

IN WOMAN'S WORLD.

NOTES AND REFLECTIONS.

THE relations of weight and proportions to the life and health of the human body are all important, and, it may be thought, they are so easily arrived at, that every man might be to a large extent the gauger of his own life. This is not so simple a matter to determine as, at first sight, it may appear, so many matters enter into the calculation. The measurements differ with different races, and even with different classes of the same race. Harper's Bazaar gives the following artistic standard supplied to it by expert authority, and they give the impression of being reliable as they certainly are worthy of note as well. The artistic standards are given. The head is taken as the standard of measurement. The height should be eight times the length of the head—the length of the head taken to mean the distance from the top of it to the lowest point of the chin. The trunk should be four heads in length; the distance from the trunk to the knees two heads. The arms should be a head and a half from the shoulder to the elbow, and the same from the elbow to the hand. The length of the face should be the same as the length of the hand—from the tip of the middle finger to the wrist. These are the proportions for the adult. They differ according to the years of growth with children, and are different also between girls and boys and men and women. The trunk of women is said to be longer in proportion than that of man.

Professor Sargent of Harvard, prepared for the Chicago World's Fair two clay models founded on the measurements of several thousand students. The average height of the young men was 5 feet 8 inches; the average net weight, 138 pounds; chest measurements, 34 by 37 inches, inflated. It is said that in height, weight and strength this far exceeds the average of any other nation, even England. The average for the young women was—height, 5 feet 3 inches; the weight, 114 pounds; and the chest measurement but 30 inches. The measurements were not as good for the women as for the men, and do not represent as well the development of the American women. While girls are pretty and round—with the roundness of youth at sixteen—they, nevertheless, do not show so perfect a development of form as when twenty-four or more.

Women have a tendency to put on too much flesh, and should beware of it, as it destroys the proportions and the looks, as well as the pleasure of moving about. A short woman cannot weigh much over 130 pounds and preserve the proper proportion, while the woman who measures 5 feet 6 inches or more looks well when she weighs 150.

CHRISTMAS AND EASTER, now monopolize the honors they once divided with the good St. Valentine, who seems to have lost favor with those who were wont to worship at his shrine. In times, not long gone, his 'Day' was looked on as the great intervening event between these two feasts, and in some respects the rival of both. The hopes and expectations of the lover world were centered on the mail of the Fourteenth and its postman was 'the hero of the hour.' But now, it would appear that there is a change, and 'there are none so poor as to do it reverence.' Prang and Ward confine their artistic efforts to Christmas Hollies and Easter Lillies, while art and literature of 'Valentine' order is represented by the more exagerrated of the enterprising 'Bobby' or the martial 'Tommy Atkins.' In former days St. Valentine's Day took the character of a home celebration—festive gatherings at the Baronial Hall or Manor House, or in the humbler village cot, were features of the Feast, and tradition tells queer customs characteristic of these gatherings.

A SENSATION is about to be sprung on people in this city, says a writer in the N. Y. World, by a little girl less than six years old. This doll playing child is possessed of marvelous genius as a pianist. She has been accidentally discovered in a tenement house on the east side by Prof. William C. Rehm, who lives at No. 230 East Thirtieth street.

This phenomenal find will be formally presented to the public by her discoverer at a concert in Chickering Hall the first part of next month. Musical prodigies are not uncommon in the Old World, but this little girl is the first musical prodigy America has produced. Neither her father nor her mother have the least musical genius. It is all the family can do to secure the necessities of life.

Henrietta Scholder reads the most difficult classical music with readiness, while the contagious enthusiasm inspired by her execution of such intricate pieces as Gounod-Sarasate's 'Faust Fantaisie' and Chopin's 'E flat Nocturne' would cause professional envy almost to Paderewski himself.

