## IS IT BECOMING!

The Test Wamen Should Apply to Every Article of Clothing. "Heaven help the woman who thinks It doesn't matter what she wears; she is not only vain, but idiotic," is the cry Field. This writer dilates on the absurdity of any woman fancying she can afford to be independent of her clothes or that men "never know what a woman has on," whatever they may

say to the contrary.
"There is no doubt," as she acknowledges, "that men are genuinely sincered in making this assertion and really dobelieve in their own indifference to such paltry accessories to feminine charms as hats and chiffons. But every woman knows in her heart the great woman knows in her heart the great particlothes play in her life, and so long as men persist in falling in love only with well dressed women it is useless for them to proclaim the relative unimportance of such matters.

"A well dressed woman need not enecessarily be expensively dressed—at any rate, from the male point of view." sagaciously continues the author, "and where women make their mistake is in assuming that it is enough for clothes to be merely beautiful or merely smart. The really vital question for every woman in reference to every hat, gown, coat or fur she buys is or ought to be 'Is it becoming?'

"Life, indeed, for a woman must always be more or less a question of ap-pearance, and none is so good or so beautiful or so intellectual that she can afford to be dowdy. The art of dressing and of making the most of her own appearance, far from being a sign of supreme feminine folly, as many peo-ple would have us believe, is in reality one of the most important arts a woman can master. 'The really foolish woman is the one who neglects her appearance, who is too lazy or too con-ceited to take any trouble with her clothes and who thinks it does not mato ster what she wears."

## For the Stomach Heart and Kidneys

Dr Shoop's Restorative is a Cause Cure - not a Symptom Cure.

It is a common mistake to take artificial diges ByThe Inside C. H. GUNN & CO.

### BAD SLEEPING HABITS.

Grinding the Teeth and

Man is the victim of bad habits in his sleep as well as in his waking hours. So distressing are some of these bad habits of sleep that they oblige wife and husband to occupy rooms, even at times causing Snoring is of course the commonest

If not the worst of sleep's bad habits. Smoring may be remedied. There are a tented devices that, the mouth shut tight, prevent the

Grinding the teeth is a disagreeable habit of sleep. It is impossible to sleep in the same room with any one who emits at irregular intervals this hide-ous sound. The trick is said to be in-curable, but a rubber cap worn on the teeth renders the grinding almost

Nervous persons sometimes leap in their sleep a foot or more in the air, shaking the bed and the whole room. The man who gives eight or nine of these leaps in the course of the night soon becomes an intolerable bedfellow. Nerve tonics and exercise should be ribed for him.

Nasal whistling is a habit less easy to cure than snoring. The sleeper keeps his mouth closed, but breathes with a distressing sound through his mose. The sound resembles a low whistle and, heard in the small hours, is guaranteed to madden.

Pure salt is just as important as f pure water or pure milk. WINDSOR TABLE SALT

is absolutely pure and never cakes.

Father (at head of stairs)—Ethel, what time is it? Ethel (in drawing room)—It's a quarter past 10, father. Father—All right. Don't forget to start the clock again after the young man goes out to get his breakfast. Stray

Wagner's opera, "Die Meistersinger,"
was sung for the first time in America
at the Metropolitan Opera House Jan.
2 1806.

#### THE WINTER EVENINGS.

Furnish Every Opportunity For Cultivating Every Grace That Belongs to the Life of the Home.

Every day of the 365 days in the round year contains the same number of hours-24 and no more. Yet a sum

round year contains the same number of hours—24 and no more. Yet a summer day and a winter day are wholly unlike one another, and a summer evening is a very far-away cousin of a winter evening. Summer evenings are made for, happy people who have no said memories and no dull regrets. They are meant for lovers, for lingering at the gate, for a last kiss and hand-clasp, while the moonlight bathes lawn and garden in its flood of silvery sheen. Darkness gathers early in winter, and the evenings are long. They give opportunity for cultivating every grace that belongs to family life, writes Margaret E. Sangster. One winter night, some years ago, a man came home after an absence and a long ride over the hills and saw sitting by the fire a boy he did not know. The farmhouse had so large a crowd of curly heads that a boy more or less made little impression. Neighbors' children were always dropping in, and often some of them stayed over night. But this boy was a stranger. The farmer made some inquiries.

