THE TRUE WITNESS AND CATHOLM CHPONICLE.



No soul was even lost beits fresh beginnings broke down; but thousands of souls have been lost cause they would not make fresh beginnings.

## + + + Have a Program.

There are twenty-four hours in the day. Give eight to sleep and eight to work. How about the other eight 1

ight? You keep an account of your ex-enses; did you ever keep an ac-ount of your time?--more particu-rily of those eight hours not given ver to work or sleep? What was doing '

Reading. Out-door sport. A long valk. A visit. At church. Society walk walk. A vist. At church. Society meetings. Lectures, theaters, musi-cales. Drinking, banqueting, carous-Ang. Merely idling, etc., etc. How much time to each ? The an-swer will indicate where you are related to an endower increment.

going up or down—improving or re-trograding. One's associations have much to

with the profitableness or waste of one's spare time. Your friends and familiars should be chosen with

care. Don't merely drift. Have a program.

ram. Can you not— Devote an hour a day to reading? Hear a good lecture once a month? Visit a church daily for five min-

utes? Do some helpful kindness once a week towards a fellow-Christian? Your eight hours of spare time daily should enrich your life and daily should enrich your life and broaden your character and help to save your soul.—Catholic Cutizen.

+ + +

## How to Revive Fading Roses.

Bouquets of wilted roses, seeming-ly fit only for the rubbish heap, may be completely revived and fresh-ened by a method which, in its ro-sults, is identical to that of a heasuits, is identical to that of a hea-vy dew. The life of a rose bouquet can easily de increased or lengthened to twice what it would ordinarily be by this simple method, says the Housekeeper. Put the stems of the roses in a tumbler of water and then place the tumbler and roses in a vessel of sufficient size to allow the mire bouquet to be covered A vessel of sufficient size to allow the entire bouquet to be covered. A large pail or boiler is very good for the purpose, or, if a large number of roses are to be revived, a bath or washtub will fulfil all requirements. Cover the vessel tightly and leave undisturbed for twenty-four hours. By that time the roses will be found are becutivally freek and invigonated By that time the roses will be found as beautifully fresh and invigorated as if just plucked from the bushes and with every petal covered with the artificial dew. Wilted lettuce may also be freshened and kept in order end accellate condition for crisp and excellent condition for weeks if treated in the same way. for crisp

### + + +

Beware of the man or woman who is always finding fault. The flaw-picker is, always, an individual full of envy, conceit, prejudice, narrow-ness and suspicion. Bishop Spald-ing, one of America's greatest think-ers, says very truly, 'It is easy to find fault; appreciation requires in-telligence and character.'' A maligtelligence and character." A malig-nant mind is an ulcer thut blights effort in those that come in contact with it, and ultimately destroys the one that possesses it.

+ + + The Good Will Habit. sant as home-make a home the dearest spot on earth to it. Don't think time is thrown away that is spent in making home a place of delight for the little ones and the big ones. One good home is worth all the past-time clubs in the mealth.

the world. Don't forget that wise maxim--"as bon't forget that where making as the ywig is bent"-etc. If you train the child in the way he should go he will never depart from it. Don't make your boy a molly-cod-dle, or your girl a suffragist. Spend all your days making them good men ard women

nd women. Don't allow a child to exaggerate Teach him that truth is beautiful and sacred.

Don't be a "donter." Give a child a few fundamental 'rules, see that he observes them, and shut your eyes to Don't es to trifles

t scold when Johnny comes with a big tear in his trou-Remember to correct moral to you "breaks" and that accidents will happen.

## + + +

## The Ideal Woman.

Very interesing was the lecture given by Very Rev. Father Michael, superior of the Passionists of Nor-wood Park, on a recent Sunday af-ternoon at. the Illinois theatre. The lecture was entitled "The Ideal Wo-man," and was given under the auspices of the Daughters of Isa-bello for the head the Carbon State bella, for the benefit of the new Pas-

beila, for the benefit of the new Pas-sionist monastery. Suffragettes, suffragists and other varieties of women aspiring to 'ac-tivities outside the home, were dealt with in terms of withering scorn by with in terms of withering soorn by the Reverend lecturer. Women were declared to be by nature absolutely unfitted for the right of suffrage. Father Michael drew a sad picture of the suffragist's neglected husband, who remains at home caring for the lap dog which takes the place of childrem in his wife's affections

in his wife's affections, children while his wife is out "complaining,

while ms whe is out complaining, lecturing and voting." The reverend father turned his at-tention to the fashions in dress and asserted that tight-fitting gowns are deserving the rebuke because of their

unwomanly appearance. Women who parade about in large hats, apparently with their souls in the hat feathers, Father Michael

classed as worm-eaten leaves of the foliage of the social tree. "The crowning height of woman's elevation can only be attained within her own sphere, and never in that of man," said Father Michael. "Any attempt, therefore, on the part of woman to overlap the boun-daries of her sex and to become mannish is as absurd as an attempt by man to become girlish or woman-

