The Youth of Ex-Empress Eugenie Her Power of Attracting Notice the final factor that produces the fascination of man or woman is temperamarried to the Duke of Berwick and I am happy. I will be strange, stout,

T. P. O'CONNOR, M. P., REVIEWS THE LATEST BOOKS DEALING WITH THIS FASCINATING WOMAN - HER PARENTAGE, EDUCA-TION AND EARLY SURROUNDINGS-HOW SHE WON NAPOLEON.

came into my hands two books which intelligence. have been recently published, and both purported to be biographies of

sponsive. The names of these two men are known to every lover of French literature; one was Prosper Merimee, the author of the immortal "Carren"; the other was Henry Beyle, less nown, but far greater, the man who, under the name of Stendhal, has written two of the greatest novels ever de Parme" and "Rouge et Noir." How tar these two gallant young Frenchmen loved the child because they remote age? But it is certain that the draw most of her very striking gifts from her mother. As of all women-and men, too-whose perconflicts of politics, there are very different estimates of the old Countess de Montijo. In the odious columns of the satirical papers, which came into existence in the dying hours of the empire, she figured as one of those adventurous mothers who trail themselves and their marriageable daughters through all the capitals and all the pleasure resorts of Europe; from Vichy to Carlsbad, from London to Paris, and from Paris to Monte Carlo. in the hope of finding some eligible sin-in-law. But this is not a correct description of the woman. She was of remarkable gifts and attainments; to that testimony is given by many different men, all of them able Merimee declared that he was "confounded by her learning"; and Merimee was one of the most frigid of critics, even when his judgment was clouded by the beautiful eyes of a pretty woman He was one of the many men who were entangled in the nets of George Sand; but he got out of them without damage either to his heart or his

HER HUSBAND WAS A DRUNKARD

A Lady who cures her husband of His Drinking Habits Writes of Her Struggle to Save her Home. 97

A PATHETIC LETTER



"That for a long time been thinking of trying the Tasteless Samaria Prescription Treatment on my husband for his deinking habits, but I was afraid he would discover that I was giving him medicine, and the thought unnerved me. him medicine, and the thought unnerved me. I he sitated for nearly a week, but one day when he came home very much intoxicated and his week's ralary nearly all spent. I threw off all fear and determined to make an effort to save tear and determined to make an effort to save our home from the ruin I save coming, at all hazards. I sent for your Lasteless Samaria Prescription, and putit in his coffee as directed next morning and watched and prayed for the result. At most I gave him more and also at supper. He never suspected a thing, and I then boldly kept right on giving it regularly, as I had discovered something that had set every nerve in my body tingling withhope and happiness, and I could see a bright future spread out hefore me—a peaceful, happy home, a share in the good things of life, an attentive loving husband, comforts and everything else dear to a woman's heart: for my husband had told me that whiskey was vile stuff and he was taking a listike to it. It was only too true for before I had given him the full course he had stopped drinking altogether, but I kept giving him the medicine till it was gone, and then sent for another lot, to have ou hend if he should relapse, as he had done from promises before. He never has and I am writing you this letter to tell you hew thankful I am. I honestly believe it will cure the worst cases."

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should be undertaking all the fatigues vels. And he—like the others—speaks and fat in early 70manhood. Brought —without some such experience? and perils of such journeys. And just not of her physical charms so much as up in the healthy independence of the as I was making these reflections there of her great gifts of knowledge and British stock from which she came, the