"That boy," sald his wife, "came here

inquiries.
"That boy," said his wife, "came here inquiries.

"That boy," said his wife, "came here just at dusk last evening and asked the way to the nearest town. He was thinly clad and very cold, and seemed half starved, so I made him stay all right. He offered of his own accord to help milk the cows, and this morning he went out and brought in my kindling wood. He seems a nice little fellow, without a home, and I think he would better stay here."

He did stay there for the next seven years, with a place at the table, clothing, food and schooling, just as childen of that home had. The cold of the winter evenings had awakened in the beginnings the kindly hospitality of the household. Such virtues as generosity and unselfishness flourish in the country.

When the long evenings come one of the vital needs is to make them agreeable said chearful for all within doors.

when the long evenings come one of the vital needs is to make them agreeable and cheerful for all within doors. Nobody should be left out of the tender amenities of the home circle. Boys from 15 to 18 have often reached a restless stage in their development, when they are very apt to slip away from home if it be gloomy or frigid or in any way wearisome. Of all mistaken economies that which is too frugal of lamp-light in the winter evenings is the most deplorable. Save something else if you must, but have plenty of light. The living room should be well-lighted and warm-lighted, but the boy or girl who prefers to spend part of the evening in a separate room should have the ace to do so with a shaded lamp an sufficient warmth to make the room pleasant.

Sociability among neighbors belongs to those long evenings, and to promote sociability here should be music and games and informal conversation, as well as something simple in the way of refreshment. A chafing-dish should be a family convenience, and every home should have its well-filled cakebox and a good store of nuts and apples free to all.

I suppose everyone knows that we

free to all.

I suppose everyone knows that we may form any habit we choose, a habit of being well-mannered and hospitable, or a habit of being churlish and niggardly. A thoughtful writer has said that persons who mean to grow must make automatic and habitual as many make automatic and habitual as many useful habits as they can. "Down among the nerve cells and fibers the molecules are counting, registering and storing up our time to be used for good or ill when opportupity comes. Nothing we ever do is, in strict scientific literalness, wiped out. Of course, this has its good side as well as its bad one. If we become permanent drunkards by so many separate drinks, so we may become saints in the moral, authorities and experts in the practical and scientific spheres by so many separate acts and hours of work."

What I wish to emphasize is that

and experts in the practical and scientific spheres by so many separate acts and hours of work."

What I wish to emphasize is that we may form habits of application to study, of kind greetings to friends, and of knowing how to have a good time in the long evenings, if we seriously determine to put them to some good use. It will be the greatest of pities if we let the winter drift by without getting from it both pleasure and profit. It is the period when the home lines may be most closely drawn, and when we may have the most healthful fun and enjoyment beyond our homes.

I wish some word of mine could be influential in bringing about one urgently needed reform. In our cities the hours of social gatherings of every kind are growing absurdly late. People come together at an hour when their grandfathers were going to bed. They leave the festive scene not at midnight, but in the gray of the early dawn. Young men who should take clear heads and untired muscles to business the next day are unfitted for duty by the pleasure verging on dissipation of the night before. The season's wear and tear tells hardly upon the bloom of our girls. A round of teas, receptions, theatre parties and dances, brings nervous prostration to young women, who should never so much as hear of anything beyond healthy fatigue. Our late hours rob the long evenings of their charm, menace our vitality and are really a blow to the well-being of the community. The effort should be made to get together earlier and to separate at a reasonable time. The arbitration of this is in the hands, not of men, but of women, who are the true social queens, who in this country manage everything that has to do with home and friendship, and who may, if they like, make it the fashion to live more simply, and with less display than is at present the custom.

Another urgently needed reform is in the line of expenditure. There is no

with less display than is at present the custom.

Another urgently needed reform is in the line of expenditure. There is no reason why our pleasures should cost so much as they too often do. Because we can afford to spend little, some of us decline to be hospitable at all. Yet, there have been gatherings of refined and agreeable people evening after evening, in the winters of the past, where the only refreshment offered was a wafer and a cup of tea, and where there was no display, either of dress, of costly catering, or of riotous luxury in American Beauty roses. Simplicity should be a characteristic of our hospitality when we dispense it in the long evenings. There is the most winsome attraction in the cordial greeting, in the showing by voice and eye and hand that the home is glad in its heartbeat when friends come in of an evening.

