

WOMAN'S WORLD.

THE FASHIONS.

The Fashion correspondent of the Toronto Empire has this to say in reference to bodices:

Bodice in violet basket cloth, blouse front and French backs, full at the waist and gathered under a black satin folded belt. Front of bodice is crossed, the top opening over a little guimpe in cream mousseline de soie, plaited, collar of same with tulle frill of lace. The fronts are trimmed with rows of narrow black ribbon, forming a pattern on the left side. Silk cords and olives close the front. Sleeves made over a lining full at the top with little epaulette of the same. Frill of lace, falling over the hand.

An elegant bodice of black liberty satin is trimmed with Brussels lace applique, and fastened with steel buttons. Black satin sleeves, made entirely of accordion plaits across. To be worn with liberty satin side-plaited accordion skirt.

Another very pretty bodice is of light gray cloth. Corsage vest of double revers, braided over a front made of three plaitings of white mousseline de soie. Belt of gray cloth. Tight sleeves, braided across. To be worn with skirt of same material.

Bodices in ecru linen, embroidered in white flounoes on the shoulders and plaited into the belt. Round plait of white satin fastened with moire buttons. Belt and corset of black satin, bordered with yellow valenciennes lace. Sleeves in tucks across, edged with lace. Bow of cerise satin on the side.

Bodice of cream white canvas, trimmed with narrow black ribbon in squares. Very short jacket, a little longer in front and split at the sides, closed with moire buttons. Sailor sleeves, with deep cuff and epaulette, trimmed closely with ribbons.

Solitary August days, says a writer in the N. Y. Post, are yet to come, and importers are still preparing new temptations in the way of novel transparent textiles with zephyr-like materials to trim them, and very light, airy hats en suite. A beautiful gown shown last week as a lately received model was of creamy French batiste, strewn with rosebuds, and overrun with dark-green vines on sun-browned stems. The gown had a belted waist, with a slightly bloused front, attached by three plaits to a yoke of lace insertion laid over pink batiste. The draped sash of cream silk, bordered with an inch-wide band of satin, was carried twice around the waist, and the collar was a combination of ribbon and embroidered batiste. The full skirt, cut nearly straight over a cream-silk underskirt, had Vandykes of embroidered batiste pointing across the front and up the sides half way to the belt—something in tablier style. The hat and parasol en suite were triumphs of French art, ingenuity, and taste.

Yellow and mauve form a very pretty combination on light summer gowns when the tints and textures are carefully chosen. Black net over white satin, and black lace over white transparent, are the height of style in Paris. The gowns are finished either with sashes of silk muslin carried twice around the waist, or of soft undressed silk in pale mauve, pink, lettuce-green or black.

The garnitures on summer dress skirts are almost as varied as the decorations on the bodices which complete them; and frills, folds, flounces, flutings, fluttering ribbons, tucks, cordings, shirings, and kiltings flourish where but recently appeared only the plain, adorned, undraped models.

Some of the newest India silks are brocaded in small Marie Antoinette figures, and other plain Indias so thin that they are almost like gauze or silk mull, are one of the Parisian novelties that can be accorded-pleated as effectually as chiffon. They are, however, as fine and beautiful in quality as they are transparent. Gray day costumes and evening toilets are in great vogue this summer, and very pretty seashore dresses are made of silver gray moiré or étamine, with little gayer coats opening over blouse fronts of soft pink or forget-me-not blue silk, stitched in gray on the front box-pleat, and deep sailor collars that fall on the shoulders over the outside of the small gray coat.

Sashes of every description increase in favor as the season advances, and fashion allows us to fasten them where and how we will. The width, too, is to a great extent regulated by the wearer, but, as it is essential that the ends shall fall nearly to the hem of the gown, it will be seen that very wide ribbon is undesirable, unless the sash is held exactly under the point of the bodice or the short jacket in the back. In this case the wide ribbons are used. The most graceful broad sashes are of soft, undressed silk that does not rattle like satin nor swish like taffeta. Some of these are finished with silk fringes at the ends.

Never before has there been such a variety of beautiful effects in batiste embroidery as there is this season. Every tint of ecru, from cream to the brownish flax color, is represented in these lovely trimmings, and the latest designs come in deep flouncings and wide insertions, with irregular edges and open patterns exquisitely embroidered in various colored silks of subdued shades, artistically harmonized.