this extraordinary woman. And, curi- was given from her earliest years every stories of fearless and audacious rides known the best society in them all; ously enough, as I read these books— opportunity of cultivating her abilities. through the streets of Madrid on bare- doubtless her hand had been sought by and especially the earlier pages — it seemed to me as if I could see in the been said—while she was still almost simply exaggeration or distortion of been more than once touched. But no
gets his clean flannels, in addition to seeks, shirts, and neckerchief, and very girlhood of this lady the charac- an infant in arms. And even then, re- some quite innocent "larks." There may body did doubt that all these things seeks, shirts, and neckerchief, and teristics that have preserved her in curring to this point, she was able to be more foundation for the statement had passed over her without making these he finds in his cell when he readvanced age in such juvenility both exercise that power of attracting notice that she loved to appear in the arena any real diminution in that fund of turns in the afternoon from work. On of body and of spirit. The child was one of her dominant quali- at the bull fight in the startling and vitality which radiated from her per- a Saturday the blacking and brushes emphatically the mother of the wo- ties all through her life. Beyle, conspicuous colors which the Spanish fect complexion, her bright eyes, her go round, so that the men may polish man; I might even put it, the infant holding the little girl on his knees, and woman sometimes affects; and that she alert and beautiful figure. It was as a their light shoes; then, what with his was the mother of the wondrous octo- amused and interested by the graceful was not afraid to play the part of horsewoman that she finally conquered shiny hair and his shiny shoes, and genarian. It is with the beginnings and coquettish arts of the child, said Queen of Beauty who distributed to the heart of Louis Napoleon. He had his nattily-tide neckerchief, and his only of the Empress that I can deal to himself, as if thinking aloud: "The toreador those smiles of approving loved her for some years before he pro- fashionable fitting trousers, the conin this article; to those who want to day will come when you will marry beauty which are the rewards of their posed marriage; from 1849, in fact, vict swell looks quite grand marching learn her whole story I must say that some Prince Charming; and then I fight for life against all the risks of But his advisers recommended him to to chapel on a Saturday evening." they had better read the two books won't care for you any more." There the arena. This, again, is nothing be-find a bride in the royal courts; his Man has been well defined as an anthemselves. They are both very well are other stories—some of them per- youd what most Spanish girls of high future was uncertain until 1852 — the imal who wears clothes.—T. P.'s Weekwritten, and, curiously enough, I haps apocryphal—of forecasts of her spirits would do; the bull fight, horrible plot to overturn the republic was not ly. should be inclined to say that the book brilliant future, even while still young to us, is to them a national institution yet successfully carried out, and it by the English writer was the better of the two. At all-events, it was the that one day, paying a visit to a confere with. All I deduce from these guillotine. When at last he saw him-The first thing that strikes one in reading these stories of the Empresso early years is the immense instinct- her renounce such thoughts, for she tioned woman that strong spirit of Amazon and riding her horse with the teresting people in her. Never at any there is another variant to this story, maturity a woman to boldly face tre- he at last gave full rein to his passion. moment of her existence was she in which the place of the nun is taken mendous risks and Titanic situations; The other Napoleons were enraged, commonplace; never did she enter by the classic form of the gypsy we- and that, while she was still young, society was shocked, the ministers prointo any environment without imme- man; a reproduction of the same legend would give to her other fascinations tested; but Louis Napoleon had a good diately becoming the object of at- with regard to Josephine. These stor- that strange attractiveness which be- deal of obstinacy on important affairs, tention and of speculation. Two of ies, I say, may all be inventions coming longs to the woman who suggests un- and he went on. And half-entranced with us through the ages, but the her very first slaves were made when long after the event; but they all tend certainty, disquiet, the posibility of with her dazzling fortune, half-complete disappearance of the middle she was a little girl of 4 or 5 years of to prove the truth of the statement with great happiness or disastrous and defrightened by her sudden elevation aged woman is a salient feature of age, sitting on their knees and listen- which I have started, that from her vastating sorrow. ing to their stories. And these two earliest years there was something in men-both born story-tellers-were this girl that seemed to fasten, excite, never tired of weaving their tales for and hold the attention of those whom in her early years. As will be seen, she woman on the throne in French history married women and old ladies who

written by a Frenchman-at least, that meet among her countrywomen. If you been some disappointments in early of uncertainty, suspense, and the specis my poor judgment—"La Chartreuse see the face of the Empress in a pho- affections which women have to hide ter of the final and almost inevitable fact that it is almost ultra-Spanish in type. Here is a woman, you would loved the mother, who can tell at this say, who could never be mistaken for curious tendency-may I use the ugly word, because it is the only one which sonalities become entangled in the will quite express what I mean?pouchiness around the jaw; and whereever you see any body of Spanish women, whether in their own country or in the resorts they frequent, this is the first thing which strikes you as their most usual and common characteristic feature. But then, if you had seen her -especially in her youth-her beauty was of almost un-Spanish type. The man with so much of the philosopher making inroads by modest degrees, hair was dazzlingly fair-indeed, some or so little of the fop in his composi- foisting upon me an additional button, described it as Titian red; the com- tion as to be able to walk down his recommending gaiters; but to come plexion was strangely clear and bril- own street in a new suit of clothes upon me thus in a full tide of luxury, native land; her eyes were not the sciousness of such occasions. flashing dark of the typical Spaniard. but blue and soft; and they were veiled by long black lashes, rather, the Irish an exotic. It is not now difficult to would say, alluding to his finery with grandmother-still on the maternal side by new suits of clothes. Now a handlong line of illustrious warriors whose gloom of long previous months of povnames figure largely in the annals of the exclusive aristocracy of the land.

