A Fashionable Woman

knows that her figure is made with her Corset. She may have beautiful and natural lines from the artist's point of view, but she knows that her form must be modelled by the Corset in order to have the contour which is necessary for her fashionable dress.

Warner's Corsets

represent the best there is in Corset designing and making. Every part of the figure in a WARNER'S MODEL is relaxed.

The Corset is scientifically boned with flexible boning, and put together so accurately that it cannot fail to fit comfortably if the proper model is selected.

WARNER'S CORSETS are not expensive—they parallel the highest priced Corsets in style and beauty at much lower prices.

Every Pair guaranteed not to rust, break or tear. Prices, $2.50 per pair up.

The Woman who wears a Warner's Corset displays a perfect figure, at the same time enjoying the best possible Corset comfort.

SOLE AGENTS:

Marshall Bros

That Animal, the Body.

By RUTH CAMERON.

Well, I suppose I must take my body out and exercise it," said a friend of mine who is boarding for the winter and hence does not get even the exercise that housework involves. "It's just like having a horse on my hands to exercise."

A suggestive and rather novel point of view, don't you think?

Theoretically, we all know that we owe our bodies a definite amount of exercise every day. Yet how many of us do actually feel the same definite responsibility toward our own bodies that we would toward an amimal left in our care.

Just Like Having A Horse To Exercise

Instead of realizing that we have a horse to exercise, as it were, we seem to feel as if we had a machine to use when it suits our pleasure and convenience and to stick in a garage when we don't happen to want to move it about.

Unfortunately bodies are not machines and are animals, and they suffer from this treatment just as a horse would if he were stuck in a stable, fed well three times a day and given no exercise but a few strolls about the stable.

How would you like to take out a horse that had been treated that way for a week or two? You would be afraid to drive him, wouldn't you? You would expect him to be nervous and hard to handle?

Naturally The Body Becomes Hard To Manage.

Why, then, be surprised, when you keep the human animal under similar conditions, that he too becomes nervous and irritable and hard to manage?

The effect of the mental on the physical in a familiar theme. We have all had the power of mind over matter impressed upon us. We should not forget also the influence of matter upon mind.

The body is to a certain extent at the mercy of the mind. It can do what it wishes with it—overfeed it, underfeed it, underexercise it and overexercise it. But in our present state of development, the mind has not learned to exist independently of the body, and therefore, any mistreatment which the mind inflicts upon the body, the body is pretty cure to revenge upon the mind sooner or later.

An unfortunate feature of these revenges is that they are often so slow in coming and represent such long accumulation of mistreatment.

Don't Let This Happen To You; Stop Now While You Can.

I heard the other day of a woman who had been overdoing for years in spite of the warnings of her friends. The day of reckoning finally came and she has been paying the piper for two years now and is just beginning to get back. "I knew," she said to one of those friends whose warning had not been heeded, "that I was getting tired, but I thought all I had to do was to get rested. I didn't know I had to go through purgatory."

Milady's Boudoir

THE PERFECT ARM.

The arm, to be beautiful, should have round flowing lines with no sharpness at the elbows, and should taper gently to a small wrist. Thin arms are always ugly, and require graceful movements to make one forget their thinness. While white arms are considered beautiful, dark complexioned arms may be more beautiful if better shaped, form being the chief attraction.

As much study should be given to the posing of the arms as is given to the carriage of the body or the expression of the face. The habit of holding the elbows away from the sides in a sharp angle while walking or standing, is very ungraceful.

Another bad habit, which many of our women have fallen into is that of crossing the arms over the chest when sitting. Just why this posture is assumed it is hard to say, unless it it is contracted because the owner, being aware of her awkwardness, tries to disguise this and does not know what else to do with her arms.

At any rate, the habit certainly not only detracts from feminine grace, causes ill shaped and discolored arms, but also is responsible for drooping of the shoulders and hollow chests. There was a time, years ago when such shoulders were admired, but not to-day.

Ideals change with each generation. In this particular one, the women with the strong, athlectic shoulders, is considered the ideal type. Are you one of these?

Too Late For New Year.
1 brl. Geese Just Arrived by Express.