The graceful and pretty Marie Antoinette fichus and light draperies complete the trimmings of very many of the dressy summer gowns. This style, as it was presented early in the season, could not fail to become adopted, for it is one that is becoming alike to small and large women. For the too slender form it can easily be made to apparently increase the size, and it can likewise be arranged in long flat folds to produce just the opposite effect.

Many of the newest and smartest of the summer-dress sleeves match the skirt trimmings in style, and instead of even the small puff frill or drapery at the top of the sleeve, the shirring, puff,

ings or pleatings that adorn the forearm are continued on to the very top of the sleeve, merely enlarged in width or size as they reach the shoulder.

A novel French gown is made of silk etamine in one of the new lavender blue shades, trimmed with insertions of black lace laid over white satin. Black pleated silk muslin over white forms the frill down the side where the bodice opens. The belt and collar are of pink silk, and the epaulettes are of the etamine lace insertion and silk muslin frills. The chief point to be considered in this odd style of dress is to make the gown dressy and striking enough to fulfil the present requirements of fashion, and yet have it suited for various and widely different occasions. This is usually the most difficult thing to accomplish in dress, but the transparent materials so fashionable this season help out this scheme with great success.

THE HOUSEHOLD.

Silver sweetmeat and bonbon dishes are being laid aside, and odd, fancy-shaped fine china ones, beautifully decorated, are the present caprice. This is because diversity is desired, for nothing can eclipse beautiful silver for elegance. The favorite ice cream platters are still the decorated china or cut-glass receptacles which fit into silver frames with tiny feet, so constructed that if any moisture comes upon the outside of the dish it does not come in contact with the table cloth.

The inventor of the modern kitchen tables was interested in the housekeeper's comfort, for besides supplying the table with the usual two broad drawers, he put in underneath these one large drawer in the form of a half circle, the deepest part measuring about sixteen inches, thus giving a convenient receptacle for many larger articles that are always needed.

It is well to know that if salt fish is wanted quickly the fish is freshened much sooner if soaked in milk, milk that is turned being as good for the purpose as the fresh milk.

If icing runs off a cake and will not stick, flour should be sifted over the cake and then wiped off with a soft cloth before applying the icing.

Small, quaintly shaped gilt baskets filled with sweet peas and with the handles of the baskets decorated with dainty bows of ribbon, matching the blossoms in color, were the favors at a recent dinner.

When purchasing a pineapple select one with its green, spiky leaves in perfect condition; cut this top from the fruit and plant it in a pot of earth. It will grow and be a desirable plant, looking well among other green plants in the winter season.

If the tea steeper contains any cold tea and soaked leaves, no matter how small an amount, do not throw away, but pour every few days into the cut-glass water bottles. Shake the bottles well and then thoroughly rinse in clean water. Treated in this manner, the inside of the bottles will remain bright and clear.

Lukewarm water is far better to use for removing beer stains upon glass than either hot or cold water. After washing, glasses should be stood to drain for a moment, and then dried on one clean towel and polished on another.

The fact that milk should be taken slowly, sipped rather than drunk, is pretty well understood. A physician puts the reason in practical simple language for the benefit of the laity. "The action of the gastric juice," he says, "is similar to that of rennet upon milk. If the milk is swallowed rapidly, large curds difficult to digest are the result; if properly sipped or taken with a spoon, many tiny cheeses are formed in the stomach upon which the processes of digestion act with greater ease. Much of the 'biliousness,' popularly so-called, after taking milk, is due to rapid ingestion."

Owners of fine pianos declare that it is a mistake to leave the instrument closed when deserting a residence for the summer. Protect the case from dust, but leave the keys exposed or expect them to grow yellow. They may not do this for one or two seasons, but persistent covering with the air tight lid will certainly, say the experts, produce this result.

The very pronounced taste for linens, lawns, piqués, fancy etamines, and canvas goods has extended even to taller gowns, much to the detriment of the various stylish woolen fabrics which have served almost exclusively for them hitherto. Grass linens, dimities, ducks, and English cords in white, blue, cream, tan and ecru are all used for morning tailor costumes for the country and fashionable watering-places, and the cut is almost precisely the same as that of any tailor costume of cloth, cheviot, or tweed. The suit comprises a skirt, with lapped and stitched teams, close about the hips, full at the back, and only moderately expanded towards the hem, and either a short basque bodice or bolero or Eton jacket, opening on a pretty pleated shirt-waist of some sort.

