

HOUSE AND HOME

CONDUCTED BY HELENE.

What a pity that mothers do not take the trouble to instill more thoroughly the laws of kindness and unselfishness into their little ones. This was emphasized to me in a striking manner recently while visiting at a home where the small girl and boy have almost a surfeit of playthings. These children are most lovable; the boy a sturdy, great-hearted chap of five years, and a coaxing, loving girl of three, yet when it comes to giving up something very dear to their hearts, the rebellious spirit is predominant. A little daughter of the charwoman happened to call for a parcel that had been made up for her, and coming into the room where we were, the first thing which greeted her was an array of toys, the like of which she had never dreamed. One could see the love-light flash in her eyes as she looked longingly at the doll hugged so tightly in the small girl's arms. Poor little thing! She was only seven, yet had to help care for two younger than herself, and run on all the errands of a tired, overworked mother, and just how much brightness would have entered into her narrow sphere by the gift of just one of these toys could only be told by herself. And yet the mother, whom I had imagined was kindly to a fault, did not grasp the opportunity of teaching a salutary lesson to her little ones just at the period of their mind's awakening. Little ones are not capable of thinking along broad lines, 'tis true, but a mother strong in her own personality cannot but bring the best that is in her to bear upon these receptive minds and as children are apt imitators, and a reflection of those they come most in contact with, it is for the mother to look to it that she leads them aright.

No one is useless in the world who lightens the burden of it for any one else.—Dickens.

WHAT WOMAN WOULD DARE

To let the world see her as she really is when off guard; even the "perfectly natural" girl has artifices, though she may not suspect it herself.

To speak her mind to the cook every time the inclination or provocation seizes her.

To give her real opinion of some of "the little ways" of her best young man. Love is not blind so much as it wears blinders knowingly.

To throw a ball with herself as a wager against a crooked line; to bank on her bank balance being 0.K.

To drop things every time domesticity bored. Few men realize that happy homes are dependent on women's capacity to endure the daily grind and monotony.

To confess she is not wild about babies. If she hasn't them, the world cries, "Sour grapes"; if she has, "Unnatural, heartless wretch."

To openly defy fashion. Most women could more quickly scare up courage to face a mouse under the bed than to wear a five-yard plaited skirt and big-puffed elbow sleeves in this day.

To tell the year she came out before condescending debutantes.

To impart to a doting mother what you could cheerfully do to her spoiled darling; to hit out from the shoulder when her dearest man friend expects her to rave over his fiancé, to give her real views to the ultra orthodox.

To be frank to guests in her own home. The law of hospitality is responsible for a chastening self-restraint at times.

COLORED NET AT NECK.

Many women object to the use of white lace yoke and stock in a house gown for every-day wear, and it is possible they have the right on their side. It is difficult to keep it fresh and clean, and the slightest soil on white makes it objectionable.

Colored net is fashionable and looks quite as well as white at the neck, and it can be relieved at the top line of the collar by white ruching. The sleeves should be long, fastened snugly at the wrist and finished with folds of the colored net.

In making house frocks for day wear a woman should go along opposite ideas from the ones she uses in evening house gowns. Everything

must be neat, trig, and well put together.

SQUARE SHOE BUCKLES.

The smart bronze slippers which are now the fashionable evening foot-gear have great square metal buckles and a gently square toe instead of a pointed one.

The buckles are not bright and burnished, but dull and tarnished. Through them is slipped a flat bow of panne velvet ribbon in a shade of bronze that entirely tones in with the slipper.

"SCOT-FREE."

The word "scot-free" is a survival from ancient Anglo-Saxon. Scot in this sense comes from the old English word scot, meaning a portion of tribute or taxation, and it is still in use in the Scandinavian languages to signify tribute. In modern English, however, it occurs in only two expressions, the legal phrase, "to scot and lot," and the ordinary word, "scot-free."

MISS GEORGINA FELL CURTIS, EDITOR

of "Some Roads to Rome in America," which B. Herder of St. Louis is just about to bring out; and of "The American Catholic Who's Who," which will appear some time next year, is a New Yorker by birth and upbringing, and a resident of Chicago for ten years.

Miss Curtis was educated at the Episcopal School of St. Mary in New York City, and after graduating studied for five years in the Art schools of New York. In 1899, at the suggestion of the Rev. John J. Wynne, S.J., Editor of the Messenger and Associate Editor of the Catholic Encyclopedia, she began writing for the Catholic Magazine, to which she has ever since been a contributor. Miss Curtis is distantly related to the late George William Curtis, Editor for so many years of Harper's Magazine, and she has herself contributed to two of the Harper periodicals.

