



require a light interlining. Experience has taught us that silk and cloth skirts will not flare stylishly without this support, but don't buy the cheap, poor, imitation interlinings unless you want to spoil the set of the garment. The best dress-makers use only the genuine

Fibre Chamois,

selecting No. 20 weight for this new skirt. They especially recommend Fibre Chamois for travelling gowns, as it prevents crushing and creasing in the folds, no matter how tightly or how long it is packed. Cut the interlining to fit each gore and stitch in with the seam—the illustrations of dress skirt turned wrong side out show the correct method. We recommend the Lip Waterproof Dress Bindings. Ask to see them. For sale at all Dry Goods and Trimming Establishments.

Free Skirt Pattern:
Dressmakers who will mail us their business cards will receive the latest French skirt pattern free of charge.



Address:

Canadian Fibre Chamois Co.
Montreal.

You will live to regret it,
If you fail to read this

"THE LIP"

The neatest, cleanest and most durable Dress Protector ever made.

A Perfect Protector, Binding Extender and Facing combined. Non-infectious. Repels Germs. GIVES graceful folds, Conforms to any shape.

NEVER fades, frays or becomes ragged.

EASILY applied. No basting required.

SANITARY and Waterproof. QUICKLY cleaned with sponge and brush.

WILL not wear the shoe.

The Canadian Fibre Chamois Co.
Manufacturers.

Be sure and ask your merchant for

AUTOMATIC DRESS FASTENER

The advantages are strength combined with ease. Saving of time and labor. Easily fixed in Bodice. Side-stays made of finest tempered material. Bodice fastened and unfastened in a moment. Far superior to the ordinary hook and eye. The fastenings are strongly made and warranted not to break. Finish guaranteed. To be had in Black

A LEAF OUT OF MY BOOK.

Now I (who write these lines) am going to give you (who read them) a leaf out of my book. And I want you to remember what I tell you, for I can't keep on repeating it every day or two.

I am a man of about fifty-six years. I inherited a good constitution, and for the latter half of my life, thus far, have taken common-sense care of it. Yet I never coddle myself. I am not cranky on heat, cold, sleeping, eating, drinking or anything. I am out in all sorts of weather and the more it storms the better I like it. I have many times been exposed to contagious and infectious diseases—from typhus fever and consumption to influenza and pneumonia. Yet I never 'caught' any of them, and—mark me, now!—I never 'take cold.' Haven't had a cold in twenty-five years. How do you explain that? Wait a minute, and I'll explain it myself.

But first read this and learn a lesson from it. And be particular to notice and compare the dates. It is a woman's letter. I wish she had said more, but it is enough to throw light on the point I want to bring out.

'In November, 1867,' she says, 'I took a violent cold which brought me into a low weak way. I felt tired, heavy and weary, having no energy or ambition. I had a bad taste in the mouth, my tongue being thickly coated. I had no relish for food, and after everything I ate I had weight and pain at the chest, and also tightness around the chest and sides. There was a gnawing pain at the pit of the stomach, and I was constantly belching up wind.'

'As time went on I got extremely weak, being barely able to go about the house. Year after year I continued in this miserable state—sometimes better, sometimes worse, but never well. From time to time I was under the doctors' treatment, but their medicines did me little good. In June, 1892, Mrs. Coe, a neighbor of mine, urged me to take Mother Seigel's Curative Syrup, and I got a bottle from Mr. W. Cole, the chemist in High Street, West Cowes. After taking that one bottle, I felt much better, having less pain and finding my food agree with me. I continued taking the Syrup, and gradually gained strength, until I was able to walk a distance of five miles. By taking an occasional dose I have since kept in good health. (Signed) (Mrs.) Emily Hutchings, Florence Cottage, Gurnard, Cowes, Isle of Wight, December 12, 1894.'

Now cipher!—1867 from 1892 leaves 25. Twenty-five years' continual illness—finally cured in a few weeks by Mother Seigel's Curative Syrup! Here is a fact to make you ask, How? Why? Wait another minute.

