In two ways I am wont to visit my elect, ramely, with temptation and with consolution. And I daily read two lessons to them, one in reproving their vices, another in exhorting them to the increase of all virtues.—Thomas A Kempis A Kempis.

How They Lost Their Health.

Trying to save time at meals

taking only ten or fifteen minutes for luncheon, with their minds intent on business problems.

By not taking a little outdoor recreation every day. They did not know that the bow always on the stretch soon loses its spring, its elasticity. elasticity.

They went into physical bankrupt-

They went into physical bankruptcy by using up more force each day
than nature generated.

By turning night into day; by
too complex living.

They thought they could improve
on God's plan and draw more out
of their physical bank than they
deposited; result, physical bankruntey.

ruptcy.

By hurrying, worrying, fretting, stewing, driving, straining to keep to appearances.

up appearances.

By always reading medical advertisements and medical books which described their symptoms. They took life too seriously, did

not have enough fun, enough play

not have enough run, enough any in their lives.

They were always thinking about themselves, looking for trouble, for unfavorable symptoms, imagining all sorts of things about their physical condition.

Ed not adopt diet to their voca-Did not adapt diet to their voca-

tion. The brain-worker, the se-dentary man, ate heavy muscle-food, such as meats, and vice versa. By hot temper, jealousy, by a sel-fish, critical, nagging, scolding dis-position, which poisoned their blood

The Laugh Cure.

Laughter induces a mental The habit of frequent and hearty

laughter will not only save laughter will not only save you many a doctor's bill, but will also save you years of your life.

There is good philosophy as well as good health in the maxim, "Laugh and grow fat."

Laughter is a foe to pain and disease and a sure cure for the "blues," melancholy and worry.

melancholy and worry.

Laughter is contagious. Be cheer-

ful, and you make everybody around you happy, harmonious and health-

Laughter and good cheer m love of life, and the love of life half of health.

Use laughter as a table sauce;

use laughter as a table sauce; it sets the organs to dancing, and thus stimulates the digestive processes.

Laughter keeps the heart and face young, and enhances physical beauty.

Laughter is nature's device for exercising the internal organs and giving us pleasure at the same time.

Beauty of Motherhood.

Edith Rockefeller McCormick, wife of Harold F. McCormick, with Mme. Schumann-Heink and Frederic Schoff, has contributed to a well known magazine an article touching the philosophy of motherhood under the caption "What My Children Mean to

have suffered, or have enjoyed, that we can say, 'I know.' This know-iedge gives us the power to sympathize, to appreciate; it broadens our horizon, makes us more rounded in our development, increases our chances for usefulness and deepens our powers of enjoyment. Why, then, should we not welcome the unfolding of the wonderful new world which comes to us after marriage and received the fulness of the

mother, we find that somothing new is within us, a love so different from any that we have experienced before-a pride, a jealous care, a great, overwhelming joy. All this we could not know before, and how wonderful it is! A bittle soul formed to us to love and to care, for What great confidence God has put in our love and our wisdom to make us such a rift! Life now has a new aspect. No, it is not rore beautifel than it was before, but it is more rounded—our horizon is broader—so much is oven to us.

"But," one says, there is so

much sacrifice in a mother's life; so much she gives up, so much she gives out which is not appreciated, and for which she never receives any

'May I ask what sacrifice is ? Is may I ask what sacrifice is? Is doing what love prompts us to do ever a hardship or a deprivation? Are not the noblest deeds of one's life the deeds prompted by And can love ever be small?

And can love ever be small?

"Looking at it from the narrow standpoint, children broaden our scope, help to make us more our scope, help to make us more our ideal selves; their touch is absolutely necessary for our highest development. But looking at it from the true standpoint, what we may give out of time, strength, thought, to these little beings, we gain back three-fold in the richness of a home with children. with children

"Thus in the capacity of mother e woman of beauty, of talent, of arm, of executive ability, of strong nviction, of artistic temperament high ideals, of broad intelligence of commanding presence, of warm sympathy, of keen perception, of deep feeling, of noble ambition, of loving humanity, finds her greatest

Woman as a Railroad Contractor.

Saskatchewan has a real, live we han railroad contractor. She is a nan railroad contractor. She is at

present grading a few miles east of Regina.
She is Mrs. Bennet, formerly of Chippewa Falls, Wis. For the last two years she has been taking small grading contracts. but this is the first regiment. steading contracts, but this is the first railroad work of importance she has undertaken. The work in hand is an important section of the Maryfield-Bienfait branch of the Canadian Northern, and she has her whole family at the work, her husband also aiding her.

band also aiding her.

