

ed with the constitution of the individual. Fatal heart disease has hands over to the opposite side. With duction through overlong walks be- ment is at first somewhat painful, and fore breakfast, and anaemia and long must be practiced with care and inillness to result from improper diet. creased as one becomes accustomed Physical exercises within moderation, to it and the waist grows strong and however, can be safely taken by any supple. Another infallible exercise woman, including that must excellent for reducing the waist to slender prowalk before breakfast, and the ex- portions, and at the same time tent of these can be regulated to her strengthening all the muscles around general condition. She should always it, is to lie flat upon the back, upon bear in mind, however, that the bene- awakening in the morning, with feet fit of physical culture lies not so much held rigidly beneath the foot-rod of in the amount of physical exercise in- the bed, and on a level with it, and dulged in, as in the regularity with then lift one's self by the waist muswhich it is taken. An over-large ways, eles to a sitting posture. If this exerby no means indicates strength in this cise is practiced only three times each part of the body, and in order to re- morning, a rapid decrease of girth duce girth safely one must begin by and increase of strength about the increasing strength naturally. A num- torso will be perceptible.

the party, but she doesn't take part naturally assume. Then swing the n any of the games Blanche-No, she doesn't want the name of her future husband to be revealed, because it might seem to take

the matter of choice out of her hands. The kiddies carry on like mad On Halloween, but who would scoff At pranks of little rascals glad But for the things they carry off?

-From Judge. \* \* \* When a pretty young lass Seeks a big looking glass, Where the laddies are certain to find her, Does it need Halloween,

Or the good fairy queen, To show a man's face close behind her? -From Judge. "Some merry, friendly, country folk Together did convene,

To burn their nuts, and pou stocks And hand their Halloween.

Wi' merry sangs and friendly cracks Solved by Cynthia Grey When Selecting the **Fall Coat** 

[Correspondents are requested to make their inquiries as brief as possible, and to write on one s: le of the paper only. It is impos-sible to give replies within a stated time, as all letters have to be answered in turn. No letters can be answered privately.]

Sage Tea For Gray Hair. interested reader of your column for Dear Miss Grey: I have seen in some time. Would you kindly answer the London Advertiser several times the following questions? the advertisement of Wyeth's sage 1. What would you suggest for a and sulphur hair tonic, and it said it suitable Christmas gift for a your and sulphur hair tome, and it said it said to be used on the said of the said

Problems of the Fair Sex

sincerely. NELLIE BLY. A.—I do not know the proportions used in this preparation, but a very satisfactory tea is made as follows: Steep two handfuls of sage leaves in bet till one print beside him or opnasite him? of the liquid remains. Strain and 3. Do you consider a girl of nine-

add three teaspoons of sulphur, one teen too young to be engaged to a of quinine, and two ounces of alcohol. young man, when she has never kept Bottle and use daily. company steadily with any other SHAMROCK. A.-1. A good fountain pen

### Doctoring a Palm.

Doctoring a Paim. My Dear Miss Grey: As I have read with great interest your col-umn in The Advertiser, I would be control of the prized by any man. Cuff links forr a useful gift. If you know his taste in literature or in art, a book or small picture will doubtless be acvery grateful if you could answer a coptable. couple of questions for me.

Could you tell me what very small. to do with it?

2. Is it proper to have long or short sleeves in an afternoon dress? Thanking you for your kindness, Yours, PERPLEXED. remain. Yours, PERPLEXED. A.-1. If you value the palm, I think your best plan will be to take it to a gardener and have him doctor

it for you. But if this is not feasible should advise you to repot the

plant, using fairly rich soil. Once a has offered the use of its swimming week pour a teaspoonful of castor oil baths, at least one day a week, for around the base of the palm. Water the use of the ladies of the city. Profreely three times a week, setting the fessional instruction in swimming will pot in a tub and spraying until moisture reaches the roots.

2. Long sleeves are generally considered as being more correct for an Club, Thorold, Ontario, is a woman, afternoon tollet, but fone wear th Miss Anna Williams, of that place. three-quarter sleeve with long gloves

I have a palm, and when the leaves appear at the surface of the soil the immediately form without the stem growing at all, and the leaves are they should sit opposite opposite they should sit opposite each other. 3. She is rather young to be en. gaged, but if they love each other

blessing on you, children!

## Canadian Women

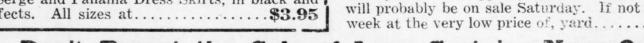
The Y. M. C. A., of Victoria, B. C. type that will be one of the most use-ful garments in a woman's wardrobe be given all who desire it.

The vice-president of the Mozart

The Girls' Association, of St. John, Engaged at Nhw rom. N. B., have formed classes for in-Dear Miss Grey: I have been at altraction in singing, physical culture, to the dressy afternoon frock.

shades, lined throughout with a guaranteed sateen. Have revers and close-fitting collars, fastened in front with silk ornaments. Slightly cutaway style. Sizes 16 and 18 and 38 and 40. Grand value at......\$15.00

Serge Dress Skirts, \$3.95 All-Wool Serge and Panama Dress Skirts, in black and 





you

be-

I wat they didna weary; And unco' tales, and funny jokes,

> Their sports were cheap and cheery, Fu' blythe that nicht."

and -Robert Burns. Character. your character. For per-A young man in a Sydney, N. S., fumes, if you will moving-picture theatre, while taking, "forty winks" during the "show" fell lieve it, bear a distinct little meaning all their own. If you would have folks off his seat into the aisle, Everybody think well of you, avoid heavy scents laughed at him so much that his best such as musk, gardenia and tuberose, girl, who had been sitting beside him, for these mark the vulgar woman. left the theatre in high dudgeon, and Violet, which we have always thought of as a symbol of modesty, is, accordwon't speak to him now.

