

IN WOMAN'S WORLD

NOTES AND REFLECTIONS.

The lack of self-denial is the root of many of the troubles in the household. The American "Journal of Health" refers to this subject in the course of an article in a recent number. It says:—

How often we hear persons who are partially ill exclaim, in tones as if they felt themselves abused, "I would do anything to get well." Yet, when we come to probe their mode of living, we find that self-gratification in some form, and usually that of the appetite, lies at the root of their ailments. The sufferer seeks change of scene and climate, flees to Nice or Los Angeles, or wherever the fountain of health is supposed to be situated, ignoring the fact that the fundamental change must begin with themselves and not with external conditions.

Perhaps the system cannot receive coffee without detriment. Yet let the physician prohibit its use, and the patient cries out: "O Doctor, don't ask me to give up my coffee. Why, I couldn't make a meal without that!"

Or perhaps an excess of sweets is undermining the constitution. We know a woman who buries her morning cereal with sugar, finishes her breakfast with doughnuts or cakes, uses three times as much sweetening in her beverages as she ought, and as a consequence is troubled with nervousness, constipation, irritability, and sleeplessness. Friends remonstrate in vain. She resents interference and insists that her diet has no connection whatever with her condition. She will take medicine when prescribed by a physician, but she will not deny herself the pleasure of eating sweets.

A certain business man in Boston is what is called a "high liver." He uses neither wine nor tobacco in any form, but his table is loaded with a variety of the choicest food. He claims that his active life demands a generous diet, and that so long as the viands are properly cooked no harm can result from what—so to speak plainly—is refined gluttony. But every few months he has an acute attack of intestinal disorder accompanied by excruciating suffering.

The wise old specialist who is called to attend him, and charges an enormous fee for his services, prescribes but a modicum of medicine, and limits his patient to a strict diet of dry toast and water for several days. Nature thus has a chance to throw off the superfluity which has deranged the system.

A teacher in the sciences in a private school in New York was demonstrating to her pupils the indigestibility of a certain toothsome dish, when one of the young ladies said deprecatingly, "Oh, but it tastes so good. You couldn't ask us to give up eating that!"

The price of health is obedience to natural laws, and that often means the sacrifice of desires which are in danger of enslaving the life with fetters like iron. But law will not compromise. It says: Eat and drink discreetly if you will give the rein to passion, cheat your lungs out of their quota of fresh air, dress unhygienically; but know that for all these things, sooner or later, you will be brought into judgment.

"I may not have achieved anything great in my life," said an American woman recently, "but I have brought up two daughters who never talk about their pains and aches."

"Maybe they haven't any," ventured a woman who enjoys poor health.

"Oh, I fancy they have their share," resumed the first woman placidly. "One has an enormous dentist's bill, and they are documentary evidence of a certain amount of suffering, don't you think? The other is anything but robust, constitutionally, but she is seldom ill because she takes good care of her health instead of talking about it. I don't think I have been an unsympathetic mother, and I fear I am not made of Spartan material; but when my girls got old enough to talk about headaches and ailments real, exaggerated or imaginary, I made up my mind to discourage it at once. I refused to listen to accounts of mysterious aches and sensations when I had reason to believe they were the outcome of too much introspection and too little exercise. Fresh air and occupation were the prescription for headaches and bad temper, and a bread and milk supper and early to bed was the treatment for other ailments. Real illness seldom comes unheralded, and when eyes keep bright, pulses regular and appetites good there is scarcely anything that cannot be cured by witchhazel or a good sleep. We are a busy family, and there was seldom an hour of dreaming for the girls. They had plenty of pleasure, but it was active and jolly rather than leisurely. They never got into the summer piazza complaining habit because they were always playing tennis or sailing boats or reading books. I suppose their education has been sadly neglected, as far as fancy work is concerned, but the hours that most women spend over fancy work are, in my idea, like those hours after dinner which Thackeray says women always spend discussing their diseases."

"One may smile, and smile, and be a villain," Shakespeare.

HOUSEHOLD NOTES.

There are very few people indeed, who cannot appropriate fruit, and there are few who will not be benefited by eating more largely of fruit and less of meat, grains, etc.

