

# WOMAN'S REALM

**Some Stunning Toilettes.**  
The holiday season invariably brings about a falling off in the attendance of smart folk at the theatres, says Lady Moulsh in Town Topics.

Nevertheless beautiful toilettes have been conspicuous at several playhouses during the past fortnight.  
One of these the hat was the most striking feature. It was very large, of white fur felt, and it was almost covered with chrysanthemums, of the big, pinkish white variety, with underlining petals.

A three-quarter coat of white broadcloth partially covered a white net gown, garnished with velvet flowers.  
The coat was tucked all over, save where there were wide incursions of white fur felt, and it was also ornamented the entire length of front.

A woman in a scarlet gown made in simple Princess style wore a charming contrast a brown chiffon cloak and hat of brown fur felt.

The hat was tilted to just the right angle by means of a cluster of red rosebuds which were tucked snugly under one side of the brim.

It was a curious combination of colors, but most effective.  
Mr. Gouke Cockran escorted two handsomely gowned women to a box at the Bijou Theatre a few evenings ago.

They wore a white spangled costume, made in the most extraordinary manner. It had three-inch wide insertions of black jetted lace, crossed X-fashion over the back and front. The effect was so novel and striking that the toilette escaped no one.

The hat was a white, soft beaver, covered with delicately tinted orchids in pink and white. Trimmed among these was a twisted pale blue satin ribbon, with ends falling just over the hair.

There were also flowers and ribbons under the side of the brim, where it turned slightly away from the face.

One of the most delicate, becoming and ravishing costumes I have seen this winter is a silver-gray crepe de chine from one of the best Paris houses.

It is trimmed, the bodice only, with silk and satin, and is set in a very shallow pointed yoke, and again at the waist line, for a depth of about two inches, it is visible.

The finest of hand shirring, alternating with closely stitched bands of crepe de chine, forms the body of the waist, as well as the tops of the sleeves.

The latter are quite too elaborate to describe.  
Below the shirred top the fullness is left entire to the elbow, where it is caught into a wide kimono-like cuff of lace turned back, stitched and adorned with the ornaments.

Below this is still another more modest fullness or puff, ending in a handsome pointed lace cuff; the latter is feather-boned and perfectly finished.

The skirt is a gem. It has a short, hip yoke and slender front panel reaching to the bottom.

clinging as possible, with plenty of fullness about the bottom of the skirt. All are resplendent with illusion lace, flowers, and not a little fringe.

Hands and Feet.  
Sensitive hands should always be rubbed with an emollient after washing, and if frequently wet, be protected from the action of water as much as possible by the use of oils.

Chilblain Powder.  
Salicylate of bismuth, 2 1/2 drams. Powdered starch, 3/4 ounce.

When the chilblains are ulcerated and broken apply the following lotion three times daily, bandaging with linen or antiseptic gauze when necessary, otherwise dusting the inflamed parts with the powder;

Elder flower water, 7 ounces. Tincture of catechu, 2 ounces. Glycerine, 2 ounces. Boracic acid, 3 drams.

FOR THE COOK.  
A good and inexpensive breakfast sweet is apricot marmalade made from canned apricots. Measure the fruit, and to each pint allow three-fourths of a pint of sugar.

Gingerbread Cakes—Take one cup of New Orleans molasses; one cup of sugar; one cup of sour cream; one small cup of butter; three eggs; three cups of flour; one spoonful each of cloves, cinnamon, ginger and baking soda. Bake in two loaves in a moderate oven.

Doughnuts—Cream two cupsful of sugar with one-half cupful of butter, add one-half cupful of milk, two eggs beaten light, two cupsful of flour into which has been sifted a teaspoonful of baking powder and flavor with vanilla. Work in enough flour to make a soft dough. Roll out into a sheet nearly an inch thick, and cut into shapes with a cutter. Fry in deep fat.

For Ginger Snaps—Cream a cup of butter with one of sugar, beat in a cup of molasses; stir in a cup of water, a tablespoon each of ground ginger and cinnamon, a tablespoon of salt and a scant one of soda, sifted with a pint and a half of flour. Add enough flour to make a dough that can be rolled out; roll thin, cut into rounds and bake.

For Hard Gingerbread—Heat one cup of New Orleans molasses over a pan of hot water and half a cupful of butter to it; when the butter has melted remove the bowl from the water; add one tablespoon of ginger; dissolve half a teaspoon of soda in a little boiling water; add it to the molasses; stir in flour to make a rather stiff dough; toss on stick.