Mrs. Bennet, whose maiden name was Theresa Rice, was born at Chipwas Theresa Rice, was born at Chip-pewa Falls, and was graduated from the normal school at La Crosse, Wis. Two years ago doctors advis-ed an outdoor life and a dry cli-mate. She handles with equal fa-cility a scraper or a plough, and talks about "six-foot grades," dumps, scoops, fills and cubic yards of earth as glibly as do most years men about sewing or needlework. Mr and Mrs. Bennet alternately take a day off each week to bake a supply of bread.

Belts in Favor Again

Belts seem to have returned to the highest favor with modistes, if the styles now being put forward are any criterion. Perhaps the world of women at large who have found the princess and Empire styles as a whole becoming and attractive will be loath to see them go, but the modistes, who have by this time certainly succeeded in equipping all the women in the world with several garments in these styles, have about decided that from this time on belts it must be, and belts at on belts it must be, and belts the normal waist line, two. does not mean that the vogue This does not mean that the vogue of the Empire and the princess is over, for at this age of the world a certain amount of independence has been achieved even by the woman of fashion, who for picturesque occasions, at least, insists upon some individual professors were severed. sions, at least, insists upon some individual preference even in the matter of clothes, but there is a decided showing of well-defined waist lines in all the really new models, which seems to mark the fact that the end of the Empire and pincess reign is an affair of no very distant date, at least for the great majority of women.

caption "What My Children mean to caption "What My Children mean to Me."

Writing under the sub-title of "In the Capacity of Mother Woman Finds Her Greatest Glory," Mrs.

McCormick finds the true gratification of life in the dominion of the home, incentive for mobler acts in her maternal love. She says in her maternal love. She says in her maternal love is many years ago. One cannot but imagine, by way of commot but imagine but part:

"It is not until we have experienced a condition that we know. It is only after we ourselves have felt, have suffered, or have enjoyed, that we can say, 'I know.' This knowiedge gives us the power to sympathize, to appreciate; it broadens our horizon, makes us more rounded in our development, increases our chances for usefulness and depens in the whole effect of these something very graceful and charming the property of the parted hair and long curls of the former days when women appeared in these full skirts and trains and over drapertes, plain bodice something very graceful and charming in the whole effect of these styles, but just as certainly they unen. should we not welcome the unfolding of the wonderful new world which comes to us after marriage and received the fulness of the Creator's great gift?

"When we waken to the realization that the baby in our arms is our own, that we have the right, the privilege, the honor to be called nother, we find that something new s within us, a love so different rom any that we have experients

the back of the head

If the moths have begun to eat your carpet, take the tacks out, turn it back one-half yard all around the room, wash the boards with a saturated solution of camphor, putting it on with a paint brush; then lay the carpet back in its proper place, but over it a bowl wring control to put over it a towel wrung out of water camphor, and iron it thoroughly with a red-hot iron, so as to steam it through and through, and this will kill the insects and all their large.

One way of restoring white silk articles that have become yellow in washing is to dip them in tepid, soft water containing to each quart ablespoonful of ammonia w tablespoonful and a few drops of blueing them out, and if still vellow them out, and if still yellow, as little more blueing to the wuntil they are fully restored. Hin the shade to partially dry press with a hot iron between folds of cotton while still camp.

A cup of coffee may be made very A cup of coffee may be made very nourishing if a well-beaten egg is stirred into it and a little cream added. Mix together the sugar, egg and cream, then pour in the hot coffee gradually, whipping it with a silver fork. Taken in this way the coffee is almost as good as a meal to an invalid. to an invalid. finest of manicure acids The

made by putting a teaspoonful of lemon juice in a cupful of warm water. This removes most stains from fingers and nails and loosens cuticle more satisfactory than can be done by the use of a sharp instrument. strument The juice of a lemon taken in hot

The juice of a lemon taken in hot water on awakening in the morning is an excellent liver corrective, and for stout women is better than any anti-fat medicine ever invented.

Kerosene is an excellent window cleanser. Moisten a woollen cloth with it and rub the glass clean. Polith with a piece of chemoid.

ish with a piece of chamois.

Tasty Recipes.

CREOLE CHICKEN

Cook four tablespoonfuls of butter Cook four tablespoonfuls of butter with one half shallot, finely chopped, five minutes, stirring constantly. Onion may be used if shallot is not at hand. Add five tablespoonfuls of flour, and stir until well browned; then pour on gradually, while stirring constantly, three-fourths of a cupful each of chicken stock and stawed and strained towards Brigar stewed and strained tomatoes. Bring to the boiling-point, season with to the boiling-point, season with one teaspoonful of lemon juice, one half teaspoonful of salt and one-eighth of a teaspoonful of paprika. add one and one half cupful of cooked chickes or fowl cut in small cubes, and let, stand ten or fifteen cubes, and let stand ten or fifteen e top of the double minutes in the top of the double boiler, that the meat may absorb some of the sauce.—Fannie Merritt Farmer, in Woman's Home panion for September.

