

THE SLATER SHOE

"Commonsense" Shape

—the business man's shoe. Sensible, comfortable, prosperous looking, and fine. Tapers but slightly from ball of foot to toe, which is round, full and low, with plant roomy box. Laced, Buttoned, Congress, Oxford. Black—Tan—Seal-brown—Carmin, or Wine. Sizes, 5 to 11, widths, A. to E. Goodyear Welt. \$3.00, \$4.00, \$5.00. Stamped on the sole—

"The Slater Shoe."

CATALOGUE FREE

MAKERS MONTREAL

A RURAL SPARKING.

From the Atlanta Constitution. Things is never going right. (Life is so contrary.) Thought I'd go that wintery night. An' speak the word to Mary.

Never seen her look so sweet, (Just like any fairy) Kitten purrin' at her feet— Me, six yards from Mary.

Told her that 'twas like to snow— All the weather showed it. Looked as if we'd have a blow. Simply said: "She knowed it."

Talked of this an' talked of that. Till my tongue got weary: Made remarks about the cat, But still kept fur from Mary.

Old clock ticked an' ticked away. (Wished her heart 'twould soften) Couldn't find the word to say. Thought I tried it often.

Time to go an' leave them charms— Since I couldn't win 'em. Yawned, an' sorta stretched my arms. An'—praise God!—she was in 'em!

Don't these women know a sight? Ain't they all contrary? Didn't say the word that night. An' yet I'll marry Mary.

Health at Home

"TOO TIRED TO SLEEP." In the crisp, cold days of early winter, the bright sun and bracing air tempt us all to exercise beyond the limits marked by experience as those of health. The vigor of the system is so great that the first warning whisper of fatigue is often unheeded, and we go on until the cry of utter exhaustion compels obedience.

Physical exercise is necessary for the preservation of robust health, but its practice must be tempered by reason. In nothing is the saying that one man's food is another man's poison more strictly true. A task which is accomplished easily, pleasantly and with actual physical benefit by a college athlete would make a delicate girl seriously ill, and might kill an elderly man.

Exercise increases the combustion of the tissues, and so promotes the renovation of the body. The old, worn-out cells are destroyed, and their place is taken by new ones, which do their work so well as to admit the whole body to a share in their joyous youth.

But this result follows only when the waste matter is promptly removed. The excretory organs are capable of getting rid of only a fairly regular amount of waste matter each day, and must be trained gradually to accustom themselves to dispose of increased amounts. If the work of the kidneys is increased, there will be a proportionate greater amount of waste material, which the system is unable to throw out as rapidly as it is formed. The blood is then charged with these poisons, for such the waste products of the body are, and the result is a condition which, if prolonged, would be disease.

Too tired to sleep is a common experience, and is so caused. The system is overworked, and the products of its own leucemias, as the products of tissue combustion are called, and he must get rid of them before he can rest well.

Fortunately this is not a difficult task for healthy people. A hot bath is one of the best restoratives for an over-tired man, and its good effects can be obtained almost immediately. The heat of a hot bath and the drinking-sipping of two or three glasses of cool, noticed water. After the bath, rub the body with a rapid rubbing of sponging with cold water and a brisk rub, and rest half an hour should precede the taking of food.

This meal for be light, for the system has enough to do to rid itself of the poisons, and must not be burdened with the digestion of a heavy meal. A quiet rest of an hour and a quiet sleep for fifteen minutes in the open air may be followed by a new day for the chafing dish.

Now that cold weather, with its candy-making possibilities, is once more upon us, the owner of a chafing dish may add a convivial feature to many an evening spent in her house if she will bring forth her chafing dish and in it compound some delicious home-made candy. The chafing dish will prove a source of attraction and interest, and will supply the often-sought-for "something to do" on a winter's evening.

Very delicious and easy to prepare in a chafing dish is a certain "brew" of vanilla caramels. Put into the blazer two cups of sugar, a cup of cream and two generous tablespoonfuls of butter. Boil steadily to prevent scorching, until a little of the boiling liquid will turn to a cream paste if dropped into cold water. Remove from the fire, stir in two teaspoonfuls of vanilla extract, and beat hard for several minutes before turning the mixture into buttered paper and cut in squares. These are relished by people who like caramelized or sugared caramels.

Chocolate caramels with nuts may be prepared by cooking together in the blazer a pound of brown sugar, a quarter of a pound of grated chocolate and half a cup of water. When the candy hardens in water, stir into it one tablespoonful of butter and a cup of chopped walnuts or hickory nuts. Beat hard and remove from the fire. Turn into pans and cut in squares.