To our mind fresh fruit is the food of health, remarks a contributor to a health journal. It is nature's best physic, and is admissible in abundance on your tables, at every meal, for children, young and old. It is an anti-bilious and anti-rheumatic food. It is especially strengthening to the nerves, and by its qualities will take the place of so much abhorred nursery abomination, such as rhubarb, quinine, mother's soothing syrup, and the like. No bad effect follows the regular systematic eating of good fruit. Let the children have it in the morning, and you will find that it regulates the bowels and heart-beat as well, driving away peevishness.

No drug in pharmacopoeia can be exchanged for a single apple, nor can any mixture from the chemist's be found to equal the divine alchemy of the orchard and field. Fresh fruit is a specific recreative power, a renovator and rebuilders. It helps to cleanse the system from deposits or from debris that may be debilitating it. It cleanses and sweetens that great filter of the circulation, the liver, and lessens the chances for zymotic diseases.

Fresh fruit is also one of the best remedies for organic trouble, or Bright's disease of the kidneys. It will invariably ameliorate many of the symptoms due to breaking down and clogging up of the system in these diseases. Who has not heard of the grape cure, the apple and orange cure, and the fig and date cure? Surely many can witness to the value of such fruit in chronic diseases as well as in health.

Many people have the idea that fruit is expensive and that it must be considered as a luxury, but this cannot be the truth, for everywhere you go you will find lots of apples, peaches, pears, grapes, plums, etc., waiting on the ground, waiting the demand on the part of the people. Increasing the demand will enliven the trade, and best of all will enliven the individual and lengthen life.

Even in the most obstinate cases of dyspepsia, there is almost always some kind of fruit that can be well borne and be a real aid to the digestion. Let us eat more fruit and less meat.

Oilcloth is the new material for papering ceilings, the term "paper" being used at present in a very elastic sense, signifying anything that can be put on the walls or ceiling. The advantage of an oilcloth ceiling is readily discernible as dust, like good actions, is sure to rise, and if one's home is illuminated by gas or lamps there is only the recourse to the unsightly chandelier protectors to keep the ceiling from getting sullied. The oilcloth can be washed frequently, and be kept, by the aid of a damp cloth, as good as new for infinite spaces of time or until one moves to a newer apartment.

The task of putting on the oilcloth requires an expert, as the joining is not the easiest thing to do. If you think so, try it. The patterns of oilcloth seem particularly well adapted for ceilings, with their scroll and line effects, which do not conflict with the patterns on the wall or its monochromatic effect.

In line with the ceilings is the new material for kitchen window curtains.

Half the people we know have violent attacks of indigestion, because they will persist in eating hearty meals when in an exhausted condition. They seem never willing or able to realize that there are times when the system is in no fit state to grapple with a full meal. They come in tired and hungry, almost ravenous, not thinking that maybe a good deal of what they consider hunger is gastric irritation, then sit down to a table covered with the substantialities of life and deliberately go to work and overtax the already overstrained vital powers. No person should ever eat heartily when very tired. The wisest thing to do is to drink a cup of hot water with three teaspoonful of milk in it, sit down for five minutes, and begin slowly to eat, masticating thoroughly. In a little while the vigor of the stomach will come back, and all will be well. If this course were followed, there would not be one case of dyspepsia where now there are a dozen. It seems to be the most difficult of all things to properly control the appetite. It seems to be the master. It requires will power to get it under control. When once mastered, something important has been accomplished in self discipline.

GOOD TIMES COMING.

Under the use of Scott's Emulsion, all the organs and tissues take on new life. The mind acts with more vigor, the heart beats stronger—and the blood is greatly enriched.

Dr. Adams' Toothache Gum is sold by all druggists, 10 cents a bottle.

WHIMS OF FASHION.

Each week brings out some new feature in dress. At present the sole topic of conversation in the circles of women is one which lifts up the drooping spirits of our forerunners, whose windows for some days past are filled with every imaginable style in fur goods.

A few observations on the important question of colors for the coming winter will be useful. A series of blues may be said to lead by reason of the prominence given to blues in varying tones. These tones deepen from a very beautiful tint of lavender-blue jacinthe to just a tint darker, and gradually darken to barbeau, the color of the little flower that grows in the wheat-field. Dark blue, because of its richness, will be considered the blue of the season. The reds are exceptionally good, too, for they start with a pale coral and deepen to abrous; while the violets are quite purplish in hue. As for the sea-green shades, they include Ondine, the pale green of the surface of the sea when the sun shines upon it; Triton, the deeper shade of the slightly ruffled billows, and Neptune, the hue of the sullen sea before the storm.