Perfume

ing to the 'powers that be' now indica-. . . tive of the coquette. Vervain denotes an And we don't blame her a bit. Think ardent and sincere nature; new-mown of the lost opportunity of holding hay is suitable for the young girl; lilac symbolizes the woman who makes hands in the darkness of the theatre. many acquaintances, but few real

friends; the carnation implies a nature of originality and impulse, and the Tea-Table Talk white rose is the perfume of the timid soul, holding aloof from the world, ye desirous of entering it. If you would He was a hard working

Puzzles and intelligent Frenchman, but the verbs still shed the odor of the mignonette be-English, troubled him, relates a hind you, and to denote brilliance and elegance, the orchid's scent is considerwriter in Pearson's Weekly.

the other day," he said to an English friend, "and she telled-I mean, toldme that her school was soon to break down."

"Break up, surely?" What is called the common-sens "Ah, yes, break up! Your verbs do shoe gives the toes plenty of room, but trouble me so yet! Break up-that does not support the arch of the foot, was it!" which causes all sorts of strains, often "Why was she going to let her school disabling and agonizing, the worst of break up so early?"

which is known as fallen arch. "Because influenza had broken down People are beginning to realize that "Broken out. It is a bit puzzling,

Ladies' isn't it?" "Broken out-ah. yes! And she is going to leave the house in charge of a caretaker, as she fears it might be

broken—How do I say that, please?" "Broken into, I expect." "That is it, Broken into—by the

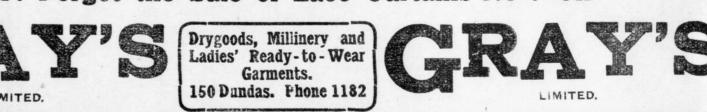
and finish that built up our Gentie-men's Tailoring Business will be main-tained in our Ladies' Tailoring. Ladies, try us for your Fall and Winter

> & Caravella 475 RICHMOND Next to Grand Opera House.

Tailoring

# DRESS GOODS

At the time of writing we have just received word of a shipment of wide-width Venetians in fourteen shades, which have just been shipped. These are regular 75c goods. They will probably be on sale Saturday. If not they will early next week at the very low price of, yard ..... 39¢

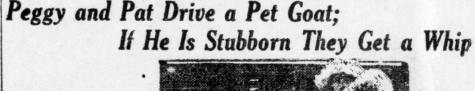


good man jars to the spine.

other pure fat. Mutton tallow is ver he shoe made on an arched last, with good, and agrees with every skin a roomy box toe and a reasonably high Soldiers grease their feet every night heel, is the really sensible shoe for all but the extremely flat-footed, who are when on the march. An ounce of flexlble collodion and thirty grains of surely in the minority. Those belonging use if you wish people to to the other extreme are helped by the salleylic acid is an effectual corn cure, but must not be allowed to touch the have a good opinion of artificial arches, which can be changed healthy flesh. from one pair of shoes to another.

> The most perfectly shaped shoe will Paper is of great antiquity, especihurt the foot if the heels are allowed to ally among the Chinese; but the first run over. They should be straight. paper-mill in England was built in ened up very often, and reinforced with 1588 by a German, at Dartford, in Kent. a layer of thick rubber, which saves a It was nearly a century and a half. afterwards, in 1713, before Thomas

> Nothing helps tired feet more than | Watkins, a stationer, brought paperregular-rubbing with vaseline or some making to anything like perfection.





These two little girls are Peggy and and wants to stop and nibble grass on the side of the path. Pat Watson.

They live in a big house in the city Then Pat jumps out of the carriage and have so many toys they hardly and finds a long, thin, stinging whip, know which ones to play with. No sooner does Mr. Goat see the whip know which ones to play with. No sooner does Mr. Goat see the whip But would you believe it? They much than he wakes up and looks very prefer to get outdoors on a nice day alert. One small slap on his back with and drive this pet goat around in their the end of this persuader is all that is The goat has a very bright, fanciful gait as if he didn't know that such tiny cart which was built for two!

harness trimmed with shiny, silver thing as nice green grass existed. nuckles. It seems quite proud to draw Pergy and Pat ride, very often, behese two very pretty little ladies hind the snow-white goat! Otrer days they have a small shets around the park.

Occasionally it gets rather stubborn land pony hitched to the carriage!

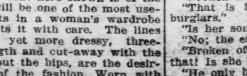


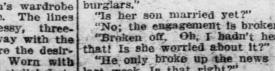
The outer coat here shown is of the

if she selects it with care. The lines

are simple yet more dressy, three quarter length and cut-away with the

fullness about the bips, are the desir-ed effects of the fashion. Worn with the tailored hat, skirt and stylish but-





of

in it."

"No; the engagement is broken in." "Broken off, Oh, I hadn't heard of that! Is she worried about it?" "He only broke up the news to her last week. Is that right?" "No; you should say just 'broke'

"Ah, yell; I think I am nearly broke



impress on your friends that yours is an austere and religious nature, then

myself by those verbs of yours!

And he went sadly on his way.

. . .

Be very careful what

kind of perfume

ed par excellence. "Ah, yes, m'sieur, I saw Mrs. Brown Comfortable Feet