'Woman's ability and usefulnes "Woman's ability and usefulness does not consist in turning politi-cian nor working for equal suffrage nor seeking office. The logic of these people who are called suffra-gettes is utterly untenable. "Anyone can readily conceive that womán was never intended by the Divine Master to cast herself into the mide turmoil of the political

Drvine master to cast nersell into the rude turmoil of the political arena. Neither woman's body nor her mind is adapted for masculine, occupations. Her feet were never made for the march of the soldler or policeman. Her voice, symphonic and melodious, was never meant to pronounce stern sentences. Much pronounce pronounce stern sentences. Much less are her mental faculties adapted

The same are ner merical factures adapted to administer government. "Is there a woman in all the world without the circle of suffragists who would be willing to pronounce a death sorterce? If there is, would any of you be willing to call her worther?"

mother A habit of holding a kindly atti-tude of mind towards everybody has a powerful influence upon the cha-racter. It lifts the mind above the Father Michael. "While she divides her time between shopping and poll-tics and is complaining and lecturin and voting he is at home tending the baby. Or, rather, it will be a Teddy Bear or a lap dog, for this sort of woman will have little love for domestic virtue, less for wife-hood and none for motherhood. "The true, ideal woman must not ape man's nature nor aspire to poli-tical preferment, but must think like a woman, love like a woman, dress

e cess in reasonably healthy individ-uals is usually carried out in from four to six days, anything which happens to be given in that time stands a fair chance of gotting a reputation as a cure. "The only sure cure for oolds and coughs is to avoid the infections and the foul air of 11-ventilated rooms and buildings in which they breed; to keep the body toned up to fight-ing pitch, by cold baths and an abundance of fresh air, especially in the bedroom; and if the infection does get a foothold to assist Nature in her fight against it by rest in the open air, and promoting elimination open air, and promoting elimination through the skin, bowels and kid-

"In fine, don't tinker with symp-toms; look for the cause, and re-move it. Don't try to lock the sta-ble door after the horse is stoler, but train your horse to bite strang-ers. Attack is the best defense. Keep ers. hour at good fighting weight. ers. Attack is the best defense. Keep your body at good fighting weight, and you can defy disease. Sunlight food, fresh air and exercise are the only cure-alls known. Don't worry about disease and what to take when you're sick, but work for health."

+ + + Near-Possum.

This is a tried and tested Dixie recipe for "near possum." Into a pound slice of pork steak place a stuffing made as follows: Boil and peel two good-sized sweet potatoes, press through a colander, season with two tablespoonfuls of brown sucar, the same quantity of dark sugar, the same quantity of dark molasses, and mix in one egg. The steak can be held around the stuffing withthreads. Rub salt and pepper over the completed "possum," and place in a baking-pan with one pint of water. Bake for one hear and water. Dake for one hour and fifteen minutes, basting frequently Remove the threads, and serve on a platter garnished with small baked apples.—Fannie Merritt Farmer in September Woman's Home Compan-

## · · · · · ∃wo Breakfast Dishes.

CURRIED EGG CUTLETS.

Put a teaspoorful of fine-minced onion into a small stewpan contain-ing one ounce of butter, add two teaspoonfuls of curry powder and for a few minutes until cook for a few minutes until onion begins to turn a pale brown, then stir in two teaspoonfuls of flour and, when it is smoothly mix-ed with the butter, add gradually a quarter of a pint of boiled milk; season with salt and pepper, and continue to stir until the sauce is units thick that down the same is quite thick, then draw the pan to the side of the stove and let the

contents simmer for e quarter of an hour. Remove the shells from four hard-boiled eggs and mince them coarsely with a sharp knife; add a desertspoonful of tomato catsup to dessertspoonful of tomato catsup to the curry sauce and a squeeze of lo-mon juice, then remove it from the stove and stir in a tablespoonful of chopped ham, the same quantity of bread crumbs and the minced egg and spread the mixture out on a plate to get cold. Then turn it or. to a floured board and roll it (with the hands) into the shape of a same to a floured board and roll it (with the hands) into the shape of a sau-sage, and with a sharp knife cut this into eight pieces of equal size; form these into the shape of cut-lets, put a short piece of straight macaroni into the end of each cut-let, to represent the bone, and, af-ter mastive them with beaten are "Is there a woman in all the world without the circle of suffragists who could be willing to pronounce a eath sortherc? If there is, would up of you be willing to call her tother? "What will become of the honest usbaad of the suffragist?" asked