A baby clothes reform is at present under way which promises to exert considerable influence. These little people, it is believed, suffer considerably from the injurious effects of fashions. The little bodies are exceedingly weak and sensitive and should be dressed in the most rational manner. It is quite common, however, for fond mothers to sacrifice the baby's comfort to make it look attractive.

The friends of the new movement especially denounce the use of long dresses for babies before they are able to walk. These garments, which are often very elaborate and adorned with a considerable weight of lace and other decoration, are considered much too heavy and cumbersome. They are likely to bring too great a strain upon the shoulders, which are hardly strong enough to bear the weight. They also tend to hamper the movements of the limbs, and thus interfere more or less with their development. Another argument is that they prevent the air from freely circulating about the feet and legs, which is necessary to their growth.

The baby dress which it is suggested should take the place of the long dress is a simple, bell-shaped gown of soft clinging material. The skirt is much fuller than those commonly worn and designed to allow all possible freedom of movement of the limbs.

Buttons have been allotted a prominent position in society. They are of enamel, exquisitely painted, of diamonds of antique silver, and pinchbeck, and even of old lace mounted on velvet, but one and all of great size. Here is an opportunity of using up what many of us regard as of no use whatever, though few jewel cases are without it—the cameo. Who has not a cameo necklace, earrings, bracelets and brooch, many of them in fine coloring, exquisitely cut, and mounted in handsome settings of gold? These could be turned to good account as buttons and clasps at present, and look exceedingly well. Trimmings are still most elaborate, but to be smart they must be good; in other words, expensive. The ribbon ruffling and ruffling is on the wane, and braiding has taken its place. Chenille mixed discreetly with jewels is high in favor for evening and is most beautiful.

Bons, which are seen so much on the street, are now frequently worn in the house on chilly afternoons and evenings, and are, of course, very becoming. The white net ones spotted with black are perhaps the loveliest of all. Nearly everything in the neckwear line, whether of net, tulle or mousseline de soie, is edged with narrow ribbon put on plain or gathered. Cascade, knots of lace, dotted with crimson or gold spangles, are new and very beautiful. Never has so much fancy lingerie been employed for ladies' neckwear.

Popular fur trimmings are sable, mink or marten tails hanging like deep fringe from yokes or square sailor-shaped collars of Lyons velvet overlaid with silk cord and bead appliques. Other furs of short fleecy seal, otter, plucked beaver, etc., are arranged in bands applied in scroll-like curves on black and colored velvet and cloth costumes. Short, quaint, little French jackets of these furs, also of Persian Lamb, astrakhan and chinchilla, are brought out in many of the shapes popular in cloth, satin or velvet.

Gray-fox fur shoulder capes and muffs are exceedingly stylish, and will this year be worn with any and every color of gown. They look particularly handsome on suits with the new beautiful dyes in deep jacque-rose red, petunia, violet, and Russian-green cloth costumes. This delicate fur is especially becoming to young girls with color and there are some simple, stylish costumes in friars' gray, winter-sky, and frost-gray cloths that are greatly enriched and wholly transformed by the addition of these handsome fur accessories.

Notes of Interest.

That physical exercise is necessary for the development and well-being of the body is recognized by most persons of intelligence, but that it is also necessary for the proper development of the brain will be news to many.

Dr. Luther Gulick, an eminent scientist and close observer, makes the latter point in an article entitled "Physical Aspects of Muscular Exercise," in the "Popular Science Monthly."

He further says that, in order that a man's brain may be fully developed by exercise, his instinct to play as a child must be indulged without restraint. To deprive a boy of liberty or opportunity to play is to deprive him of a chance to become a sane or intelligent man.

