

## WOMAN'S WORLD.

## THE FASHIONS.

The Fashion writer of the N. Y. Evening Post says:—

Odd effects, combining features of a fancy short-skirted jacket bodice and a slashed bolero, appear upon the newest gowns for autumn wear.

The overskirt continues to put in claims for favor this season, and models pointed in effect and quite as long as the underskirt before they are draped appear among approved fashions for the fall and winter.

On French overskirted gowns, some have very long sharp shawl points trimmed with triple frills, some wide, sometimes very narrow. On such gowns the underskirt is trimmed to match, but the greater portion of the underskirts are finished with a deep machine stitched hem.

The slashed models, giving the effect of a long square apron front, reach quite to the bottom of the second skirt, and on tailor costumes of cloth, mohair, tweed, cheviot, etc., the slashed edges are decorated with silk gimps put on in various fanciful designs.

A very closely fitted sleeve with a crisp little puff that has not the slightest superfluous material under the arms is one of the favored models both for dress and utility wear this fall. Quite as popular also is the much modified mutton-leg shape, smooth and snug from wrist to elbow, but generally with leaf-point finish or flaring tabbed cuff falling over the hand. A number of new sleeves in light wools show a very close forearm portion buttoned nearly its entire length on the outside with three upstanding tufts between the buttons, or three rows of Milan braid are used instead of the tufts. This arrangement continues until the small shoulder puff is reached.

At an importing house in New York a small crowd of coming-and-going admirers were continually grouped around an effigy of a young lady attired wholly in black velvet—the gored skirt untrimmed, but elegantly hung, and lined with damask-red taffeta, the waist a belted, short-skirted Russian blouse fastened on the left shoulder and down the left side to the waist, and there trimmed with full frills of black accordion-pleated mousseline de soie and beaded rosettes of black satin ribbon of the narrowst width. The hat was a large wide Rubens with broad drooping black ostrich feathers on crown and brim. No color of any description appeared upon the hat, and no other trimmings were used. As a whole, the model presented a remarkably rich, elegant, and distinguished appearance quite in contrast with the light, perishable, and pale-colored toilets of summer still exhibited in close juxtaposition to the one described, and nearly every woman, as she passed in review, received a personal inspiration for the designing of a new cold-weather costume, all black and all velvet, and a hat to match, all feathers as to decoration, and with not a particle of overdone "coloring" or "tone" about it.

Among dress trimmings the season opens with a very beautiful and elaborate exhibit of silk cord gimps, beaded galloons, and new colorings in monochrome, and also tri-color effects; very handsome applique ornaments, a very few of which impart great elegance to the gown; charming sets, comprising girdle, standing collar sleeve points, and Etons. There are likewise extremely fine jetted garnitures, shaped as half-bodices, braces, flat and standing epaulettes, revers, oddly shaped vests, and very novel ornaments for the sleeves, arranged in modified styles to suit their reduced shapes. These decorations are in every variety of design, and certainly not extravagant in price when one remembers the future use that can be made of them.

The small basque pieces this season have no deep in-and-out curves, ripples, or even tiny waists. They are flat, silk-faced, and fitted smoothly, and they may be tabbed, cut in short or long Vandyke points, scalloped and bound or knitted on the front and sides, with natty button-trimmed position backs. Regarding the arrangement of bodices, while many of the new gowns show them fastened directly down the front, with a line of handsome buttons very much in evidence, invisible fastenings are still much favored, and they are set in very odd places, and irregular and one-sided effects prevail extensively. Very few of the youthful French bodices are trimmed alike on both sides, and in many instances only the left side is decorated after the fashion of the finishing of the new Russian blouse.

In the elaborate display of autumn millinery, the hats decorated with all the various deep or brilliant shades of red seem to put all the rest of the exhibit in the shade, so to speak. This color, once so tabooed, and used so sparingly, even as a relief to other dark or black dyes, seems season after season to have gained a little more in general favor, and lost as gradually the pre-judice against it. Fashions as well as customs "change with times and climes," and at the summer resorts this year all shades and tones and semi-tones of red, from gorgeous poppy and brilliant crimson to deepest damask, mahogany, and nasturtium, have soared in millinery among jackets, parasols, dress foulards, chiffons, muslins, etc., that a woman wearing this once most conspicuous and showy color now attracts little more attention than that account than if she wore blue or green. There are hundreds of people, however, whose dislike to the color is so marked that nothing will change their prejudice, against it, but a constant and continued