The French muslins are, if possible, prettier than ever this season, and while the tinted grounds are exceedingly beautiful in coloring, the cream-white muslins, dotted or flowered, are quite as popular. Narrow edgings and insertions trim the majority of the muslin gowns, but very wide laces, very yellow, and exquisitely fine, decorate some of the French gowns designed for full-dress uses.

A pretty little gown worn at one of the shore resorts was of the favorite white and black combination—a white organdie trimmed with black. The seven tiny ruffles of the skirt were edged, top and bottom, with narrow black lace; black lace insertion was set in horizontally in the yoke and perpendicularly in the bouffant bodice below, while the meeting of the yoke and bodice was veiled with a tiny ruffle of the organdie, also

edged with the lace. The sleeves were covered with the tiny black edged ruffles, full length to the top, where the small puff was all of the white. The organdie was worn over pale green silk, with a green collar at the neck.

About this time in the year the heavy Fall and Winter goods are coming into the shops, and the latter part of July and the first of August they are being looked over and prepared for customers. When the mercury is up in the hundreds, the girls in the shops—those to whose department such work belongs—are trying on heavy woolen gowns and coats, that they may be critically examined by the management.

CATHOLIC TRAINING SCHOOL FOR NURSES.

[From our Own Correspondent.]

PATERSON, N.J., July 31.—Many hospitals in the United States, under the charge of the Sisters of Charity, have, within the last few years, established schools of nursing. The first trial was made at St. Mary's Hospital, Brooklyn, and was so successful that other Catholic institutions were encouraged to do likewise.

Two years ago a training school for nurses was commenced at St. Joseph's Hospital, Paterson, N.J., and this summer the first class was graduated. Out of a class of ten young women four were Canadians. It is becoming a well recognized fact that the large majority of Canadian women who have studied nursing have been very successful nurses, and are much appreciated in America's schools.

St. Joseph's Hospital offers every advantage to students. Paterson being largely a manufacturing city, the hospital is generally crowded with both medical and surgical patients. A maternity department has lately been added and the nurses are thoroughly trained in that branch.

The nursing department of the Paterson Isolation Hospital is under the charge of St. Joseph's Training School, and every nurse of that school has the advantage of three months training in contagious diseases, principally scarlet fever, diphtheria, and erysipelas. The Isolation Hospital, being modern, highly sanitary in its appointments, and beautifully situated in a mountainous district, on the outskirts of Paterson, the three months service there is, apart even from its professional benefit, much valued by the school.

The medical staff of St. Joseph's deliver, every year, two courses of lectures covering all the branches of a nurse's study. Two trained nurses, acting as superintendent and assistant superintendent, are constantly employed in the instruction of the pupils.

Recognizing the fact that this is an age of progress, especially in the medical world, the Catholic schools of nursing endeavor to keep constantly advancing, and avail themselves of all the newest methods of teaching, in order that they may send forth, for the care of the sick, only nurses thoroughly efficient and trustworthy.

Young women, wishing to apply to St. Joseph's Hospital, Paterson, N.J., may do so at any time of the year, and should address their applications to the Superintendent of the Training School.

WOMEN BOARDERS.

"Women shall be charged half as much again as the men when I keep a boarding house," says the woman who knows. "They are double the trouble. They soil the furniture, get stains on the carpets, and it is really worth twice the money to have them in the house. The only thing about them that makes them at all desirable is that they do pay their board bills, and that is more than men always do. I used to think it was an old maid's idea when I heard people say that women were so much trouble in a house, but now I know it is not. I don't know that I blame the women; perhaps I would do the same thing in the same place; I presume I should."

"It is natural for a woman to want a home. She is like a cat in a strange garret without one; so when she has only one room, she tries to make a home of it. She has a little stove, and she gets her meals, she washes, and she irons. You go to the bath room and find that the water will not run in the set bowl because the outlet is filled up with her potato peelings, and your bath tub is all broken up with her washboard. The woman has her home life; it is pleasant for her, but it is hard for the woman who keeps the house."—N. Y. Times.

RED HAIR IN ALL AGES.

Since time immemorial red hair has been the object of ill humored jokes—just why, no one seems to know, unless it be that Judas Iscariot was thus endowed. And yet, despite the popular prejudice against auburn locks, there are few things more beautiful than a woman with red hair.