I have told you that I never take cold. Why not? Because I keep my conscience clear, my feet warm, my head cool, and my bowels open—the old-fashioned precautions which make me a healthy man. Mrs. Hutchings will pardon me. She did not fall ill because she took cold. No; it was the other way about. She took cold because she was already ill, with the seeds and obscure causes of indigestion and dyspepsia. Her vitality, her resisting power, was lower than she imagined. Then, and for that reason, she took the cold which developed the disease, and all that followed. Had she taken a course of Mother Seigel's Curative Syrup in October, 1867, she never would have caught that cold in November. Happily, the Syrup was able to cure what it could more easily have prevented. But she hadn't heard of it then—we mustn't forget that.

Remember, keep yourself healthy. Use Seigel's Syrup to ward off disease. Have it on the shelf. Take a dose now and then to keep the body clear and regular. Be wise and fear nothing.

WOMEN ABROAD.

(Continued.)

A Denver woman, Mrs. Tillie Morgan by name, is circulating a petition that women may be permitted to enlist in the National Guards. The men have called upon the Attorney-General to preserve the military profession to the masculine sex. A company of Amazons might no doubt do efficient service, but it would need to be composed of the woman exceptional.

Mrs. Ormiston Chant, the Social Reformer, and an exceptionally clever woman, has followed Clara Barton's example in the recent matter of Armenia, and gone to Crete, taking with her six trained field nurses. Mrs. Chant and her staff are under the Red Cross auspices, and will do hospital work. It is stated that the princesses of the Grecian Royal Family are doing field duty with her.

They will find their sad work awaiting them during these heroic April days for little Greece.

The examinations of Harvard and Radcliffe are precisely the same. The results show that thirty-one students became the recipients of a B.A. degree at the latter college, and of these thirty-one women, twenty-three took high Honors, the proportion at Harvard was much less where the students are men.

All women rejoice that the first Presbyterian woman, Miss Emily Grace Briggs has graduated, coming second on the list, from the Union Theological Seminary of New York.

Women are noted for being careful in small things. A tribute to their trustworthiness is given by many owners of large establishments in Minneapolis, appointing them as cashiers.

Two women were appointed notaries public, by the Governor of Arkansas, and the Governor of Missouri declares every office in the State open to women.

Women may be appointed county superintendents of schools in Alabama.

The mayor of Baltimore has chosen Mrs. A. E. Robinson, member of the Board of Visitors to the county jail, and the physician in charge of the Women's College, Baltimore is a member of the new School Board in the same city.

Women are slowly, but steadily and surely advancing. They are bound to enter into every department of life and make it home-like, as the world is just a larger home.

Coleman's SALT
CELEBRATED
DAIRY, HOUSEHOLD
AND FARM
PROMPT SHIPMENT GUARANTEED
CANADA SALT ASSOCIATION
CLINTON, ONT.

Ask for this Bottle

The Ideal
Tonic



The Ideal
Tonic

Delicious to taste
Beneficial in strengthening
entire system

Mailed Free.
Descriptive Book with Testimony and
Portraits
OF NOTED CELEBRITIES.

Beneficial and Agreeable.
Every Test Proves Reputation.
Avoid Substitutions. Ask for 'Vin Mariani.'
At Druggists and Fancy Grocers.

LAWRENCE A. WILSON & CO.
MONTREAL

SOLE AGENTS IN CANADA FOR
Gold Lack Sec Champagne. Old Empire Eye Whisky.

"For Baby's Sake."

BABY'S OWN TABLETS...

A favorite prescription of a regular practitioner, who has had a long and successful experience in the treatment of diseases peculiar to infancy and childhood.

Baby's Own Tablets regulate the bowels, check diarrhoea, reduce fever, expel worms, relieve white teething, cure colic, produce sleep. They are easy to take, put up in candy form, children just love them. Free sample and paper doll for baby's name.

Use
BABY'S OWN POWDER.
The Dr. Howard Medicine Co., Brockville, Ont.

Coal & Wood
CONGER COAL CO. LTD.

6 King St. East.
Branches Throughout City.

We Have It

The fuel you need for summer use, and we sell it at a lower rate than ever. Try a load. It will satisfy you. There are some things that can't be told all about on paper.

...
The Standard Fuel Co.
'PHONES 863-1836