## WOMENS' NEGLECT CAMP AT PETEWAWA but Infantry and Cavalry as well, so that field manoeuvres on a large scale can be attempted.

SUFFERING THE SURE PENALTY Realth Thus Lost is Restored by Lydia E. Pinkham's Vegetable Compound.

How many women do you know who are perfectly well and strong? We hear every day the same story over and over again. "I do not feel well; I am so tired all the time!"



More than likely you speak the same cords yourself, and no doubt you feel ar from well. The cause may be easily ar from well. arr from well. The traced to some derangement of the fe-male organs which manifests itself in depression of spirits, reluctance to go anywhere or do anything, backache, bearing-down pains, flatulency, nervous-ness, sleeplessness or other female

weakness.

These symptoms are but warnings that there is danger ahead, and unless heeded a life of suffering or a serious operation is the inevitable result.

The appearabilities removely for all these The never-failing remedy for all these ymptoms is Lydia E. Pinkham's Veg-

Clara Beaubien, of Beauport,

Miss Clara Beaubien, of Beauport, Quebec, writes:
Dear Mrs. Pinkham:
"For several years I have suffered with a female weakness which proved a serious drain on my vitality, sapping my strength and causing severe headaches, bearing-down pains and a general worn-out feeling, until I really had no desire to live. I tried many medicines, but did not get permanent relied until I took Lydia E. Pinknam's Vegetable Compound. In two months I was much better and stronger, and in four months I was well; no more disagreeable discharge, no more pain. So I have every reason to praise the Vegetable Compound, and I consider it without equal for the ills of women."
For twenty-five years Mrs. Pinkham, has under her direction and since her decease, been advising sick women free of charge. Her advice is free and always helpful. Address, Lynn, Mass.

Buttons.

Buttons are certainly as ancient as the siege of Troy, in the ninth century before our era, for, both in that unfor tunate city and at Mycenae, Dr. Schliemann discovered objects of gold, silver and bronze which could have had no other use than that of buttons. mediaeval times the clothing of the common people was generally fastened with wooden pegs of the type and form of those resorted to in emergencies by the country boy of the present day. Buttons covered with cloth were pro hibited by George I. in 1720 to encour

## Gin Pills Cure Sick Kidneys

OR YOUR MONEY BACK.

This is the guarantee with every box. That shows our confidence in Gin Pills. That proves, too, that it won't cost you a cent if Gin Pills fail to bring relief. Buy them with that understanding.

"I have been troubled with rheumatism, bladder trouble, and pain and weak-

"I have been troubled with rheumatism, bladder trouble, and pain and weakness in my back for several years. I sent for a sample of Gin Pills. The rheumatism left me at once. I now send for a full box, and if they prove as you say you will hear from me again.

"P. C. SMITH, South Orrington, Me."
And we did hear from Mr. Smith again:

again:

"Nov. 7th, 1904.
"Unclosed I send P.O. order for \$2.50 for 6 boxes of Gin Pills.
"Yours truly, P. C. SMITH."
We know your experience will be just like Mr. Smith's—because we know what like Mr. Smith's—because we know what gin Pills can do. They never fail, even in the most severe cases. No matter what your experience has been with doctors and medicines, don't give up until you try Gin Pille. It is because they are different that they cure. Try them and get relief. If you will send us the name of the paper in which you read this we will send you a sample box of Gin Pille absointely free. You can thus test them and see for yourself whether or not they are all we claim for them. They are for sale at all druggists. Soc a box—6 boxes for \$2.50. The Bole Drug Co., Winnipeg, Man.

"Mother," says the doubting wife, "I do not believe Henry is all that he should be."

"What is wrong with him now, Agnes? A short time ago you were complaining that he stayed out too late of nights. Is he staying out later than ever?"