Dr. Gulick analyses the play instinct of man from infancy to early manhood. He finds that during this period man lives over the life history of the race. Up to seven he merely plays games that involve muscular activity, but no skill for competition. This represents the life of the most primitive man. From seven to twelve our boys play games involving competition, but not much skill. This brings them to about the period of the stone age in human history. From twelve to seventeen they indulge in highly organized sports, such as baseball and football. From seventeen to twenty-two they are devoted to the same sports, but with a passionate earnestness, devotion and skill which they rarely suppress in their business of after life. In this stage they represent the highest type of savage, such as the American Indian, or the South Sea Islander, who lives only for fighting, hunting, fishing and other sports.

In order that a child may start on the business of civilized life properly equipped, his brain and body must have been built up in this way. If we fail to provide school children with proper playgrounds, we shall wreck the race.

The average man if asked what is the most important crop of the world would unhesitatingly say, "Wheat." This is true in the United States, but far from the case in the world as a whole. The first place must be given the potato. Of all the staple crops of the world the potato takes the first place, the annual crop being more than 4,000,000,000 bushels, against 2,500,000,000 bushels of wheat and 2,600,000,000 bushels of corn. Of the total potato crop, Europe produces fully seven-eighths, and one-half times as much as her wheat, and all the cereals together are but 5 per cent. more. — McClure's.

The census figures prove that in Ireland a woman's chances of marriage are better than in any other part of the United Kingdom, says "Tid Bits." For every 1,000 males Ireland is blessed with 1,029 females, a disparity which need not make any Irish girl despair. England ranks next as a matrimonial market, as for every 1,000 men there are only sixty-four females to spare. Scotland has 1,072 females to every 1,000 males, and must be content to be shunned by marrying girls.

A Mazarin Bible was sold at the auction rooms of Sotheby, Wilkins & Hodge, London, Monday for \$17,750. The book had previously been sold for \$13,500, but slight defects had been discovered in it. What is known as the Mazarin Bible was printed by Gutenberg and Faust about 1450-55. The famous Cardinal evidently possessed several copies. In a book of this sort, says the New York "Sun," the slightest stain of incompleteness of any kind makes a difference of hundreds, if not thousands of dollars. At the Perkins sale in 1873 the only volume copy of the Mazarin Bible then known outside a public library sold for \$17,000, while a copy on paper fetched \$13,450. At the Thorold sale a magnificent specimen on paper realized \$19,500.

One of the best weather prophets is the spider. If there happens to be a web in a secluded corner watch carefully for a few days or weeks, and the spider will unfailingly predict the coming storms. When the spider sits quiet and dull in the middle of its web rain is not far off. If it be active, however, and continues so during a shower, then it will be of brief duration, and sunshine will follow.

CATARRH CAN BE CURED.

By eradicating from the blood the scrofulous taints which cause it. Hood's Sarsaparilla cures catarrh, promptly and permanently, because it strikes at the root of the trouble. The rich, pure blood which it makes, circulating through the delicate passages of the mucous membrane, soothes and rebuilds the tissues, giving them a tendency to health instead of disease and ultimately curing the affection.

At the same time Hood's Sarsaparilla strengthens, invigorates and energizes the whole system and makes the debilitated victim of catarrh feel that new life has been imparted. Do not dally with snuffs, inhalants or other local applications, but take Hood's Sarsaparilla, and cure catarrh absolutely and surely by removing the causes which produce it.

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Notre Dame Street. Montreal's Greatest Store. Nov. 19, 1898.

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The good health and rapid progress of this Business is shown by the tremendous increase in its Mail orders. The Company's system of dealing with mail orders is probably the largest and most elaborate in Canada, but with all the encouragement the firm is constantly impressed with the conviction that only a limited portion of the people of Canada comprehend the great facilities of this Store, hence the issuing of a comprehensive and useful catalogue, twice every year, which will be sent to any address in Canada, post paid, on application to our Mail Order Department. A Postal Card does it. The Best Talent the Store possesses is placed at your disposal and every order is attended to the same day as received. The best aid in ordering goods is a copy of our Winter Catalogue.

BOYS' OVERCOATS AND REEFERS.

Man-tailored garments every one. The touch of the Man Tailor is visible on every Coat, Reefer or Suit. Table after table, bearing their loads of warm Winter Garments meet you at every turn. The styles are good styles, and prices are much lower than you'd pay for commoner goods.

BOYS' OVERCOATS.

BOYS' HEAVY GREY FRIEZE ULSTER COATS, double breasted storm collar, tweed lined and well made, \$2.95.