sight of red in every possible shade, season after season, for several years past, has greatly modified the general dislike for garments, millinery, and trimmings of every description made of it. Very handsome looked some French round hats, shown this week, formed of sun-burnt straw—much like *coru Milano*—trimmed with a chaplet of exquisitely shaded Jacque roses and foliage, with high loops of wide satin ribbon of the same rare red color arranged at the left side. Other hats of the same color, or of dark *rocéda* straw, were bound on the edge and trimmed with amaranth red velvet, with clusters of velvet damask roses devoid of foliage set on one side.

Concerning various skirt models, the three-piece and five-piece skirts will be favored for making up autumn dress fabrics. The modified seven and nine-gored shapes will be used for dark satin foulards, light wools, and soft repped goods. For very slender figures are new French skirts with breadths of the dress goods left the entire width with the exception of the gored front broadb. The full breadths are adjusted either by pleats or gathers. Other styles follow a model heralded last spring, i. e., a skirt with a deep hip yoke, with kilts, folds, accordion pleatings, or alternate wide box pleatings, and five flat pleats attached to the lower edge of the yoke. This model will be used in plain light wools, and many of the French fancies and Scotch plaids in silk and wool or all wool. With these pleated skirts will be worn either a Russian blouse matching the skirt in kind, or of velvet, or else one of the new pretty jerseys or jersey shaped bodices.

## THE HOUSEHOLD.

In Norway, where superb coffee is made, a bit of butter is added to the beans while they are roasting in the covered shovel used there for that purpose. In France, as well, a piece of butter the size of a walnut is put with three pounds of the coffee beans, and also a dessert-spoonful of powdered sugar. This brings out both flavor and scent, and, moreover, gives the slight caramel taste which will be remembered as a pleasing part of French coffee.

A housekeeping journal reminds the applicant of benzine to a paint spot upon a garment. It will truly remove the paint, but any one who has used benzine will know that a round spot of the stain from that application remains, and, finally, drying out to a mere ring, stays in that shape beyond the power of much rubbing to remove at all. In fact, salesmen of the benzine often declare that, admirable as it is for taking away other stains, it leaves one that is beyond eradication. This is not so with naphtha, which cleanses any grease-spot thoroughly, and, if rubbed faithfully, will finally totally disappear. There is just that difference between the two, and no one should consent to take the coarser volatile liquid, under the idea that "they are all the same thing." They are not when it comes to this point.

Almost every one likes the delicate little cakes known as *puffs*, or *clafoutis*, but almost every one imagines that they are too difficult for an amateur cook to attempt. Directions given for them in the receipt books usually are for a great number, and sound like professional work. But the following makes a couple of dozen of small puffs, which may be baked in gem pans, and then filled with whipped cream, custard, or whatever is desired: Boil together for one moment one cup of water, one half cup of butter, and one cup of flour. Set away to cool, and then stir in, one at a time, three eggs not beaten. Drop into the greased pans, and bake. Surely there is no easier cake to make than this, and none surer to "turn out well." After baking, which must be done in a steady oven, let them cool, cut a slit in the side, and insert the filling as fancied.

A thrifty housewife's query is why every popular toilet soap should not come in different sized cakes. "One wants to keep a fresh cake, always, in the guest room, of course," she explains, "and if the coming visitor is to stay for but a day or two, it is a clear waste to have only a bulky article for use; and so it is in travelling. A very small cake would be more economical for a short journey, as a tourist hardly cares to bring home a moist cake of ever so choice a cleanser. Another suggestion is that many of the finest soaps come rather too highly scented—a fault that could be easily remedied to-day, when every breath of perfume, to be modish, must be of the faintest and most subtle description."

Some housewives are, even so late in the season as this, preserving rhubarb for winter use. The process, as adopted by them, is so extremely simple that any one might make the experiment of a few cans at least. The fruit is peeled and sliced and then placed in cans. These are filled to overflowing with cold water and the tops screwed on. "Only this, and nothing more," The rhubarb keeps in perfect condition. Nor is it to be despised, in the coming cold months, when used in the shape of an open tart. For this the pie plant is stewed, sweetened, and put into a dish lined with puff paste when baked, and while still hot it should be eaten, with an abundant supply of cream. It is not, of course, the most digestible of sweets, but it is, indeed, delicious.