> Such was the young girl physically; how was she mentally? Her mother had been sent by that old Scotch father who inherited the love of learning which is so pronounced a characteristic of his race-to Paris with her sisters. and there it was that she acquired that amount of knowledge which impressed Her father, as a matter of fact, was an officer in the army of Napoleon, and lost an eye and injured one of his legs in fighting the battles of the great Emperor. It was natural, then, that Eugenie should be able to speak French like a Frenchwoman. In Paris. as at Madrid she had the advantage of being taught and inspired by Merimee and Beyle, and, indeed, must have known the best of society-in the intellectual as well as the social sensefrom her earliest days. Not content with this, the girl was sent to England. Probably she always spoke English. but she was taught the language more completely by constant visits to England, beginning with some time in an English boarding-house. Her school was at Clifton, and it is a curious coincidence that at the same moment and within a few doors from her, he, whom we know as Lord Roberts today, was learning his A B C at a Dames' school, being then 10 years old.

IV.

It will be seen then, that Eugenie de Montijo was a thoroughly accom-

gifted with that knowledge of other to eat out his entrails rather than utter languages as well as her own which a cry of pain. There is one such story, the authenticity of which is open to other accomplishment. But, after all, doubt. When her elder and much less kind of injunction, drives me to these changes and the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars that the story of her liking. I thenk my stars the story of her liking. young Eugenie probably did nothing riage, Eugenie then had had much ex-Daughter of such a mother, Eugenie her station do not do today. There are most of the capitals of Europe, she had event at a time when an unhappy love stories is that the girl was what we self proclaimed emperor, when the difaffair made her think for the moment should call a "tomboy"; and, after all, ferent courts turned a cold shoulder on of taking the veil, Eugenie was met by that comes back to this: that there his proposals, when one day he saw a poor half-witted nun, who then bade was in this beautiful and well-propor- his beautiful creature dressed as an was reserved for high destinies. And vitality which would make her in her perfect ease of an accomplished rider,

the Spartan boy who allowed the fox death, long exile.

ment. And here again, there was something exceptional in the young Arabella Churchill and James II., and ed; even with the swiftness of putting woman which attracted attention, and on the other, one of that family whose on. Jove and my stars be praised!" not always of a favorable kind. That awful name is still recalled with a splendid health and vitality of which shudder in the Lowlands as the most such startling evidence is given in the complete impersonation of Spanish announcement of those long journeys tyranny and Spanish cruelty when imbedded in human nature that it suron which the Empress has just started, these lands were still subject to Spain. vives even in prison. There are must have added enormously to the The story is that the younger sister dandies even in Portland. The late I took up a paper the other day and dignity. Beyle was also a connoisseur attractiveness of the girl when she was admired the same man as her elder; Mr. James Greenwood, reporting the I read that the Empress Eugenie was in the female character, and he ad-still fresh from the creative and opu- and that in her despair at overhearing experiences of an ex-prisoner in the about to start on a journey to Egypt, mired the old countess immensely. lent hands of Nature. She was almost a conversation at which the duke an- first person, writes: and that she intended, in all prob. And, finally, George Ticknor—a cele- a precursor of the modern athletic nounced his preference for her elder "I have known men obtain a needle ability, to follow this up by a further brated American publisher of the woman. She fenced; but above all sister, she attempted to commit suicide and thread on the sly and alter the journey to the Island of Ceylon. Seeing early portion of the nineteenth cen-her accomplishment was her skill as a This may be false; but it is known that set of their trousers—the trousers that she is now over 80 years of age, tury, with strong literary tastes and rider. There are stories of her girlhood when Louis Napoleon proposed to her stamped with the red Ps—to what was and that she has known every sorrow a great love in particular of the literwhich shocked, or were supposed to in 1853 she was frank enough to tell the prevailing fashion when they were that it is possible for a woman to know ature of Spain-glows with unusual shock, a good many of the strait-laced him that her heart had been touched last in the world. I have likewise -by the death of husband, death of fervor for a man from Boston when Madrid mothers accustomed to the more than once already; but, after all, child, obscurity for dazzling glory—it he comes to describe the countess as bread-and-butter young lady who is what woman ever reaches twenty-seven (a quarter of an inch) of tobacco paid seemed almost incredible that she he saw her in Madrid during his trasilent and lazy in girlhood, and noisy