A CLEVER lady has been writing to the Catholic Citizen, on the 'Culpable Reserve' which characterizes the American Catholic and refers to it as 'the barrier that opposes the advance of every movement intended to strengthen and unite the Church in this country,' and as, further, responsible to a large extent for the mixed marriages that are so numerous and for the defections from the Church that too often follow. Commenting on this communication another writer remarks: 'There is no likelihood that the bazaar and public entertainment ever will be anything else than what they are at present—the mediums of temporary communication. Real and permanent sociability can be accomplished only by promoting the private intercourse of families, and by encouraging closer relations among the multitude of open violent, religious and literary societies which recruit their members from the Catholic laity.'

HOUSEHOLD TALKS.

BOOKS, booklets, leaflets and cards, and every literary and artistic device that the inventive genius of patentees or the enterprise of tradesmen can supply, are pressed into the advertising service and scattered broadcast through the land. Thus, through receipts, advice and hints innumerable, housekeepers are supposed to know the history of everything that enters into their art, and the cost and value of their every want, from "pills that cure all ills" to pastes that suit all tastes. There are still many matters of the most ordinary every-day concern upon which they can be enlightened. No articles, for instance, enter more freely into daily consumption than bread and meat, vegetables and fruit; yet, how to treat these under all conditions is not known to the average housekeeper, and many, perhaps all, will learn something and gain much by reading the following:—

About Bread Flour and How to Treat Frozen Vegetables, Fruits and Meats.

While most intelligent housekeepers know that bread flour should be heated until it is warm to the touch, they do not know that it is also better to warm flour in all preparations where baking powder or soda and cream tartar are used. Where butter, sugar, eggs and flour are used the mixing bowl should be warmed, the softened butter beaten to a cream, and the sugar stirred in, after the chill has been taken out of it. Then the yolks of the eggs or the whole eggs should be beaten in, and finally the warm flour (in which the baking powder or the soda and cream tartar has been sifted) must be added. All the time the batter is being mixed it should be warm, but not hot to the touch. No bread or muffin or cake will be so light in winter when made in a cold room with chilled flour and other ingredients as it will if made in a warm kitchen. Pastry is the only article baked that must be made of chilled ingredients and put in the oven at cold a temperature as possible. It is for this reason that pastry is better in winter than in summer.

Even fruits and vegetables are not seriously injured by freezing if they are properly thawed out and made use of at once. All frozen food that can be treated with cold water should be covered with it, and left until the frost has been drawn out by the water. The instant this has been accomplished, if the food is something like meat or fish, which will lose its juices by cold water, remove it. All vegetables or fruits that have been thawed should be immediately used because they soon decay after they have once been frozen. Refrigerated meats or fish, if left in a warm kitchen, will spoil in a few hours after they have been thawed out, and thawed in warm water they may spoil in the process. They are apt to acquire an unpleasant odor if this is done, as it sometimes is by means of a hot stove.

According to a published report of the United States Government, a man (or, presumably a woman), in the United States can live on 18 cents a day, and the assertion has been verified by evidence had from the heads of the largest departmental stores. Without exception, these gentlemen have supported and endorsed the Government statement. One of these men showed how a family of four could live on an expenditure of 75 cents a day. "I think," said he, "the Government is right in saying that some people lose a good deal of money in their mode of shopping, and these calculations will only hold good with an experienced person. Now, as the Government report has stated, there is plenty of nutriment in dried beans and peas, and there is no more pleasant food for a hungry man. We have these vegetables in canned goods, too. I think they come a trifle cheaper. Oatmeal, rice and potatoes are good and cheap. We have the oatmeal in bulk at a price that is almost nothing. A family doesn't need much else for breakfast. Here is a day's menu that I would suggest. The prices are not special ones, but the regular thing in our store:—Oatmeal, 2c; peas, 4c; bread, 5c; meat, 10c; beans, 4c; potatoes, 7c; coffee, milk, 8c, 10c; total, 52c.