TOMATO TOAST.

Two tomatoes, two eggs, ounce of butter, one ounce of ham a slice of onion, pepper and to taste. Six small rounds of to taste. to taste. Six small rounds of but-tered toast. Wipe and chop the tomatoes. Mince the onion and ham, and cook them with the but-ter in a saucepan about ten minutes, remove from the fire to add the-beaten egg, stir over the fire till it is set, then serve on the toast.

POTATO CROQUETTES.

Season hot mashed potatoes with Season not massed potatoes with salt and pepper, a little nutmeg; beat to a cream, with a tablespoonful of melted butter and ten drops of onion juice to every pint of potatoes add one beaten ever wolk. tatoes; add one beaten egg yolk and a tablespoonful of chopped pars-ley. Roll into small balls, dip in egg and milk, coat them with brea crumbs and fry in hot fat.

BAKED TONGUE.

Wash a fresh tongue, put it in a saucepan with some carrots, turnips, a celery root, salt and plenty of water; boil it, removing the scum as it rises. When soft, take it scum as it rises. When soft, take it out of the pan and skin it, cut up an onion and a little lemon peel, brown them in bacon fat, make holes in the tongue and fill them with the mixture, return it to the saucepan with part of the liquor in which it was boiled, and steam it for a few minutes, then place it in a baking dish, mix half a pint of cream with some of the liquor, baste the with some of the liquor, baste the tongue with it and bake it a nice Cut in slices, cover the sauce and serve

SWEET POTATOES WITH CREAM

Wash and boil four large obtatoes. When done scrape kin, cut into quarters as Wash and boil four large sweet potatoes. When done scrape off the skin, cut into quarters and put them in a saucepan with one heaping tablespoonful of butter, a dush of salt and pepper, a tablespoorful of sugar and a cupful of rich cream. Cover closely and stand at the side of the fire for fifteen minutes.

VOLAU-VENT.

Take one and one-half cupful of cold boiled chicken cut into dice,

drain a cupful of canned peas and cook until tender in a little chicken stock. Cook together two table-spoonfuls each of butter and flour; add half a cupful each of cream and chicken stock, half a teaspoonful each of salt and sugar, one-quarter of a teaspoonful of onion juice and a dash of cayenne and stir until it boils smooth. Add a teaspoonful each of chopped parsley and lemon juice and the chicken and peas. Line a shallow dish of puff paste, cutting the cover a little large, and bake. the cover a little large, and bake. Slip the shell from the baking dish, with the mixture, lay the cover

What is Worn in London

Velvet More Handsome Than Ever-Wide Satin Scarves, Fur-Trimmed Worn With Afternoon Gowns.

London, Nov. 1 .- We are certain-

London, Nov. 1.—We are certainly in a time of transition. After being singularly favored for the last two years by the most beautiful and universally becoming fashions that have graced the female form divine for the last hundred years we are now thereteed by the restless. are now threatened by the restless less of the dressmakers and design ers, to whom change is as breath of their nostrils, wi with manner of absolutely barbarous in-novations, lines twisted awry, dra-peries in the wrong place, and meanbows and buttons and trimmings dumped anywhere, any place being good enough so long as it is one which should not be chosen. one which should not be chosen. Thus we have come to the running-string around the knees or ankles ending in a large bow at the back, which flaps like a spatchcocked chicken from one side to the other as the wearer tries to walk it spite of the running string. Thus, tee of the running-string. Thus, are we threatened with sleeves too. are we threatened with sleeves of thick material fitting close to the upper arm and the fore arm, but with a gap round the elbow filled in with a hanging puff of transpa-rent chiffon. These and many other of the novelties I have seen makes are monstrosities which will last; for women, both here and last; for women, both here and in Paris, are learning every day to be more and more independent in their dealings with their dressemakers, and they no longer "shut their eyes and open their mouths" to swallow with docility whatever may be ordained by those would-be autocrats This is being more and more recog nise in Paris, where the big houses know that, no matter what designs and models they declare to be the fashion for the autumn and winter, no great novelty can be definitely experienced. ter, no great novelty can be definitely considered as launched until the leaders of fashion, such as the Comtesse Greffulhe, Madame Henri Comtesse Greffulhe, Madame Henri Letellier or Baronne Henri de Roths-child (to name but a few of the prominent "dressers" of Paris) have returned from the country and approved of such novelties by per-sonal selection. It is said that all