IN DEFENSE OF MERE MAN.

While the noticeable tendency on the part of woman propagandists and others to exaggerate the defects of men and of the institutions they have created, is perhaps a natural turning of the tables—the proverb of all nations indicating that men have put in a good deal of their leisure time all down the centuries in criticizing women—it is neither a gracious nor a wise way of trying to improve conditions. And for older women, who for many years have been endeavoring to push through radical schemes, to delude younger women into the belief that men as a class have stood for all ages as the enemies of women as a class; or that, if women had been in the saddle, as it were, they would have developed themselves and institutions with which they were connected to a higher plane, is especially undesirable. Indeed, nothing in the achievements of women as a class, either in the past or at the present time, bears out the flattering view they take of their own potentiality, but, on the contrary, proves that they have not acquitted themselves so well, even in those fields which have been set aside for their special exploitation, as to disarm just criticism. When, for instance, yielding to their impotency, men have given them a measure of power in regard to school suffrage, as has been done in 22 states, they have not shone conspicuously, but, although this department of human interest is second in importance to none, have taken so little

interest in it that in some states there is talk of rescinding the legislation which gave it to them.

But it is on the immigrant women, and on the daughters of immigrants, that such an attitude towards American men is especially apt to produce wrong impressions, and as the alien constitutes one-third of the total population of the northern and western states, what is taught is a matter of great moment. Is it not absurd, as well as unfortunate, that women of American birth and training should devote their time and ability to stirring up hostility to American men, when they know perfectly well that in comparison, to those of other nations they are shining examples not only of justice but of chivalry, and that it is the rankest injustice to class them along with the immigrant fathers and husbands, who, with the rarest of exceptions, are three or four centuries more primitive in their attitude toward women? To criticize unfairly our men and our laws in regard to women before those who know only the exactions and contempt of their own men and the tyranny of their old world governments, not only misleads, but actually tends to develop hostility to the causes intended to be helped.

By no stretching of facts can American men be charged with desiring other than the highest good for the women of their families and those for whom they have undertaken to provide stable government and a progressive civilization, and if there still remain disabilities which should be removed, the patriotic way is to debate the questions involved with sweet reasonableness. Above all, let us refrain from unjust criticism of the sex that has made us the nation that we are.—From an article in Vogue.

WHAT IS WORN IN PARIS.

The ever-popular tailor-made gown is to the fore again, whether one's means are limited or not, and the absolutely severe models which were relegated to the background for some time have resumed their popularity. Black and blue serge, chevrons and tweeds in many colorings, and patterns are mostly worn. Two shades of blue are very fashionable, one almost black, with a tone of purple through it; the other a light fresh blue.

The fashion of the white satin lining is on the wane, and one of the lighter tones than the material is in vogue. In the way of trimming, braid, while having a smart effect on the blue serges, yet even a smarter effect will be the untrimmed serge, which will owe its jauntiness to cut.

Coats are not exaggerated in length. The backs are not perfectly straight but curve at the waistline. The fronts fit closer also. The cutaway style is quite fashionable, the fronts being cut away from the bust in a horizontal line.

The three-piece costume is also exceedingly popular. Satin finished henrietta or cashmere are seen in these gowns, also the very fine serges and also new materials somewhat similar to serge, but with a woven pattern throughout.

For afternoon reception gowns, prunella cloth with a sheen like satin, and as pleated, is worn, which shows off to advantage all the good points of the wearer.

What must prove of interest to the dressy woman is to learn that there is introduced a petticoat which is buttoned to the end of the corset. This does not interfere with fit of skirt at hips, and lends charm to the figure. Patent fasteners are used as buttons would show through. The petticoat just reaches ankle length or shoe tops, according to skirt length.

Many novelties are seen in hats. The urban hat is having an immense vogue, but the big hat is holding its own. The made shapes are seen in coarse straw braids, yet while being coarse are soft and in strikingly pretty coloring. Crin, Tuscar, and Milan are used in blocked shapes. Soft crin is extensively used for crowns, but in fact all sorts of materials, tulle, lawns, linens and pliable braids are called into requisition. Crêpe is also used for this purpose. Many wide brims are faced in black, white or a contrasting color, but really the facing is not a consideration as the majority of brims are so drooping. Shantung, faille, tafeta or sheer net are also used.