By Express to-day, January 3, 1919:
25 cases STRICTLY FRESH EGGS.
P. E. I. POTATOES.
3 lb. tins TOMATOES, 28c.
3 lb. tins QUAKER TOMATOES.
3 lb. tins BOYER'S TOMATOES.
MARMALADE, 16 oz. jars.
MARMALADE, 12 oz. jars.
"QUAKER" EARLY JUNE PEAS.
PICKLED SALMON.
10 oz. pots ENGLISH PICKLED WALNUTS, 15c.
P. E. I. CARROTS, PARSNIPS, BEETS.
MOIR'S FRUIT CAKE. FRESH SAUSAGES Made Daily.

C. P. Eagan
Duckworth Street and Queen's Road.

HAY!

To arrive per S. S. Meigle, due this week from North Sydney,

2 cars PRIME HAY.

260 and 306—566 bdls.

Orders for this lot now booking. Phone 480 your needs.

Soper & Moore
Wholesale Importers and Jobbers.

FATHER.

It's over twenty years and more since
father went away,
And that great spirit that we loved
gave up its house of clay.
And some who knew him then perhaps to-day cannot recall
The way he looked or spoke or smiled, or was he short or tall;
But I, who used to hold his hand and
climb upon his knee,
Am certain there are times when he
comes back to counsel me.

Time was I used to think of him as
very far from here,
But now I've really come to feel that
he is always near.
I don't know how to tell it, but when
I have sat alone,
In some way he has come to me and
made his presence known;
Not in the old familiar way when he
would take my hand,
But in a fancy, or a thought which I
could understand.

When at life's cross roads I have stood
and wondered which to take,
And good or ill depended on the
choice which I should make,
It seems to me that father then has
come to let me know
The way—if he were still on earth—
he'd wish his boy to go.
Perhaps it's only memory but still I
seem to feel
That father's presence every day is
very close and real.

Sweetbreads, cooked and cold, can be served as salad with shredded lettuce mayonnaise dressing and radish garnish.

Spanish Flu

Claims Many Victims in Canada and should be guarded against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day. For sale by all druggists and general dealers.

MINARD'S LINIMENT CO., Ltd., Yarmouth, N.S.

Things to Remember.

During the war the corporation of Glasgow employed women in its parks, on its tramways, in its electrical departments and its bacteriological laboratory.

***

The Roll of Honor of British women who have given up their lives that Britain might endure now numbers 650 and the list is by no means complete. This roll regards service and not rank and shows that, to England, this "choir invisible" is indeed immortal.

***

In the Women's War Museum now on exhibition in the Whitechapel Art Gallery, London, there is a stall devoted to the Queen's War Work for Women Fund. Among the many exhibits is a portrait of Queen Mary which is being given to every woman in India who has had a relative killed in the war.

***

One of the trades calling for the greatest skill is the making of compasses. This work had never been undertaken by women until dilution of labor became necessary. Of the infinite number of delicate parts demanding absolute accuracy, women have succeeded in making all but two or three and even these will shortly be to their credit.

***

In November, 1914, the Mayor and Council of the City of Lyons worked out a system of re-education for French disabled soldiers and the work was begun the following month at L'ecole Joffre. That work spread even at that early date all over France and has been adopted by England with variations suited to the climate and the nationality of British maimed.

***

It is the intention of the British Government to make the Imperial War Museum a record as complete as is humanly possible of the way in which England did her part in winning this war. Every British subject should inform himself thoroughly as to what this exhibit includes. Where each works at high pressure to contribute the part expected from him he is not prepared to either know or appreciate what other equally devoted patriots have given as their share towards victory. This exhibit will do much to dispel that lack and create genuine appreciation of the fact that all work was equally valuable.

***

Mrs. Burleigh Leach, Chief Controller of Queen Mary's Army Auxiliary Corps (Waac's) began doing "her bit" as one of the first recruits of that splendid mother of patriotic British women's organizations the "Woman's Legion." That was in September, 1915, and from that day Mrs. Leach has never rested. When the armistice was signed Mrs. Leach had under her 40,000 women and girls of whom nearly 7,000 were in France. She was about to ask for 30,000 more. Although one age limit was eighteen years, Mrs. Leach refused to place the other limit saying she had found that some women at sixty were infinitely more useful than others at forty. In spite of her real importance Mrs. Leach is one of the most unassuming women imaginable, therefore delightful. She has none of the pushing, masculine traits of the woman who commands badly. Her smile is ready and her laugh infectious and genial. Knowing Germany thoroughly she prophesied the war long before it came. Her husband is Brigadier-General Leach in command of the famous South Wales Borderers.