the best dressed women are refusing flatly to give up the long simple lines which have set off their beau-ty so successfully for more than two years; but so long as they are left the close-fitting four reau as the base of all dress schemes they are willing to accept draperies thereon, if only they are properly hendled only they are properly handled. Eclecticism and individuality have so greatly developed among us of late years, that they were bound to be reflected in our dress, which, if properly understood, reflects in a subtle way a woman's personality and character. One will never find, either here or in Paris, Vienna either here or in Paris, Vienna, or wherever dress is considered of ca-pital importance, that any woman has achieved a reputation for dress-ing beautifully who has blindly fol-lowed the dictates of her dressmaker. The existence of the dressmaker dreends on changer if feshions did depends on change; if fashions did not constantly change it would spell ruin to those who depend on ruin to those who depend on continually throwing some new and gaudy fly over the nose of the feminine fish who seldom fail to rise to the bait. This is excellent for the greatest good to the greatest number, which is said to be the basis of sound political conomy; but the women who makes a reputation basis of sound political economy; but the woman who makes a reputation for fine dressing in the best sense of the term is the woman who never adopts a fashion because it is new, but because she sees how it will or can be adapted to enhance her own beauty. But if there are monstrous-ly ugly designs, there are also many ly ugly designs, there are also many exquisite ones; and the wise buyer will see that she gets the latter and avoids the former, in spite of all the arguments of the sellers, who will naturally prefer to get off their hands the exaggerated novelties which they know quite well will not remain long in favor.

sonal selection. It is said that all the best dressed women are refusing

The velvets are more beautiful than ever this year and also more popular. Their silky sheen, depth of coloring and softness have never of coloring and softness have never been surpassed, and are seen to won-derful advantage in the present-day fashiors with their sweeping lines. Velvet in the new fashionable shade called "Vendange," which is a beau-tiful deep Burgundy with rosy lights playing on the surface, was adopted to make a handsome gown lights playing on the surface, was adopted to make a handsome gown seen a day or two ago. It was Princess in shape, close-fitting, long and full round the feet, for though all walking dresses are cut very short, the afternoon models still retain their grace and majesty of "tail." A band of skunk bordered the hem of the gown all round, and a tunic effect was given by the added panels at each side, which merge into the back rather high up above the waist line, and were marked along the lower edge by a wide band of silk embroidery. A plece of similar embroidery cut the froit panel horizontally, and another one gave a bolero effect to the bodice, for a band of it encircled the figure, the fulness of the velvet above being drawn into the embroidered band in thiest folds under a large oval ornament of olivines set in



dull silver. The lower part of the sleeves was also of the silk emproidery, divided from the velvet uppe dery, divided from the velvet upper sleeve by a band of skunk at the elbow which added to the mediaeval suggestion of the dress. A tray guimpe and neckband of spotted net gave the necessary relief of white to the threat, and the toque was of the same "Vendange" velvet as the dress, the velvet very much drapped. the same "Vendange" velvet as the dress, the velvet very much draped, and held across the front by a band of skunk and a white osprey. To complete this charming toilette them was a wide scarf of satin charmeuse of the same color as the velvet, index with chiffon of "Vendange" shot with gold, and bordered all round with a band of skunk. Nothing makes a more delightful addition to a more delightful addition to makes a more delightful addition to a toilette at this time of year than one of these wide fur-trimmed scarves in satin or panne. One needs some kind of extra wrap even with a vel-vet dress; yet it is still too warm for heavy furs, and a cloth coat is not "dressed" enough to accompany a smart, velvet afternoon frock. The a smart velvet afternoon frock scarf meets the afficulty in every way. It is far warmer than it ap-pears, it is exquisite to look at, it ends itself to being draped in all manner of ways, and adds a grace and poetry to the simplest toilette as well as to the most gorgeous cra-

NOT AGAINST HIS WILL.

Some years ago there lived Perth, Scotland, a not very soler man, known as Jamie. One night at acquaintance found Jamie lying at the foot of his stairs. "Is that you, Jamie?" asked the callert "Ay it's me!" replied Jamie, in a tone of resignation. "Have you to'e. of resignation. "Have you fa'en doon the stairs?" was the next question. "Ay, I fell doon, but I was comin' doon, whether or no!"

WHEREIN THEY DIFFER

(From Judge's Library.) First Shining Light (in the colored church)—Ah don't believe in callin' dis heah society de Ladies' Auxliary, Dat's imitatin' de white folks.

