

OF INTEREST TO WOMEN

Right Diet For the Plump.

The stout woman who wishes to reduce faces the problem of diet as well as of exercise. She must be nourished, but with an elimination of all fat-producing foods. It is almost impossible for one to lay down a hard and fast rule for reduction. Persons vary in their physical make-up and what reduces one has little effect on another. In the exercises recommended I have tried to give those which I know to be of value to everyone, in giving strength as well as taking of flesh and improving the general health.

Personally, I am of the opinion that, when a woman has been stout a long time, she should have expert advice from her family physician before she begins a course of reduction. That is, unless she is one of the rapidly increasing army of women who have themselves in hand and know the common sense rules of life, which will restrain them from overdoing any undertaking.

It is the strong impression of all obesity experts that fat is an over-

supply of common food. It is an unattractive condition. It is also controllable. The thing to find is the right method of control. Some persons of my acquaintance have had excellent results in reducing simply by cutting in half all food supply. Others omit all sweets, starches, alcoholic beverages, and fat-forming products. The body, taking in no fats, burns for needed fuel to that which is already stored up.

One of the most important rules to remember is to take no liquid at meal times. Thoroughly masticate your food and the need for liquid will be lessened. Drink all the pure fresh water you can during the day, only limit the periods to at least an hour before or an hour after eating.

Hot water and lemon juice is endorsed by all obesity specialists. They also seem to agree in the taking of some effervescent mineral water the first thing in the morning—preferably vichy.

If the desire for food is felt be-

tween meals, a well-chosen trainer of athletes advises a spoonful or so of jelly made from any of the gelatine products, unswetened, flavored with lemon.

Dining does not mean going hungry. It is generally agreed that we all eat too much. In reducing, the main thing is to eat only what food is needed. A general safe rule to follow is to omit all soups, all vegetables that grow under the ground with the exception of carrots, parsnips and onions; all cereals except oatmeal; all sweets, starches, milk and cream.

There is the skim milk diet as a means of reduction, but it is taken instead of food and is strenuous.

Some persons complain that the elimination of bread from their diet is a hardship. Gluten bread is permitted. So is crisp, dry toast. When you see the fat vanishing and the figure growing lovely and the fine, clear outlines of the face emerging from the fat you'll forget to ask for forbidden foods.

Make the Most of Your Looks.

By Anna Held's Daughter.

To be beautiful one must begin early. Every mother of daughters should bury the truth in her heart. For if she is a true mother she desires that her little girls shall become beautiful women, almost as much as she desires that they shall become good women. Beauty in itself makes friends and happiness, wherever it goes. Only the undesirable qualities, that are sometimes, but not necessarily, united with it, cause trouble.

The beautiful woman will almost always be found to have had a happy, healthy, quiet childhood. That is assuredly the first essential in developing beauty.

Physical loveliness implies health, calm nerves, an untouched reserve strength. But often all three of these things are destroyed in little American girls before their tenth birthday, simply because they do not live the right sort of life. Their parents love them dearly but not wisely.

The children suffer from what I call "too muchness"—too much food,

too much excitement, too much petting.

There are three things which the girl who is some day to be a beauty should have in her childhood. First, she should be allowed a great deal of fresh air. And, finally, she should be permitted at least ten hours of sleep every night.

All the other things which American mothers lavish on their small daughters—fine clothes, expensive toys, a succession of parties—are worse than useless. They are actually harmful to health and therefore to beauty.

Perhaps you will let me tell you a little about my childhood. My mother was a very wise woman. She knew that my looks and disposition would be ruined if I were dragged around with her all over the world, where her work called her. So she left me in a convent school in the country outside of Paris.

My life there was of a most perfect simplicity. Every morning the year round, I got up at six o'clock. I had my bath and then went out

into the garden for a few minutes before breakfast. That meal consisted of a big bowl of coffee and milk (containing more water than either coffee or milk) and bread.