some other delicate tish, and sea-son well with salt, pepper, cayenne and nutmeg. Have ready a round tin (of suitable size) which has been liberally buttered; nearly fill it with the fish and bake in a fairly quick oven for about half an hour; serve the fish cake turned out of the mould and surrounded with shrimp sauce. auce.

## VIENNA STEAKS.

sauce. VIENNA STEAKS. Pass one pound of tender rump steak through a fine mincer, with a large teaspoonful of minced onior-and a slice of bacon; put the meat into a basin, season it with salt., pepper, cayonne and nutmeg and add a dessertspoonful of chooped parsley and an unbeaton egg. Work the meat with a wooden spoon until it is thoroughly blended with the egg and turn it on to a floured board : take about a tablespoonful at a time and form it into little rounds cakes (the same size and thickness as fillets of beef); when a sufficient number have been made fry them quickly in a small quantity of boil-ing beef dripping until they are nice-ly browned on both sides. Serve the steaks on a border of mashed potatoes, with half of a fried to-mato (sprinkled with powdered parsley) on each.

parsley) on each. For a Stimulant.

For the woman who is tired out For the woman who is tired out there has been prescribed something new. This is a mixture of grape juice and olive oil. One tablespoon ful of the latter to four of grape juice is taken after each meal. If the taste of oil is too strong for some stomachs, two more table-spoonfuls of the grape juice may be added. It is claimed that  $\leftarrow$  both serve as an excellent medicine. The serve as an excellent medicine. dose becomes very palatable a awhile. It should be always in Builds up the appetite, and the lubricates the stomach in a m iced oil beneficial way. most

Mrs. Marconi Wife of Great Inventer,

is Irish.

Mrs. Guglielmo Marconi, wife of the inventor of the wireless tele-graph, was Miss Beatrice O'Brien, daughter. of Barcon Inchiquin, before her marriage to Marconi.

her marriage to Marconi. Mrs. Marconi, a noted beauty, is Irish to the backbone, Marconi him-self claims Irish blood—his mothe came from the ould sod. He and came from the ould sod. He and Miss O'Brien were married in Lon-don, where they now make their don, where the home, in 1905.

home, in 1905. She is a wonderful horsewoman, is Mrs. Marconi. No fox-and-hounds that royal society undertakes is complete without her, and it is she who always leads the chase. Of late, Mrs. Marconi had been in-temating how of in her.

or late, ars. Marconi had been in-teresting herself in her husband's work and his experiments. Together they spend long hours in his labora-tory, and, like a true scientist, Mrs. Marconi has gotten into the habit of missing meals. Her charities are legion.

What is Worn in London

The Autumn Hat Well Poised. Opossum, is Generally Used for Toques. Hairdressing Not at All. Attractive.

London, Oct. 5.—The most dis-tinctive point in the new fashiors in hats is not so much the shape of the hat as the way it is set upon the head. Our eyes will no longer be afflicted with the coal-heaver ef-fort of the het dramadiantic the be afflicted with the coal-heaver ef-fect of the hat descending at the back and hiding the lino of neck and shoulders. It is one of the most beautiful lines possessed by either woman or man; and a well-poised head even viewed from the back gives more distinction than anything else. This line is to be restored to us. All the newest models, no mat-ter how big they may be, are poised erect upon the head, so that the hair is seen all round and the line of the neck rises from the shoul-ders. It is true that the big toques It is true that the big toques still come well down over the head, but not so much as they did last year: and anyway, as they habe no brims they cannot give the terrible coal-heaver effect which makes the back or side view of women wearing "cartwheels" so grotesquely ungrace-ful and dowdy. Many of the wide-brimmed hats emphasize this fact by having the brim turning up sharply over the crown at the back. We have been for so long deprived of the sight of any hair under fashion-able hats that the spectacle of a pretty nuque thrown into relief by the contrasting color of the hat pois-ed above it, comes as a delightful supprise. 'cartwheels' so grotesquely ungrace-



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it that your soap bears that word

sheen ming.