FACE MAKING AN AID TO HEALTH.  
"If you want to improve your face, make faces," says Professor Barker. That is the best way to

## SAVED FROM THE GRAVE

What T. C. Marsh Says Dodd's Kidney Pills Did for Him.

Story of a Nova Scotia Man who had Almost Given Up Hope of ever being Well Again.  
Central Economy, N. S., Jan. 12. (Special)—"I feel as if Dodd's Kidney Pills had saved me from the grave," is the way T. C. Marsh, of this place, talks of the wonderful relief extraneous from the pains and aches arising from Diseased Kidneys. And Mr. Marsh should know whereof he speaks. He was under the doctor's care for Kidney Trouble for some time, and, despite their efforts, continued to grow worse. He was almost in despair when a friend advised him to use Dodd's Kidney Pills. In such a severe case the progress towards recovery was naturally slow, but he persevered, and now he feels justified in using the strong words quoted above. Mr. Marsh thus describes his case:

"I was under the doctor's care, but didn't seem to get any better, only worse. I was advised by a friend to use Dodd's Kidney Pills. After I had used them for a time I began to feel a difference, and I never stopped until I had used 22 boxes. I suppose I still have to use something as long as I live, but I feel as if Dodd's Kidney Pills had saved me from the grave."

"I have recommended Dodd's Kidney Pills to everyone because of what they have done for me."

Exercise 1.—Close the eyes and contract the forehead, elevating the eyebrows as much as possible. Open the mouth as wide as you can, and try hard to close the lips over the opened jaws.

Exercise 2.—This dissipates hollow cheeks and replaces them with nicely rounded ones. It also strengthens the chewing muscles, and in this way greatly aids mastication and digestion.

Exercise 3.—Close the eyes and contract the forehead, elevating the eyebrows as much as possible. Open the mouth as wide as you can, and try hard to close the lips over the opened jaws.

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Exercise 5.—This fills out the lower part of the chin and makes it normal, and develops the laughing muscles under the eyes. Because it is excellent for general development, helps the skin and insures against eye injury, this exercise should be done often.

Exercise 6.—Execute the exercise by bringing every muscle toward the centre of the face as much as possible. The nearer the face is made to take the shape of a circle the better is the exercise performed.

Exercise 7.—For those who care to vary these best of facial exercises with other exercises, it is found beneficial and extremely easy.

Exercise 8.—Smile. Place the ends of the fingers on the lumps of flesh on the cheeks under the eyes.

Exercise 9.—Put a crooked forefinger on the chin just below the lower lip and raise up the lip, resting with the finger.

Exercise 10.—Close the mouth and push the tongue down toward the palate. This is good for the throat muscles, and materially strengthens the tonsils.

Exercise 11.—With the fingers on the eyebrows and resisting, try to close the eyes while holding up the eyebrows. Try to close the eyes while resisting with the fingers placed at the sides of the eyes.

Exercise 12.—If we are not represented in your district write us at once about the agency. Good openings for good men. Orders easily taken. Results satisfactory.

FROST  
The strongest and heaviest Wire Fence made.

This bill of Mars the philosophers led St. Paul that he made more contentedly address a larger audience.

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## The Markets.

Toronto Farmers' Markets  
Jan. 26.—Receipts of grain were fair, with prices firm. Wheat brought 72c per bushel for 300 bushels of white, and 500 bushels of red winter; goose sold at 60c for 200 bushels.

Barley active, with sales of 2,700 bushels of malting at 49 to 51 1/2c, and 300 bushels of feed at 41 to 47c. Oats, unchanged, 1,000 bushels selling at 35 to 36c.

Hay, quiet, with sales of 25 loads at \$13 to \$15 a ton for timothy, and at \$6 to \$9 for mixed. Straw, easier, three loads selling at \$0 to \$10 a ton.

Dressed hogs, steady, at \$7.75 to \$8.25, the latter for choice light weights.  
Following is the range of quotations: Wheat, white, bushel, 72c; red, 72c; spring, 70c; goose, 60c; oats, 35 to 36 1/2c; peas, 78 1/2c; barley, 44 to 51 1/2c; buckwheat, 55 1/2c; rye, 51c; timothy, per ton, \$13 to \$15.50; mixed, \$6 to \$9; straw, \$9 to \$10.50.

Seeds, per bushel—Alfalfa, No. 1, \$7 to \$7.50; No. 2, \$6 to \$6.75; red clover, \$6.40 to \$7; timothy, \$1.50 to \$2.35.