After breakfast I was sent out into the garden before my first class. Again, before the beginning of the next recitation I was sent into the garden for ten minutes. After every class we children went outdoors for at least a few minutes. When the weather permitted, we spent all our study periods in the garden.

Until I was fifteen years old I was sent to bed every night at eight o'clock. Between fifteen and sixteen I had the great privilege of staying up till 8.30.

We children were never given rich desserts and sweets. We had soups, a little meat, and occasionally ice cream and small cakes.

That is the sort of existence from which a girl emerges with a good complexion, good teeth and a excellent foundation for good looks.

Easy and Practical Suggestions FOR THE HOME DRESSMAKER

Panel effects are very popular this season and this one-piece frock employs the idea quite successfully. It is made of soft silk with a hairline of black, the background being either blue, gray, green or rose. It is trimmed with narrow silk braid, a collar of satin and a vest of shadow lace. Buttons may be added to the front of the skirt, if desired.



5455 A NEW PANEL EFFECT.

One-piece dress for semi-frock wear showing a novel panel effect to be carried out in a contrasting material. The model is simple in effect, but affords splendid opportunities for elaboration by the use of rich materials and trimmings.

The following materials are required to make the dress:

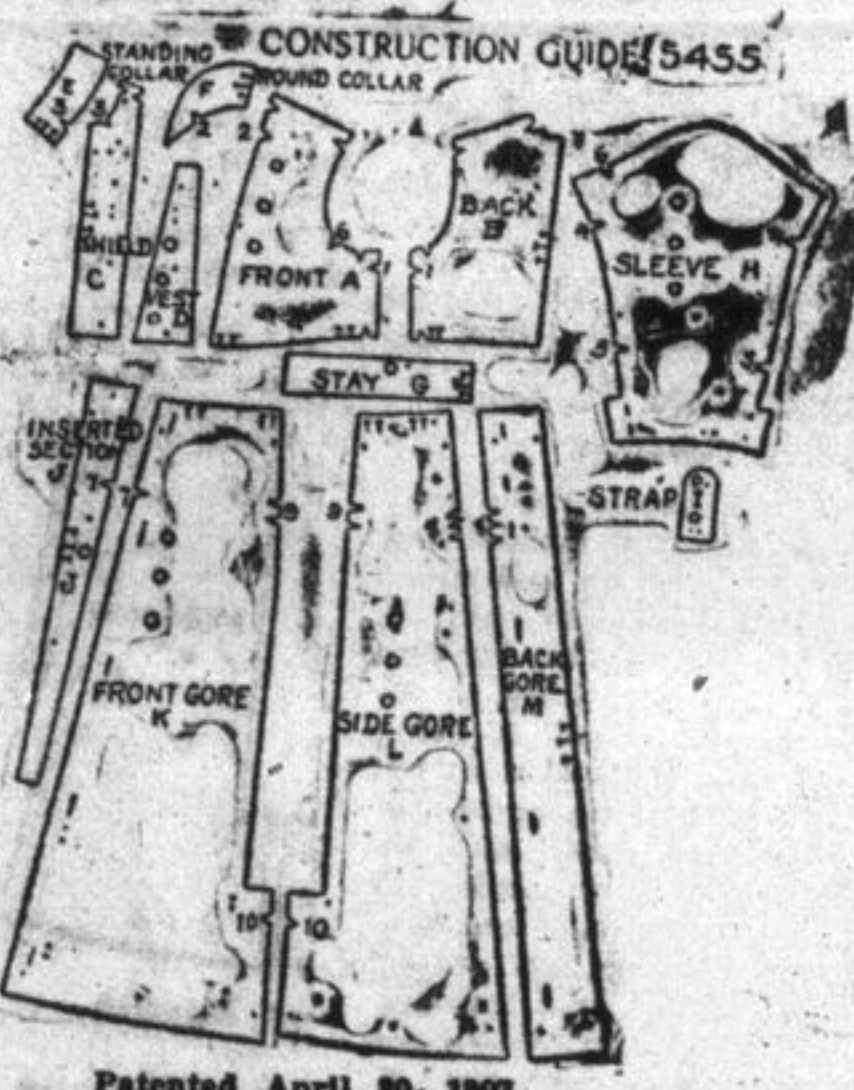
- 5 yds. 36-in. material @ \$2.00
- per yd. \$1.75
- 3/8 yd. 27-in. plain material for vest and panel @ \$2 yd. .75
- 3/8 yd. 18-in. silk for collar .75
- 5/8 yd. 18-in. net or shadow lace 1.25
- 5 yds. braid @ 10c. per yd. .50