Red-haired women have played prominent parts in the world's history and have caused many a kingdom to tremble, and even to fall. Helen of Troy was red-haired and she certainly caused trouble enough for one woman. Catherine I. of Russia, Joan of Arc, Elizabeth of England, Mary Stuart, Anne of Austria, ex Empress Eugenie, Ninon de L'Enclos, Lucretia Borgia and Beatrice Cenci, all had red hair, and all are famous.

Nevertheless, it is a curious fact that in all ages there has been aversion to hair of this hue. Red has always been considered the color of war and blood-

shed, and the cruarest gods of savage races have always been adorned with red capinots.

The ancient Egyptians were violently opposed to red hair, and once a year burned a maiden of this description in the hope of exterminating or lessening what they considered a curse.

In Spain red hair is abhorred on the ground that it is "Judas hair." Among some savage races red hair is held in great esteem, especially among those of the Alaskan tribes.

In New Zealand a red-haired woman is considered as on the right road to Paradise.

Students of red hairology say that a woman thus adorned is more cruel, brighter, more deceptive and more ambitious than a woman having other colored hair. Whatever truth there may be in this, it is a fact that red-haired women have a strange fascination for most men and red-headed old maids are almost unknown.—Exch.

SIMPLICITY BRINGS LIFE'S BEST PLEASURES.

"For poor and rich alike the highest pleasure and utility in life will come from simplifying it," writes "Droch" of "Vacation Meanderings" in the August Ladies' Home Journal. "The contentment that can only be had from nerves that are not overstrained is to be found by reducing your daily life to its simplest terms. This applies with equal force to the hard working man or woman with small income, or to the rich who are cumbered with many cares. Poverty has been made just as complex as riches by the many things that ill advised teachers have taught poverty to expect that it ought to accomplish. What both must learn, for the best results in their own lives, is not how little can be had for a great deal of money, but how much of real and permanent value can be secured for a little money. That is the highest economy and it cannot be taught—it must be learned by experience, and you cannot begin it at a better time than when seeking a vacation."

A CLERGYMAN'S LIFE

HAS MORE WORRIES THAN THE PUBLIC ARE AWARE OF—NERVOUS EXHAUSTION THE FREQUENT OUTCOME.

There is more worry connected with the routine life of the average clergyman than most people imagine. His duties are multifarious, and it is little wonder that he frequently becomes the victim of nervous exhaustion, insomnia, etc. In this condition Dr. Williams' Pink Pills act more speedily upon the nervous system than any other medicine, and promptly restore the user to a normal state of health. Rev. Wm. Clarke, a rising young Methodist minister stationed at Orono, Ont., says:—"I have derived great benefit from the use of Dr. Williams' Pink Pills. I found that when I attempted to study I would become drowsy and could not apply myself to my work. My digestion was very bad, and my nervous system seemed to be out of gear. At first I paid but little attention to the matter, but found myself growing worse. At this time I was stationed at Fort Stewart, Ont., and was boarding at the home of a storekeeper, who advised me to try Dr. Williams' Pink Pills. I decided to do so, and thanks to this medicine, I am again restored to good health. Under these circumstances I feel it my duty to say a good word for Dr. Williams' Pink Pills."

Dr. Williams' Pink Pills cure by going to the root of the disease. They renew and build up the blood, and strengthen the nerves, thus driving disease from the system. Avoid imitations by insisting that every box purchase is enclosed in a wrapper bearing the full trade mark, Dr. Williams' Pink Pills for Pale People.

CAN'T CONTROL HIS MEMORY.

From the San Francisco Post.

Shoemaker Shaw of Dixon is possessed of a phenomenal memory. It is at once phenomenally good and phenomenally bad. In the first place, when he measures a customer's foot for a pair of shoes he never puts down a figure of all the numerous measurements, but he has them for all time. It is never necessary for him to measure that foot again. Years after he will recall them on an order and make a perfect fit.

That is the only thing Mr. Shaw can remember. A short time ago he was standing at the depot in Dixon talking to a friend. The passenger train pulled out for San Francisco, and still he talked away. Suddenly he exclaimed: "By George, I was going somewhere on that train. Where in the dickens was I going, anywhere?"

He felt in his pocket and found a ticket to Suisun.