Apples, per bbl, \$1 to \$2; dressed hogs, \$7.75 to \$8.25; eggs, new laid, 30c; butter, dairy, 18 to 22c; creamery, 23 to 25c; chickens, per pair, 60 to 80c; ducks, per pair, 75 to \$1.10; turkeys, per lb., 14 to 16c; geese, per lb., 10 to 12c; potatoes, per bag, \$1.15 to \$1.25.

Leading Wheat Markets.  
Following are the leading quotations at important wheat centres: New York, Jan. May, 83 7/8; Chicago, 82 1/8; Toledo, 79 1/4 83; Duluth, No. 1 north, 77 5/8 79 3/8.

Toronto Live Stock Market.  
Export cattle, choice, per cwt, \$4.40 to \$4.60; do medium, 3.90 to 4.10; do cows, 3.40 to 3.60; Butcher cattle, picked, 4.10 to 4.30; Butcher cattle, choice, 4.30 to 4.50; Butcher cattle, fair, 3.90 to 4.10; do common, 3.50 to 3.70; Bull, export, heavy, 4.20 to 4.40; do light, 3.75 to 3.95; do stock, 3.25 to 3.45; Feeders, short, kept, 4.25 to 4.45; do medium, 3.75 to 3.95; do light, 3.25 to 3.45; Stockers, common, 2.75 to 2.95; Much cows, each, 35.31 to 57.00; Sheep, ewes, per cwt, 3.50 to 3.70; Calves, per head, 2.90 to 3.10; Culls, each, 2.00 to 3.00; Lamb, per cwt, 3.75 to 4.00; Veal, per head, 5.00 to 6.00; Hogs, choice, per cwt, 6.30 to 6.50; Hogs, light, per cwt, 5.50 to 5.75; Hogs, per cwt, 5.00 to 5.25; do stags, per cwt, 1.875 to 2.25.

Bradstreet on Trade.  
The demand for spring staples at Montreal is increasing. Orders so far booked by travellers are larger than in previous years at this time. The domestic woolen mills are very firm and refuse to make concessions on prices and some are positively refusing to take further orders now, as they will have all they can do with present business in hand for some months.

Business at Toronto is showing more activity this week. The demand from country retailers who have completed stock-taking, is larger now, and the outlook promises a good expansion of sales over last year when the trade was probably the best in the history of this market.

Little change is noticed in trade conditions at Quebec during the past week. Payments, as a rule, are reported satisfactory for this season.

Business at Winnipeg and through Manitoba generally the past week has shown a fair development in connection with spring lines and at the moment the outlook is for a large increase in the season's turnover.

At British Columbia trade centres there has been a fair movement in seasonable lines. Wholesale trade at Hamilton this week has been quite active. Large shipments of spring goods are being made and orders coming forward from travellers make it look as if activity in this direction would be marked for some weeks. The conditions of trade are healthy and payments have been very fair lately for this period of the season. Values of staple goods continue firm.

In London there has been a good demand from the retailers, who are looking forward to a good increase in the sales of spring goods, and who desire to be well prepared for a busy season.

## PAINFUL PERIODS are overcome by Lydia E. Pinkham's Vegetable Compound.



Miss Menard cured after doctors failed to help her.  
"Lydia E. Pinkham's Vegetable Compound cured me after doctors had failed, and I want other girls to know about it. During menstruation I suffered most intense pain low in the abdomen and in my limbs. At other times I had a heavy, depressed feeling which made my work seem twice as hard, and I grew pale and thin. The medicine the doctor gave me did not do me one bit of good, and I was thoroughly discouraged. The doctor wanted me to stop work, but of course, I could not do that. I finally began to take Lydia E. Pinkham's Vegetable Compound and felt better after taking the first bottle, and after taking six bottles I was entirely cured, and am now in perfect health, and I am so grateful for it."—Miss GEORGE MENARD, 537 E. 152nd St., New York City.

Bring all the muscles around the as possible. Then, holding this position, put the jaws firmly together and hold until weariness comes. It is better to do this and all the other exercises gently at first, increasing the tension and energy with practice. In this way possible rupture of small facial blood vessels will be made impossible.

Exercise II.—This, the opposite of the former exercise, pulls up the lower part of the face and draws down the muscles above the eyes. By stretching the chin muscles it takes away double and fills out hatched chins. By concentrating numerous muscles around the eyes, it broadens noses that are too thin between the eyes and fills out sunken eyes and takes away puffs.

Starting with the mouth shut, thrust out the lower jaw as far as possible, and, while holding it there, shut eyes as close together as you possibly can. Then try to open the eyes.

**For Goodness Sake**  
Wear **Granby Rubbers**  
The Rubber that has the largest sale in Canada, simply on account of its goodness. Made from new rubber.  
"Granby Rubbers wear like iron"