

The path of progress is the path of pain. Bleached bones and broken hearts mark every nch of its way.—Rev. Dr way.-Rev. Dr.

German Cathelic Women.

Germany, says the London Ca-tholic Times, has once again been the home of a movement which has materially increased the power of the Church in that land. A meeting just held at Frankfort has in augurated a Cetholic Woman's Association. Some such project has long been in the minds of German social reformers. social reformers. In November, 1903, about a hundred ladies met and discussed the feasibility of starting a women's association. On January 1, 1904, the work was on foot, and the organization started at Strasburg, Wurzburg and Wiesbaden. Then Cologne, Munster and Augsburg took must be a food cause. baden. Then Cologne, munster and Augsburg took up the good cause, so that in November of last year so that in November of last year some fourteen hundred women workers had joined the@ association. Since then the crusade has increased, and everywhere women are inscribing their names on the roll of associates. The program is extensive. The association aims at berefiting the two million women workers in Germany, whose condition of toil may need amelioration. It will consider the education of young girls, the safeguarding of women released from gaol, the protection of young women at stations and ports, and inquire into the position of women workers in factories and shops. The association will prove a valuable adjunct to the numerous and able adjunct to the rumerous and while we wish it every success in its good works, we envy German Catholies their power and facility of uniting for the deferse of their needy and helpless coreligion-

Winter Style Forecast.

The French tailors are making a great effort to give the back of the new coat a small, contracted look.

The waists for afternoon wear can be made with business.

The waists for afternoon wear can be made with Dutch round neck or with the high collar.

One of the most popular waists for dressy wear this season is the model with the bib effect.

The star belt is made of dull gold covered with tiny silver sequins in the shape of stars.

The changed definition of the waist line is one of the most striking features of the new styles. The tunics, which are many and various, are reserved mostly for various, are reserved mostly visiting gowns and house dres

visiting gowns and house dresses. The one-button coat is very effective, and, though one covered with a coat material might be used, the jet button is more striking.

Bedford cord in the silk or wool weave and the silk serges is used for making the dressier models while mohair and serges are preferred for dresses which will receive hard wear.

For Invalids.

Beef Juice.—Take lean round steak Heat it slightly in a pan over the fire, then squeeze in a warm lemon squeezer. Season with a little salt. Serve in a colored claret glass as invalide often object to beef juice on account of the color.

Baked Milk.—Put the milk in a jar, covering the opening, with white paper, and bake in a moderate oven until thick as cream. May be taken by the most delicate stomach.

Glycerine and Lemon Juice—Half and half on a piece of absorbent cotton is the best uhing to moisten the lips and tongue of a fever parched patient.

The Thrifty Housewife.

There is an old-fashioned that ought to come into more general use again, and that is—thrift. When one stops to think of it there are a distressing number of shiftless people in the world, who live from hand to mouth, and apparently think the world owes them a living, without any exertion on their part out any exertion on their part. Thrift is a hearty homely word which stands for energy and a desire to get the most out of life The home of a thrifty person can be told by an inexperienced person at first sight. It has an air of contentment and progressiveness which pervades everything in and about it. The thrifty woman looks well to the ways of her household, and there is peace and plenty where her sceptor rules over all.

Where Women Excel.

The census bureau would seem to uve suddenly developed into a press ureau, so frequent, and so regular, d, let us add, so interesting and structive are the reports it has

been sending out lately. Its latest bulletin deals with the statistics of the religious bodies of the United States. We have about 33,000,000 who are professed church members, besides, of course, many who have not forsworn religion although they belong to no church. Of church members 61.6 per cent are Protestants, and 26-7 Roman Catholics' which would make a total of 11,-111,000. This does not include children who have oot yet made their Communion, so that to this figure should be added about two and one-half or three millions more. and one-half or three millions more Women excel in church membership. women excel in church membership, being 56. per cent of the church members, whereas men are only 43.1 per cent. In the Catholic Church they are only slightly over 1 per cent more numerous than men.

