

New Year's Resolutions.
Daily Menu and Recipes.
Some Beautifying Hints.

WHAT EVERY WOMAN WANTS TO KNOW

For the Athletic Maiden.
Home News of Interest
to Every Woman Reader.

FETCHING GARMENTS FOR OUTDOOR MAIDEN

Of garments for snow and ice sports English tailors are making specialties too, since nowadays winter holidays in Switzerland are a part of the fashionable Englishwoman's routine and skiing, snowshoeing, skating, tobogganing, etc., are as much a part of her education as dancing and riding. The Canadian and American girl too goes enthusiastically into these snow and ice sports whenever occasions offers and fashionable society has developed some amazingly able skaters, hockey players and ski runners among the women.

For skating the costume varies according to place, weather and crowd. The smartest of velvet costumes, fur trimmed, is admissible at rinks, club lakes, etc., provided it has the proper trim, sporty air and allows freedom of movement. Corduroy is liked for the skating suit and velvet, though not greatly fancied this year, is acceptable for skating purposes.

The very prettiest velvet skating costumes turned out by the designers so far are on Russian or military lines, loose and trimmed with fur and frogging, or something on the lines of frogging. Some of these show but little fur trimming, being intended to wear with separate neck furs and muff.

Less elaborate and more practical skating costumes are in the thick, soft woolens, fur trimmed, and one piece frocks of such stuff will undoubtedly be seen on the ice, worn with furs for the skating, and covered by a big loose coat when the wearer stops for a rest.

The sweater is not the favorite it once was. Norfolk and Mackintosh and like having cut into sweater popularity, yet many girls find sweaters too useful to be given up, and occasionally the designers do succeed in giving an air of novelty to the old favorite.

The high, close collar with a narrow band of fur around the top is pretty upon a sweater, and is usually accompanied by lines of fur on the cuffs. Sometimes the fur runs down the shoulder, too, and perhaps down a side front opening. A fur-trimmed knitted cap to match the sweater, and a knitted muff on either side to the ensemble, but though the writer has seen two such outfits brought over

from Paris, designers here do not seem to have realized the attractive possibilities in the idea.

Knitted Angora sweaters with scarfs attached or separate, and caps of attractive shapes to match, are offered in some of the New York shops, and these are often made up effectively in white, with touches of contrasting color. Such sets in the new browns are charming when becoming.

The skirt of the skating costume usually has plaits let in in some way, and the plain front with shirred or box-plaited back is liked for such use. Four narrow box plaits stitched down part way and very flatly and heavily pressed for the rest of the way, afford enough room for free and graceful movement, and look well.

Knowing dressmakers, in order to have a comparatively smooth and clinging front combined with the back fullness, attach a wide band of elastic to each side of the front breadth and carry it loosely across the back under the full back breadth. It must not be tight, but it will prevent the back fullness from falling forward too far, as it is prone to do unless the skirt is very skillfully cut and hung. Skirts laid in side plaits all around are liked by some skaters.

THE DAILY MENU

BREAKFAST.
Grapefruit.
Fried Mush. Bacon Curls.
Currant Muffins. Coffee.

DINNER.
Vegetable Soup.
Veal Cutlet, Breaded.
Mashed Potatoes. Beet Salad.
Steamed Pudding.
Coffee.

SUPPER OR LUNCHEON.
Hamburg Steak.
Escalloped Potatoes.
Apple Snow. Cocoa.

Apple Snow—First make a custard of the yolk of one egg, one tablespoonful of cornstarch, one-half cup sugar, and two cups of milk; boil until thickened nicely, and flavor with vanilla. In a pretty glass dish put one cup sweetened apple sauce, in which the whites of one egg beaten stiff has been stirred. Pour the custard over and dot with bits of red jelly.

Treating Your Complexion Ills

Don't blame increasing years if it is becoming painful to you to pass a mirror. Many a woman attributes her impaired complexion to growing old when the speeding years have little or nothing to do with it.

What causes the loss of the perfect complexion of extreme youth? Many things are to blame, and much of it can be avoided.

It is surprising how few women understand the connection of soap and skin, when it should or should not be used. If the skin be naturally dry, avoid soap; most of it contains alkalis which absorb the natural oils from the skin. For an oily skin daily washing of the face with soap is beneficial, as it tends to get rid of the grease.

A trying climate and hard work have far more to do with bad complexion than added years. If you live where the winds are drying and roughening to the skin, a soothing lotion and softening grease are essential. Not to use them means being withered before your time.

How few women over 20 can look in the glass without a pang for growing wrinkles. Yet they are not a mysterious ill that must be endured. What is a wrinkle? Nothing but a fold in the skin caused by loose tension in the skin itself and lack of tissue beneath it.