—the age of Eugenie when she married by a swell for the privilege of exchang-

By the time she was asked in marwhich most healthy English girls of perience of the world. She had visited the usual kind of beauty which you a woman, Another reason may have haunted as they were by the shadow tograph you are at once struck by the with the same heroic endurance as denouement in disaster, flight from

say, who could never be mistaken for anything but a Spanish woman. There is the long, oval shape, including that

DRESS SUPPORTS CHARACTER.

COLDSMITH'S NEW SUITS.

Even Dr. Oliver Goldsmith, who was than any other type. And so she prohaunting impression that always comes sudden transitions from shabbiness to from a beauty which is a surprise and smartness of attire. "In truth," he understand why there should be these perfect naivete, "one has to make vast of a northern land; for Eugenie had in where I used to play the fool very her blood strains from many lands. agreeably." Goldsmith's . whole career, Her grandfather was a Scotchman; her as narrated by Forster, is punctuated was a Frenchwoman; and, on the some scarlet requelaure over purple, other hand, her father came from a silk small clothes flashes from the erty; now it is a coat of "Tyrian bloom the Spanish wars, and are inscribed in satin-grain and garter-blue knee silk the list of the highest grandees and breeches," that his tailor, Mr. Filby, supplies; and, no matter what seedigaily forth in his new toggery to take whatever "nips" awaited him with the best grace he could. Against these, French painter tells in no wise against time, much trouble and more money.

GARRICK. such different acquaintances, as Tick- company was kept waiting for Sir painter was shabbily attired, and his the "simple life" and for so-called nor, Merimee, and Beyle; and Joshua, who had not arrived, and says reception was extremely cold; but vegetarianism. To my mind, plenty of Manuela Kirkpatrick, when it came to Boswell, "Goldsmith, to divert the Lanjuinais found in him such evi- sleep and the avoidance of meat and the turn of her own children, saw that tedious minutes, strutted about brag- dences of talent, good sense, and ami- alcohol are safe to preserve one's they got the same advantage. The ging of his dress, and, I believe, was ability, that on Girard's rising to take youthful vitality. And a few women future Empress of the French was but seriously vain of it, for his mind was leave, he rose, too, and accompanied have adopted this system for their eight years old when she reached, at wonderfully prone to such impres- his visitor to the ante-chamber. The spiritual as well as bodily betterment. Perignan, the country she was after- sions." Carrick, seeing his opportun- change was so striking that Girard "If you want to grow in grace you wards to govern, and for years she ity for a joke at Goldsmith's expense, could not avoid an expression of surmust diet," said a certain wiseacre. breathed in Paris nothing but a French interrupted his boastings with" Come, prise. "My good friend," said Lan- Then the "don't worry" doctrine has come, you are perhaps the worst-" juinais, anticipating the inquiry, "we common sense on its side. Worry was about to marry her, was justified "Eh, what?" eagerly snapped Gold- receive an unknown person according makes wrinkles, and as for bad temin his statement that her training and Smith, trying to stop Garrick's flow. to his dress—we take leave of him per—well, that is the root of all evil. ironically, "nay, you will always look like a gentleman; but I am talking of being well or ill-dressed." answered Goldsmith, with his delightful simplicity, "let me tell you, when my tailor brought home my bloomcolored coat, he said, 'Sir, I have a immediately remarked, "Why, sir, that would attract crowds to gaze at it, and communication. "Remember who comso absurd a color."

TAILOR'S CAPRICE.