At another store, in Sixth avenue, a manager was asked if he thought it possible a family of four could live under 60 cents a day, and said he thought so, without a doubt, and that he believed they could live on even less; and he suggested the following menu for a family of four or five:—

Beef, 12c; dried fruit, 8c; bread, 4c; potatoes, 10c; hominy or oatmeal, 3c; cabbage, 5c; soup-bone 5c; total, 48c.

In summer they could live still cheaper some days, because meat might be left out entirely and some cheap vegetable substituted.

The manager was then asked to make a list of men's clothing for a year, and he handed the following:—

A good suit of clothes, \$4 50; a working suit of jeans, \$2 00; 3 working shirts, 60c; 2 Sunday shirts, 50c; underclothes, \$1.42; shoes, \$4.50; handkerchiefs and neckwear, 50c; hosiery, 60c; hats, \$2 50; furnishings, \$1 50; overcoat (if he had none), \$5 00; total, \$25 62.

"And this man will look well dressed, too," said the manager. "Altogether his clothes will not have cost him more than about 9 cents a day." "A woman," he said, "could dress on \$21, or less than a man."

"A real estate agent said he could furnish a three-room flat, comfortable, airy, and in a healthy locality, for three dollars a month, and that it could be heated for \$1 50 a month. From these several statements it would appear a family of five could live for one month—food, clothing, rent, fuel and light, unaided, for the sum of \$32 50, or \$6 50 each for the month. With all this, Americans cannot live and thrive and be happy and contented on the same amount as the German peasants, and who can and do enjoy life on 8 cents a day."

WHIMS OF FASHION.

THE black velvet blouse opening over a chemisette of fancy silk is one of the more striking of the season's models. It blouses slightly all around and is decorated at the upper edge with a band of ribbon velvet in solid color matching the prevailing tone of the chemisette, below which is a fold of the cloth used for sleeves, which is the same as that in the skirt. This gives the effect of a waist like the skirt, with blouse super-added. The sleeves are trimmed with bands of

the new skirts are so scanty, that they can hardly be seen at the top, though a little further down the back they give a pretty fanlike effect. Baques, too, are plain, and a pretty one to accompany the skirt is made with an entirely plain back, full and wavy over the hips, and more or less deeply slashed.

The latest in fashionable fabrics for underwear is made of peat, and medical men are enthusiastic over it. It constitutes, those who know say, a genuine hygienic material, containing 60 per cent of peat fibre. The finish is perfect, so that it is not only conducive to health, but is pleasing to the eyes as well. In connection with its growing popularity the hygienic qualities of peat fibre are being given more and more attention, especially in France, where it has long been the subject of attention.

Glittering silk of changeable colors is the favorite among silk undershirts. It

light, there is noticed a drab tint figuring among the mixtures, and the gray silences are now more gray than brown.

Plain Irish-flax materials are brought out in blue, pink, tan, brown, etc., and models are fashioned into jacket costumes, having strapped seams and tiny buttons, in true tailor style. A suit of one color will be worn with a vest of another, as brown or gray with pink, cream with blue, and so on. For genuine hot weather, these fabrics are cooler and more comfortable wear than the heavier limes and ducks.

Ready-made corsets bodices are seen in great variety in the stores. They are dainty, picturesque adjuncts to many toilets, and may be had in silver or tin selled chiffon, spangled jet, beads, and steel and jewel embroidery. Trimmings to match may be had by the yard.

Ribbons showing bayadere effects are both pretty and popular. Double-faced satin ribbons for sashes are much in demand, and braided ribbons promise to come into fashion again.

A handsome new blouse recently seen was of a reddish-brown cloth over a cerise pleated muire v. l'our underpiece, which came between the straps or suspenders in the form of epaulettes on the shoulders. The sleeves were cross tucked and a white silk vest, embroidered with gold, accompanied the blouse.

INFORMATION WANTED.

Mrs. K. Tully, of Morris Run, Tioga Co., Penn., would like to learn of the whereabouts of her uncle, Mark Davy, who came to Montreal from the County Sligo, Ireland, many years ago. He was supposed to have located on a farm in the vicinity of this city.