BOYS' BLANKET OVERCOAT, in Blue Black Cloth, with storm collar and Capuchon lined red flannel and piped. The coat is heavily lined with warm tweed, fancy and neat patterns. Special, from \$3.75.

BOYS' FANCY TWEED ULSTER COATS, in Brown and Grey patterns, warm tweed linings and cut with high storm collar. Special Price, from \$5.00. THE S. CARSLY CO., LIMITED.

BOYS' REEFERS.

BOYS' NAVY NAP REEFERS, from \$1.35.

BOYS' NAVY NAP REEFERS from \$1.65.

BOYS' NAVY NAP REEFERS from \$2.10.

BOYS' HEAVY CLOTH REEFERS, from \$4.30.

BOYS' ENGLISH NAP REEFERS, from \$5.45.

BOYS' FAWN VENETIAN CLOTH REEFERS, neatly trimmed, \$5.50.

THE S. CARSLY CO., LIMITED.

MEN'S FALL NECKWEAR.

Men's Bow Ties, new colors and best shapes, 14c, 21c, 37c, each.

Men's Four-in-Hand Ties, in a choice collection of new patterns, 15c, 21c, 37c, each.

New Knot Ties, stylish goods, new shapes, and neat patterns, 14c, 21c, 37c.

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CONSULTATIONS—9:30 a.m. to 12 p.m.; 7 p.m. to 9 p.m., at 249 Notre Dame street.

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BANQUE VILLE MARIE.

NOTICE is hereby given that a dividend of three per cent. (3 per cent.) for the current year, equal to six per cent. per annum, on the paid-up capital stock of this institution has been declared; and that the same will be payable at the head office, or at its branches, on or after Thursday, the 1st day of December next.

The Transfer Books will be closed from the 15th to the 30th of November, both days inclusive.

By order of the Board, W. WEIR, President and General Manager.

Montreal, Oct. 26th, 1898.

La Banque Jacques Cartier.

DIVIDEND No. 66.

NOTICE IS HEREBY GIVEN THAT A Dividend of Three Per Cent. (3 p. c.) on the current half-year has been declared, and the capital stock of this institution, and that the same will be paid at its Banking House, in this city, on and after

Thursday, the First Day of December next.

The Transfer Books will be closed from the 15th to the 30th of November, both days inclusive.

By order of the Board, TANCREDE BIENVENU, General Manager.

Montreal, 18th October, 1898.

CANADA: PROVINCE OF QUEBEC, DISTRICT OF MONTREAL, No. 1570.

DAME MARGARET JANE TAYLOR, of the City of Montreal, wife of DANIEL J. CLARKE, hereof of the same place, traveler, now of parts unknown, Plaintiff:

vs. The said DANIEL JAMES CLARKE, Defendant.

An action for separation from bed and board has been this day instituted in the above cause.

Montreal, 14th November, 1898.

JOHN E. ABBOTT, Attorney for Plaintiff.

The Defendant is ordered to appear within one month.

L. D. GAREAU, Deputy Prothonotary.

Montreal, 5th November, 1898.

Province of Quebec, District of Montreal, No. 1571.

DAME ADRIEN BROSSARD, of the City and District of Montreal, wife of DANIEL J. CLARKE, hereof of the same place, traveler, now of parts unknown, Plaintiff:

vs. The said DANIEL JAMES CLARKE, Defendant.

An action for separation from bed and board has been this day instituted in the above cause.

Montreal, 14th November, 1898.

JOHN E. ABBOTT, Attorney for Plaintiff.

The Defendant is ordered to appear within one month.

L. D. GAREAU, Deputy Prothonotary.

Montreal, 5th November, 1898.

Province of Quebec, District of Montreal, No. 1572.

DAME ADRIEN BROSSARD, of the City and District of Montreal, wife of DANIEL J. CLARKE, hereof of the same place, traveler, now of parts unknown, Plaintiff:

vs. The said DANIEL JAMES CLARKE, Defendant.

An action for separation from bed and board has been this day instituted in the above cause.

Montreal, 14th November, 1898.

JOHN E. ABBOTT, Attorney for Plaintiff.

The Defendant is ordered to appear within one month.

L. D. GAREAU, Deputy Prothonotary.

Montreal, 5th November, 1898.