Woman, therefore, excels in the very best of things, religion. Her nature is more reffred, as having, and

very cost of things, religion. Her nature is more refined as having an intuitive appreciation of moral values; she has a keen sense of responsibility and an earnest solicitude for whatever concerns the welfare of the race. She is the mother fashioned to impress on her offspring the finer qualities of her own soul and body quantities of her own soul and body; she is ordained by the Creator to keep and transmit the image and likeness of God in the human creat-ure. She is the bond with the Mak-er and Lord of all things, and in this bond or bondage religion consists. Her beauty, tenderness, sym

sists. Her beauty, tenderness, sympathy, all reflect the Divine attributes which most attract us to the Father Almighty.

No mother, no true womar, can be an atheist. Life has meanings and purposes for her which men scarcely divine. It is easy to call her the weaker sex and to attribute her religious propensities to her emotional nature and liking for ceremony and whatever appeals to the eye or the imagination. Men are the eye or the imagination. Men are emotional by nature; but their emo-tions are not usually as pure and advanted as woman's. The only dif-Men are elevated as woman's. The only dif-ference between emotional man and emotional woman is that for the most part man's emotions are selfthe woman's unselfish; the man thinks too much of the man to worship aught else the woman thinks so little of self that her worship necessarily goes out to the only object worthy of it. Women excel n. . . n religion because they excel h. ,n religion because they were made by the Creator to share in His great work of making, saving and elevating men.—America.

A Simple Cure For a Burn.

Burns in the kitchen are so frequent that it is fortunate that the kitchen, or, rather, the bin in the cellar, provides a quick and easily supplied cure for such injuries

When one has been seared by fire immediately cut a white potato in two, scrape out the inside, and make it very fine. Bind this scraping on the burn and the pain will qoickly be mitigated.

Should the burn be

Should the burn be very deep may be necessary to make a sec application. This is an old-fashe may be necessary to make a second application. This is an old-fashion-ed remedy, but one that has proved successful in many severe burns.

Useful Women.

The women who are the most cheerful, the most even-tempered, the most ready to do a service, and the most healthy, are intelligent and industrious women, who have found in a methodical activity the secret of never losing a moment, and of thus conciliating their duties towards good towards their fearlier. their family, nd towards wards God, towards towards the world. and

Suggestions For Amateur Photography.

Few things are more puzzling Few things are more puzzling to the amateur photographer than to determine the length of time give an interior exposure." says Woman's Home Companion for November. "The following hints were given the writer by a skilful professional and have enabled him to obtain some very fine negatives with no weets. obtain some very fine negative with no waste.

with no waste.

"First focus carefully with 'open lens,' next put in your smallest stop, then cover your head with the dark cloth and look on the 'ground glass.' You will probably see only a very dim view, or even only a spot of light if the room is dark. Note the exact time on your watch, and then cover your head up again and watch the ground glass until you can see the entire picture upon it, even to the 'shadows.' It will surprise the amateur to see the length of time it takes one to see the engith of time it takes one to see the engine of time it takes one to see the engith of time it takes one manner, but the eya gradually becomes accustomed to the light, and in one minute, as a rule, one can distinguish the entire picture. Then multiply the time by four, and that will give you the time in minutes to make your exposure. For example, if your times was one and one half minutes, your exposure should be just four times one and one half, which equals six minutes." 'First focus carefully with 'open

Two Stere Girls.

She was small and insignificant, this shabby, little old lady custom-er who was being snubbed by a was being snubbed by salesgirl. She wanted haughty salesgirl. She wanted hat. She had a vague idea that hat. She had a vague idea that a toque, a gray-one, something with faint pink roses crushed in against something gray and soft, would be becoming. The I'm-a-perfect-lady and I-don't-have-to-work-unless-I-want-to variety of saleslady behind the counter fluffed up her pomp with an air of lofty indifference to the preference timidly advanced.