DOES IT PAY TO TIPPLE.

You know it don't. Then, why do you do it? I know why. It requires too much self-denial to quit. Mr. A. HUTTON Dixon's medicine, which is taken privately, is pleasant to the taste, and will cure you of all desire for liquor in two or three days, so that you would not pay five cents for a barrel of beer or whiskey. You will eat heartily and sleep soundly from the start, and be better in every way, in both health and pocket, and without interfering with business duties. Write in confidence for particulars. Address THE DIXON CO., No. 40 Park Avenue, near Milton Street, Montreal. Phone 3085.

PATENT REPORT.

Below will be found the only complete report of patents granted this week to Canadian inventors by the United States and Canadian Governments. This report is specially prepared for this paper by Messrs. Marion & Marion, Solicitors of Patents and Experts, head office: 185 St. James Street, Temple Building, Montreal.

AMERICAN PATENTS.

- 598,590—John F. Brown, Toronto, Can., account book.
- 598,767—Richard F. Carter, Niagara, Can., apparatus for producing acetylene gas.
- 598,856—Joseph Carter et al, Blyth, Can., earth auger.
- 598,894—Thomas Collier et al, Toronto, metal bedstead.
- 598,888—David H. Ferguson, Montreal, decorative building material.
- 598,864—Francis G. Gale, Waterville, Can., metallic bedstead.
- 598,702—Joseph M. Gander, Toronto, Can., self-supporting fire-proof covering for steel beams.
- 598,864—George F. Goodywin, Annapolis, Can., electric timeswitch.
- 598,860—Frank Hammond, Paris, Can., bicycle brake.
- 598,681—George I. Root, Ottawa, Can., mechanical movement.
- 598,539—Frederick L. H. Sims, Toronto, Can., wire cut lay working machine.
- 598,541—Harvey Stonge, Weston, Can., gate.
- 598,879—James A. Sutherland, Laurie, Can., game apparatus.

CANADIAN PATENTS.

- 58,914—Adelard Lapierre, Montreal, sleeping bag.

Lord Uxbridge and Miss Chetwynd, says the London World, are making what is called a 'mixed marriage,' the bridegroom being a Protestant and the bride a convert to the Catholic Church. Lord Uxbridge, however, mindful of the misery of a house needlessly divided against itself in matters of religion, has agreed that the children of the union, if any, shall be brought up as Catholics.

As a result of this marriage, which took place on the 20th ult., and of that of Lord Encombe to Miss Fraser, of Lovat, the future Catholic representation in the House of Lords may include the addition of a Marquis of Anglesey and an Earl of Eildon.

Men and medicines are judged by what they do. The great cures by Hood's Sarsaparilla give it a good name everywhere.

Edna—Say Tom, what is the greatest curiosity in the world?
Tom—A woman without any.—New York Journal.



THE ONLY DESIRABLE SUBSTITUTE FOR WHALBONE OBTAINABLE.



SPRING STYLES—NEW YORK AND BOSTON'S FAVORITE.

black velvet running horizontally at intervals of about four inches and have epaulettes of black velvet. The collar is a rich folded stock of velvet.

The skirt, which is of plain cloth, fitting closely to the figure, has the black velvet ribbon applied in perpendicular stripes, from waist to within three inches of the lower edge, where they meet in a narrow ruffle of velvet encircling the skirt. A bow of the ribbon velvet is used to finish these stripes, resting upon the upper edge of the ruffle.

The same idea may be carried out less expensively by using a fabric with inch-

trimming consists of a narrow pleating, notched and pinked and headed by a ruching arranged in festoons. Beneath the ruche is a lace flounce of cream color, which veils the silk flounce and produces a charming effect of lovely soft shades.

One of the new summer shirt waists that promises comfort and coolness is of fine lawn, and has a slightly bloused front of cross rows of heading and lace inserting.