What's to be done? Strengthen the skin by massage and tightening lotions until it regains its old elasticity and tautness, and build the tissues with skin foods.

As there are special treatments for every defect, it is better for any woman who can afford it to have her skin treated professionally. There are ways to conquer every defect, from redness of the nose and roughened, reddened, blotched cuticle, to crow's feet, puffy eyelids and sagged muscles.

Take complexion pills in time, and treat them rightly.

The beauty-skin is most often lost through the stress and strain of growing living. Late hours, overwrought nerves, rich foods, lack of exercise, and fresh air, have a woman beyond the power of recuperation, and the complexion grows daily dulled and more sallow, eyes and skin lose their brightness, and the lines of the face sag from fatigue.

If you would keep a good complexion you must work for it as you must work to keep anything else worth having in a world where nothing can be taken for granted.

A "HOUSE" FOR BABY.

Spread a rug down for a "house" and with chalk mark off different rooms, garden, etc., and have the children cut from papers and catalogues furnishings for them. A space of a quarter of an inch should be left at the base, splashed up to the picture, and the points thus formed bent forward and back to constitute a support, making the furniture stand upright. Small pasteboard boxes serve as closets, trunks, etc., and when the play is finished may be converted into moving vans and the house furnishings moved into the wardrobe or waste basket. This is a pleasant way to teach children to be orderly. A "garden" may be made the same way from old catalogues.—Harper's Bazar.

WAVING THE HAIR.

Though there is such an immense scope of hair-dressing models, yet the large wave with flat pompadour is about as becoming as any shown. Merely take squares of French soft tissue paper about 12 inches square and roll into curlers, having divided it into six parts, and leave it, either all night or for several hours, and the curl thus made will be natural, deep and soft.

Brrr! Look What They're Wearing at Palm Beach These Days



Florida winter resorts are seeing the first use of the new taffeta water repellent beach suits. After a dip in the surf the suit remains crisp and fresh. A cap of the same material tied with a taffeta ribbon, completes this stunning bathing costume.

OUR NEW YEAR'S RESOLUTIONS

BY "OLIVE."

Have you made your New Year's resolutions yet? No? Then it is high time you did. Ninety-two, with its follies and its fun, its sorrows and its worries, is about to pass away, and within twelve hours a New Year will be born—may it be a happy one to you all! So often the New Year has been compared to a book with pages whose purity and whiteness rival the snow. The old year is filled with blots, of which we are ashamed, and we are eager to start anew on a clean unsullied page.

Perhaps in the Old Year you have been negligent in your work—have fallen into careless habits and selfish ways. Brace up! Take a round dose of New Year's tonic, composed of resolution and honest endeavor, and get out of your particular rut. How many of us, in the days that are past, have given way to impatience and thoughtlessness. We forget to thank the little mother who toils for us so uncomplainingly from morning to night. We take her labors as a matter of course, only too often, yet she goes on in her sweet, patient way. Let us not neglect to bring all the brightness and love possible into her life during the days of the New Year.

Of course you have not acquired the habit of passing unkind remarks along. But how often we come in contact with people who do. Like the poor, they are always with us. But you know

"There's so much had in the best of us,
And so much good in the worst of us,
That it hardly behoves any of us
To talk about the rest of us."

The New Year is about to unfold its 365 pages. To some it will bring new cares and trials; to others, success and advancement. But to one and all opportunities are coming which we must grasp. Have you ever read the poem by Walter Malone, entitled "Opportunity"? I have treasured it for many years:

"They do me wrong who say I come no more
When once I knock and fail to find you in,
For every day I stand outside your door
And bid you wake, and ride to fight and win."

Wait not for precious chances passed away,
Weep not for Golden Ages on the wane,
Each night I burn the records of the day,
At sunrise every soul is born again.