The two or three models which the haughty one deigned to twirl round on the tips of her fingers for

the haughty one deigned to twirl round on the tips of her fingers for her customer's inspection, the small gray woman knew would look harsh Black and white and brist on her. Black and white and brist-ly, and she wanted something grav and pink and soft. "Thank you, I'll call again," she said as she turned away, while the saleslady got a good grip on her gum and replaced the hats.

Just then another clerk, who had

Just then another clerk, who had been watching the performance, approached the old woman. There was something simple and sweet and gracious in this second girl's manner, and in her "Won't you let me help you to select a hat? I've been watching you, and I know exactly what you want."

The little old lady gave one look into the smiling, sympathetic countenance bending down to her, then she settled herself with a sigh of relief for the trying-on process. Dozens of quite pretty toques were pulled out for her inspection. In the end the little woman in gray got just what she wanted—a gray toque with roses snuggled in amid folds of gray silk. And she went away hap-

with roses snuggled in amid folds of gray silk. And she went away happy with the precious hat tucked under her arm and a kindly feeling in her heart for the girl who had waited on her.

Now, that was all some years ago. To-day the second girl is a buyer for a fashionable millinery shop in a large city. So you see alertness and tact in business, even if it's only selking hats to little old women who don't know exactly what they want, counts. Now, doesn't it?

Vaiue of Walking.

There is hardly an instance of long-lived man or woman who has not been for the best part of his life a brisk walker and for some reason a brisk walker and for some reason or other has had to take exercise pretty well every day. Riding is all very well, and so are other exercises, but there is nothing like a good walk because it stimulates the blood and the muscles, and necessitates being in the open air. If those who complain of being stout would only think of this and never omit a dalla constitutional, they would a dalla constitutional. a daily constitutional, they would be amply rewarded. It will keep them young and their figures presentable. It is simply a remedy that no one heeds. Sitting about in the open air is all very well and is far better than, sitting in the bound but it does not keep you in they t will a daily constitutional. in the open air is all very well and is far better than sitting in the house, but it does not keep you in good health. It is quite another thing to over-fatigue oneself. There is nothing better than to get into a healthy perspiration by walking. It is just like drinking a glass of cold water in the morning. It is so simple no one believes in it. This may not suit everybody, but those it does suit, it will keep in health.

Be Sure to Have Smiles With Your Breakfast.

Laziness and indifference are most often the cause of bad morning manners. Anything does in the family. It is too much trouble to talk agreeably at breakfast. so Jack buries himself in his paper and does not speak unless to grumble at the cooking, and Mary, with streeging looks and unity, with s and indifference are most

straggling locks and untidy wrapper, either sulks or rags.

To start the day wrong, with
temper ruffled or feelings hurt,
leaves a sting that cuts. If one
cannot keep sweet the day through
it were better to choose a less inausticious time for temper, these

cannot keep sweet the day through it were better to choose a lesse inauspicious time for temper than the breakfast table, when all should be bright and cheerful, if only to counteract the tendency to morning crossness which most of us feel. The wife who wishes to be remembered pleasantly through the day is as careful of her morning toilet and her morning manners as she is to appear her best for dinner. If she can't be, she had better have coffee in her room. The man who does not wish to have his wife sigh with relief when the door has closed on him as he starts for business will take pains to be agreeable at the breakfast table.

Never let children get into the habit of whining at breakfast, or of solding because they will be late at school. Belated meals are responsible for much morning misery; it is hard to keep good-tempered if a train must be run for, or a black mark is feared.

Set the breakfast hour early enough so that mad scrambles and

time.

If you think it makes little difference how you act or look at breakfast, try coming downstairs singing and happy some rainy day, when the cook is late and the family dispositions are apt to be warped. Though a fierce quarrel were in progress, your cheery presence would quickly chase away the "little black dog," and restore good humor.

Forgetting--The Art That Keeps Freshness.

