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evolution of the shoe, gradual as it has been, has yet been most complete. Through sandals and rude footwear made from the hides of wild beasts we have passed, first, to the uncomfortable and elaborate slippers of the middle ages, and, finally, to the perfect footgear of today. So entire, indeed has been this evolution that a Greek goddess herself was not so well shod as

is the modern girl.

For sentimental reasons, if for no other, therefore, the practical girl should care well for articles that represent so much thought and labor and time. Being practical, however, she would probably scout this reason and give as her motive for the trouble she takes to keep her shoes in good repair the prolonged life and improved appearance bestowed

upon them thereby. ECONOMY IN CARE

Perhaps, too, she is right, for certainly ten minutes a day spent in giving shoes a thorough "beauty treatment" will work wonders with them. Prevention, however, is better than cure, and so our practical girl pays first attention to the care of her footgear at the moment of its buying. In the end it is really economy to buy several pairs of shoes at once, providing none of them be of pronounced ephemeral styles, for rest from constant wear is their chief need. Every girl should possess at least two pairs of shoes and two of slippers in active service, to say nothing of such special varieties as dancing slippers or symnasium shoes. When she comes home in the evening—for the practical girl is apt to be self-supporting alsoshe should at once change her shoes for slippers, and if it is at all possible she should not even wear the same pair of shoes throughout the day. Observance of this rule will save her many a time from tired, aching feet, aside from the beneficial effect upon the shoes them-

selves. The shoes once bought, however the daily treatment becomes more important. Never, above all, hurl an unoffending pair of shoes into a dusty closet without a thought of them until you put them on again the next norning. It is by no means necessary to polish them daily; twice a week at the stands devoted to women is enough for that. Every day, however, the shoes should be first brushed carefully to remove dust, and then thoroughly rubbed with vaseline, special attention being given the worn places. The vaseline, should be left on all night, as the leather needs grease as restorative, and in the morning the shoes should be again rubbed to re-

move superfluous grease.

TREES ARE IMPERATIVE They should by no means be left simply standing in the closet or wardrobe 'during the night; a tree for every shoe is imperative. Strange to may, the more expensive fitted trees are not so good as are the cheaper jointed ones, which are much easier to manipulate. As soon as a shoe or slipper leaves the foot, it should be placed upon its own individual tree, and kept there until next used, always brushing carefully with a felt brush. More than this, a shoe box is an absolute necessity. The inevitable dust and dirt of the average closet mean death to the most hardy of shoes. A arge soap box answers the purpose admirably. Hinge the lid on, provide a lock if you wish, and cover and line the box with cretonne, chintz or wallpaper. In a box of this size there is room for every shoe and slipper you possess.

Slippers, of course, since they get

less hard wear, need less care. Besides

pair them at once, and thus save your-self annoyance and discomfort. Do not allow a hole to appear in the sole of your shoe, but have it mended as soon as it becomes thin. Keep your shoes always in the best and neatest condi-

There are other articles of footwear, beside shoes and slippers, which need attention. Few women seem to think that any care whatever is due rubber overshoes, which are placed constantly in the wettest and dirtiest places. When they are new, all that is necessary is an occasional scrubbing with soap and warm water; but after

A Shoe Brush and Trees Are Essential

they begin to lose their lustre, they should be frequently polished with a good liquid blacking. Soap and water, indeed, will not hurt any shoe, and a good washing now and then is an ex-Stockings, perhaps, do not come strict-

ly under the category of footgear, but no sensible girl will neglect them. The smallest hole should be darned before it grows, with cotton of the same shade as that of the stocking. One little known fact is that silk stockings should always be bought with cotton or lisle feet, or they will wear very badly indeed. Heel protectors, which can be made of small pieces of chamois or kid, made of small pieces of chamois or kid, easily obtained at any shoe store for a small sum, are a great saving on both hose and shoes.

It is not generally known that bits of newspaper or blotting paper stuffed into shoes or slippers will absorb moisture better than cotton. One who surfers with feet that perspire will find it a good plan to resort to this method of absorption, which will not only be a relief to the feet, but a saving to hose.

All this seems a great deal of unnecessary trouble, but our practical gril will surely have common sense enough to see that she is thereby saving money—always a point with her—not to mention the fact that she is preserving by a little care the neat and dainty appearance for which all girls strive, but which not all attain. Two things mark the lady—her gloves and her shoes—and the girl with an innate sense of refinement will neglect neither of them.

perfectly plain view, when you had reached the shelf the article had en-tirely disappeared from sight? And have you never looked through magnify-ing lenses, only to discover that the object was blurred if held too close to the eyes?

given perplexity. While it is not well to carry our trials to outsiders if it can be avoided, there are times when, by reason of being too close to the "shelf" we are not capable of obtaining a clear view. It is often said that no third person can give really valuable advice between the subtle differences and the little things which go to make up the sum total: it cannot be accurately conveyed in words. It is just on account of this fact, however, that the outside view is valuable. By the sufferer, the subtle little things are viewed through the lens of bias until their proportion is often so exaggerated as almost to eclipse

the original grievance.