If a peanut molasses candy is desired it may be made in the chafing dish. Break into very small bits a pound of maple sugar, and stir it into a cup of cream and one of milk mixed. Turn into the blazer and stir all the time to prevent scorching, until a little hardens in cold water. Now beat into the candy as many hickory nuts as it will take, and then turn out to cool. This may not look so pretty as smooth candy that can be cut into neat squares, but it makes up in palatableness for what it may lack in appearance. Harper's Bazar.

COLD MORNING BATH. The cold morning bath like other hygienic practices, benefits some and in-

duces others, according to physical constitution, vigor and vitality. Says the Hospital: "Many people who have, as they would say, been always 'accustomed' to take a cold tub every morning continue the habit long after it had better been given up. They do this partly because it is a habit, and partly because they dislike the confession of getting old, which seems to be involved in giving up the custom of their more youthful days. But we are quite clear that, unless good reason very quickly follows a cold bath, and follows it without much 'towel'ing, such tubbing is very often injurious. Whenever a man has a cold, a run of his nose, or when he feels that he is not right again until after his breakfast, he may feel sure that his tub is doing him harm, and that he would do better to take a warm bath, or use only a hot sponge over with cold water."

HINTS TO HOUSEKEEPERS. In using peas, asparagus or other vegetables put up in slightly salted water drain off and throw away all the liquor. Cover the vegetables with cold water and let stand for at least half an hour; drain and heat over hot water, adding a few spoonfuls of fresh water, a bit of butter, seasoning, etc.

Why can't women find longer lead pencils? Almost universally the ones they used in crossing off their lists were about two inches long. Notice how they wet them each time? Isn't that a woman's trick?

Cal's brains, like sweetmeats, are always par-boiled, after which they may be finished in any way desired. To give them a little more flavor a spoonful of vinegar, a half teaspoonful of salt, half a small bay leaf and a ounce of mace should be added to the water in a saucepan, and they should be simmered for ten minutes (this liquor may be used later as a base for soup). After cooking in a bowl of water they are eaten, drained and split, dipped into beaten egg, rolled in crumbs and fried in deep fat. Prepared in this way a pretty garnish would be watercress and potato straws.

Banquets and enormous banquets for both children and adults are shown for the first time at the Grand Hotel, and the result is a success. They are an excellent addition to the list of family gifts.

Many women are not so lucky as to have their own oysters with them, but they may be bought in any quantity. It will be found to be a very economical way to get into quarters with a silver knife, a dozen oysters and a small amount of capital of thick white sauce, one or two spoonfuls of chopped parsley, and a few drops of onion juice, and a spoonful of this is added in the center of a four-egg omelet before pouring in the pan, and the remainder poured round the finished omelet.

Waterproof covers of old-fashioned flannel, with ribbon strings at the opening, are one of the inexpensive but useful articles.

Many women wear low shoes throughout the winter. Doctors say that such women are wearing in common sense. At any rate, the situation with very smart leather gaiters, and then with a small amount of capital of thick white sauce, one or two spoonfuls of chopped parsley, and a few drops of onion juice, and a spoonful of this is added in the center of a four-egg omelet before pouring in the pan, and the remainder poured round the finished omelet.

Equal parts of ammonia and turpentine make a good paint on clothing, and it is hard and dry. Saturate the spot as often as necessary, and wash out in soap.

A little borax put in water in which scarlet napkins and red-bordered towels are to be washed will prevent them from fading.

A pleasant variation of the perennial oatmeal or other breakfast cereal is to add a little of the fruit of the cereals, and the fruit in its turn imparts an agreeable relish to the often monotonous breakfast mush.

Kerosene or burning fluid is excellent for cleaning windows. Moisten a woolen cloth with it, and rub the glass. The polish with a fresh piece of dannel. This is an easy and effective method of cleaning windows. Fifth Avenue, N. Y.

Fresh ink stains on carpets or tablecloths can be removed by reported applications of dry salt. Carpets are freshened and colors brightened if wiped with clean clothes wrung from salt water.

Carpet stains are a moth destroyer. Philadelphia Record.

Showing Why People Should Not Talk Loudly When in Public.

Cleveland Plain Dealer. They were standing up in a street car and gabbling as fast as their tongues could go.

"By the way," exclaimed the one in the military cape, "did you know that Charlie Hawkins was engaged?"

The woman in the gray hat gave an exclamation of surprise.

"Oh, nobody that you know, or that anybody else knows, for that matter. She said she was engaged to a man named Charlie Hawkins."