Nowadays one encounters everywhere women who have reached the high noor mark of life's dial, and even gone past it, yet whose bloom will defy the touch of a moist towel, and whose smooth, unfurrowed faces have the freshness of you with the subtle added charm of expression of experience.

They are the women who have acquired the faculty of forgetting. Oftentimes they are wom lives have been a succession of heartbreaking, tear-making trage-

A quiet life is not all that needed to make a woman keep her youth and good looks. The truth is that a quiet life will not keep a woman young.

The woman who would keep her youth, her friends' admiration, must have a change, a variety, a certain amount of excitement, learn to be to keep abreast with the to think big, new thoughts, to have fresh emotions, and, all, to appreciate what a consummate idiot she is making of herself when she sheds a single, solitary, stupid tear over slights that are

She teaches herself to clear She teaches herself to clear her mind of every gloomy, selfish, angry or revengeful thought—to allow no resentment or grudge toward man or fate to stay in her heart overnight. She thinks of the glorious possibilities of happiness and usefulness it contains if well spent.

That if one dwells on small wor ries, grows angry, resentful, revengeful, what a great and inexcus able folly she is committing. She is wasting life and tottering discontentedly to an unloved old age

The woman who gets the most out of life, who retains her youth, is the one who has made the develop-ment of a noble and harmonious cha-racter her business of life.

She accepts her sorrows and dis appointments as a means of a greater growth, and finds in them an exaltation of spirit which is closely allied with happiness.

And as she looks back across the wide stretch of years she recognizes that her sorrows, after all, have made her grow in self-control, in charity of judgment, in a sense of justice, in generosity, and in unself-

The woman who never forgets is invariably selfish, and selfishness is very ageing and unattractive. Wo-men rarely think that it is ill-mature that makes them old and lets Father Time wrinkle their faces showing the failure they have made of life

of life.

These women allow certain things to dominate them. They do not realize that if they would keep young at heart, and that means young outside in spite of years, they must banish petulant moods, combat irritability, and learn how to forget.

That they must cultivate kindness and the habit of courtesy thoughtfulness until it becomes

part of their character.
For this is the part that tends to the eternal youthful spirit if the cares and troubles of life are met in the right way. It is the part that bids defiance to Father Time and his advancing years, it only part really worth while it is

the middle of the last century the visit of Garibaldi to England and the extraordinary enthusiasm and sympathy felt in this country for the liberty of Italy brought into fashion the loose shirt associated with his name, which still survives in the peremial blouse, so the sudden revival of the Russian coat was the direct result of the visit of the Russian opera and ballet troupe to Paris last summer. In Paris, as elsewhere, enthusiasm, especially for some great theatrical success, is generally reflected in feminine dress; and just as the so-called victory of the little frigate, La Belle Poule, was celebrated at Versailles by ladies wearing on their powdered heads a miniature ship in full sail, so the triumph of the Russian troupe at the Châtelet Theatre in Paris brought back the belted Russian coat to fashion. Russian opera and ballet troupe to

Paris brought back the belted Russian coat to fashion.

There is no doubt of the Russian coat being a picturesque garment, with its broad belt and huge clasp; but it is not by any means universally becoming, as are the long semi-fitting coats with their clusive outlines which make every woman look slim and tali. The Russian coat only suits very slight figures, and also is only suitable for walking dresses; their affectation of carelessness of outline which makes their picturesqueness would set them at loggerheads with an elegant afternoon reception dress. But for a smart short walking dress they are distinctly charming especially when



they are properly "edited" and certain ungainly points suppressed, as our artist has done so cleverly in the sk;etch on this page. The ugly point in the ordinary Russian coat is the broad, unbroken line of the belt round the waist and the pouch-ing under the arms.

ing under the arms.