Another pretty one has embroidered cuffs and back of fine nainsook, com-



SPRING STYLES—THE LATEST IN BLOUSES.

wide stripes in the design, and having only the ruffle and bows of the velvet.

Sleeves without fullness seem to be the decision of the important ones who make what we call style. The sleeves of the new jackets and coats are cut narrow at the top and fit easily over the elbow and forearm. They are provided with cuffs and produce a natty effect. Costumes and walking dresses will have sleeves of different material, and will have bands of velvet of the same color as the rest of the dress laid across them.

Skirts will be kept as plain as possible this spring. The back pleats of some of

lined with the charming coolness of the other. Dotted and plain Swiss, black batiste and various grades of grass linen, will be shown. All are transparent, and are trimmed with colored embroidery of Oriental or Russian shades and patterns that have a rich effect in which red, green or blue looms up prominently.

Hamburg and heavier embroideries are used for cuffs, pleats and yokes on blue, pink, red, etc., batiste waists. The silk-striped checked and Jacquard figured fine cotton goods are well represented in the light colors. The shades shown for waists are brilliant or very

SOCIETY REGALIA

Banners, Badges, Saddlecloths, of any special design, made to order. Samples and estimates furnished. Work and material guaranteed.

MRS. HALLEY, 111 Beatty St.

Society Meetings.

Young Men's Societies.

St. Ann's Young Men's Society.

Organized 1855.
Meets in its hall, 157 Ottawa Street, on the first Sunday of each month, at 8 30 P. M. Spiritual Adviser, REV. R. SIRUBBE, C.S.S.R.; Spiritual Director, JOHN WHITTY, Secretary, D. J. O'NEILL, D. J. O'NEILL, President of the League; J. Whitty, D. J. O'NEILL and M. Casey.

Young Irishmen's L. & B. Association.

Organized April 1874. Incorporated, Dec. 1875.
Regular monthly meetings held in its hall, 18 Dunreath Street, first Wednesday of every month at 8 o'clock, P. M. Committee of Management meets every second and fourth Wednesday of each month. President, J. S. McLENNAN; Secretary, M. J. POWER; all communications should be addressed to the Hall. Delegates to St. Patrick's League: W. J. Hinchey, D. Gallery, Jas. McMahon.

Ancient Order of Hibernians.

DIVISION No. 2.
Meets in lower vestry of St. Gabriel's Church, 4th corner Centre and Laprairie streets, on the 4th Friday of each month, at 8 P. M. President, N. SMITH, 63 Richmond Street; Vice-President, J. O'NEILL, 100 St. Patrick's Street; Secretary, A. Dunn, M. L. O'NEILL, 100 St. Patrick's Street.

A.O.H.—Division No. 3.

Meets the 2nd and 4th Mondays of each month, at 8 P. M. in the hall of the Hibernian Club, No. 242 Notre Dame Street. President, H. Wall; Secretary, J. Carroll; Treasurer, John Hughes, Fin. Secretary, Wm. Keenan; Vice-President, W. P. Stanton; Treas., M. J. Kennedy; T. Ervine, Chairman of Standing Committee; Hall is open every evening (except on public meeting nights) for members of the order and their friends, where they will find Irish and leading newspapers on file.

A.O.H.—Division No. 4.

President, H. T. Kenney, No. 32 Deloraine Street; Vice-President, J. P. O'Hara; Recording Secretary, P. J. Finn, 15 Kent Street; Financial Secretary, P. J. Tully; Recording Secretary, John J. Sargent-at-arms, D. Matthews, 100 St. Patrick's Street; Marshal, F. Gahan; Delegates to St. Patrick's League, T. J. Donovan, J. P. O'Hara, J. Gahan; Chairman of Standing Committee, J. Costello. A.O.H. Division No. 4 meets on the 2nd and 4th Monday of each month, at 111 St. Ann's Street.

C. M. B. A. of Canada.

C.M.B.A. of Canada, Branch 26
(Organized, 15th November, 1874.)