\$14.25

After arranging the patterns on material to cut it to best advantage, put aside the pieces that are not to be used immediately and proceed to make the waist. First adjust the vest on the shoulder lower and side edges even. Lap front edge of front on vest and slash to small "o" perforations bringing double "oo" perforations together; stitch to position leaving edges to left of center-front free for opening. Close under-arm seam as notched, close shoulder seam. Sew collars to neck edges as notched. Gather lower edge of front and back between double "TT" perforations. Sew stay to gather edge, centers even, small "o" perforation at under-arm seam.

Now, adjust the strap on the sleeve, corresponding perforations even. Close seam in the usual way and insert in armhole. To make the skirt, first, the lower edge of front and back goes on slot perforations. Lap right front gore on left, centers even (double "oo" perforations indicate center-front) and stitch. Adjust inserted section bringing folded edge of front gore to small "o" perforations, notches even, leaving edges to left of center-front free above large "O" perforation in inserted section for opening. Lap back gore on side gore to small "o" perforations, notches even and stitch. Close remaining seam as notched. Plait extension, creasing on double "oo" perforations, lap to single perforations and press. Gather upper edge of skirt between double "TT" perforations. Sew to lower edge of waist over stay, centers even, side seam at large "O" perforation in stay.

The back of the skirt is finished in showing a novel panel effect to be carried out in a contrasting material. This, however, may be replaced by gathers and a little belt or half-belt. Women who are inclined to stoutness will find the gathered effect always preferable to plaits unless the figure is faultless.



No. 5455. Sizes 32, 34, 36, 38, 40, 42, 44 and 46 inches bust measure.

Ruptured People-- Give This A 60 Day Trial

Only Thing Good Enough To Stand Such A Thorough Test Here is something you can try sixty days—just as a test—without having to risk a cent—

Something which in the last twenty four years has saved thousands of ruptured people from having to undergo operation—

Something so strengthening to the ruptured parts that you can work right along without the slightest distress—

Something absolutely guaranteed to keep ruptures from coming out—if it doesn't it will cost you absolutely nothing—

You Don't Have to Risk a Penny We don't ask you to pay out a penny on the strength of any mere promise or claim.

We will make you a guaranteed rupture holder especially for your case—make it to your measure—and let you try it sixty days.

Let us give it a thorough test without asking you to risk a cent. If it doesn't keep your rupture from coming out or bothering you in any way—if it doesn't prove every claim we make—then you can send it back and it won't cost you a penny.

See What It Does This guaranteed rupture holder—the famous Clute's Automatic Massaging Truss—is made on an absolutely new principle. It is far more than just a truss.

You see this truss—unlike all others—is self-adjusting, self-regulating. The support it gives automatically increases when there is any sudden movement or strain—as in working—so no strain can force your rupture out.

And, in addition, the Clute's Truss provides the only way ever discovered for overcoming the weakness which is the real cause of rupture.

Just how it does that—entirely automatically—is all explained in our free book.

100,000 People Have Tested It. The Clute's Truss has such a remarkably strengthening and beneficial effect that it has cured some of the worst cases on record.

Among them men and women 50 to 70 years of age who had been ruptured from 20 to 50 years.

Cured many of them after everything else, including operation, had failed to do any good.

No Belt—No Leg-Straps—No Springs The Clute's Truss does away entirely with belts, leg-straps and springs. People who have tried it say it is as comfortable as their clothing. It is waterproof—will hold in the bath. Also perspiration-proof and easily kept clean.