Metallic tissue is very much seen through other nets, or used in drapery gowns. Metallic ribbon, too, is strikingly pretty draping in scarf fashion a high crown. An attractive finish for the smart coat is, instead of the regulation button, a large handsome buckle.

MANY DON'T KNOW HEART AFFECTED.

More People Than are Aware of It Have Heart Disease.

"If examinations were made of every one, people would be surprised at the number of persons walking about suffering from heart disease."

This startling statement was made by a doctor at a recent inquest. "I should not like to say that heart disease is as common as this would imply," said the expert, "but I am sure that the number of persons going about with weak hearts must be very large."

"Hundreds of people go about their daily work on the verge of death, and yet do not know it. It is only when the shock comes that kills them that the unsuspected weakness of the heart is made apparent."

"But undoubtedly heart weakness, not disease, is more prevalent nowadays. I should think that the stress of living, the wear and rush of modern business life, have a lot to do with heart trouble."

"There is no doubt but that this is correct, and we would strongly advise any one suffering in any way from heart trouble to try a course of MILBURN'S HEART AND NERVE PILLS."

Price 50 cts. per box or 3 boxes for \$1.25, at all dealers or will be mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.



Games of the Boys of Ancient Greece.

The boy of to-day, little realizes as he plays that practically the same sports and games he is playing were practiced by boys over twenty-five centuries ago, says a writer in Physical Culture. We are told that among the ancient Greeks over one-half of all education was devoted to the body. They believe that if physical perfection were cultivated, moral and mental excellency would follow. Aristotle well said: "First in education will come gymnastics; but this is intended to make men athletes, not to develop brute strength. It is to produce courage, which is a means between the unbridled wildness of the animal and the sluggishness of the coward."

Between the ages of six and fifteen the Greek boy was under the supervision of a "pedagogue," usually a crippled or aged slave, whose duty it was to conduct his charge to and from his schools, for we are told that a boy generally attended two schools each day, one known as the "palaestra," or wrestling place, the other as the "didaskaleion," or music school. The palaestra was a sort of open air gymnasium, with usually a covered running track around the inner side of the wall. This school was under the direction of a master known as the "paedagogue," who trained the boys in such exercises as standing on the toes and performing arm movements, with or without dumb bells, climbing-ropes, jumping, throwing the discus, throwing the javelin, and wrestling. Dancing was taught, not alone for its physical value, but also because of the important part it occupied in their religious festivals.

The palaestra was under the patronage of the god Hermes, better known as Mercury. Statues of him were in all palaestrae and each day, before the gymnastic lesson, the boys offered prayers to him. Special festivals were held during each year in honor of this god, and on these days competitive exercises were conducted, and the winners crowned with wreaths. It was a great day in a boy's life when he could wear home one of these wreaths of victory.

At fifteen the boy ceased to be under the care of a pedagogue and entered the gymnasium proper, where he would receive the final training preparing him for citizenship. These gymnasia were in the charge of state officers who instructed the boys in running, leaping, discus-throwing, throwing the javelin, wrestling and boxing. A vase painting of Parnaphios, represents: First, a boy running; next to him we see one jumping with weights; the next, a long robed flute-player, whose music is accompanying the exercises; following him is a spear thrower running forward to make a throw; then the long-bearded superintendent holding a switch; a quiet player, who is about to throw the discus which he holds in his right hand; and, lastly we see a pair of boxers, whose hands, it will be noticed, are bound in leather or thongs, which they used as we use gloves. At eighteen the boys left the gymnasium being known as "ephebi," or youths. After two years of such service they were made regular citizens.

Greek boys played games among themselves, outside of school time, either on the streets or at home, just the same as the American boy of today. It is interesting to note how much alike were the games at that time and the games of the present. There is scarcely a game played today that was not played in some form or other by the boys of over two thousand years ago.

They had games which required bodily strength, and dexterity such as hopping on one foot to the other. They threw stones and played games imitating warfare, such as snow-ball battles or the pulling of a rope across a line, known as the "tug-of-war." They played a game in which one boy would do "stunts" or go in hazardous places, the others attempting to do the same thing, a game known among boys to-day as "Stump the leader." They had games calling for mechanical ingenuity, such as spinning tops, playing marbles, or rolling hoops. A vase painting from Benndorf shows a boy spinning a wheel on the end of a string; and a vase painting from "El cerum," represents a boy with a hoop and stick. They also played a game similar to the game of tops, in which the boys would use sharpened pegs. In this game the object was to throw the peg into the soft earth so that it would knock out the peg of a rival and itself stand erect. Swings were very popular with both young and old. These were exactly like the swings of today; that is, either the rope alone was used for a seat and held fast with the hands, or else a comfortable seat was suspended by cords.

