

FRIENDLY WORD TO MOTHERS.

Many of people write to tell us that the best reading in the newspapers is (and has long been) the series of articles of which this is one. We appreciate the comment, and try to deserve it. It is not that we are wise above all the rest of mankind; but because we say our say in plain English and in a friendly, helpful spirit towards everybody. And it is in this spirit that we now say to all the women in England who are mothers of growing children, that they ought to be more watchful of those children, especially in all matters that concern their health. Too many of the young people of this country are ill—quite too many. And death is too busy among them. There are too many short graves in the churchyards. Come, come now, let's have a bit of a talk about it. And let one good mother speak first.

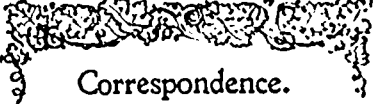
"In November, 1893," she writes, "one of my daughters took cold, which threw her into a low, weak state of health. She grew to be very despondent, listless and altogether out of sorts. She refused her food, saying she didn't want it, that she had no appetite. Still she ate something, as of necessity, but did not relish it, and it gave her no strength. Then she would be troubled with giddiness and a rush of blood to the head. At times her head was so bad she was not able to move about, and took no interest in anything. We were in hopes that the ailment would wear off, seeing that she was young, and that she would soon be herself again.

"Instead of that she seemed to get worse, and complained of great weakness. In this strait we consulted a doctor, who treated her for a time, yet none of his medicines appeared to reach the source of her disease. For six months she remained in this condition. We knew not what further to do, and waited with a natural anxiety for any turn for the better or worse.

"Well, I got a supply of Seigel's Syrup from Mr. J. V. Lewis' Stores, Blackwood, and after having taken it for only a few days, my daughter experienced great relief; and by the continued use of it for a few weeks, she fully regained her health. Since then she has been as strong and well as before the illness came upon her. Seeing what Mother Seigel's Syrup had done in this case, I used it for another daughter who suffered from indigestion and rheumatism with the best results.

"Out of my knowledge of the merits of this remedy I would strongly recommend it to all women, especially to those who are at a critical age, and liable to illnesses which may so easily prove more serious than at first feared. In hope my words may reach and be of use to others, you have my consent to the publication of the hasty letter. (Signed) M. E. Davies, Blackwood, Newport, Monmouthshire, November 28, 1894."

It is not really needful to add anything to what Mrs. Davies has said. We may, perhaps, venture to say that, in all probability, her daughter's complaint—indigestion and dyspepsia, with resulting nervous prostration—actually set in before she took the cold to which Mrs. Davies attributes the attack. At least in the great majority of such cases that is the order of events. Let mothers look more closely into the subject and then say what they think. One thing, nevertheless, is clear: and can be acted upon. Parents can place a bottle of Mother Seigel's Syrup in the house, whether they need it to-day or not. They can give the young people a dose on the signs of anything wrong. Simple common sense and slack attention. Dear Mother, how many vacant places they fill in our homes.



Correspondence.

FASHIONS.

A. B.—You are safe in buying an organdie muslin. A large number of the dancing gowns this season are organdies, and they will be largely worn in the summer.

F. F.—The newest sleeve is leg o' mutton, with gathered full at shoulder (see fig. 1 in our fashion page). Others preferred by some are close fitting to the shoulder puff, which is drooping or caught up in bow effect.

HOUSEHOLD.

Mrs. S. C.—We give this month in our prune recipes something that will meet your request. There are other dried fruits which we may discuss next month.

M. F., Lindsay—Possibly you have been using your voice too freely in talking, or you may have been sitting in a room where there is too much tobacco smoke. A weak throat cannot stand irritation, and both of these things act as irritants.

LITERARY.

VALENCIA.—Our question column was light last month, and was, therefore, deferred until this month.

(1) THE CANADIAN HOME JOURNAL, in common with any other magazine, accepts "amateur" contributions, if they are good. We hardly understand what interpretation you place upon the word "amateur." Literally it means one who enters into any work for the love of it, and who is not paid. In literature there should be no "amateurs," in this sense; and as far as we know there are none. If by "amateur" you mean a new and untried writer, that again makes no difference to editor or publisher, who accept purely on the merits of the article, or, if well known, the name of the writer.

(2) Study the magazine to which you send your manuscript. That will give you the best idea of its requirements.

(3) Certainly, although I always advise young writers to use their own names. Nom de plumes are relics of a by-gone era in literature, when Grub Street conceptions of writers prevailed. Unless a writer is ashamed of his work, or purposes writing down below the level of his best, he does better to sign and gain the advantage that may come in the future of owning a name recognized and respected in literature.

(4) Yes. If accepted.

BICYCLING.

KATIE S., Vancouver, B.C.—You should have a magnificent cycling ground in that splendid park. I cannot help you much, it comes only with practice, but here is a bit of rhyme, clipped from a New York paper which may help you

HOW A WOMAN SHOULD MOUNT.

To mount the wheel with perfect grace, First see the pedals are in place; Next, The right the centre half around, The left the nearest to the ground. Draw back the wheel a little, thus, To give it proper impetus. Your hands upon the handle bar Should be as dainty touches are. Then press with right foot till you see The inside pedal rising right Describes the circle, sinks from sight;

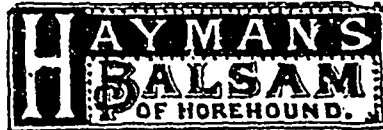
But ere it meets your foot once more You're mounted and the lesson's o'er.