Branch 26 meets at St. Patrick's Hall, 157 St. Alexander Street, on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Mondays of the month, at 8 P. M.

Applicants for membership or any other branch of information regarding the Branch may communicate with the following officers:

MARTIN EAGAN, President, 377 Cadogan St., J. H. FEELEY, Treasurer, 719 Sherbrooke St., G. A. GARDNER, Financial Secretary, 157 St. Lawrence St., JAS. J. COSTIGAN, Secretary, 325 St. Ursula St.

C. M. B. A. of Quebec.

GRAND COUNCIL OF QUEBEC

Affiliated with the C.M.B.A. of the UNITED STATES.
Membership 43,000.
Accumulating Reserve of... \$3,000,000.
Present... \$500,000.
Branch No. 1 meets every 2nd and 4th Monday of each month. For further particulars address JOHN L. ABIN, President, 157 St. Lawrence St., F. C. LAWLER, Recording Secretary, 92 Shaw St.

Catholic Benevolent Legion.

Shamrock Council, No. 320, C.B.L.

Meets in St. Ann's Young Men's Hall, 157 Ottawa Street, on the second and fourth Tuesday of each month, at 8 P. M. M. SHEA, President; Y. W. LESAGE, Secretary, 447 Berri Street.

Catholic Order of Foresters.

St. Gabriel's Court, 185.

Meets every alternate Monday, commencing Jan. 31, in St. Gabriel's Hall, cor. Centre and Laprairie streets.
M. P. McGOULDRIK, Chief Ranger.
M. J. HEALEY, Rec.-Sec'y, 48 Laprairie St.

St. Lawrence Court, 263, C.O.F.

Meets in the Engineers' Hall, 6623 Craig Street, on the second and fourth Tuesday of each month, at 8 P. M. M. J. Flanagan, Chief Ranger; Thos. W. Maguire, Recording Secretary, 116 St. Andre Street, to whom all communications should be addressed.

St. Patrick's Court, No. 95, C.O.F.

Meets in St. Ann's Hall, 157 Ottawa Street, every first and third Monday, at 8 P. M. Chief Ranger, JAMES F. FORBES, Recording Secretary, 116 St. Andre Street. Delegates to St. Patrick's League: Messrs. PATTERSON, 60 Elzot Street.

Total Abstinence Societies.

ST. PATRICK'S T. A. & B. SOCIETY.

Established 1863.
The hall is open to the members and their friends every Tuesday evening. The society meets for religious instruction in St. Patrick's Church, the second Sunday of each month at 4 30 P. M. The regular monthly meeting is held on the second Tuesday of each month, at 8 P. M. in their hall, 92 St. Alexander St. REV. J. A. McCALLLEN, C.S.S.R., Rev. President; JOHN WALSH, Vice-President; W. P. GOODYWIN, Secretary; 251 St. Martin Street. Delegates to St. Patrick's League: Messrs. John Walsh, J. H. Feeley and William Rawley.

St. Ann's T. A. & B. Society.

Established 1863.
Rev. Director, REV. FATHER FLYNN; President, JOHN KILLFEATHER; Secretary, JAS. BRADY, 200 Manufacturers Street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 3 30 P. M. Delegates to St. Patrick's League: Messrs. J. Killfeather, T. Rogers and J. Shanahan.

THE LARGEST ESTABLISHMENT MANUFACTURING CHURCH BELLS & PEALS in the World.
PUREST BELL METAL (COPPER AND TIN).
ESTD. 1820. 100, Queen Street, East, Montreal.
MORSE'S BELL FOUNDRY, BALTIMORE, MD.

WANTED, HELP.

Reliable men in every locality, local or traveling, to introduce a new discovery and keep our show cards tacked up in stores, fences and bridges throughout town and country. Steady employment. Commission or salary \$50 per month and expenses, and money deposited in any bank when started. For particulars write to any bank who started.
WORLD MEDICAL ELECTRIC CO.,
London, Ont., Canada.