Too many eye-openers impair the

New Batteries Below Quebe Few people are aware of the imporance and magnitude of the new fortifications now in course of construction to Beaumont, some ten miles below

at Beaumont, some ten intes selection Quebec, on the Levis side of the river

TO BE TO CANADA MILITIA WHAT ALDERSHOT IS TO BRITAIN.

says The Montreal Standard. The work, which has now been in progress Where Petewawa Is-On Main Line of C.P.R. Twelve Miles West of Pembroke-100 Feet Above the River Ottawa-What Has Already Been Done By the Engineers' Corps-Field Manoeuvres On a Large Scale.

One of the most important steps taken by the Militia Department in recent years is the acquisition of the large tract of land at Petewawa, which will in future be known as the Central Camp, and which is destined to become to the Canadian Militia what Aldershot is to the British Army. It will be more than this, for at Pete wawa will take place not only field manoeuvres for all branches of the service, but gunnery practice, both field



THE FIRST LIGHTHOUSES. They Were An Outgrowth of Beaco and heavy, will be carried out there—as has already been done for two seasons—and the new Central Camp will thus perform similar work to that carried on in England at Aldershot, Shoeburyness, Lydd, and Oakhampton.

Petewawa is on the main line of the C.P.R., twelve miles west of the town of Pembroke. The land purchased by the Militia Department extends for seven miles along the bank of the Ottawa River, which at this point is over two miles wide, the southern boundary of the land being at present the C.P.R. main line. It is the intention, however, of the authorities to acquire, in addition, a large tract to the south of the railway, now held by the Ontario Government, and also to buy out the set-BRIG.-GEN. RT. HON. LOBD AYLMER, I.G. Fires On Headlands, Which Sometimes Lured to Death.

times Lured to Death.

When ships are sailing upon the ocean the lights of heaven are their guides. Even in the dark ages, when the compass and sextant were unknown instruments, the seemingly motionless pole star hung like a beacon light in the northern heavens, and the rising and setting of the sun and stars distinguished the east from the west. When, however, ships came near the land the lights of heaven are not sufficiently safe to guide them. Rocks lie in their paths, unseen in the night; reefs and shoals spread under the water, while unsuspected currents sweep the frail craft all blindly upon these dangers. railway, now held by the Ontario Government, and also to buy out the set-



col. WILSON, A.D.C., CAMP COMMANDANT.
tlers on the Ottawa as far west as
Chalk River. When this is accomplished, the Central Camp will comprise an
area of some forty square miles.
The Camp proper has been placed on
the plateau one hundred feet above the
Ottawa River, and from the officers'
mess buildings on the ridge, between
Cupid's Nest and the Water Tower, a
magnificent view is obtained of the
blue Laurentians and of dozens of
wooded islands dotting the river for
miles east and west. wooded islands dotting the river for a miles east and west.

The Royal Canadian Engineers have been in camp from the first of May, and during that time have erected some forty substantial buildings besides installing a water tower and pumping plant with a present capacity of 100,000 gallons of clear spring water per day. Over ten miles of pipe have been laid, and water is thus conveyed to all the principal buildings. Numerous shower baths erected throughout the Camp proved to be a the booty.

THE "BLACK POPE."

New Head of the Jesuits Father Francis Xavier Wernz.

Father Francis Xavier Wernz, the new General of the Jesuits, was chosen by the conclave at Rome September 8 st. He is a German, and there has been open comment, especially in France, that he was elected to please the Kaiser. Father Wernz was born at



Agnes? A short time ago you were complaining that he stayed out too late of nights. Is he staying out later than ever?"

No. He spends every evening at home now, and really that looks to me as though he had something on his conscience."

Preventios, as the same implies, prevent all Colds and Grippe when "taken at the sneeze stage."

Preventics are toothsome candy tablets. Preventics are toothsome or support the command of Colonel J. F. Too many eye-openers impoir the vision.

LT.-COL. WEATHERSE, R.C.E.

LT.-COL. WEATHERSE, R.C.E.

LT.-COL. WEATHERSE, R.C.E.

STREAT BOOK TO Officers and men during the many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Engineers, under the command of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Laving and of Lieut. Col. Weatherbe, will many hot weeks of the past season. The Laving and of Lieut. Col. Weatherbe, will many hot he had send past season. The Laving and an actylene gas plant, and erected tele

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THE BLOUSE.