WHOLE CAREER the world is richer for the complaint PUNCTUATED BY NEW SUITS— he addressed to Southey, "My failer," he writes, "has brought me home a CHARLES LAMB'S COMPLAINT new coat, lapelled with a velvet collar. He assures me everybody wears velvet collars now. Some are born fashionable, some achieve fashion, and others, like your humble servant, have fashion It would be hard, perhaps, to find a thrust upon them. The rogue has been

liant, with none of the darkness, wholly forgetful of his voluntary neither becomes him as a tailor nor the amounting almost to sallowness, which transfigurement. Depend upon it, no ninth part of a man." The gentle Elia is the characteristic complexion of one but a philsopher or a fool can ut- felt, no doubt, with Teufelsdrockh that women born under the fierce sun of her terly triumph over the small self-con- "clothes give us individuality, distinctions, social polity; clothes make men of us; .but they are threatening to make clothes-screens of us."

he may admit that if a new outfit is call a halt to time, renew their youth not the "wery partikler circumstance" and remain social queens for two to him which it was to Sam Weller, it generations. And one wonders how is still a matter of some small con- the trick is done and if the world contradictions between the Spanish sacrifices for good company's sake; for tible influence on his life. Against natural sequence it means that young unweening pride the schoolboy's "nips girls find rivals in smart married wofor new" is still directed in some form men, who now keep their places as or other. A hundred accidents wait to beauties for an indefinite period. And humiliate the mere "toff." But the it also affects the marriage rate, as philosophy that rails at dress is not the number of men who marry womundane enough to be true. In any men much older than themselves has new environment a man is instantly of late increased in a marked manner. judged by his get up, and though the The case of Lady Castlewood and judgment thus formed may be wrong, Harry Esmond is a common one in it is not to be easily altered. As Lord the London of today. Chesterfield said, dress "helps in the The secret of eternal youth would ness it replaced, the doctor would go pernier abord, which is often decisive." make a multimillionaire of its lucky

ATMOSPHERIC DRESS.

A story told of Girard, the famous the vital importance of dress. When The modern health craze has done very young he was the bearer of a let- great good in this direction. Temperter of introduction to Lanjuinais, then ance is a watchword of the moment, At a dinner given by Boswell the of Napoleon's council. The young and smart society goes in strong for

CHARACTER AND DRESS.

Dress supports character. Other things being the same, the well-dressed man prevails with his fellows. He has the courage of his cut. Unabashed abused system of face treatment. Anyby any sense of outward inferiority favor to beg of you. When anybody he can reveal nimsen and his business tury. pleased to mention John Filby, at the and folly of dress are alike seen in Harrow in Water Lane." But poor the character of Malvolio as he walks us many new things, and among "Noll" was yet to wince, for Johnson the garden path with Maria's audaciously forged letter in his hand, readwas because he knew the strange color ing what he believes to be Olivia's own are apt to arrive in early middle age thus they might hear of him, and see mended thy yellow stockings, and man is at the zenith of her youth and how well he could make a coat even of wished to see thee ever cross garter- loveliness, In fact, a young face framed." Then while Maria and Ague- ed in white hair has a peculiar and cheek and the rest laugh in the very piquant fascination. But it must do so, inasmuch as they are but conshadow of the box-tree, Malvolio soli- be admitted that the blanched bru-Hitherto, reference has been made to loquises: "I will be proud, I will read nette gets the innings. Her dark eyes voluntary changes of attire only, but politick authors, I will baffle Sir Toby and vivid coloring tone in well with the penalty of new clothes may reside I will wash off gross acquaintance, I gray hair and give the poudre effect, his warning. This will be evidenced in your tailor's caprice or mistaken will be point de vice, the very man. I so successful. sense of fitness. You may have your do not now fool myself, to let imaginindividuality twisted almost out of ation jade me; for every reason ex- and has done much for gray hair and recognition in this way. Such, on one cites to this, that my lady loves me. also for the middle aged sisterhood. plished woman, and was especially occasion, was Charles Lamb's fate; but She did commend my yellow stockings Women who have passed their first 2,243 birds.

PRISON DANDIES.

The pride of clothes is so deeply

ing his trousers for another convict's. because the swell "liked the cut of from his dinner, and curls it if it is long enough. Saturday night is the

AGED WOMEN

THE EVER-GREEN MATRON - EF FECT OF HEALTH CULT AND TASTE IN DRESS.

from comparative obscurity to such life in the twentieth century, says the brilliant eminence, thinking at once of London Chronicle. The society world Such, then, was Eugenie de Montijo the glories and the terrors of the seems now divided into girls, young was at once a person to be counted -of Josephine, of Marie Louise, but, are great-grandmothers. Everyone is with; to be noticed wherever she went; above all of Marie Antoinette—she ac- fresh, and no one has wrinkles, and What was the secret of this attrac- and to suggest a curiously mingled im- companied Napoleon to Notre Dame. the "fair, fat, and forty" type of tiveness? The first place, of course, pression of attractiveness and dis- And there she was married with the matron has become as extinct as the must be given to her extraordinary and quiet. This may be one of the reasons same vast pomp and ceremony as surdead and gone Victorian era. Modern weird beauty. I have used the word why she remained unmarried until a rounded the weddings of so many of mothers look as young as their daughweird beauty. I have used the word with she comparatively late period in the life of her predecessors, and there she was ters, and we are now familiar with a race of juvenile grandmothers.