Everybody has heard of Sunlight Soap, but in order to induce more people to use it the proprietors are offering \$1,025 in bicycles and watches, ten Stearn's bicycles at \$100 a piece and twenty-five gold watches worth \$25 each to those who win in the competition being offered, of which particulars will be found in their advertisement on page 24.

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We have had a number of word contests in the past and prizes have been awarded fairly. The owner of every winning list has received prizes, and all testify to the square dealing of Mr. Plummer. In entering this contest you are sure of getting the money to which your list entitles you. We first adopted these word contests this season. We have given away \$200 in prizes to more winners than we had before. If you do you will receive a good reward. Do not use any letter more than it appears in the word. Use no language except English. Words spelled alike, but with different meanings, can be used but once. Use any dictionary. Plurals, pronouns, nouns, verbs, adjectives, prepositions, suffixes, adjectives proper nouns, allowed. Anything that is a legitimate word will be allowed. Work it out in this manner. INSTRUCTION: In Tin, Ton, Sin, Son, Sir, Selon, Run, Pa, etc. The publisher of WOMAN'S WORLD AND JESSIE'S MONTHLY will pay \$100.00 in gold to the person able to make the largest list of words from the letters in the word INSTRUCTION, \$50.00 for second largest, \$25.00 for each of the next three largest lists, \$20.00 to each of the next three, \$15.00 to each of the next three, \$10.00 to each of the next nine, and \$5.00 to each of the next forty largest lists—sixty-one prizes in all to the sixty-one largest lists. Don't you think you could be one of these sixty-one? You will enjoy the making of the list. Why not try for the first prize? The above rewards are given free and without consideration for the purpose of attracting attention to our handsome woman's magazine, thirty-two to thirty-six pages, each page containing four long columns, finely illustrated, and all original matter, long and short stories by the best authors; price \$1.00 per year. It is necessary for you, to enter the contest, to send 25 cents (money-order, silver or stamps), for a three months' trial subscription with your list of words, and every person sending the 25 cents and a list of twenty words or more is guaranteed an extra present by return mail (in addition to the magazine) of a 100-page book, "HIDE THE BONNIE BUTTER HIDE" by the famous Ian Maclaren. This book has attracted more attention in the United States than any book of recent years. We give a complete unabridged edition, handy size, finely printed. Satisfaction guaranteed in every case or money refunded. Lists should be sent at once and not later than April 30. The names and addresses of successful contestants will be printed in May issue, published April 25. Our publication has been established ten years. We refer you to any newspaperable agency for our standstill. Make your list now. Address JAMES H. PLUMMER, Publisher, 225-226 Temple Court Building, New York City.

\$500 IN GOLD FREE 61 Prizes, aggregating \$500; a Genuine Bona-Fide Offer.

We give nothing but cash for prizes. No trash. Here is our proposition. Who can form the greatest number of words from the letters in INSTRUCTION? You can make twenty or more words, we feel sure, and if you do you will give a good reward. Do not use any letter more than it appears in the word. Use no language except English. Words spelled alike, but with different meanings, can be used but once. Use any dictionary. Plurals, pronouns, nouns, verbs, adjectives, prepositions, suffixes, adjectives proper nouns, allowed. Anything that is a legitimate word will be allowed. Work it out in this manner. INSTRUCTION: In, Tin, Ton, Sin, Son, Sir, Selon, Run, Pa, etc. The publisher of WOMAN'S WORLD AND JESSIE'S MONTHLY will pay \$100.00 in gold to the person able to make the largest list of words from the letters in the word INSTRUCTION, \$50.00 for second largest, \$25.00 for each of the next three largest lists, \$20.00 to each of the next three, \$15.00 to each of the next three, \$10.00 to each of the next nine, and \$5.00 to each of the next forty largest lists—sixty-one prizes in all to the sixty-one largest lists. Don't you think you could be one of these sixty-one? You will enjoy the making of the list. Why not try for the first prize? The above rewards are given free and without consideration for the purpose of attracting attention to our handsome woman's magazine, thirty-two to thirty-six pages, each page containing four long columns, finely illustrated, and all original matter, long and short stories by the best authors; price \$1.00 per year. It is necessary for you, to enter the contest, to send 25 cents (money-order, silver or stamps), for a three months' trial subscription with your list of words, and every person sending the 25 cents and a list of twenty words or more is guaranteed an extra present by return mail (in addition to the magazine) of a 100-page book, "HIDE THE BONNIE BUTTER HIDE" by the famous Ian Maclaren. This book has attracted more attention in the United States than any book of recent years. We give a complete unabridged edition, handy size, finely printed. Satisfaction guaranteed in every case or money refunded. Lists should be sent at once and not later than April 30. The names and addresses of successful contestants will be printed in May issue, published April 25. Our publication has been established ten years. We refer you to any newspaperable agency for our standstill. Make your list now. Address JAMES H. PLUMMER, Publisher, 225-226 Temple Court Building, New York City.



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