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The Popular Drapers and House Furnishers

171 to 181, Cashel Street, Christchurch.

The mother evidently considered, as many others do, that the afore-mentioned bone and rubber creation is not only a harmless but also a necessary adjunct in successfully "bringing up" children.

Nevertheless, by many medical men to-day, the article in question is considered to be both wholly unnecessary and productive of evil.

1. The continued use of the "comforter" is believed to spoil the beauty of the baby's mouth.

2. Its use makes excessive demands upon the salivary glands, stimulating a constant and free flow of saliva.

3. This excessive flow of saliva interferes to some extent with the normal action of gastric juice in the stomach.

4. Some comforters are made in such a way that the baby is likely to swallow considerable air, which performance may in turn provoke an attack of colic.

5. And last, but not least, there is danger of infection. The little mites are always dropping their comforts on to the dirty, germ-covered floor, and then conveying them directly to their mouths with fingers none too clean. Beyond doubt, in this way, the mouth, tonsils, or even the glands of the neck may become infected. "Scrofula" frequently results.

While, as some one has expressed it,—

"We sigh for that bright country
 Of the peaceful and the blest,
 Where bacteria cease from troubling,
 And the microbes are at rest,"

we shall do well to adopt more active measures against disease germs while still we are surrounded by them.

It is an unfortunate fact that babies

are rather limited in their resources. What an adult would investigate by his sense of sight, smell, or touch, the baby puts into his mouth, this being almost his only method of investigating the unknown.

Considering this fact, mothers should, as far as possible, withhold from young infants, small and objectionable articles, "comforts" included, as they will, if given, be sure to arrive at the same destination,—the baby's mouth, carrying with them not only filth, but often disease-producing germs as well.

Contrary to the popular belief, it is quite possible to bring up a baby comfortably and yet "comfort"-less. It is only a matter of habit. The baby who has never known the joy(?) of the comforter will be quite happy without it, and certainly much better off.

With the baby's natural tendency, it is so easy for him to form the habit of always having something in his mouth. The little one who, in his baby days, is a slave to the comforter, will, as he grows a bit older, find something to eat absolutely essential to his happiness. He must always be biting a biscuit, or eating sweets. As he grows still older, the habit clings to him, and you may find the lad of eighteen years smoking cigarettes, who at eighteen months was sucking a "comforter."

New Cure for Appendicitis.

German medical men are, says an Exchange, advocating the employment of a new and somewhat unique remedy for appendicitis, which, it is claimed, will in the great majority of cases render unnecessary the use of the knife. The patient is simply made to walk on all fours twenty minutes four times

daily, thus strengthening the abdominal muscles, and making for a healthy condition of the bowels. The method is an innocent one, and if accompanied by some necessary reforms in the matter of diet, should prove efficient.

Prevention, however, is always better than cure, and it is well to know that those who are accustomed to use their own limbs as their means of locomotion are rarely, if ever, troubled with appendicitis. Regular walking exercise keeps the muscles and the whole of the abdomen in a strong and healthy condition. Abstainers from flesh foods are also stated by another authority to be almost invariably non-sufferers from the now common complaint.

When and What to Drink.

The best time to drink is between meals—half an hour or an hour before a meal, or two hours or more after it. Immediately on rising in the morning, and again just before retiring, are also excellent times in which to take liquids. Intoxicant drinks are best avoided at all times, but even such common temperance drinks as tea and coffee cannot be regarded as ideal. If taken in connection with the meals, they are liable to interfere with the proper mastication of the food, which is highly essential. Moreover, they have a harmful effect upon the nervous system. The best drink is pure, soft water, distilled if it can be had. Bottled lemonade and other forms of cheap aerated waters are often objectionable. Home-made lemonade with but a small amount of sugar is a wholesome and refreshing drink, as are also all kinds of fruit drinks, sweetened with a little fig or prune syrup.

—English Good Health.