One we might say, modified form of this costume was of a rich dark pine green, the skirt being of cloth (or tweed) of a comfortable walking length; and the plainness of the skirt was relieved by a panel of pleats, at each side, which begar, under a stitched strap a little above the knee. These skirts, with the pleated side panels, are among the most successful of the autumn movelties; they vary the monotony of the plain round skirt and they give pleasaurt width and freedom of movement to the wearer. The Russian coat is of pine green, corduroy movement to the wearer. The Russian coat is of pine green cordurov velvet, matching the skirt in color. The basques did not reach the knee, the coat being only half-length, and the fronts buttoned across, the usual double-breasted effect being given by a row of big black moire buttons at aither side of the pleastron which a row of big black moire buttons at either side of the plastron, which was braided all over in black silk braid interspersed with threads of silver, which give an idea of hoeafrost on the dark pine green background. The same braiding passed over the shoulder and formed a pointed loop under the arms, and under the arms and urder the panel thus outlined passed the broad Russian belt, reappearing in front to fasten with a big barbaric buckle. The narrow The narrow barbaric buckle. big barbaric buckle. The narrow panel effect thus obtained at either side, and the breaking of the all-round line of the belt, were exceedingly becoming to the figure, and prevented the usual "cut-in-two" look given by a belt. The coat sleeve was rather full to the elbow, where it was gathered into a tight-fitting under-sleeve or deep cuff, which was braided all over with the black and silver braid. The toque was of pine green velvet, bor-

with the black and silver braid. The toque was of pine green velvet, bordered with a band of white fox, which was caught up in front with an enamel and silver buckle, from which sprung one of the stiff silver aigrettes which are in such favor at present. The costume was completed by a stole and muff of white fox, a most becoming fur to anyone possessed with a ground skin.

one possessed with a good skin.

The Russian influence is showing itself also in the evening coiffures, for there have been seen several times of late head ornaments in ribbon and velvet which closely resembled the "kekoschnik," the Russian national head-dress, which is

stan national head-dress, which is worn not only by the peasants but also at all the great Court balls and ceremonies by the Russian ladies from the Czarima herself downwards. But the "kekoschnik" is by no means becoming to everyone. To a woman who carries her head well-What is Worn in London

London, Nov. 22, 1909.

London, Nov. 22, 1909.

The sudden return to favor of the Russian coat proves the theory of the curious way events of all kinds affect fashion, quite apart from the trend of the moment. Just as in the middle of the last century the wisit of Garibaldi to England and the extraordinary enthusiasm and sympathy felt in this country for the liberty of Italy brought into fashion the loose shirt associated. way of headgear to be seen. Nothing is prettier than the wired bows and twisted ribbons of metallic tissue, gold, silver and aluminium, shot with different colors and powdered with crystal dew drops. The Mercury wings in sequined net and velvet are most effective, especially when the wings are placed at either side of the head rather low down; and charming, too, are the bunches of wheat, oats and barley in silver and gold. The latest Parisian novelty in this line is the bulrush in gold covered with brown tulle; and the garlands of tiny roses in gold and silver tissue, which are so charming and decorative, with their suggested reminiscences of Boucher's portrait of Madame de Pompadour, are likely to remain long in fayor, especially for débutantes. The fashion of wearing a ribbon wound in and out of the hair, and ending in a bow at one side in front, is a charming one, and I am glad to see that women have adopted the fashion by day as well as in the evening. It is, indeed, more suitable for day wear; in the evening something more brilliantly decorative is needed for the hair. That the present "chignon-cap," which is the rage, is one of the ugliest coiffures we have been cursed with for a long time, hardly anyone can deny; but its blatant falsity and ugly outline are accompanied by the fact of its being so quickly and easily fixed in place,

doubt it will endure for the trial of all people wit

Personal allusions are never sais, and seldom effective or happy. An anecdote that illustrates this fact is that of a solicitor for a charitable institution who went to a woman's door and asked her for a contribution.

door and asked her for a contribu-tion.

"We have," he stated earnestly,
"hundreds of poor, ragged and vi-cious children, like those af your gate, and our object is—" of "Sir," interrupted the indignant woman, "those are my own child-ren!"

