

Home Hints and Fashion
Notes—Bits of News Re
Women's Work.

FOR THE WOMAN OF TODAY

"We'll Ask Miss Grey,"
Is Everyone's Thought
When in Perplexity.

All Ready for the Big Doin's Tonight



KATHERINE LESLIE'S HOME CHAT

SIMPLE EXERCISES BY WHICH TO GAIN A SLENDER, SUPPLE WAIST.

The charm of a well-proportioned figure is not to be overestimated, says the Beauty Doctor, and it is one that almost any woman can possess by the expenditure of systematic effort, and she can acquire incidentally good health with her good figure. That harmful results often follow an ignorant method of reducing weight is so well known that prudent women are wont to consult a physician before adopting certain drastic notions, internal remedies for obesity, regimens of diet and severe physical exercises. The matter of food, too, can only be safely regulated by a doctor acquainted with the constitution of the individual. Fatal heart disease has been known to result from rapid reduction through overlong walks before breakfast, and anemic and long illness to result from improper diet. Physical exercises within moderation, however, can be safely taken by any woman, including that most excellent walk before breakfast, and the extent of these can be regulated to her general condition. She should always bear in mind, however, that the benefit of physical culture lies not so much in the amount of physical exercise indulged in, as in the regularity with which it is taken. An over-large waist, by no means indicates strength in this part of the body, and in order to reduce girth safely one must begin by increasing strength naturally. A number of exercises are suited to this purpose, and individuals can try them in turn and abandon those that do not seem comfortable and helpful to them. One of the best is also of a nature that requires care in the beginning not to strain muscles unused to the movement. The first requisite of every movement is a knowledge of how to stand properly, and a general rule for this is to stand with the abdomen drawn in, the chest thrown out and the small of the back curving inward. In this attitude tense the muscles and stretch the hands to one side on horizontal lines, one a little above the other, in the position which they naturally assume. Then swing the hands over to the opposite side. With muscles tensely stretched this movement is at first somewhat painful, but must be practiced with care and increased as one becomes accustomed to it and the waist grows strong and supple. Another infallible exercise for reducing the waist to slender proportions, and at the same time strengthening all the muscles around it, is to lie flat upon the back, upon awakening in the morning, with feet held rigidly beneath the foot-rod of the bed, and on a level with it, and then lift one's self by the waist muscles to a sitting posture. If this exercise is practiced only three times each morning, a rapid decrease of girth and increase of strength about the torso will be perceptible.

Problems of the Fair Sex Solved by Cynthia Grey

[Correspondents are requested to make their inquiries as brief as possible, and to write on one side of the paper only. It is impossible 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.
Dear Miss Grey:—I have seen in the London Advertiser several times the advertisement of Wyeth's sage and sulphur hair tonic, and it said it could be made at home. Now, please could you give me the recipe? Yours sincerely,
NELLIE BLY.

A—I do not know the proportions used in this preparation, but a very satisfactory form without the stem growing at all, and the leaves are very small. Could you tell me what to do with it?

Doctoring a Palm.
My Dear Miss Grey:—As I have read with great interest your column in The Advertiser, I would be very grateful if you could answer a couple of questions for me.

I have a palm, and when the leaves appear at the surface of the soil they immediately form without the stem growing at all, and the leaves are very small. Could you tell me what to do with it?

2. Is it proper to have long or short sleeves in an afternoon dress? Thanking you for your kindness I 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 I should advise you to report the plant, using fairly rich soil. Once a week pour a teaspoonful of castor oil around the base of the palm. Water freely three times a week, setting the pot in a tub and spraying until moisture reaches the roots.

2. Long sleeves are generally considered as being more correct for an afternoon toilet, but I once wear the three-quarter sleeve with long gloves.

Engaged at Nine o'clock.
Dear Miss Grey:—I have been

Interested reader of your column for some time. Would you kindly answer the following questions?

1. What would you suggest for a suitable Christmas gift for a young gentleman? We have been engaged only a short time.

2. Where is the proper place for a young girl to sit at the table when her young gentleman friend, with whom she has been going for some time, comes for tea? Should she sit beside him or opposite him?

3. Do you consider a girl of nineteen too young to be engaged to a young man, when she has never kept company steadily with any other?

