothes may have seemed to her three months ago, they are now old and dowdy. The stiffening has come out of the chiffon; mull is lifeless; feathers have grown straight, and the blush is off the June rose.

The first change which a woman makes in her wardrobe in the fall is invariably in the line of hats. The white sailor is taken off and put away, and the darker hat with its heavier trimming is put on.

The new fall hats are freakish. No one will deny this. It is really astonishing to note the different ways in which they are turned and bent.

From time to time a note of warning has been given by American medical practitioners regarding the danger of tight-lacing. Of course, like all fashions, there must be good and bad features in the manufacture of corsets. A recent writer in an American journal says:—

The corset is the direct cause of the physical degeneracy of American women. So say the scientists. For twenty years the medical fraternity has conducted a crusade against this article of woman's attire. So far the results of the campaign have not been very satisfactory. Twenty years ago only women wore corsets; now children of eleven and twelve are incased in them. Mothers are either ignorant or careless of the future health of their daughters when they counsel a custom which has nothing to commend it. Before the girl reaches the age of sixteen she is "corset choked." Vanity and the desire to follow fashion as closely as possible cause the school-girl to surreptitiously tighten her corset laces until her youthful figure is trim enough to please her. She fondly imagines that she is developing a youthful figure. The negligent mother takes no heed, and slowly but surely the daughter smothers the internal organs into inactivity.

The last census of the United States shows a most alarming decrease in the birth-rate during the last ten years. A diminished birth rate indicates a radical fault somewhere and threatens the eventual extinction of the race. The corset pushes every organ out of place.

The cape is more useful and satisfactory for evening wear than the coat, but like everything else it has a disadvantage. The cape is not a warm garment. Dressmakers are obviating this by means of arm slings, which are cut in a curve to fit the edge of the cape and are of the lining, interlined with canvas. These slings are sewn quite close to the edge of the cape and on the line of the bend of the arm. For elderly women are some new shawl shaped capes, almost as long as a shawl proper. These are made variously of corded silk, plain satin, or brocade, and are trimmed with a deep graduated ruffle of the same, or with rubber wide lace. These capes, although only silk lined, have considerable warmth without being heavy. They have not yet been generally displayed in the shops, but leading modistes are making them up after designs obtained from importers of French patterns.

They are going to dress a great deal this fall in the shades that are not the standards. For example, they will wear trisnon brown, which is something like a tobacco brown, and old rose and old green. Thistle purple will be seen also, and there is a shade of red which will be popular. The plain brown, the plain green, the black the natural blue and the pink, have been somewhat put aside for these new shades.

Those new hats which are to gladden our eyes in no time will not only show out little shapes, novelty trimmings and feathery quills, but a decidedly new feature will be the liberal use of Honiton lace. Yes, any amount of this attractive lace, in white, will be used over black velvet.

They say that fringes will return with frosty weather as a finish for flouncing. These, of course, must be narrow and full. A thin, scant fringe produces the effect of skimpiness, and for this reason thick silk fringes with deep netted borders, and flat, double "Tom Thumby" fringes are much liked for decorating dress. Shaded silk fringe borders skirt fronts and on the bodice it is used as a finish at the wrists, on the front of the bodice and around the line known as the decolletage.

Those who have been buying in Paris say that the fashion for the autumn in walking costumes will be the three-quarter coats, or, for those who possess very good figures, very short jackets with the sac back. Green is the favorite color in Paris and brown in London. Skirts are very voluminous round the feet and very scanty round the hips. With these skirts the latest fashion is to button the skirt down the back which quite obviates the possibility of the open placket hole which would otherwise be inevitable. The long skirt is still indispensable to the toilette a la mode.

Style in visiting cards for women and men have been completely revolutionized. Matrons' cards are much smaller than formerly, while those for young women are not much larger than the cards used recently by the ultra-fashionable man. The correct card for

men for social usage is only a shade bigger than a wee infant's card. "Mr. and Mrs." cards, as they are called, are about the same size as last year's cards for matrons, which is smaller by an inch than they were formerly. Roman letters, or block type, is in vogue for men and women, though a few people refuse to give up script.

A CANADIAN MEDICINE.

WHICH HAS MADE A WONDERFUL REPUTATION THROUGHOUT THE WORLD.

EVERY CURE PUBLISHED IS INVESTIGATED BY A RESPONSIBLE NEWSPAPER—THE ADVERTISER HAS LOOKED INTO AND GIVES BELOW THE PARTICULARS OF ONE OF THESE CURES.

From the Advertiser, Hartland, N.B.

The Advertiser has come across still another instance of the remarkable curative powers of the famous Canadian remedy, Dr. Williams' Pink Pills for Pale People. Mr. William Teddie, of Lower Brighton, a prominent lumberman and farmer, came very near being a cripple from rheumatism, the dread disease so prevalent along the St. John River. Mr. Teddie is now 65 years of age. Five years ago he was taken with the first symptoms of rheumatism—over exposure, the stream drives and the general hard life of the lumberman, paved the way for the lodgement of the excruciating disease. The symptoms first manifested were pains through the legs, arms and hands. Gradually conditions grew worse. At intervals there would be an abatement of the malady, but for months each year he was very nearly helpless. The pain was agonizing that sleep was out of the question, and to work was impossible. The afflicted man had so often read of the wonderful efficacy of Dr. Williams' Pink Pills in cases similar to his own, that he resolved to try them. He says, however, that he was not hopeful of receiving much benefit, as he had tried many medicines without any good results following. He began the use of the Pills and by the time a couple of boxes were used he found they were helping him. Thus encouraged he continued the use of the medicine and gradually the pains and soreness left him, he was able to sleep soundly, and enjoy an excellent appetite. In fact after using Dr. Williams' Pink Pills for less than two months Mr. Teddie says he found himself in the best of health. He is now a warm friend of this great medicine and urges similar sufferers not to experiment with other medicines but at once begin the use of Dr. Williams' Pink Pills.