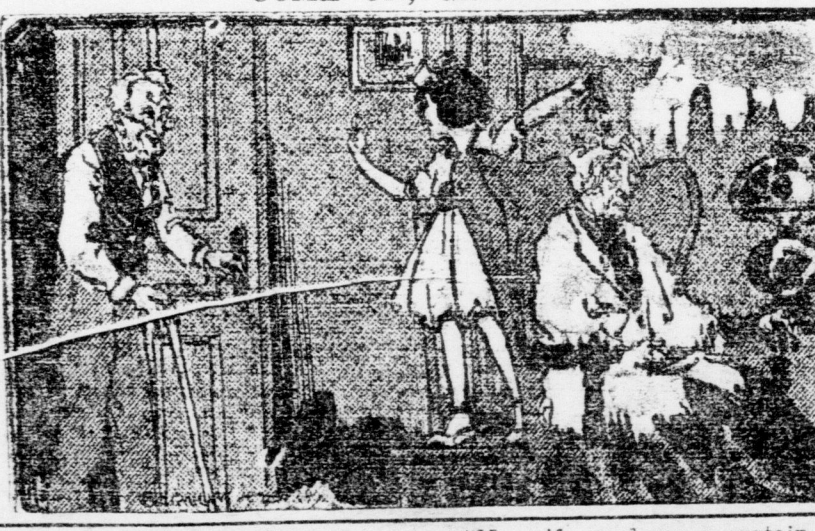
Laugh like a boy at splendors that have sped,
To vanquished joys be blind and deaf and dumb,
My judgments seal the dead past with its dead,
But never bid a moment yet to come.

Though deep in mire, wring not your hands and weep,
I lend my arm to all who say "I Can,"
No shameful outcast ever sank so deep,
But yet might rise and be again a man!

Dost thou behold thy lost youth all aghast?
Dost reel from righteous retribution's blow?
Then turn from blotted archives of the past,
And find the future's pages white as snow.

Art thou a mourner? Rouse thee from thy spell!
Art thou a sinner? Sins may be forgiven!
Each morning gives thee wings to flee from hell,
Each night a star to guide thy feet to heaven.

"COME ON, GRANDPA!"



BEST-BATHED PEOPLE.

At the Sanitary Institute congress in London a physician made the statement that even in England the practice of taking a daily bath is confined principally to a type of graduates of public schools and to the early middle aged men. The honor roll as to frequency of bathing he gave in this sequence. Scotchmen, Englishmen, Irishmen, American women, English women, American men, Frenchmen and Germans.

"My wife read me a certain lecture last night." "Eh! Does she read 'em?" "She has to read 'em now. Her memory is failing."—Cleveland Plaindealer.

Storekeeper—"They are society people. They belong to our first and last families." Customer—"You mean 'first families'?" Storekeeper—"No; first and last. 'First' to ask credit and last to pay."—Puck.

Doctor—"Are you anaemic, Pat?" Pat—"No, doctor—Irish.—Life."

Problems of the Fair Sex Solved by Cynthia Grey

What Condiments Are.
Dear Miss Grey—Will you kindly tell me the meaning of the word "Condiment"? Please name a few condiments.

MRS. B. S. A.—Condiments are not classes among foods, but rather as adjuncts. They are supposed to stimulate the appetite. Among the most important are salt, spices and various flavorings. Here are some of them just as a sample: Black pepper, white pepper, cayenne pepper, mustard, ginger, cinnamon, cloves, nutmeg, mace, etc.

Poor Alice Blue.
Dear Miss Grey—What will take circles out of Alice blue messaline satin caused by spilling water on it?

BESSIE H. A.—I advise you to send the dress to a cleaner's, as the goods is very delicate and difficult to treat.

Has Tired Feet.
Dear Miss Grey—I am troubled with tired, aching feet. Can you suggest the cause and a remedy?

WORKER. A.—If you haven't already taken this precaution, the next time you buy shoes be sure they are comfortable and well fitting. That means that you can put them on and wear right away comfortably. The shoe which has to be "broken in" will usually be found ill-fitting. Warm water in which a little soda has been sprinkled is a good remedy for tired feet. If they burn, a vigorous rub with alcohol will help. Bathe the feet frequently.

The Minister's Fee.
Dear Miss Grey—Will you kindly tell me whether or not it is proper to give a fee to the officiating minister at a funeral? A carriage was sent to convey him to and from the funeral, and some of the deceased's family were members of this minister's church, and contributed regularly to his expenses. Did they omit to give him a fee? Should have done when they neglected to give the minister a fee? Yours,

IGNORAMUS. A.—When the family are members of the clergyman's parish, as you state, a fee is not expected, although sometimes given. When a strange clergyman officiates, it is customary to give him a fee.

The Burning Passion.
Dear Miss Grey—I am madly in love with a fair young lady, and I don't think she cares much for me. I have danced with her a couple of times, and have won her friendship. Tell me what to do to win her love.

2. My hands are a bit rough. Tell me what to use to make them smooth.

Yours ever, IN DISTRESS. A.—Keep on loving her, and treat her as nicely as you know how. This method has been known to be effective in more than one case, and probably will be so in yours.

2. Get your druggist to mix a lotion of one ounce of rosewater, one of glycerine, ten drops of carbolic, and the juice of half a lemon. Rub some of this well into the hands at night after washing them in warm water. I am sure it will soon help the rough skin.