SIAMROCK.
A.—1. A good fountain pen is prized by any man. Cuff links form a useful gift. If you know his taste in literature or in art, a book or small picture will doubtless be acceptable.

2. The placing depends entirely on how many are seated around the table. If there is but father and mother and the two young people they should sit opposite each other.

3. She is rather young to be engaged, but if they love each other and everything is favorable, my blessing on you, children!

Canadian Women

The Y. M. C. A., of Victoria, B. C., has offered the use of its swimming baths, at least one day a week, for the use of the ladies of the city. Professional instruction in swimming will be given all who desire it.

The vice-president of the Mozart Club, Thorold, Ontario, is a woman, Miss Anna Williams, of that place.

The Girls' Association, of St. John, N. B., have formed classes for instruction in singing, physical culture,

literary and business courses, etc. Their supervised employment bureau is proving an excellent help to girls and women seeking employment.

Members of the Montreal Women's Club were told on Monday afternoon during an address by Professor J. A. Dale, of McGill, that "modern homes are doing all they can to spoil the children, and then they send them to the schools that they may make men and women of them."

The Kingston Ladies' Musical Club held a splendid recital of piano and vocal solos arranged from German composers, on Saturday afternoon.

Mrs. Richardo, of Victoria, is among those representing British Columbia in the golf competition at Seattle, Wash., on Friday next.

Among those taking part in a "Carnival of Seven Ages," given in aid of the Protestant Infants' Home, Montreal, when some \$2,500 was realized, were the King's Daughters, of St. James the Apostle Church.

The Local Council of Women, of Ottawa, are considering the advisability of running one or two ladies for the position of school trustee at the coming civic election.

The west end W. C. T. U., of Calgary, met at the home of Mrs. Hauskins, one of their members who is leaving for the States, and presented her with a copy of "What Francis Willard Said."

The Girl Guides, of Toronto, are giving an entertainment at the Fashion Show, under the patronage of the Dominion Council.

Miss Helen Stocker, of Belleville, Ontario, won the first prize in the Gold Medal Election contest, on Tuesday night, by the W. C. T. U.

Mrs. E. L. Hill, of Edmonton, Alberta, was nominated as candidate for school trustee, by a combination of all the women's organizations held in that city.

TIT-BITS

AT THE HALLOWEEN PARTY.



George—She is the prettiest girl at the party, but she doesn't take part in 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 to show a man's face close behind her?

When a pretty young lass seeks a big looking glass, Where the ladies 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 pour their stocks And hand their Halloween.

W! merry songs and friendly cracks

When Selecting the Fall Coat



A.—1. A good fountain pen is prized by any man. Cuff links form a useful gift. If you know his taste in literature or in art, a book or small picture will doubtless be acceptable.

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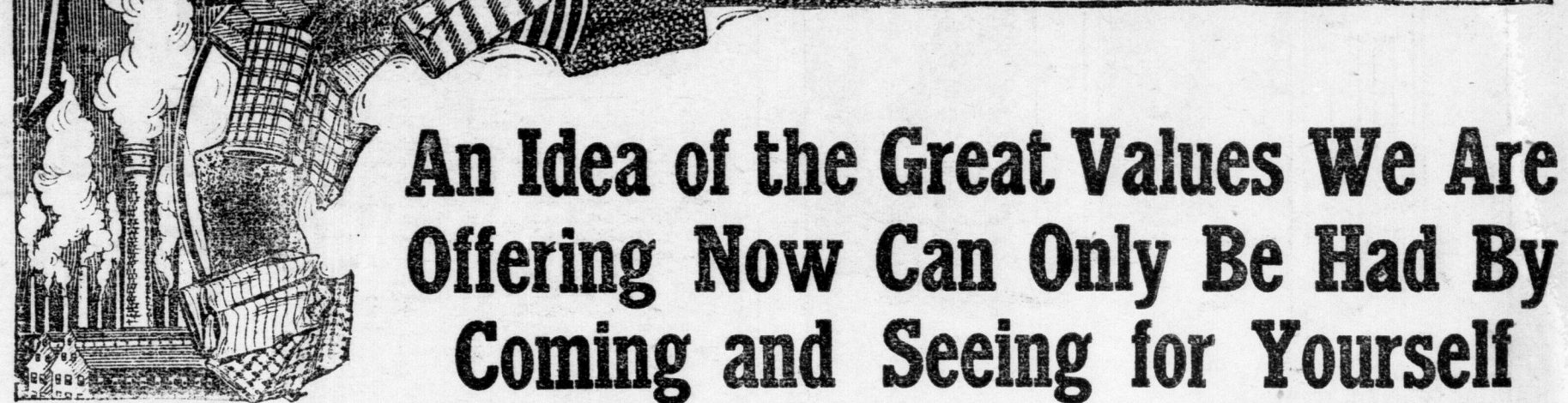
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The outer coat here shown is of the type that will be one of the most useful garments in a woman's wardrobe if she selects it with care. The lines are simple yet more dressy, three-quarter length and cut away with the fullness about the hips, are the desired effects of the fashion. Worn with the tailored hat, skirt and stylish buttoned boots, the coat is right for morning wear, and as easily adapted to the dressy afternoon frock.