Second Shining Light-Den wot will we call it?

First Shining Light—Well, wot's de mattah wid callin' it de "Colored Supplement?"

HER BEST FRIEND.

"Who was it!" shouted the suffragist leader, "who was it that did the most to elevate woman?"

A little chap blinked his eyes, and drawled: "Why, the man that invented those high French heels." drawled: "Why, the man that i vented those high French heels."

And then the meeting adjourned

DISFIGURING, TORTUR-ING SKIN TROUBLE.

Cannot be Cured by Salves and Ointments—The Blood Must be Purified.

A blemished skin irritating sores, pimples, eczema, salt rheum and other skin disorders are all signals of distress, telling that your blood is impure—or weak. You cannot core eczema and other skin troubles with ointments and outward applications. These things may give temporary relief, but cannot cure, because the trouble is rooted in the blood and can only be removed by purifying and enriching the blood. Dr. Williams! Fink Pills speedily cure skin troubles because they enrich, purify and build up the impoverished blood that caused the trouble. As they feed and cleanse the blood of heskin grows fair, the bloom of health returns and new strength is found. No other medicine hes serves. turns and new strength is found. No other medicine has ever had such wonderful results in curing all diseases due to bad blood. Miss Elizabeth Gillis, Kensington, P.E.I., says:

"Words can hardly express how
grateful I feel for what Dr. Williams'
Pink Pills have done for me. For
seven years before I began their use
I was troubled with salt rheum. My hands and arms were nearly always nands and arms were nearly always a mass of torturing cracks abd sores I tried several doctors and spent a great deal of money without getting any benefit. Indeed my hands seemed to be getting worse all the time. Finally my brother persuaded me to give Dr. Williams' Pink Pills a trial and I am hanny to say they have and I am happy to say they have completely cured me. I used in all seven boxes and I would not be without them in a case of this kind if they cost five dollars a box instead of fifty cents. I hope my experience will be of benefit to some other sufferer from skin trouble."

These Pills are sold by all medicine dealers or will be sent by mail at 50 cents a box or six boxes for \$2.50 by The Dr. Williams' Medicine Co... Brockville, Ont.

Interesting Find.

ed Supplement?"

HE WASN'T TWINS.

"My friend Woollen—William Wesley Woollen," said Speaker Cannon, was starting on a trip to Europe. He needed a steamer rug in a huarry and telephoned for one to be sent to his house. The clerk took the order, but couldn't understand the name.

"Spell it out," he said, 'and I'll write it down."

"So Woollen started.

"Yes,' said the slerk

"Yes,' said the slerk

"Mr. P. McGuinness, Lisseggerton, Clones, recently found in the thatched roof of his house an ancient smills box of peculiar shape and design. the ornamentation and inscription showing that it was designed as a rolvenile for the seven years' war in 1763. The box, which was oblong in shape, with rounded edges, measures 61-2 inches in length, admost 2 inches in breadth, and 11-4 in depth. The sides are of silvered copper, and the lid and bottom of silvered copper, and the sides are of silvered copper, and the lid and bottom of silvered brass. On the lid is a relief figure of King Frederick in full military uniform, while a hand stretching from the clouds is about to place a crown of bay leaves on his head. Underneath is inscribed "Fredericus Magnus Borussorum Rex." On the bottom are represented twelve battles in which Frederick was victorious, with inscriptions, one of which the side is scratched "Mark Fudd. Penzance, 1764." It appears that some military were quartered in Liseggerton, in the 18th century and American."

In a recent discussion of illetera-

Practical Plumbe
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Jobbing Pro Lawre PLAS necessor to John I in and Ornamen kinds promptly a 15 Paris Street

THURSDAY, N

MORRISON

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KAVANAGH,

L. KAVANAGH, K

AROSSARD, CI ne Main 1490

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SOCIETY

T. PATRICK' hished March ated 1863; M Mall, 92 St. Monday of the meets last Rev. Chaplair Shane, P.P.: Kavanagh, K. dent, Mr. J. President, V Treasurer, Mr.

ponding Secremingham; Recording T. P. Tansey; cretary, Mr. M. Shal, Mr. B. Cahal, Mr. P. Cahal, Mr. P. C

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mtion to apply Deputy Minist N.B.—Unauthor this advertisement for.

Heart Tro

Through one can majority of the pe some form of hear The system becheart palpitates, dizzy spells, a sm clammy hands arbreath, sensation rush of blood to the Wherever there weak hearts Milbu Pills will be found

++++++ Heart Trouble Cured.

and Nerve Pills.
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friend advised me
pills, which I did,
relief. I highly r
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