

CHARMING NEW YORK SPRING FASHIONS

MADE IN TORONTO
MADE TO YOUR MEASURE

TAILOR-MADE SUITS, \$8.50 UP

Toronto turns to New York for the finality of Fashion. Not as in years gone by with unquestioning submissiveness but rather with ripened ability to differentiate between the various expressions of Style and with the self-reliant and coveted taste to choose that which most appeals to the taste and needs of Canadian women.

Of the Style students of this Dominion, no series of stores devote a tenth of the intelligence or energy that does the House of Morton Browne Co., Limited—therefore, no single store dare lay claim to rival the Quality, Style and Prices which we illuminate and Present in Our Catalog.

When you read and reason for yourself you will clearly understand they are more, far more than insipid copies of European models. They are strongly Individual but the prices are moderate and sensible.

Our Handsome Catalog illustrates and describes

Tailored Suits,	\$8.50 to \$35.00
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We honestly believe a dollar expended with us buys more Real Value—more Genuine Satisfaction than Two Dollars spent in your home town.

We are sure of this and make certain that you will feel likewise for

We Guarantee to Fit You Perfectly or Refund Your Money Cheerfully

Moreover, we prepay the Express Charges on your garments to any part of Canada.

Remember, we make everything to your individual measurements. We do not carry ready-made garments.

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ALL ARE SENT FREE by return mail to any part of Canada. Our splendid system enables us to fill all orders promptly—in one week from the day we receive your order.
Just sit down and write NOW. You will be surprised and delighted at the Saving and Satisfaction our Prices and Styles afford.



MORTON-BROWNE CO., Limited,

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112 MORTON-BROWNE BUILDING
TORONTO, ONT.

Reference: Any Bank, Mercantile Agency or Express Co.

ty we know that her dose of sulphur and iron, not to mention the phosphates, is an exceptionally good one. What pleasanter way can we have of taking these than as a crisp relish to bread and butter, as a sandwich, a salad, or as a sauce to roast mutton? And if any one knows not watercress soup they have something good yet to discover.

Mustard and cress, spring onions, radishes and young lettuce are all in nature's hand waiting for us to make use of them, and most people will be quick enough to seize on these; but when the first green nettles and dandelions appear and when sorrel peeps up and she would have us take them also few heed her advice. In some places, perhaps, you will meet with a dish of young nettle tops—soldisant spinach—or a dandelion salad. In these we should get taraxacum, for the cure of dyspepsia and for the correction of appetite and taste, as well as the remedy for that troublesome eruption called the nettlerash—the cure indicated in the name.

Spring cabbage never fails to receive a cordial welcome from all, and though there is hardly any other vegetable which in its growth so impoverishes the soil of the garden, there are few others from which we gain so many of those valuable phosphates needed

for the enrichment and purification of the blood.

Onions are one of the finest nerve tonics we have, and if spring onions are chopped and spread between slices of bread and butter they form a sandwich that if eaten at supper-time will do a great deal toward insuring a good night's sleep. Plenty of onions should be found in a spring salad, even though eating them isolates one from his fellow-men.

Dryness of the skin and other eruptions call for more fruit to be eaten. In garden rhubarb we have a valuable medicine, even if it be a humble one. While young and fresh its acidity is not excessive and it lends itself to the making of delicious pies—yes, even of ices. Excellent, too, are rhubarb fritters.

Pattern Catalogue.

For the convenience of the busy mothers into whose homes the 'Messenger' goes, we have arranged to supply a catalogue containing from 400 to 500 new designs for ladies', misses' and children's clothes, for spring and summer of 1907, all of which may be ordered through the 'Messenger' Pattern Department. The catalogue also contains practical illustrated hints on the making of fine lingerie and baby clothes. Send 10 cents in coin or stamps, writing name and address in full, that no mistake may occur. Be sure to mention the 'Northern Messenger,' or, if desired, the pattern coupons on this page may be used in ordering the catalogue.

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All business communications should be addressed 'John Dougall & Son,' and all letters to the editor should be addressed Editor of the 'Northern Messenger.'

Answering Advertisements.

If 'Messenger' readers ordering goods advertised in the 'Messenger' will state in their order that they saw the advertisement in the 'Messenger,' it will be greatly appreciated by all concerned.