So-called "safety" matches never should be thrown away, as extinguished beyond the possibility of harm, without close examination to see that they are no longer burning. Care should be taken also to guard against the sparks which fly from some of them, and beliefs

their name. One country house has been twice set on fire since it was built, four years ago, by careless handling of such a match. Once a flying spark caught in an umbrella, and there smouldered into a final and rather disastrous blaze. Another time a match thought to be spent did similar mischief.

Double chests of drawers sometimes, and very acceptably, take the place of the chiffonier. These may be bought, in the style of Queen Anne, of beautifully marked walnut wood, with brass fittings, and are called *tailboys*.

There has always been a sense of surprise that women did not oftener invent women's tools—that is, something needed peculiarly in feminine work. But among recent patents issued to women are those for dish-covers, for sleeve and cuff-adjusters, for an improved table-fork, for dress-pockets and the material thereof, and for a ventilating device for boots and shoes.

To cut parsley for seasoning, bunch the stalks together in the hand and double the tops over until the whole is bent in half, holding it down against a table. Then chop vigorously, and it will be as thoroughly shredded as required.

## PHYSICAL CULTURE.

Its Importance Dwelt Upon in an Interesting Manner.

Some Striking Instances of Its Benefits to Children—The Power of the Needle in the Hands of Invalids.

To the house of a well-known retired physician one day came the well appointed carriage of a wealthy citizen of New York, and from it, with her parents, descended a feeble young girl who seemed to find the stone steps to the front door difficult of ascent. This visit had been expected, and the family of the physician waited with anxiety to hear the judgment he would pass as to the future of this frail life, so inestimably precious to those who loved her and awaited his verdict.

In an hour the good doctor was ready to speak: "I told them to dismiss her attendants, and let her not only dress herself, but take care of her own room, especially requiring her to sweep it once a week. I do not think they will do it; her mother was angry, and the girl cried bitterly; but if they would obey me I think she might live. She is dying from want of using her limbs; her arms are like those of a little child."

This incident was the means of first drawing my thoughts to the necessity of the systematic use of the limbs, and particularly of the hands and arms, and my attention so called has followed up the subject by persistent observation for many years. Naturally the legs have to be exercised a little, if only in walking across the room, descending and ascending the stairs, etc.; every few moments bring some need of change of position, but to many women, in these luxurious days, their arms are practically useless, not even literally tying their own shoestrings.

With grave study and many experiments the great nerve scientists are coming to the conclusion that not only is disease prevented, but that there is a curative power in the intelligent, if I may so express it, the applied use of the muscles and nerves of the arms and hands in increasing brain power and restoring lost action of the will. To the mother who has watched over a delicate child, or the nurse who has had charge of a nervous invalid it seems a puzzle that it should take rank among helpful discoveries; it has long been patent to them.

The city child who takes its daily walk with one little hand held tightly by its careful nurse, runs no chance with the country boy or girl who picks up chips, or weeds the little garden, or looks for eggs, or trundles his barrow. The brain of the latter, pleasantly stimulated, is all the time directing the busy fingers, and the whole body is alert and refreshed.

That love of home and the care for a house which comes with it provide the wisest and the pleasantest use of a woman's hands, there can be no doubt, and here is one of the largest compensations for restricted means. The need to see the whole house from garret to cellar once a day includes the need for a thousand touches, innumerable handlings. The ordering of the linen-closet, the examination of the store room, the arrangement of draperies, the filling of the flower-vases, the happy tossing of the baby; every sweet, light-hearted performance of these home-making duties is insensibly giving tonic exercise and perfect circulation, and keeping brain and body in beautiful equipoise.

Dr. Arnold at the time of his heaviest work at Rugby, and when his zealous excitement concerning his country, his Church and his faith was keeping his brain at a point of dangerous activity, wrote that he felt able for anything, now that he had "a gallowa" built where he could use his arms again, and was once more pole vaulting with the boys as if he were one of them. Even these artificial uses of his arms and hands were to him absolute essentials to the maintenance of his physical and mental equilibrium. Doubtless gymnastic substitutes do women and children great good also, but the high water mark of gain is at-

tained by occupations which are natural, and brings about good results to home and husband, or to some one who is relieved and benefited by what they do. To be healthily tired every day in some one's service is the best safeguard against disease and sadness that the world contains.