One notices this on all sides-in the park, at the opera and at dances and dinners. Everyone has bright eyes, a flower face and a slender form, and all are dressed alike and dressed to perfection. And the same style seems well suited to a girl of 18 and her mother of 40. Youth and beauty count for much, but no one can deny that we have arrived at a dead level in looks and at a monotonous type of womanhood.

And the same can be said as regards interests and amusements. Women of 50 or 60 yacht, hunt, shoot. dance, place golf, and hockey, ride bicycles and drive their own motors. A certain peeress who married fortyseven years ago still rides her bicycle in London streets, and a dowager duchess who is a grandmother led a cetillon last summer with splendid success. And these evergreen matrons not only share the sports and pastimes of youngsters, but they show an equal verve and go and the same unceasing energy. They are seen at the opera night after night, attend balls, do week ends, hold stalls at

possessor. But the precious recipe is still unknown, and society women must keep their looks at the cost of

Rest cures have come to stay; and the deep breathing exercises, which hail from the States, are another sovereign remedy, Massage also does wonders and so does the muchhow, the fact remains that middle age is at a discount in the twentieth cen-

King Edward's reign has brought others the cult of the gray-haired beauty. For in these days gray hairs --indeed, in some cases, when a wo-

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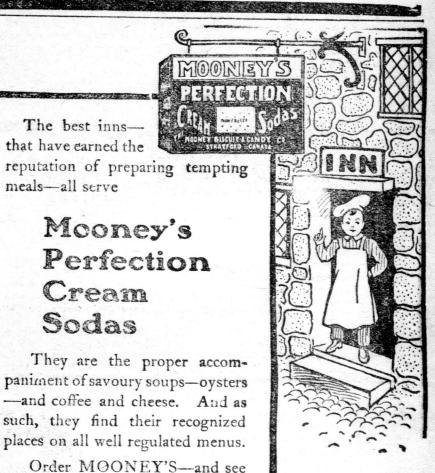
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youth are no longer doomed to wear black, brown or some other somber coloring. White is now as much used by mothers and grandmothers as by youthful debutantes; and royal ladies who have reached middle life show a marked fondness for white and cream color. This is specially noticeable in the case of Queen Alexandra and of her sister, the Dowager Empress of Russia. Gray is good to the whitehaired woman, and she often wears it to perfection. Pink is also kind to her, and these soft shades combine charmingly. An artist in color can do won-

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Everything in life-art, dress, modern rules of health and toilet inventions-tends toward the disappearance of the middle-aged woman. And she is no longer to be met with even in fiction. In up-to-date novel girls take a back seat, and the age of heroines seldom free from misery. goes well into the forties and fifties. Balzac's "Femme de Trente Ans" seems a back number, and we read of lovely ladies with a lurid past who hearts and shaky nerves strong, flabby can give points and a beating to the muscles firm, and infusing new hope and average debutante. But every age ambition into life. had its ripened charmers, although they were not so plentiful as at the present period. Cleopatra was forty when she enslaved Antony; Diane de Poitiers and Mme. de Maintenon made their royal conquests in middle life; and Dejazet, the famous actress, was said to be gay and graceful at seventy.

The rattles of the rattlesnake edgewise. It is evident that they must continuations of the backbone. The snake carries the rattles on the ground except when he raises them to sound by the fact that in every snake of any Taste in dress is on the up grade | size that is killed the rattles are worn through on the under side.

New York's Zoological Park has

If We Could Look at the Heart of a Pale-Faced Person!

Few people ever stop to consider what pallor to the countenance means. In the first place it indicates an absence from the blood of the rich, red, life-giving elements so requisite to health; and in the second place it indicates a weakened heart action. These two things act and re-act. It we could look at the heart of one of these pale-faced people, we would see it flabby, weak and palid. No wonder they are easily tired, get out of breath quickly, have palpitation, are nervous and down-Their muscles are poor, their stomach disordered, and their lives are

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