"I do think Charlie's mother is real good about it, for she declares she likes the girl—saying she is sweet and pretty, and all that, but I believe she does it just to hurt her real feelings."

The woman in the gray hat nodded sagely.

"I shouldn't wonder at all," she announced. "I had heard he was going with that girl, Mabel Thompson, but it's not of course, I never thought that there was anything in it. I suppose they'll live on in the street car, but I'll tell all the neighbors who she is. Look out, Louisa, the girl beside you's going to get up—hurry and take her seat. Then, in a lower whisper, "rather a stylish looking man, isn't she. I'd like to know who she is."

The stranger stopped on her outward way, and turned with flashing eyes. "I don't believe that you would," she said, "if you saw her. I've no objection to my name being Mabel Thompson, and she swept from the car, leaving two crushed crimson ladies behind her. They have since decided that it is dangerous to discuss unknown persons in public places.

LIFE'S A PRET with rich and poor alike—the rich man in a rush to keep ahead of the poor man in a rush to keep up—and dyspepsia a common companion. Dr. Von Stern's Pileup Tablets keep the stomach sweet, the nerves steady and insure health—they're vegetable pepsin and Nature's most potent aid to keep you well. 35 cents.

Sold by W. S. B. Barkwell.

A NOVELTY. Fitzmaurice Vanulphing Browne (in a box during the progress of the play)—This must be a very interesting performance.

Miss De Sulkeroft—Gracious, I didn't notice. But what makes you think so?

F. V. Browne—The people in the orchestra chairs have ceased to gaze at us and are now watching the stage.

WINTER.

Where late, a blooming maid, she sprung
O'er mossy dell and upland green,
And of her kindly largess flung
Each radiant line, each silken sheen:
The spirit of the earth to-day,
A haggard gossip, bars the way.

See where she stands, her brilliant dress
A draggled maze of patches,
And every flowing flower-bound tress
A tangled snarl of snatches,
Through which the sparrow, pitiless,
Doth chirp his cheerful catches.

—FANFAN.

WHY THE SHIRT WAIST HOLDS ON.

Matters of Timely Importance in Wearing Apparel and Adornment.

Fashions come and fashions go, but the shirt waist stays with womankind. It is well that this is so, for many a woman of olden time would look better in a shirt waist than in any other style of bodice. This is an exaggerated view of this garment's merits, perhaps, for a great many women look worse in a shirt waist than in anything else. She who is of stout girth and short waist should avoid it as she would the plague, and especially when made of materials of conspicuous designs. At the moment the most popular waists are fashioned of fine French flannel in plain colors or spotted velveteen. Both materials wear well and are warmer than silk or satin. The newest cut is not made exactly as cotton shirts usually are, but is more dressy, and sometimes trimmed with pipings of a contrasting color. The average woman wears a shirt waist of one kind or another, but few of them know why they wear it. The shirt waist is a relic of the past, and it is quite the thing to have one's dress petticoats made of liberty silk, which hugs the figure closely. These liberty silk dresses are made of a material which is as perishable as beautiful. A number of fully-plated ruffles, embellished with lace, gives the necessary dash.

Every now and then a great line and cry is raised about the shirt petticoat. "It is going out of style," says one. "It is a nuisance," declares another. "And a frightful expense," adds a third. All the same, the shirt petticoat holds its own. Women's clubs and what may be called against its wearing rule, but it is not to be ousted from woman's wardrobe. As a matter of fact, the shirt petticoat grows more elaborate and expensive every day. When skirts were wider and not so tight about the hips the silk skirt was a thing that could be treated more lightly. Now, when the skirt is so tight about the waist and did not have just the proper flare at the bottom it made no great difference in the fashion of the skirt. On the other hand, the fashionable woman has all her petticoats made to order, and they are fitted just as carefully as her dress skirts. The shirt petticoat is made of liberty silk, which hugs the figure closely. These liberty silk dresses are made of a material which is as perishable as beautiful. A number of fully-plated ruffles, embellished with lace, gives the necessary dash.

There are about one thousand churches in New York, and this number about the same in this country. Most of the churches employ a choir. The number of singers is not far from three thousand. Fifty thousand of these are organized each year. The choir is a very important part of the church service. The choir is a very important part of the church service. The choir is a very important part of the church service.

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to these defects. Indeed, she who is wise will wear a brilliant ornament at her waist or elsewhere that will tend to draw attention from her bare neck. Only the women with beautiful necks and shoulders can afford to attract attention to them by means of gems and other ornaments.