They played marbles with pebbles. One of their marble games was to toss a knuckle-bone or smooth stone so as to lie in the centre of a fixed circle, and to disturb those that were already there in good positions. There was another game in which they would attempt to stand, or hop, or a spin-bottle filled with liquid and greased. They played a game similar to our "blind man's bluff," in which one boy cried "I am hunting a breaker, fly," and the others answered: "You will not find it." They played "hide and seek," as well as games consisting in the

NEW STRENGTH IN THE SPRING

Nature Needs Aid in Making New Health-Giving Blood.

In the spring the system needs toning up. In the spring to be healthy and strong you must have new blood, just as the trees must have new sap. Nature demands it, and without this new blood you will feel weak and languid. You may have twinges of rheumatism or the sharp stabbing pains of neuralgia. Often there are disfiguring pimples or eruptions on the skin. In other cases there is merely a feeling of tiredness, and a variable appetite. Any of these are signs that the blood is out of order—that the indoor life of winter has told upon you. What is needed to put you right is a tonic and in all the world there is no tonic can equal Dr. Williams' Pink Pills. These pills actually make new, rich, red blood—your greatest need in spring. This new blood drives out disease, clears the skin and makes weak, easily tired men and women and children bright, active and strong. Mrs. J. C. Moses, Brantford, N.S., says: "Last spring my daughter was completely run down, she became very pale, had no appetite, and was almost morose. We decided to give her Dr. Williams' Pink Pills and soon after she began taking them there was a decided improvement. She gained in weight, her complexion returned, and her whole system seemed to have been built anew. I can warmly recommend Dr. Williams' Pink Pills to all who need a medicine."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

The wrestlers were the most particular of athletes in the care of the body. Before the bout they would rub the body with oil, with a view to making their limbs more elastic and supple. But as this oiling and the perspiration which resulted from the contest would have made the body too smooth and slippery, they would sprinkle themselves all over with sand. They also had an idea that this fine sand and dust prevented excessive perspiration, and in consequence, saved their strength. After the bout they would scrape the body with a strigil, then wash and re-anoint it with oil. After this second anointing they would expose the body to the sun till it would finally become as hard and brown as a nut. We may get a good idea of their wrestling from a vase painting from Gerhard, which shows some of the holds used at that time. It was such vigorous training as these wrestlers underwent that made the splendid physiques we have reproduced in these statues which have placed Greece the first of all nations in art.

The National Movement.

Mr. Wm. O'Brien's Plan.

Irish journals contain the following: The Press Association is authorized to state that a private conference of Cork Nationalists of all shades of opinion was held on Thursday night, 25th ult., under the presidency of Mr. Wm. O'Brien, M.P., to consider the future of the National movement. It was unanimously resolved to found a new movement, to be called the All for Ireland League. Its main object will be to unite on a common platform all Irish-born men in a spirit of the broadest toleration of differences of opinion between brother Nationalists, and of scrupulous respect for the rights and feelings of our Protestant fellow-countrymen, with the view to concentrating the whole force of Irish public opinion in a movement to obtain self-government for the Irish people in Irish affairs. Its further purpose will be to develop a kinder spirit of patriotism and co-operation among Irishmen of every rank and creed in all other projects for National welfare in which common action may be found practicable. These projects are declared to be primarily the completion of abolition of landlordism on just terms at the earliest practicable date, the active promotion and extension of a movement for the revival of Irish industries, traditions and ideals of the Gael, and the social and intellectual elevation of our industrial, agricultural and laboring population, both in town and country. It is added that the programme of the "All for Ireland League" contemplates no encroachment upon the special province of any existing political or National organization. A provincial organizing committee, with power to add to its number, was appointed to make preliminary arrangements for the inaugural meeting of the League, which will be held in Cork early in April.

Complete in Itself, Mother Graves' Worm Ejectant does not require the assistance of any other medicine to make it effective. It does not fail to do its work.

Nothing is easier than fault-finding; no talent, no self-denial, no brains, no character are required to set up in the grumbling business.—Robert West.

Fear not that thy life shall come to an end, but rather fear that it shall never have a beginning.—Cardinal Newman.

THURSDAY.

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