Get World's Greatest Rupture Book So that you can judge for yourself, we want to send you a free book. We have written a cloth-bound book of advice. People who have read it—including physicians—say it is the best book ever written on Rupture.

It sums up all we have learned about rupture in forty years of day-after-day experience. It deals with rupture in all its forms and stages. Explains the wearing elastic or spring trusses is sooner or later almost sure to shorten your life. And it exposes the humbug "appliances," "methods," "plasters," etc. Puts you on guard against throwing money away.

It shows why 60-days' trial is the only safe way to buy anything for rupture at under-arm seam. It is the only thing you can try for a long trial, because the only thing good enough to stand such a thorough test.

And it tells all about the Clute's Truss—how it ends constant expense—how little it costs if you keep it.

It tells—in their own words—the experience of many former sufferers—gives their names and addresses—perhaps you know some of them.

5,000 voluntary endorsements sent with the book.

Write for it to-day—don't put it off. This book may be the means of adding years to your life and of restoring you to full strength and usefulness.

Just use the coupon or simply say in a letter or postal "Send me the Book."

THIS BRINGS YOU Box 274—CLUTE'S COMPANY 125 East 23rd St., NEW YORK CITY Send me your Free Book and Trial Name _____ Address _____

CITY ASKED TO SECURE RIGHTS OF WAY FOR BELL TELEPHONE COMPANY.

The Bell Telephone company asks the city to secure for it the necessary rights of way in alleys and over backs of lots so that the telephone poles on parts of King and Princess streets may be removed. The following is the letter received from H. L. Royles, general solicitor of the company, by City Solicitor Givens:

"In order to comply with your request to remove the poles on King street, from Brook street to Princess, and on Princess street, from King street to Clergys' will entail an estimated expense of \$10,520, besides displacing plant valued at \$3,260, less salvage thereon.

"As it is, of course, impossible to make connection with individual subscribers direct, from the main underground lines, as might be done in the case of electric light services, the request of the city also involves the obtaining of rights of way in private alleys and the rear of lots to place and maintain underground laterals and distributing tubes and poles and to carry wires and cables on and over private property in the blocks bounded by King, Queen, Barrie and Princess streets.

"As this matter of obtaining rights of way is one which can be more satisfactorily dealt with by the municipality, than the company, I am instructed to say that if the city will be good enough to arrange for the necessary

LOCAL DRUGGIST MAKES MANY FRIENDS

G. W. Mahood reports they are making many friends through the QUICK benefit which Kingston people receive from the simple mixture of buckthorn bark, glycerine, etc., known as Adler-ika. This remedy became famous by curing appendicitis and it is the most thorough bowel cleanser known, acting on BOTH the lower and upper bowel. JUST ONE DOSE of Adler-ika relieves constipation and restores to the stomach almost IMMEDIATELY.

CAME WITHIN AN ACE OF BEING SERIOUS FIRE IN A CHINESE LAUNDRY.

There came within an ace of being a very serious fire in the Chinese laundry on Bagot street, near the corner of Brook street, on Sunday afternoon. The prompt action of a young man living over the store, and W. J. Savage, prevented the disaster. Mr. Savage had occasion to go to his store on the corner, near the laundry, when he noticed smoke coming into his place from the laundry. He immediately investigated and found that the young man referred to was already investigating. The two Chinamen conducting the laundry were away at the time, so the young man, in order to gain an entrance to the shop, kicked in a door. The cause of the trouble was soon discovered. An old box stove had in some manner been knocked over, the hot coals falling out on the floor. Quite a lively blaze had been started, burning quite a hole in the floor, but a few pails of water extinguished it, and no call was sent to the firemen.

TRANSFERS ESTATES Property in Scotland Made Over to His Sons.

London, Jan. 12.—The Marquis of Lansdowne has transferred his estates in Scotland to his sons, those in Kinrosshire going to Lord Kerry and those in Perthshire and Kinrosshire to the Hon. Charles Fitzmaurice. The latter's share is estimated at ten thousand acres, and the estates going to his brother at something less.