Rheumatism, sciatica, neuralgia, partial paralysis, locomotor ataxia, nervous headache, nervous prostration and diseases depending upon humors in the blood, such as scrofula, chronic erysipelas, etc., all disappear before a fair treatment with Dr. Williams' Pink Pills. They give a healthy glow to pale and sallow complexions. Sold by all dealers or sent post paid at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont., Do not be persuaded to take some substitute.

Affability, love, and humility have a wonder ul efficacy in winning the hearts of men and in prevailing on them to undertake things most repugnant to nature. . . . Did we but know how precious a treasure is contained in trifles, we should accept of them with joy as the greatest possible blessings.—St. Vincent de Paul.

HOW IT HURTS!

Rheumatism, with its sharp twinges, aches and pains. Do you know the cause? Acid in the blood has accumulated in your joints. The cure is found in Hood's Sarsaparilla, which neutralizes this acid. Thousands write that they have been completely cured of rheumatism by Hood's Sarsaparilla.

HOOD'S PILLS cure nausea, sick headache, biliousness, indigestion. Price 25 cents.

A feature of the population statistics of Western Australia is the large proportion of males to female. The disparity is maintained in the arrivals by sea. At present there are 45 females to every 100 males.

Toothache stopped in two minutes with Dr. Adams' Toothache Gum. 10 cents.

To excel others is a proof of talent; but to know when to conceal that superiority is a greater proof of prudence.

SINGER SEWING MACHINE advertisement featuring an illustration of a woman sewing and text describing the machine's benefits and availability.

S. CARSLY CO., Limited. Notre Dame Street. Montreal's Greatest Store. October 8, 1896. SPECIAL NOTICE. Relating to Orders by Mail.

The prices quoted in Spring and Summer Catalogue on Staple Goods may be used in ordering until the New Fall and Winter Catalogue is ready, which will be in about two weeks time. A perfect mail order system enables the company to deal promptly and satisfactorily with any resident in Canada no matter how far distant. Write for anything you want, or send for samples and information and the mail order department will send you a prompt reply.

Matchless Beauties in Dress Fabrics

A collection of matchless beauty in Dress Fabrics is arrayed in the Dress Goods Section. They make a handsome setting to the largest and best arranged Dress Goods Department in Canada. The showing tells of consummate skill in its selection. Paris is conspicuous by her contingent of super elegance and hand loom beauties from Lyons, Picardy and St. Quentin. Berlin sends some exquisite weaves, the richness of which are indescribable. The showing is full of wondrous and fantastic possibilities, novel styles and equally delightful elegance in plain weaves.

Foremost among the lot is the NEW PICARDY WHIP CORD material in all the accepted shades, smart goods that make elegant calling gowns. Special price 60c yard.

LADY'S CLOTH a favorite Fabric, handsome and Satin faced, inviting array of the best colors, a quiet but dignified material that has hosts of admirers 75c yard.

NEW POPLIN CLOTH in a showing of bright hued beauties, some gorgeous, some dainty combinations with the charm of beauty and the elegance of originality, special price 90c yard.

RICH ELEGANCE IN Ladies' Capes and Jackets.

Exquisite, Beautiful, Lovely, is the constantly reiterated expression of Ladies who have been fortunate enough to see this wonderful display of outer door garments. The Fur-lined Cape, The Rich and Aristocratic Velvet Cape, the plain but dignified cloth cape, comes in for an equal share of praise. There will be many new elegancies to admire, more richness to enjoy, more charming creations that will captivate and draw longing looks from beauty-loving eyes. We suggest a glance over these prices.

LADIES' BLACK SEAL PLUSH CAPES, beautifully embroidered, has wide fur flounce and high fur collar, richly lined with Black Satin. Special prices, \$29.50 \$33.00 \$40.00 \$42.00

LADIES' BLACK VELVET CAPES, exquisitely trimmed with best quality silk braid and handsome jets, latest high collar of rich fur. Special prices, \$21.00, \$37.50 \$45.00 and \$60.00 each.

LADIES' FUR LINED CAPES in best quality box cloth, handsomely trimmed all around and down front with black Tubetex fur and lined good quality Kaluga fur, high collar of Thibet. Special, \$22.00

LADIES' TAILOR MADE JACKETS, in finest quality English beaver cloth, mastic, chocolate, French grey, livery chambray, Tally Ho, new drab and black, lined with best quality plaid and plain silks. Special prices, \$12.75, \$14.25, \$14.75 \$15.50 \$18.00

LADIES' LONDON TAILOR-MADE JACKETS, in exquisite shades of light and medium fawns and drabs, beautifully braided and lined with fancy silks, special prices, \$21.00, \$22.50 \$29.50, \$31.00

MAIL ORDERS CAREFULLY ATTENDED TO The S. CARSLY CO. Limited. 1765 to 1783 Notre Dame St. 184 to 194 St. James St., Montreal.

WEBSTER'S INTERNATIONAL DICTIONARY advertisement with logo and text describing the dictionary's features and availability.

What 5 Cents Will Buy. A BOTTLE OF

Electric Washing Fluid

Sufficient for a Family Wash of 6 persons. Sufficient to convince you that washing can be done without labor. Sufficient to bring out your linen beautiful, sweet and clean. Sufficient to determine you never to use the old knuckle-scraping washboard again.

Can be had from all Grocers and Wholesale from the ELECTRIC WASHING FLUID COMPANY, 906 Palace Street Montreal.

Advertisement for International Business College and Grand Trunk Railway System, including details on courses, tuition, and train schedules.