DEMPSEY.

Now that the long drawn war is done, and peace abides in camps and courts, we turn a moment from the Hun to think and talk of helpful sports. No armies now distort the maps, at the benest of czar or king, but we'll still have our little scraps, our little triumphs in the ring. While captains whooped and chargers reared, and soldiers fired the deadly gun, a new phenomenon appeared, who packs home bacon by the ton. This Dempsey of heroic name, that by another Jack was worn, has quickly gained a healthy fame, and made a lot of cheeses mourn. Fred Fulton, who was wont to wist that he would wear the champeen's crown, ran up against this Dempsey's fist, then on the mourner's bench sat down. One moment he was full of hope, the next in anguish dire he sat and leaned against a sagging rope, and asked the crowd where he was at. Carl Morris cried, "Alas for Fred, that one so beautiful should fall! I'll punch this Dempsey party's head and stop his fooling once for all." But Dempsey smote that mass of beef, and found the vital place he sought, and Carl sat down to nurse his grief, and readjust his dome of thought. I like this man of swats and biffs, this Dempsey, vigorous and strong; he's weeding out the noisy stiffs and showing them they don't belong.

England Ruled by 'Foreigners.'

(From the Literary Diguest.)

A correspondent in the London New Witness recently pointed out that "England is suffering from foreign domination." He wrote:—"We are governed by the Welsh, prayed at by the Scots, and preyed upon by the Irish." From a note in The London Evening Standard the genuine native-born Englishman does not seem to have much to say nowadays. It writes:

"The Versailles Conference is considering decisions which may affect the fate of Great Britain for generations.

"A correspondent points out that on this conference our country is represented by:

"One Welshman (Mr. Lloyd George)
One Scottish Canadian (Mr Bonar Law.)
"One Jew (Lord Reading.)
"Four Scotsmen (Mr. Balfour, Sir Eric Geddes, Marshal Haig and Admiral Wemyss.)
"One Englishman (Lord Milner.)

"Is this not," he asks, 'a humiliating position for the country south of the Tweed—the so-called "pre dominant partner"? England proper is said to contribute seventy to eighty per cent of the men in the British army, ninety per cent in the British navy, and about ninety per cent, of the British war expenditure. Yet she has only one Englishman to make her voice heard at this crisis in her history."

Oddly enough—though, The Evening Standard omits to mention it—the one Englishman cited, Lord Milned, was actually born in Germany, and his father before him, since his grandfather, a physician, settled there, without, losing touch with England or acquiring German citizenship.

All sauces should be stirred continually while on the fire and seasoned carefully.

The First Principle of Modern Business is SERVICE

That is where we shine.

Good Goods well made, moderately priced, and honest effort made to deliver on time. Expert accounting and satisfactory settlements of all claims.

The biggest clothing manufacturing organization in Newfoundland backs its claim for Superior Service.

WHOLESALE ONLY.

Newfoundland Clothing Co., Ltd
mar6,eod,tf WM. WHITE, Manager.

JUST RECEIVED!

A shipment of Advanced Brand

Herring Nets,

50, 2¾ and 17, 60 Ran, 2⅝ Mesh Tarred Nets, 250 meshes deep; also a few bales of Cotton Herring Net Twine.

For sale at our Usual Lowest Market Price.

ROBERT TEMPLETON

NO MATTER HOW THE FIRE IS CAUSED

if you're not insured, you're a loser. Take time to see about your policies. We give you the best companies and reasonable rates.

PERCIE JOHNSON
Insurance Agent.

SLATTERY'S
Wholesale Dry Goods

Now offering to the Trade and Outport Dealers the following

AUTUMN GOODS:

POUND PERCALES
POUND SATEENS
DENIMS
COTTON CHECKS
POUND UNDERWEAR
TOWELINGS
SHIRTS
DRESS GOODS
PLAID DRESS GOODS
BLOUSES
FLANNELETTE
OVERALLS

EVERY DAY GOODS ARRIVING.

SLATTERY BLDG., Duckworth & George Sts.