The judicious outsider, seeing from a distance, takes a saner, broader, clearer view and starts at the very foundation of the trouble. She can say to the one with obscured vision, "Put your hand there," "Push aside that," and, above all, "Come here with me and get my view. You will then be able to go

Bless you, no! Half of them will not, because it is humanity's weakness to hug miseries. It is a trite saying that many are never so happy as when true. Do you not know people who, as the old lady puts it, "enjoy poor health"? Are there not those among the eyes?

Very well! All this illustrates the flaunt their sorrows in the face of their guished in that "no sorrow is like unto

MANY NEED FRESH AIR

my sorrow"?

There are plenty of people who would be insulted if you told them that a good tonic and plenty of fresh air would re-lieve their troubles. They would far-rather sit at home and cry. Was it not Henry Ward Beecher who said that when a woman of his accepted congregation came to him in a perfect frenzy of despair about her soul, he always felt sure that she had been eating too many.

Indigestion is the unsuspected cause of many physical ills and of nearly as many more mental attitudes which have resulted in real trouble. One wise woman who recognized this principle was accustomed to go to her physician from time to time and say, "Doctor, I want some medicine for crossness-pure, unadulterated crossness." And the physician, being equally sensible, would prescribe a restricted diet and give her something to square up her digestion. And, lo! her troubles fied like the mists

of the morning.

And here, too, was the outsiepoint of view valuable.

The Joy of Detail O YOU know that you have missed half the pleasure of life if you do not realize the fascination of detail? Do you know, too, how happy is the mortal who does not have that fascination? realize that fascination?

Everywhere this unholy love may assert itself. From the room in which absolutely everything follows a certain scheme to the costume where there is not one fleck of any color, save the one or two previously decided on, it is in evidence.

Perhaps when you were a girl you read "The Wide, Wide World." Do you remember how Mrs. Montgomery, sto...... Ellen's desk, and especially, that fascinating list, of things that followed when Ellen's back was turned? And that workbox! You may, detest sewing, but, I'll warrant you, your pulses beat faster when even the buttonhole scissors come into view! How you did long for some such trip, and the Bible and the dressing case crowned your joy as they did Ellen's.

HAPPY DREAMS Then and there you decided that henceforth everything you possessed or wore would match, and nothing would ever be omitted. Oh! the lists you made of this, that and the other thing. It would have required a fortune to fill them all. Catalogues be-came your joy; jewelry, books and pictures came in quick succession. You made imaginary pictures of the house you would build some day and you fur-

nished every room in it.

But best of all was when you went away to school or college. How hurt you were when mother absolutely refused to follow your list—covering three pages of foolscap—of the clothes you wanted to take with you. You ware never able to furnish were never able to furnish your room there as you wanted, either, Some-how the school authorities always interfered. But what happy, happy,

walking properly, on the balls of the VARIOUS TIME AND MONEY SAVING

Finishing a Waist

keeping them always on trees and in

the box, the only rule to observe is

to treat white and light-colored slip-

pers with a prepared cleansing chalk

as soon as they begin to show signs

It is of prime importance that repairs

should be prompt, and that attention

should be paid to the little furnishings

whose condition so surely indicates re-

finement or slipshod untidiness. Never let a lace get beyond the days of its

pristine freshness; never leave a shoe

one day without a button. By



of wear.

O BE properly finished a waist should be something more than inside-it should be pretty, and, with a little extra trouble, may be given a touch of elegance. "I always like to look at the inside of your waists,"

said one amateur dressmaker to another, "they are so pretty. Indeed, they are as handsome

inside as they are outside." The comment was justified. Every little dainty detail was attended to. The hooks and eyes were applied with perfect straightness, the seams were bound with binding silk in black, white or contrasting color, the bones were herring-boned in with heavy silk or silkoline in the same way. Generally, though, the bones in a black waist, if not applied with white, were put in with yellow, crimson or light green.

The effect was charming. Both for good fit and elegance the seams should be cut before they are bound. To insure uniformity of sides they should be put together and nicks should be taken out at uniform distance. This nicking allows stretching, and thus insures smoothness. Seams should be bound open except the sleeve

To Finish Waist Seams seam. If binding will make sleeve seam

too thick, close buttonholing with heavy

silk or silkoline in contrasting color

will look as well and serve the purpose.
The bottom of a waist may be merely nicked with the scissors. Many of the best dressmakers finish them off in this

the thinnest material—binding ribbon, if possible, as necessitating no doubling in for seams; next to that thin silk, and, after that, for choice, thinness lawn, but never anything thicker than

The Growing Baby OTHERS are often in despair in M relation to the way baby out-grows his clothes. The growth, of course, is as it should be; nevertheless, just how to have him look as if his clothes were made for him, and then alter them in a little while without having them look "patchy," is ometimes a puzzle. Skirts are easily disposed of by letting down a tuck or facing a hem, but waists are the problem.