What will probably be a most po what will probably be a most po pular shape to accompany tailor-mades this autumn is, comparative-ly small in size, with the brim turn-ed up sharply on the left, the trim-ming consisting of a mass of shaded wings. Another one which pro-mises to be one of the most fashion-miles to be one of the most fashion-

Inises to be one of the most fashion-able of all the autumn hats, is the small black velvet tricorne, which is being revived in Paris in its many varieties, from the tiny felt lampion worn by the Duchesse d'Uzès and many other ladies when hunting to the decorative marguis in black vel-vet with its paragraphs of which is the latter of the decorative marguis in black velvet with its panache of ostrich fea thers. The curious red Renaissance thers. and narrow circular brins, trimmed with a band of jewelled passementerie and single small upstanding fea-thers, are also among the novelties: they certainly are smart and origi they certainly are smart and origi-nal, but are by no means becoming to all faces. The brim question is still a moot point among the arbi-ters of fashion. Some hats con-tinue to have very large brims, though, as I have said before, they are not permitted to hang down at the back; others have hardly any brim at all, like the velvét ones with full crowns, of which the brim is generally but the gathered edge of the velvet. In all, however, the small amount of trimming is a dis-

of the velvet. In all, however, the small amount of trimming is a dis-tinctive feature. Some of the drap-ed velvet hats have for trimming a single rose, or a 'gold or silver or-nament, holding the folds at one side. A simple felt hat will have a couple of quilts of gold tinsel edged with narrow gold lace, held by a cockade of ribbor, and nothing else in the way of trimming. This certainly is a change after the sumcertainly is a change after the sum-mer hats that were so weighted down with enormous flowers and huge bows of ribbon: and the new hats gain a note of distinction from this lack of exaggeration as regards adornment

The mode of hair-dressing for the moment is not one on which the majority of women can be congratu-lated. The "whirlwind" style of coiffure, when the hair is wisped flatly round and round the head, is curjously using and unbecomen flatly round and round the head, is curiously ugly and unbecoming, and it shows off neither the beauty of the hair nor that of its owner. The latest mania is to part the hair in the middle, smoothing it in a loop over each eye, and gathering it into a knot at the back, out of which emerges the plait that no one pre-tends is her own by any other right than that of purchase. This plait is taken round the head as low as possible, and is even supplemented sometimes by a ribbon which en-circles the head below the plait and hides the roots of the hair on the forethead. Such a coiffure would make Venus herself as hideous as Sometimes by a ribbon which en-tircles the head below the plait and hides the roots of the hair on the hides the roots of the hair on the forchead. Such a colffure would make Venus hereelf as hideous as a Hottentot; and it is typical of the wave of ugliness which in many ways is threatening to engulf the parely beautiful fashions we have been able to select for the hast two years. Nothing ages or hardens the face so much as to hide the roots of the hair round the forehead or temples to the ears; and one rea-son of the lasting beauty and charm of expression in the portait of the hair round the forehead (no matter how monstrous the superstructure of hair might be), which restores at once the proper proportions to the face. When the forehead is covered up most, undue and ualovely promi-nence is giv, a to the jaws and nose, and this at once lessens the size and value of the eyes, which, after "U, are the most unbcooming and spells dowdiness. Every woman when dressing her hair or trying on a hat should remember that if is her, own face she should try to suit and not that of her neighbor. The sami-fitting coat has come to be rogarded as a very important is the should remember that if is her, own face she should try to suit and not that of her neighbor. The sami-fitting coat has come to be rogarded as a very important is the world of dress. It will, however, before the next few week are over have to divide the week are over have to divide the twent them. Event the in the world of dress. It will, however, before the next few week are over have to divide the the internet them. Event the next few week are over have to divide the the content morality. Unhappily it is easier to destroy the fourda-tions of morality than to recor-ternet them. Event them. Event the internet the world of dress. It will, however, bave to divide the the them. Event them. Event the more the there the over the there the them the them. Event the server the world of dress. It will how the there the the server the there the them there the mor

actical Plumbers, "Bronchitis." Estima Jobbing Prom THE SYMPTOMS ARE Lawren Tightness across the Chest, Sharp Pains and a Difficulty in Breathing, a in and Ornamenta kinds promptly atte 15 Paris Street,

Secretion of Thick Phlegm, at first white, but later of a greenish or yellowish color coming from the bronchial tubes when coughing, especially the first thing in the morning.

THURSDAY, OCTOBER 21, 1909.

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aterers and

Bronchitis is generally the result of a cold caused by exposure to wet and inclement weather and when neglected will become chronic.

