

"No description can give any adequate idea of the evils consequent upon wearing skirts hanging from the hips." — Dio Lewis, in his chat with girls.

From Dr. Oldwright, President of Dominion Board of Health, Toronto.

I have found Mr. and Mrs. Fiske so ingenious in devising and constructing various appliances useful both in health and disease, such as Braces, Supports, Bands and Trusses, &c., that I have from time to time sent patients to them, and have been pleased with the results.

W. M. OLDWRIGHT, M.A., M.D.

I have great pleasure in recommending Mrs. Fiske's garment supports. Every woman should wear them: those in "health" to keep them so, and those suffering from "weakness" as a help to regain their strength. Her "Abdominal Bands" are everything that can be desired for lightness, durability and perfection of fit. I have in my practice used her goods for many years, and feel gratified with the results.

MRS. JENNIE K. TROUT, M.D., Health Report, Toronto.

Mrs. Fiske, 277 King St. West, Toronto, makes a Specialty of

Ladies' and Children's Trusses,

Price, \$5.00. She also manufactures

LADIES' GARMENT SUPPORTS, 50c. and 75c.,

Shoulder Braces, \$1.00 and \$1.50; Abdominal bands, \$3.00 to \$5.00; Bands for Spinal Deformities, &c.

Orders sent by Mail to any part of Dominion on Receipt of Price.

FATHERS,

WIVES,

MOTHERS,

DAUGHTERS



Take that SERPENT from You.

"The injudicious application of tight clothing to the trunk of the body interferes with the natural action of the respiratory organs, presses the abdominal viscera down upon the uterus, bladder, and femoral and inguinal openings, and is the most fruitful cause of — Hernia, Prolapsus Uterus, and other so-called Female Weaknesses."

W. LAWRENCE, F.R.S.

Surgeon Extraordinary to the Queen, Surgeon and Lecturer to St. Bartholomew's Hospital, London, &c.

"All clothing should be supported from the shoulders."

MADAME DEMEOREST, in "What We Should Wear."