"Now, what was I going to Suisun for?"

Again Mr. Shaw searched his pockets, read all the letters he found, and finally came to a subpoena.

"That's it. I was subpoenaed as a witness."

He had to hire a team to get to Suisun in time.

ONCE WAS ENOUGH.

First Boarder—Were you here last summer?

Second Boarder (crossly)—No; think I'd be here now if I had been here last summer?—Pack.

A regimen mapped out in the Home Doctor by a specialist is recommended to all thin women who wish to gain flesh. For breakfast porridge and milk, followed by cocoa, weak tea or coffee and milk, with rather fat bacon, or fish, and jam. At eleven o'clock, a cup of milk, bouillon, or egg and milk. At luncheon, meat, plenty of potatoes, and sweets. Eat fats, sauces, butter, gravy, bread, and sugar in abundance, and all starchy foods, besides peas, beans, etc. This, with the rubbing in of oil, always upwards, will soon produce a marked change in appearance.

WONDERFUL are the cures by Hood's Sarsaparilla, and yet they are simple and natural. Hood's Sarsaparilla makes PURE BLOOD.

Established 1848.
State University 1856.
Created a Catholic University by Pope Leo XIII 1889.
TERMS: \$160 PER YEAR.



GOTHIC UNIVERSITY OF OTTAWA, CANADA.
Under the direction of the Oblate Fathers of Mary Immaculate.
DEGREES IN ARTS, PHILOSOPHY AND THEOLOGY.
PREPARATORY CLASSICAL COURSE FOR JUNIOR STUDENTS.
COMPLETE COMMERCIAL COURSE.

Private Rooms for Senior Students. Fully Equipped Laboratories
Practical Business Department.

REV. J. M. MCGUCKIN, O.M.I.
Rector.

SEND FOR CALENDAR. 50-10

TEACHERS WANTED!

Over 4,000 vacancies—several times as many vacancies as members. Must have more members. Several plans; two plans give free registration; one plan GUARANTEES positions. 10 cents pays for mailing teachers. No charge to employers for recommending teachers.

SCOTTISH UNION AND NATIONAL INSURANCE CO.
OF EDINBURGH, SCOTLAND.

Assets Exceed Investments in Canada:
Forty Million Dollars. . . \$1,783,487.83.

MONTREAL OFFICE, 117 St. Francois Xavier St.
WALTER KAVANAGH, Chief Agent.
Losses Settled and Paid Without Reference to Home Office

FUNERAL EXPENSES.

The subject of funeral expenses is on which has been engaging the attention of several journals in the United States during the past few months. Harper's Weekly, in a recent issue, refers to the matter in the following manner:—

Funeral customs have become so firmly established that among poor people the expense of what is considered proper burial adds another pang to death. A thrifty and provident man whose scant earnings preclude any considerable savings, more frequently than not joins some society which undertakes to bury with decency and propriety the members who die. These societies are of the assessment kind, and whenever a member dies each living member is assessed from fifty cents to a dollar. This yields anywhere from one hundred to two hundred and fifty dollars, and this sum, whatever it amounts to, is paid to the dead member's family. The writer has been informed by a man who is connected in an executive capacity with two such societies that it is rarely the case that any of such money is left after the funeral expenses have been paid, but on the contrary, more frequently than not, the family pays from its savings or runs into debt so that greater honor may be shown to the merely senseless clay, from which all that was sacred or immortal has departed. The independent poor of America has a deep seated horror of being buried by charity, by the public authorities, or in the Potter's Field. They are therefore willing to make sacrifices while living to prevent this when dead, and the living do not shrink from contracting debts that the dead belonging to them may be buried in what they consider a suitable manner. And there is another peculiarly about the funeral expenses of the poor. They regard debts so contracted as debts of honor that must be discharged in preference to any others. The doctor who tried to save the dead person's life, the grocer who furnished supplies, the landlord who gave shelter—all these must wait till the undertaker's bill be paid.