This problem, however, is to be solved before it occurs rather than afterward. In a rapidly growing child, unless we can afford to discard the garments as soon as they become too snug a fit, the clothes should be cut a size or two too large and the surplus should be disposed of without showing. If the waist has a belt set in, the material of the waist should be carried down under the belt, and a further addition may be made by taking a tuck so close to the top of the belt that it will never be noticed. This can be let out at any moment for length, and should be put in by close

hand-running, so that it may be the more easily removed: Belts should be well turned in at both ends, as by this means a little can be let out on either side sometimes, without moving the entire belt. If the garment be buttoned up, the button at the belt should be merely sewed on the out ide for show, the real buttoning being made by a little tag sewed on underneath. By this means, when ripped, one has no buttonhole to contend with. For the upper part, if ; okes are tucked, it is well, if possible, to tuck the goods itself, in which case one tuck or more on each side can be let out at

the addition of some half-worn insertion will remedy the trouble. Sleeves can be dealt with in the fol-

lowing way: Make the wristbands at least an inch to an inch and a half too large, and the sleeves rather full. When needed, a little ripping will correct the trouble. The length should be added at the top, at least one and one-half inches. The sleeves should be put in so that this extra length

will fall into the will never be no-If all this be observed, much trouble will be saved, as the old things can be made to do good service and still look well. As an ordinary thing, children de not spread in all directions at once. Some grow long and some grow wide. It been asserted

that from May till August they crease in height, from August till November in weight, standing practically still during the rest of the year. If this be the case, but little attention at a time will be needed, and all emergencies will be provid-

Winding the Bobbin

IF your machine is one of the newer makes, and has a winder with the I little automatic catch, you can save yourself a good deal of trouble by winding a fresh bobbin while the sewing is going on. To do this, put a second spool upon the spool-holder, and attach an end to the fresh bobbin. Slip the catch in place, and while the long seems gla smoothly from under the presser, emptying the bobbin in use, the second spool is turning merrily and filling a new one. What a comfort it is to find a bobbin already alled, every machine sewer knows. hates to stop to wind one right in the middle of a long seam. Easy Way of Using Insertion

WHEN one considers the yards and yards of lace insertion that are used on a single garthat are used on a single garment, it becomes quite apparent that any easy method of producing the result will be a boon to busy workers. If straight lines only are to be used, and the garment does not require the finest of handwork, insertion can be put in by machine without the stitch-ing being in evidence and in a manner

to be absolutely strong and durable. First baste the insertion into the fabric rather closely and firmly, then stitch along both edges with a small firm stitch, taking in only the first thread of the lace. Turn the outer portions of the material over into the ace and again stitch just within the first row. Cut the material away beneath the insertion quite close to the stitching, when the desired transparent effect will be obtained and the edges perfectly strong, enduring even the ravages of the laundry without pulling out.

'A Simplified Mode of Shirring THE gown of today is an elabo rate creation, much shirred and much tucked, and any simplified method of doing the work is to be wel-

To get the lest results the work should all be done by hand, but where time must be made a consideration, very fine machine stitching can some-times be substituted. Tiny tucks and shirrings are much in vogue, and are very beautiful when well managed. If the tucks are carefully put in, of the required width, and are threaded with silkoline exactly matching the color of the material, they can be drawn up very easily and with per-fect success. The silkoline should be passed through the eye of a rather coarse needle, then the needle passed through the tucks eye first.

If the tucks have been sewed by

hand, both the silkoline and the thread should be drawn up together, but if the machine stitching has been used it will be possible only to draw up the silkoline. Wider tucks will of course demand heavier cord, and for these almost an sort that is soft and pliable can be utilized. The cord that fits the tuck shugly gives the best results.

· To Avoid Annoyance

AN anything be more amonying when sewing than to have the scissors constantly hiding themselves away, or falling on the floor, as if possessed by some evil spirit; or to have no pincushion convenient from which to obtain pins or replace them at every turn? Well, the simplest of arrangements will prevent both of these annoyances. If likely to need the scissors frequently, attach them to the waist by a tape long enough to suit any mergency of reach. There they are, then, at any and every mo-For the pins, a "crescent" pincushion will be found the most convenient,

the most unobtrusive kind. Th

be made long and be made long and slender or short and fat, to suit the taste of the user. It is crescent shape, as its name indicates, and has a string at each end, by means each end, by means of which it is tied at the waist of the wearer, fitting in at the waistline. It will never be found in ing, and will always be at hand with pins A Crescent invaluable to the cutter-out, as a pin

shape, if attached to the person, will be in the way; and, if not made fast, it when wanted,

ROMO Quinine Tablets. ey if it fails to cure. E. s on each bez. Se.