Roumania's King Critically Ill

Vienna, Jan. 12.—King Charles of Roumania is seriously ill. He was born April 20th, 1859, and ascended the throne in 1881. In the event of the death of King Charles, who is childless, the throne would revert to Prince Ferdinand of Roumania, son of Prince Leopold, of Hohenzollern-Sigmaringen, and a nephew of King Charles. Prince Ferdinand was born August 24th, 1865, and married Princess Marie, daughter of the Duke of Saxe-Cobourg and Gotha.

It is understood that the address in reply to the speech from the throne will be moved in the senate by Senator James Mason, Toronto, and seconded by Senator Thorne, St. John, N.B.

"Special \$1 sponge for 50c." Gibson's.

Rev. Evan Edwards, the world's oldest Baptist minister, died on Friday, at Torquay, Eng., within a month of his hundredth year.

It cannot be expected that the growth will be fond of Christmas festivities.

"Cancelled books," 25c. Gibson's.

Women the World Over.

Hungary has over 5,000 women members of trade unions.

In Australia the custom of early marriage is favored.

Two women will be appointed to the Calgary police force.

Mrs. Sarah Todd, aged 103, is a duly registered voter in Oregon.

Pennsylvania women have begun a campaign against bachelor legislators.

Mrs. Sadie Graham, who it is claimed is 102 years old, was recently arrested for flirting on the streets of Toledo, O.

Active campaign will be waged for women's political rights in six states next year.

Havana now has a newspaper devoted to the interests of the equal rights of women on the island.

A Paris woman, Mme. Gossett, has just given birth to her twenty-fifth child.

In England women smoke in restaurants, railway carriages and other public places.

Mme. Paderewski, wife of the renowned pianist, raises poultry on her farm

as a pastime.

In Norway every woman who earns \$80 a year in the country and \$110 in the town has a right to vote.

Twenty-three girls were born in twenty-three consecutive days in a Denver maternity hospital.

Miss Margaret Ashton is one of the most efficient members of the Manchester (Eng.) city council.

A union has been formed in England by the uncertified teachers with the object of obtaining higher salaries.

In England women can be elected as city councilors, aldermen, mayors of cities and to the Board of Guardians.

The Countess of Warwick is to be a journalist and has taken a position of directing the woman's page of a London daily newspaper.

By making a catch of 108 pounds Mrs. Plante won the championship trophy at the Herno Bay angling festival.

The female rowing crew of Wellesley college outpaces the crews of men of other colleges.

Over 12,000 women voted at the re-

cent school election in Toledo, O.

School teachers in Wisconsin Association of Los Angeles, Cal., has a course where women are taught to be efficient saleswomen.

The grand jury recently selected in San Mateo county, Cal., will be controlled by women, having eleven of their sex to eight men.

Mrs. Katherine R. Williams has been elected president of the state conference of Charities and Corrections in Wisconsin.

The city council of Calgary, Canada, has decided to amend the charter of the city so as to give the municipal franchise to all adult women.

One of the features of the operation of motor buses in New York City will be women conductors, who will be attired in natty uniforms.

Moslem women in Cairo, who have discarded the traditional veil, may be emancipated if the movement which is now on foot proves successful.

Farmers' wives in America constitute the largest class of economically useful women, for they produce nine-tenths of the poultry products of the nation.

A Woman's Variableness is Part of Her Charm

Clothes have a great deal to do with keeping alive the spirit of youth not merely with stimulating it. Wearing the same gown or the same hat day after day however pretty they may be, becomes monotonous. It has precisely the same effect on both wearer and observer as the constant drip of water or the ticking of a clock has on the ear—it passes unnoted, and the chances are 10 to 1 that the woman who is content to wear the same clothes day after day is a nonentity.

A part of woman's charm is her variableness. She who does not express something on moods in her dress is indeed hopeless—she is making a grave mistake. She is neg-

lecting to take advantage of one of the easiest and most alluring paths that lead away from old age. Let her take heed. Nothing is so killing as monotony.