MILL END SALE



An Idea of the Great Values We Are
Offering Now Can Only Be Had By
Coming and Seeing for Yourself

TOMORROW (Saturday) will undoubtedly be the busiest day of this big sale. This sale day, coming at the same time every year, has always been the biggest selling day of all our year. Tomorrow will be no exception. Read the few items given here, but even if you do not need the lines mentioned, come anyway, there are many others. THIS YEAR THERE ARE NO SECONDS—ALL GOODS ARE ABSOLUTE-LY PERFECT QUALITIES.

Ladies' Underwear

BARGAINS IN ALL THE LOW-PRICED LINES.

LADIES' GRAY AND WHITE VESTS, winter weight. Regular 25c, garment. **19c**
LADIES' GRAY AND WHITE DRAWERS, winter weight, regular 25c, garment. **19c**
LADIES' GRAY AND FLESH COLOR VESTS, winter weight. Very good regular value for 50c. Absolutely perfect goods, for garment. **45c**
LADIES' DRAWERS—Same as vests, regular 50c for garment. **45c**
MISSSES' COMBINATIONS, in fall weight, for suit. **89c**
MISSSES' ALL-WOOL COMBINATIONS, heavy weight, at suit. **\$1.49**
Many other broken lines clearing with the above lines.

Ladies' Suits, Reg. \$18, for \$12.75

This is a collection of a number of very smart costumes, well tailored from cheviot, diagonal serges and all-wool French serges. The coats are designed in the cutaway front style and are lined throughout with silk. Some are prettily trimmed, others are absolutely plain tailored. Colors in these are navy, gray, black, tan and brown. Sizes range from 34 to 40. On sale Saturday. **\$12.75**

Children's Coats, \$5.00

A special line of Children's Warm Winter Coats, made of splendid quality diagonal coating in two-toned effects. Lined to waist with red flannel. Sizes 6 to 12 years. There is no better or warmer coat for the children at. **\$5.00**

Ladies' Coats, \$15.00

Smart Winter Coats of fine curl cloth, in black and tan 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 navy. New effects. All sizes at. **\$3.95**

Don't Forget the Sale of Lace Curtains Now On

GRAY'S

LIMITED.

Drygoods, Millinery and
Ladies' Ready-to-Wear
Garments.
150 Dundas. Phone 1182

GRAY'S

LIMITED.

MILL ENDS OF

SHAKER FLANNELS, WRAPPERETTES, TOWELLINGS, COTTONS AND TABLE LINENS.

These ends are well worth purchasing. Come early, for the best lengths will go at once. These come in almost all lengths, and at prices which make them well worth buying.

Millinery That Is Exclusive

In the hurry and bustle of this big sale, don't forget to visit our Millinery Department. Many new styles have been received from New York in the last two weeks. You should see these. You can find here a hat to suit your needs whatever you require.

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. **39c**

GRAY'S

LIMITED.

I wat they didna weary;
And unco' tales, and funny jokes,
Their sports were cheap and cheery,
Fu' blythe that night."
—Robert Burns.

A young man in a Sydney, N. S., moving-picture theatre, while taking "forty winks" during the "show" fell off his seat into the aisle. Everybody laughed at him so much that his best girl, who had been sitting beside him, left the theatre in high dudgeon, and won't speak to him now.