An old citizen who had been her-pecked all his life was about to die. His wife felt it her duty to offer him such consolation as she might,

His wife felt it her duty to offer him such consolation as she might, and said: "John, you are about to go, but I will follow you." "I suppose so, Manda," said the old man, weakly, but as far as I am concerned you don't need to be in any hurry about 't."

His Mother (reprovingly).—Come here, Willie. You know Satan always finds work for falle hands so I'll get you to sweep up the yard

A QUESTION OF GRAMMAR.

Hetty's uncle, who was a school teacher, met her on the street one beautiful May day and asked her if she was going out with the Maying

party.
"No, I ain't goirg."
"Oh, my little dear," said her uncle, "you must not say II ain't going," You must say 'I am not going," and he proceeded to give her
a little lesson in grammar. "You and he proceeded to give her a little lesson in grammar. "You are not going. He is not going. We are not going. You are not going. They are not going. *Now, can you say all that, Hetty?'4

"Sure, I can," sheweplied, making a courtesy. "There ain't nobody going."—Lutheren.

a courtesy. "There going."—Lutheran.

Proud of His Holy Faith.

The following beautiful and touch-The following beautiful and touching words which were spoken by Councillor Marx of Dusseldorf at the Eucharistic Congress at Cologas should be a great incentive to Cabholic men who read the lines for them to hold with greater love and reverence their precious inheritance of the true faith of Leens Christic.

them to hold with greater love and reverence their precious inheritance of the true faith of Jesus Christ:

"As Rudolph of Hapsburg was proud to show himself before his people as the servant of the King of Kings in the Holy Eucharist, so let us, all, civil officials with our badges of office, soldiers and officers in their uniforms, men of every rank and class, consider it to be the highest honor to be allowed to appear in every public manifestation of honor paid to God and Savior. Away with mere human respect. Let us allow no one to show dishoner to the great Mystery of our Faith. Let us take care that no one is allowed to speak disrespectfully of it, and refuse to remain, even in any social circle where there is a whisper of dishonor of Dur Lord. Let us be men! Let us show we have strength of character in this age of weak characters and lack of all character! Let us not forget the day our Bishop's hand marked our foreheads with the sign of the cross and bade us be soldiers if the constant of the cross with heart and lips, with firm, unfailing faith, unshaken hope, and burning love, the watchword of our relibion—Thou art the Christ, the Son of the Living God."

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T. PATRICK'S SOC shed March 6th. ated 1868: Meets in Mail, 92 St. Alexandonday of the mon meets last Wedness Sonday of the mon-meets last Wednes Rev. Chaplain, Rev Shane, P.P.; Preside Kavanagh, K. C.; dent, Mr. J. C. Wa President, W. I. ponding Secretary, I. mingham; Recording T. P. Tansey, Asst. T. P. Tansey; Asst. cretary, Mr. M. E. 7 shal, Mr. B. Campbe shal, Mr. P. Conzoll

Synopsis of Canadian

HOMESTEAD REC HOMESTEAD REC.

ANY even numbered sign Land in Manttot man and Alberta, except reserved, may be hardly, or any make over age, to the extent of our fine of 160 acres, more finity must be made the local land office for hardly by proxy may make on certain conditation, mother, son, defer or sister of an includer.

The homesteader is re the conditions co

(1) At least six m epon and cultivation of each year for three year (2) if the father (2) the father is deceased) der resides upon a Meinity of the iand en entirements as to resistant and by such persistant and the settler he sent residence upon far owned by him in the worked the requirement of the requirement of the requirement of the requirement of the residence many be said and the requirement of the residence may be said and the residence may be said and the residence may be said and the residence may be said to the residence may be said and the residence may be said to the residence may be said to the residence and the

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asifered with other terribid
the small of my back all it
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to led better, and by the tim
thee I was completely cure
there is a completely cure