A "Pitch" Stain.
Dear Miss Grey—Will you please answer the following question in your valuable paper as soon as possible: What will take pitch tar stains out of a red serge dress and oblige.

MURRAY WILLOW. A.—This stain will be rather difficult to remove, but I think that if you apply a mixture of turpentine and yolk of egg, and allow it to dry on, it will help a good deal. When dry, remove carefully and brush the spot briskly with a clean hand brush dipped in ammonia water. After pressing, the spot should scarcely show.

Kitchen Harmony

Kitchen utensils were once made solely for use, not for ornament. Though the polished copper might indeed shine more or less brightly, but now with many such things made of aluminum and with many more in porcelain colors, it is easily possible to work up a decorative color scheme for the kitchen. This need not consist merely of a scattering of a riotous mosaic of color, for by the exercise of judgment the scheme may now be raised into a true color harmony. The case of a woman lately about to buy a complete kitchen equipment who deferred its purchase until she had decided in what colors to have the kitchen itself painted. "Chestnut and iron or of tin or copper must have, of course, their own natural colors whatever their room surroundings, but with porcelain utensils she should buy white or blue or brown or variegated, or utensils with one color without and another within. Here she had a wide choice; and on these she did not wish to decide until she had decided on the color of the room. She wished not only to have the various utensils harmonize among themselves, but as well to be in harmony with the room. Such kitchen harmony as this might perhaps not actually lessen the labor of cooking, but one could if she wished imagine that it would make such labor more pleasurable.—Evening Wisconsin.

NOVEL HAIR BANDS.
Chinese women are not only ahead of American and English women in the matter of suffrage but there are many who say they have a more attractive manner of arranging the hair than have Europeans or Americans. At any rate, the Chinese hair bands are being extensively worn.

The colorings of these bands are very effective. Blacks generally choose a band with a black ground decorated with flowers and butterflies in natural colors, while the brunettes favor a pale colored ground appropriately designed.

The Glib Salesman—"This alarm clock is the latest thing in stock. We regard it as quite a marvel. It is set off by air vibrations." The Prospective Customer—"How wonderful! And what furnishes the vibrations?" "Another alarm clock."—Cleveland Plaindealer.

East End Clergyman (anxious to interest lady in the poor of his parish after visit to tenement).—"Well, what do you think of the life these poor people lead? Awful, isn't it?" Society Lady (who thinks everything a craze)—"Dreadful. I'd no idea. But isn't it rather overdone?"—Punch.

Advertiser Patterns

Beauty Pattern Company.



No. 9424—A Graceful and Becoming Style for the Growing Girl.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

Girls' dress with or without yoke band and chemise. Brown serge with applied braiding in self color and fancy buttons, was used for this design. Shadow lace supplies the yoke and collar. The design is suitable for any of this season's dress materials. The pattern is cut in four sizes—8, 10, 12, and 14 years. It requires 4½ yards of 46-inch material for the 12-year size.

PATTERN DEPARTMENT OF THE ADVERTISER.

Please send above-mentioned pattern, as per directions given below, to

Name

Street Address

Town

Province

Measurement—Bust..... Waist.....

Age (if child's or miss's pattern).....

CAUTION.—Be careful to inclose above illustration and send size of pattern wanted. When the pattern is sent measure your neck, bust, waist, hips, and length of skirt. When in waist measure, 22, 24, 26, or whatever it may be. If a skirt, give waist and length measure. When misses' or child's pattern, write only the figure representing the age. It is not necessary to write "inches." Patterns cannot reach you in less than one week from the date of order. The price of each pattern is 10 cents in cash or in postage stamps.

Watch Bracelets

The new watch bracelets are extremely handsome. On jointed wrists of silver, gold or platinum, a tiny open faced watch is attached. The back of the watch is generally plain or merely decorated with the monogram, but the metal rim which encircles the face is ornamented to match the links of the bracelet.

There are many very attractive designs in this modish article, those of the colored enamels being especially pleasing. The color is chosen to correspond with the shade of the gown with which it is worn. With the fashionable silk or satin suit of dark blue there are watch bracelets enameled in iridescent blues and greens, in mosaic patterns of dark blue or in plain blue enamel. Another bracelet in dark blue has the watch face in blue enamel and the bracelet is set with sapphires.

Some of the more elaborate bracelets are made of platinum, set with diamonds and pearls. Delicate and lace-like in appearance, these jewels are exceptionally beautiful.

An unusual but very artistic design

The Birthday Calendar



IF THIS IS YOUR BIRTHDAY.