And we don't blame her a bit. Think of the lost opportunity of holding hands in the darkness of the theatre.

Tea-Table Talk

Puzzles
He was a hard working and intelligent Frenchman, but the verbs still troubled him, relates a writer in Pearson's Weekly.

"Ah, yes, m'sieur, I saw Mrs. Brown the other day," he said to an English friend, "and she told—I mean, told me that her school was soon to break down."

"Break up, surely?"
"Ah, yes, break up! Your verbs do trouble me so yet! Break up—that was it!"

"Why was she going to let her school break up so early?"
"Because influenza had broken down in it."

"Broken out. It is a bit puzzling, 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 burglars."

"Is her son married yet?"
"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 there.'"
"Ah, well; I think I am nearly broke

myself by those verbs of yours!"
And he went sadly on his way.

Perfume and Character.
Be very careful what kind of perfume you use if you wish people to have a good opinion of your character. For perfumes, if you will believe it, bear a distinct little meaning all their own. If you would have folks think well of you, avoid heavy scents such as musk, gardenia and tuberose, for these mark the vulgar woman.

Violet, which we have always thought of as a symbol of modesty, is, according to the "powers that be" now indicative of the coquette. Vervain denotes an ardent and sincere nature; new-mown hay is suitable for the young girl; lilac symbolizes the woman who makes many acquaintances, but few real friends; the carnation implies a nature of originality and impulse, and the white rose is the perfume of the timid soul, holding aloof from the world, yet desirous of entering it. If you would impress on your friends that you are an austere and religious nature, then shed the odor of the mimosa, behind you, and to denote brilliance and elegance, the orchid's scent is considered par excellence.

the shoe made on an arched last, with a roomy box toe and a reasonably high heel, is the really sensible shoe for all but the extremely flat-footed, who are surely in the minority. Those belonging to the other extreme are helped by the artificial arches, which can be changed from one pair of shoes to another.

The most perfectly shaped shoe with hurt the foot if the heels are allowed to run over. They should be straightened up very often, and reinforced with a layer of thick rubber, which saves a good man far to the spine.

Nothing helps tired feet more than regular-rubbing with vaseline or some other pure fat. Mutton tallow is very good, and agrees with every skin. Soldiers grease their feet every night when on the march. An ounce of flexible collodion and thirty grains of salicylic acid is an effective corn cure, but must not be allowed to touch the healthy flesh.

Paper is of great antiquity, especially among the Chinese; but the first paper-mill in England was built in 1488 by a German, at Dartford, in Kent. It was nearly a century and a half afterwards, in 1712, before Thomas Watkiss, a stationer, brought paper-making to anything like perfection.

Comfortable Feet

What is called the common-sense shoe gives the toes plenty of room, but does not support the arch of the foot, which causes all sorts of strains, often disabling and agonizing, the worst of which is known as fallen arch.

People are beginning to realize that

Ladies' Tailoring

The standard of excellence in style, fit and finish that built up our Gentlemen's Tailoring Business will be maintained in our Ladies' Tailoring.

Ladies, try us for your Fall and Winter Suits.

Famularo & Caravella
475 RICHMOND.
Next to Grand Opera House.

Peggy and Pat Drive a Pet Goat; If He Is Stubborn They Get a Whip



These two little girls are Peggy and Pat Watson. They live in a big house in the city and have so many toys they hardly know which ones to play with. But would you believe it? They much prefer to get outdoors on a nice day and drive this pet goat around in their tiny cart which was built for two!

The goat has a very bright, fanciful harness trimmed with shiny, silver buckles. It seems quite proud to draw these two very pretty little ladies around the park.

Occasionally it gets rather stubborn and wants to stop and nibble grass on the side of the path.

Then Pat jumps out of the carriage and finds a long, thin, stinging whip. No sooner does Mr. Goat see the whip than he wakes up and looks very alert. One small slap on his back with the end of this persuader is all that is necessary. He trots off at a fine little gallop as if he didn't know that such a thing as nice green grass existed.

Peggy and Pat ride, very often, behind the snow-white goat!

Other days they have a small shaggy land pony hitched to the carriage!