IN THE NEIGHBORHOOD OF NEW YORK CITY it is considered a poor funeral, even of a common laborer, that costs less than one hundred dollars. To the great majority of the readers of the Weekly one hundred dollars does not seem a great sum. But a laborer at \$1.50 a day, if he finds employment every day in the year except Sundays, can only make in that time \$469.50. If one fourth of a year's earnings go for the funeral expenses of a member of a laborer's family, it will readily be seen that the amount to live upon has been most seriously reduced. But the great cost does not bear hardly and seriously upon laboring men alone. Mechanics, artisans, clerks, and small tradesmen—indeed, all who live upon limited incomes—suffer serious hardship in delaying the costly expenses of what custom has decided that a respectable funeral should be. The laborer is not the poorest among the industrious wage-earners, even though the aggregate of his wages be less than that of other classes. The laborer has a certain style of living—or lack of style, if you choose—while the others feel the necessity of housing, feeding, and dressing themselves better. This results in the clerk with a family and \$1500 a year salary in a town like New York being about as poor as poverty itself. As it is in the matter of living, so it is in dying—the dead body must be buried in a style suitable to the condition of the person while alive; and therefore the laborer with \$400 a year can even better afford to pay \$100 for the funeral expenses of

a member of his family than the clerk with \$1500 a year can pay \$250 when death comes into his household. Singularly enough, the funeral expenses do not increase in the same proportion that incomes do. The funeral expenses of a man worth half a million dollars, unless his family were unusually fond of ostentatious and vulgar display, would not be likely to exceed a thousand dollars. This rate of increase, it will be seen, is not at all in proportion to the increase in wealth from the day laborer to the prosperous merchant or banker. But there have been instances in New York city when funeral expenses have mounted high into the thousands.

THE POOR MAN RARELY OWNS A CEMETERY LOT; indeed, in the older and more crowded cities he rarely owns a grave. Cemetery lots and graves in cemeteries vary in price just as city property varies in value. A corner lot on Broadway is worth so much; a lot of the same size in the interior of a block on Avenue C has another and very different valuation. In Greenwood and in Woodlawn some localities are more in favor than others, and there are avenues in these cities of the dead that correspond with Madison Avenue in New York and Beacon Street in Boston. But each large city has more humble graveyards than those mentioned, and in such both graves and lots can be had for comparatively modest prices. The poor man who neither buys a lot nor a grave does not have the satisfaction of owning in fee even over so small a section of God's Acre. He only pays to have a grave opened, and for the privilege of depositing his dead within the space devoted just as much to other remains—the remains of strangers more likely than not—as to his own. If there is anything sacred in the poetical idea of a man placed in his grave having gone to his long rest, the sacredness seems to be somewhat disturbed by the idea that the grave is already tenanted before his body arrives, and is likely to have others after his repose begins. The practical idea, no doubt, presupposes that the reposeful dead will be placed in virgin earth and remain undisturbed forever. But this condition does not obtain to any great extent even in many country villages. The writer knows of one graveyard, in a village not more than thirty miles from New York, which, during a hundred and fifty years, has been buried over some three or four times. In old city graveyards a grave is not considered to be full until it has in it six bodies.

The camel is a beast of great strength and endurance. Nothing hurts it until the proverbial "last straw" is added to its burden. It is really astonishing how much abuse it will stand. Sometimes, however, something worse than usual will be eaten, and will go through the stomach into the bowels, and there it will stick—that's constipation. Nineteenths of all human sickness is due to constipation. Some of the simplest symptoms are coated tongue and foul breath, dizziness, heartburn, flatulence, sallowness, distress after eating, head-ache and lassitude. A little thing will cause constipation and a little thing will relieve it. Dr. Pierce's Pleasant Pellets are a certain cure for constipation. They are tiny, sugar-coated granules, mild and natural in their action. There is nothing injurious about them. Sold by druggists.

Address with 21 cents, in one-cent stamps, to cover cost of mailing only, World's Dispensary Medical Association, Buffalo, N.Y., and get a free copy of the "People's Common Sense Medical Adviser."

A RAILWAY MANAGER SAYS:

"In reply to your question: Do my children object to taking Scott's Emulsion? I say no! On the contrary, they are fond of it, and it keeps their pictures of health."

Are You Nervous?
Horsford's Acid Phosphate
Quiets the nerves and induces sleep.

For Sick Women

Has your doctor failed to cure you? I am an experienced woman's nurse, and have a Home Treatment for your weakness which will not fail. I will forward full particulars and describe how to use my remedy upon receiving your address. FREE to reach those women only who require assistance, hence, I adopt this method, as I can explain fully by letter. For the action of my remedies, see testimonials. Mrs. E. Woods, 578 St. Paul St., Montreal.