Its Name Came Originally From Pe-lusium, In Egypt.

present attached for service to the can adian Militia.

two years to finish. It is being executed by the Militia Department at Ottawa, under the superintendence of Captain Houliston, C.E., of the engineering branch of the service. These fortifications will consist of two big guns each, destined to command a large water stretch of the lower St. Lawrence from the heights of Beaumont. Nearly one hundred men are at work, and the foundations are almost completed. Both batteries will be concealed in solid rock formation, one at a height of 100 feet above high tide, the other at a height of 200 feet. The environs of Pelusium, in lower Egypt, in ages past stood foremost among sunny lands where the culture of indigo and the manufacture of fabrics died with it were the principal industries. In the middle ages, when the Crusaders landed on the coast of Egypt and entered Pelsium, where Port Said is now situated, they purchased quantities of the blue material, which they cast over their panoply of war. Afterward the same material was made in France and became the fabric of which the working garment of the male peasant was made and is to this day.

The name of the locality was given the fabric, and this was retained by the French production, but contracted to Pelouse, which later on was changed to blouse (pronounced bluze). The smock worn by English male peasants is a similar garment and, though it is not written in history that the blouse crossed the channel soon after its entry into France, it would seem probable from the fact that in other times the smock was now and then called a "blowse."

This, fair ladies, is the origin of the

times the smock was now and then called a "blowse."

Nevertheless, ships were sailed along dangerous coasts for centuries before a plain system of marking dangerous places was invented. The early mariners were bold and reckless rovers, more than half pirates, who sedom owned a rood of the coasts along which they sailed and could not have established lights and landmarks on them had they cared to do so. The rude beginning, then, of a system of lighthouses was when the merchanis with whom the reckless mariners traded in those dark ages built beacons near the harbor mouths to guide the ships into hor by day and lighted fires for their guidance at night. As such a harbor guide had to be a sure landmark in the daytime and a light by night, it soon took on a settled shape—a tower on which could be built a fire, and such a tower was usually built of stone.

This method of guiding ships into the ports which they sought was scarcely established before human wickedness used it as a means for their destruction. Bands of robbers, or, as they came to be called, "wreckers," would hide themselves somewhere near the haven sought by a richly laden vessel and, after overpowering the fire keepers, would extinguish the beacon fire on the night on which the ship was expected. Then they would light another fire near some treacherous refe. The mariner, sailing boldly toward the false light, would dash his vessel to destruction on the refe, whereupon the robber band would plunder the wreck and make off with the booty.

THE "BLACK POPE."

SERVANT PROBLEM.

Italian Girls to Be Trained For American "Help."

At the head of the list of canonized saints of the future will surely stand the names of those who have tried with any measure of success to solve the domestic service problem for the Amercan housewife. Charlotte Perkins Gilman's schemes for co-operation are a bit too advanced for the women of this generation, though these conservatives may be forced to try them yet before they surrender the pantry and storeroom keys to their daughters.

Now a man has buckled on his armor and entered the lists, and this in the person of no less a hero than Caesare Conti. Mr. Conti, a New York banker by profession, is interested in this subject from a double viewpoint. His concern for the welfare and advancement of his own countrymen is scarcely greater than the alarm which he feels for the fate of the old fashioned home in this land of his adoption.

His plan is to establish in Italy a school where girls of the servant class shall be trained in the ways of American housework. The teachers are to be sent from here for that purpose. These prospective maids are to learn a little of our language and a good deal of our cooking and ways of living. They are to be trained not for families which keep several servants, but for the housewife who has, or used to have, what is known as the general houseworker. These families it is that are the backbone of the American nation, and these it is that are being driven from their homes.

Before entering upon the proposed course the girls will undergo a rigid physical examination for the purpose of ascertaining whether they will be able to thrive in the climate of America. After the course the graduates will be brought over here and be taken in charge by some religious order until they go into a family. This same organization, which has not yet been chosen, will look after the girls if they are ill and send them back to Italy when it is necessary. It will also act as a protector to them in any case of

The plans for the starting of the school are well under way and after the details are arranged the first class will be formed, probably within a few months. Since the course is only to-take six or eight months, another year will see the first installment landing on our shores.-Good Housekeeping. \*\*\*\*\*\*\*\*\*\*\*

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