For a delicate and convalescent child whose strength comes slowly, if one can incite him to think of a little plan and work to carry it out, a sure good has been attained. If it is but to gather twigs to build a bonfire, he has found a motive which steadies and stimulates his weak steps and makes him enjoy an exertion otherwise difficult. When the effort becomes a means to an end, you have turned it into a pleasure.

And, apart from muscular exercise, there is a nerve rest to every tired woman in any use of her hands by which she makes something. How many hours of dread, how many days and nights of apprehension, when unaverted sorrow has overhung her home, have been made endurable by the quiet, steady movement of the needle which fashioned a garment, or the growth of a stocking quickly and silently knit?

If it were only for this reason, every girl should be taught to be a skillful needle-woman, and learn the ready use of knitting-pins and crochet-hooks, and every pretty implement by which she can make useful and pretty things. The sewing-machine has no such helpful nerve influence; its noise, its speed, its mechanical haste, as if greedily to be fed, all are disquieting and irritating; but the silent little needle which can do nothing but obey has kept many a broken-hearted woman from wringing her hands in despair, and permitted her to keep her quiet watch in sick-chambers, when she would otherwise have been as restless as a tiger and forced to move incessantly.

It is said of the wife of Gen. Lowell that she had begun to embroider a pair of shoulder straps for her heroic husband in anticipation of his swift-coming promotion, and that, hearing of his pathetic death, she kept on to their completion, and that he carried these insignia of his just-won rank to his grave, decorated by her loving handiwork. Many a woman can comprehend the calming power she found in those first awful hours, in which she could neither go to him nor do aught else but mourn, in thus keeping her fingers busied in doing yet one little thing for him, and in giving material expression to his nobly won honors.

To those who are ill and incapacitated for active participation in the life of the world, the use of the needle, and other implements by which the thousand varying feminine industries are carried on, affords a relief which only those can estimate who have shared the blessing. An idle invalid is doubly afflicted and in certain peril of becoming absorbed in herself. To be able to transform the wearying consciousness of pain which will not cease, to picture some happy mother with her baby wrapped in the soft blanket, to see her knitting or to fancy a jolly boy, ridding in the protection of your home-knit scarlet mittens, is like having lovely tableaux thrown upon a screen by magic lantern light for your diversion. Picture after picture will rise vividly before you as your busy fingers ply their trade; your world will enlarge, and your thoughts take happy flights from the tired self whose limitations are so close and narrow. The mere sight of the pretty materials, and the growth of the form your choice has taken as your object of creation, give a peculiar sense of restful satisfaction of infinite value.

This is a principle of relief, if not of cure, when applied to the needs of children who suffer from chronic disorders, such as hip or spinal diseases. To do for them, to amuse them by working for them, is a far more common way than to endeavor to teach them to do something with their own hands. Almost all the kindergarten specialties are within their power and are to be found in great variety. And if, to the amusement of making or cutting out, can be added a purpose, the preparing of a gift as a love-token or a help to child ren suffering like themselves in hospitals and asylums, a positively beneficial influence upon the spirits and general welfare of the child is sure to be exerted. The most fascinating amusement contrived for them to enjoy inactively, by watching or looking on, soon loses its charm, but the most imperfect results of their own handiwork have an enduring charm.

To apply this scientific medical truth, of which the shortest practical experiment will give proof, to either a weary idler in health or a suffering idler in pain, will convince any one of the great value it contains in enriching and keeping in sound condition both the minds and bodies of the well, and in the amelioration and relief of the afflictions of the chronically diseased. And to the aged women once able actively to rule their households, the useful occupation of their feeble hands is an inexpressible boon.—N. Y. Evening Post.

## Water Drinking.

According to Professor Allan, says the Medical Times, we should drink from one-third to two-fifths as many ounces as we weigh in pounds. Therefore, for a man weighing 168 pounds, there would be required fifty-six to sixty-four ounces daily, or from one and one-half to four pints.

This Journal of Hygiene regards as a very indefinite answer. The quantity of water required depends on the season of the year, the amount of work done, and the kind of food eaten. In hot weather we require more than in cold, because of the greater loss through the skin, though this is in part made up by the lesser quantity passed away through the kidneys. If a man labors very hard he requires more than his labor is light. A man working in a foundry, where the temperature is high and the perspiration profuse, not infrequently drinks three or four gallons daily.