Little Miss Vivian Martin, the poetess actress in "Elinor Gains" in New York is very young, but she craves the men in his employ all the week.

The dowdy wrapper and the flapping slippers have a depressing effect upon the spirits of their wearer and if she continues to wear them her spirit is too crushed to rise above dowdy wrappers. After a while she will begin to lose interest even in dressing for company. Oh, there is a very certain if subtle psychology in clothes.

who lives up to her precepts. Contrarily the one who slouches around all day in a dowdy wrapper, flapping slippers and hair in curl papers, then dresses up extravagantly at night to appear in company, is as real a hypocrite as the man who ostentatiously goes to church and crushes the men in his employ all the week.

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Betty Vincent's Advice to Lovers.

Probably the cheerfulest, happiest person in the world does not escape occasional moods of ill temper or gloom. But there is one thing I think no "blue" or vexed person has a right to do, and that is to wreak his bad humor, on the person for whom he cares most.

Through some curious perversity this occurrence is frequent. Perhaps it is because a young man knows that his fiancée or bride will

endure his grumblings, whereas a less loving listener would either send him away or scold him. Perhaps a girl whose day has gone wrong realizes that the young man who is her humble servant will endure unreasonable pettishness from her. But isn't it rather cowardly to annoy persons who you know will not annoy you simply because they love you? Why, if you must be nasty to some one, do you not select a man or woman who will give you

as good as you send? It is absolutely unfair to be horrid to the persons closest to you just because you know they'll stand it.

"H. P." writes: "I am employed as stenographer and secretary in a small town, and employed by me necessitates our appearing in public a great deal. Is it improper for me to go about with him unchaperoned?"

Most certainly not, since you are business associates.

What Is It?

The usual cup of tea or coffee contains from 1-2 to 3 grains of caffeine, a drug which often produces aches, ails and discomfort; but the habit can be quickly overcome by using well-made Postum.

One of the most pleasing features of this change from tea and coffee to Postum is the total absence of a sense of something missed.

But more important is that "good all over" feeling of returning health; and it's the finest trade possible to quit tea and coffee and get well.

Postum, made of prime wheat and a small per cent. of New Orleans molasses, is a pure food drink. It is wholesome and nourishing; and has a delicious snappy flavour, but is entirely free from the drug, caffeine, in tea and coffee. Anyone can make a stand for the old fashioned fun that comes with health and the power to "do things." Suppose you try it!

"There's a Reason" for POSTUM

Postum now comes in two forms:

Regular Postum—must be boiled 15 to 20 minutes.

Instant Postum—is a soluble powder. A scant teaspoonful stirred in a cup of hot water dissolves instantly.

The convenience of Instant Postum is apparent. But, when prepared according to directions, both kinds are exactly the same. The cost per cup is about equal.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.



The Silent Sisters.

Not far from Biarritz is a community of women who pass their lives in silence. They live and die in the Convent of the Silent Sisters, and are buried in silence in the little cemetery within the walls of the grounds. At four o'clock, winter and summer, they leave their bare cells, and for three unbroken hours tell their heads and say their prayers, until they are summoned to their Spasen breakfast.

Two more hours they spend, later in the day, with their rosaries and prayers in a secluded corner of the chapel, the rest of the day being devoted to work of various kinds and so meditation in the refectory, a desk, uninviting chamber with sandal floor, along which run wooden tables and benches, the tables are spread for the midday meal, with an array of brown water-jugs and wooden spoons and forks displayed on ornate silverware, which take the place of a tablecloth.

during the meals not a sound is heard—a whisper, even, would be a grave offense bringing swift penance; and every Friday the sisters eat their meals on their knees. The sisters must first spend two years of probation, at the end of which they are free to depart if they so wish. If they decide to take the vows they can never pass beyond the convent walls again, even in death. The survivors themselves dig the graves, which are unmarked, save for a few shells.