Gun metal chateaux have superseded all others. The most elaborate ones are as many as ten hanging ornaments dangling from an elaborate ornament which hooks in the belt. The plainer the chateaux and its ornaments the more stylish it is considered. Second-hand jewelry is now semi-precious stones and no engraving or applied work are really the most desirable.

SINGERS IN CHURCH CHOIRS.

Thousands of People from All Over the Country Visit New York Every Year Seeking Places.

N. Y. Times.

About three thousand men and women whose friends have told them that they are wanted in musical talent and pleasing voices have now arrived in this city, and it is estimated that fully another three thousand will be here in time to see the old year die, if they are fond of being in such deaths. These people, for the most part bright and young, come here from every part of the country, and even from Canada. Not a State, hardly a county, is unrepresented. The influx begins about November 1, and continues for two months. The earlier ones come to study, for New York and not Boston is now looked upon as the National centre for the church music of America. The later ones come in the hope of securing positions in the churches of New York and vicinity.

Singers in New York church choirs are engaged to begin the year on May 1, but so great is the pressure for places that practically all who seek them with any show of success arrive about five months in advance, stop at good hotels, make the acquaintance of members of music committees in the churches, and endeavor to secure a position in the choir.

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A Natural Curve

S. H. & M. Bias Brush Edge Skirt Binding.

"Around thy skirt is put a beautiful girdle bound to last."

Strength — the Samson and Sander of Skirt Binding—durability and long wear unmatched and never before possible—this enables you to put a price on your skirt which is an indestructible extra thick brush edge.

Looks — an everlasting, soft, exquisite richness, which neither rain nor mud nor wear can corrupt.

Fit — rounded in a natural curve that fits the dress without a pucker or wrinkle anywhere—seems as though it were a part of the skirt—fabric, so smoothly does it fit in protecting grace and strengthening beauty.

"S. H. & M." is stamped on the Back of Every Yard.

If your dealer will not supply you, we will.

The "S. H. & M." Co., 24 Front St., W. Toronto, Ont.

S. H. & M.

JAPANESE SHRUBS.

The Dwarf Varieties Have Become a Fad in the East.

Pittsburgh Dispatch.

Dwarf Japanese shrubs have become quite a fad with people who are able to follow it. The fancy for them started at the exhibition of Japanese trained shrubs and trees at the American Art Galleries last year. Some of the specimens shown at the exhibition sold as high as \$600 apiece, and the observant florists were therefore not slow in sending to Japan for more imports.

One of the uptown dealers has a display on the pavement in front of his window, and more people stop to look at the gnarled yet beautiful little shrubs than pause to pay their respects to the flowers. One of these fairly well-trained little trees, which is said to be more than 100 years old. It has only tufts of foliage at the ends of the branches. These branches, or stems, are about half an inch in diameter and hold between them a few leaves, not more than two feet high. It is said to be more than 100 years old. It has only tufts of foliage at the ends of the branches. These branches, or stems, are about half an inch in diameter and hold between them a few leaves, not more than two feet high.

Other shrubs, fifty or sixty years old, have been trained into fantastic shapes, but never too grotesque curves. They look as if they fallen out of a Japanese print, or as if they were big trees, but at the wrong end of an opera glass. Most of them are small pieces of cedars, and they are said to thrive fairly well in this country. Most buyers put them in vestibules or hallways, using Japanese blue and white jardinières.

LONG SLEEP BROKEN BY ELECTRICITY.

Cataleptic Victim Awakened for a Moment, Talks Incoherently and Belapses.

From the Boston Globe.

Caribou, Me., Dec. 19.—A most peculiar case is reported at Perham, where a 12-year-old girl fell asleep at her desk in school last Tuesday afternoon and has been sleeping ever since, despite the efforts of science to awaken her. A physician was summoned, but despite his efforts the girl continued to sleep as peacefully as if she were tired from play. The girl is Sadie Wright, and so far as is present known there was no accident or external cause for this peculiar state of somnolence.

The physician was mystified and inquired of the parents if the sleeper had ever exhibited signs of stupor. They replied that when she was 10 years old she had fallen asleep suddenly one day and had slept twenty-four hours.

After all simple remedies failed the doctor tried an electric battery on the sleeper. When the current was turned on at first there was a twitching of the eyelids, then the eyes opened and Sadie apparently was awakened, but not consciously so. Her parents spoke to her, and by movements of the eyes it was evident that she understood what was going on. After the application of the battery for some minutes consciousness returned and the sleeper awakened, but she did not talk coherently. The electric battery was used for some time, but after a time Sadie dropped off to sleep again as suddenly as she did at her school desk.

She lies to-day in this peculiar state.

Musicians and Stage Fright.

Mus