If the food be stimulating and salty, more water is required than if it be bland. Vegetarians and those who use much fruit require less water than those

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who eat salt fish and pork, and often get along on none (except what is in their food). In most cases our instincts tell us how much water to drink far better than any food or fixed rule. For a while they have been acquiring a knowledge of how much to drink and transmitting that knowledge to their children, and if we follow them we shall not go far out of the way.

It is of more use to us to know that pure water is essential, and that impure water is one of the most dangerous of drinks, than to know how much of it is required daily. I once lived in a region where the water was bad, it should be boiled and put away in bottles well corked in an ice chest, and in addition one should eat all the fruit one can, if fruit agrees. Fruits contain not only pure water, but salts which are needed to carry on healthfully in the functions of life.

## FOR YOUNG MARRIED PEOPLE.

A Few Rules That, Followed, Will Bring Contentment to Them.

Try to be satisfied to commence on a small scale.

Try to avoid the too common mistake of making an unwise effort to "begin where the parents ended."

Try not to look at richer homes and covet their costly furniture.

Try going a step farther and visit the homes of suffering poor, when secret dissatisfaction is liable to spring up.

Try buying all that is necessary to work with skillfully, while adorning the house at first with simply what will render it comfortable.

Try being perfectly independent from the first, and shun debt in all its forms.

Try to cultivate the moral courage that will resist the arrangement of fashion.

Try to cooperate cheerfully in arranging the family expenses, and share equally in any necessary self-denials and economies.

Try to be cheerful in the family circle, no matter how annoying may be the business cares and the house-keeping trials.

Try to remember that it matters but little what "people think" provided you are true to yourselves, to right and duty and keep your expenses within your means.

## Cooking by Electricity.

Cooking by the means of electricity is one of the conveniences to which the good housewife may look forward to as a reality of the present, or the very near future. In a paper on "The Economy and Utility of Electrical Cooking Apparatus," read at the recent Elot meeting of the American Institute of Electrical Engineers, by Prof. J. P. Jackson, a result from tests with electrical cooking apparatus in practical family use was given. For a typical breakfast and dinner for a family of six people, the cost of cooking was 13.55 cents for breakfast and 29.8 for dinner. Prof. Jackson thinks that electric cooking is just the thing for light house-keeping in large cities, and that it could also be used with facility in boarding houses and restaurants for purposes which require an even temperature. The general results of the tests were of such a nature that Prof. Jackson is of the belief that if centralization managers would more generally introduce exhibition equipments of these domestic utilities a new call on their station capacity would develop. An exhibition of this electrical cooking is to be made on a large scale at the ornamental opening of the Machine Hydraulic works, and visitors will have an opportunity of sampling the articles cooked. A number of electrical firms have promised to exhibit at this opening, among them being the Canadian General Electric Co., Wagner Co., of St. Louis; Trudeau & Co., of Ottawa; John Forman & Co., representing a Detroit company, and R. E. T. Pringle, of Montreal.

## Be Cautious in Your Selection.

Look before you leap into a friendship as well as a marriage, says Mrs. Lynn Linton. A friendship once established is not to be lightly thrown aside. If not so indissoluble, not so close, nor yet so sacred as marriage, it has its own clamps and chains; and these hold fast on the one side while often the other wishes them loosened, and does its futile best to break them. You find her tiresome, exigent, intrusive, inconsiderate? Why, then, did you not prove before you chose? She is exactly what she always was, and you have no right to blame her for the characteristics you were simply too rash to probe—too precipitate to study and dissect. You made her your friend and now you find you have grappled to yourself a burr and a bore. You leapt without looking, and when you are smarting with the prick of the thorns and briars and nettles in the midst of which you have landed, knowledge comes too late, and you will have to put up with the consequences of your own act. We do not make enough account in our day of the seriousness of friendship. We call everyone friend, and scatter the sacred name like so much bird seed upon the garden walk. A chance acquaintance of pleasant manners and unknown antecedents becomes a friend at a day's notice. Of his parentage and his lineage, of his upbringing and his experience, we know nothing, and, not looking before we leap, we plunge headforemost into an intimacy which perhaps lands us in disaster—now

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