Dear friends will come to you, and pleasant journeys and general prosperity will make your next year a happy one.

Those born today will be gifted with talents of a high order. Their one danger will be from exaggerated melancholia caused by indigestion. Plain food and the observance of simple health rules will save them from this and make success surely theirs.

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Kingsmills

\$1.25 AND \$1.50 YARD

Tweed Suitings

ON SALE THURSDAY

75c YARD

54 AND 56 INCHES WIDE.

This sale is a clearance of our high-grade winter Suitings. A great choice of colorings, in plains, fancy mixtures and stripes. Be sure to see these \$1.25 and \$1.50 Dress Goods on the sale tables on Thursday, at yard.....75c SEE WINDOWS.

Kingsmills

Vapo Cresolene

CURES

COUGHS AND COLDS

is a bracelet with a square-shaped watch case. The case is of gold, set with diamonds to match the bracelet, and the round white enamel watch face is finished with numerals of gold. The beauty of this difficult art. Free sample from White Swan Spices and Cereals, Limited, Toronto, Ont.

25 Years' Experience.

White Swan Yeast Cakes are made by the most successful dry yeast expert in Canada, with an experience of 25 years in this difficult art. Free sample from White Swan Spices and Cereals, Limited, Toronto, Ont.

Heated Carriages.

Closed, heated carriages for all occasions. Palace Limery, Phone 838, Ross & Boss, proprietors.

"Pa, what is an alibi?" "An alibi, son, is proof that you were not at a certain place at a certain time. You probably won't need an alibi until after you are married."—Birmingham Age-Herald.

Youth—Can you tell me which is Mr. Ponsonby? Lady—The man with the gray hair, talking to those ladies over there. I am Mr. Ponsonby's wife. Youth—I know you are, that's why I asked you, as I thought you'd be sure to know.—Punch.

"Your trouble is indigestion," said the physician to the new patient, who had called at his office. "Now, don't eat too much, and walk a great deal." "Don't eat too much, and walk?" replied the patient. "You don't seem to know who I am, Doc. I'm a comedian with a theatrical travelling company!"—Yonkers Statesman.

There Is a Man

at the top in every business—a man who knows best and uses his knowledge to the best advantage.

Mr. Owain Martin is the expert on piano tune in this country, and he satisfies himself that every piano that leaves the Martin-Orme factory is perfect. Hear the Martin-Orme.

Callaghan's
613 Wellington Street
N. B.—First door north of Victoria Park.

Laxacold Tablets 25c

A shiver, a shake—grippe. At the first sign of a cold take one of these tablets and feel safe. They are powerful but harmless, and break up a cold at once. Fine for the stomach, too. For all ages. Twenty-five Cents.

PERCIVAL, 344 Richmond Street, Phone 1261. LISTER, Wortley Road, Cor. Craig, Phone 1920. OMOND, 468 Dundas St., Phone 1429.

THE PROGRESSIVE DRUGGISTS.

WOOD WORK

Old Dutch Cleanser

Full directions and many uses on Large Sifter-Can, 10¢

The Quickest, Simplest Cough Cure

Easily and Cheaply Made at Home. Saves You \$2.

This recipe makes 13 ounces of cough syrup—enough to last a family a long time. You couldn't buy as much or as good cough syrup for \$2.50.

Simple as it is, it gives almost instant relief and usually stops the most obstinate cough in 24 hours. This is partly due to the fact that it is slightly laxative, stimulates the appetite and has an excellent tonic effect. It is pleasant to take—children like it. An excellent remedy, too, for whooping cough, croup, sore throat, asthma, throat troubles, etc.

Mix two cups of granulated sugar with one cup of warm water and stir for two minutes. Put 2½ ounces of Pinex (50¢ worth) in a 16-ounce bottle, and add the Sugar Syrup. It keeps perfectly. Take a teaspoonful every one, two or three hours.

Fine is one of the oldest and best-known remedial agents for the throat membranes. Pinex is the most valuable concentrated compound of Norway white pine extract, and is rich in gualic acid and all the other natural healing elements. Other preparations will not work in this formula.

The prompt results from this recipe have extended it to thousands of households in the United States and Canada, which explains why the plan has been imitated often, but never successfully.

A quantity of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex, or will get it for you. Don't send to The Pinex Co., Toronto, Ont.

For the Bride

No gift is more acceptable than beautiful, durable silverware. Remember that

1847 ROGERS BROS.

is the original "Rogers." It is

"Silver Plate that Wears"

Made in the highest grade of plate, and ranks first in quality.

Sold by Leading Dealers

Fry's Cocoa

Purest and Best Value

Comfort Soap

"It's All Right"