Chronic Bronchitis is one of the general causes of Consumption. Cure the first symptoms of Bronchitis by the use of Dr. Wood's Norway Pine Syrup

Bronchitis Cured. Bronchitis Que, writes: Cured. spring I wa poorly, had cough, sick a che, c sleep, and was tired all the tim sulted two doctors, and both had bronchitis, and advised me had bronchits, and advised me te teaching. I tried almost everyti none of the medicines gave me an One of my friends advised me to Wood's Norway Pine Symp, scarcely taken the first bottle began to get better and when I in the fourth bottle I feit as well as cough had left me and I could slee Do Work's the source of the source of the source of the Do Work's the source of the source of the source of the Do Work's the source of the source of the source of the Do Work's the source of the source of the source of the source of the Do Work's the source of the sou cough had let me and I could sleep well." Dr. Wood's is the original Pine Synp. It is put up in a yellow wrapper, three pine trees the trade mark, and the price 25 cents. There are many imitiations of "Dr. Wood's" so be sure you receive the genuine when you ask for it. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Synopsis of Cana

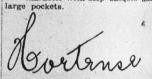
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The The homesta der erm the condition with under one

plane: (1) At least all upon and cultivations and year for three (2) If the faith the father is doese steader resides up visinity of the last requirements as to mutified by sume

with the father of (3) If the sett (c) If the series asent residence upc owneed by hima in homestead the red residence may be dence upon said is Six momths' m should be given ti Dominica Lands

cloth are employed for making these costumes. In Paris, Vienna and oth-er fashion centres it is believed that tight-fitting, long coats will be worn by a few extremists this win-ter, and, that later on their place will be usurped by those of the Louis XV character will done become will be usurped by those of the Louis XV. character with deep basques and



# The Morality of French Pagans.

From the London Catholic Times.) M. Paul Leroy-Beaulieu, director of (From the London Catholic Times.) M. Paul Leroy-Beaulieu, director of the Economiste Francaise, is any-thing but a clerical. Yet he openly affirms that owing to the abadom-ment of Catholic moralit -, French-

PEDLAR People of Or solution, Topony Rating, St. John, Winston

The sleeves are cut in one with the corsage, while the up-standing col-lar is of Roumanian or cordelière embroidery. The rasant terre skirt is pleated, quite the newest idea be-ing to decorate it at the hem with mitred points of the material. Cor-duroy, velvet and diagonal faced cloth are employed for matine these

SOCIETY

T. PATRICK'S Hshed March 6t ated 1868; Mee Hall, 92 St. Al. Monday of the

Hall, 92 St. Al Monday of the meets last W Rev. Chaplain, Shane, P.P.; Pr Kavanagh, K. C dent, Mr. J. C. President, W. Tonseuror Mr.

President, W. Treasurer, Mr. ponding Secreta mingham; Resorr T. P. Tansey; A cretary, Mr. M. shal, Mr. B. Ca shal, Mr. P. Co

racter. It lifts the mind above the petty jeglousies and meannesses; it encircles and enlarges the whole life. Where we meet people, no matter if they are strangers, we feel a certain kinship, with the friendliness for them, if we have acquired the good will habit. In oth-er words, the kindly habit, the good will habit makes us test more symthe good will moti. In our-er words, the kindly habit, the good will habit, makes us reel more sym-pathy for everybody. And if we ra-diate this helpful, friendly feeling others will reflect it back to us. On the other hand, if we go through life with a cold, selfish, mental atti-tude, caring only for our own, al-ways looking for the main chance, only thinking of what will further our own interest, our own comfort totall- indifferent to others, this attitude will after a while harden the feelings and the affections, and we shall become dry, pessimistic and uninteresting. The 'the 'ba's

Don'ts.

Don't push your child away from you when it comes to you for love and sympathy. Its griefs are as real and great to it as yours are to you. Don't fail to notice that the chil-drem that spent all their time on the street are had children. Don't let a child have a chance to find out there is a place so plea-

CROUTES OF MUSHROOM AND TONGUE.

TONGUE. Mielt half an ounce of butter in a small saucepan and stir in half an ounce of flour, then moisten gradu-ally with a quarter of a pint of nicely flavored brown stock. Mince four ounces of cooked torgue and season it with 'sait, pepper, cay-wrage and putmer and stir it into

and not that of her neighbor: The semi-fitting coat has come to be regarded as a very important feature in the world of dress. It will, however, before the next few week are over have to divide the homors with the Russian coat, which in its intest guise is arranged with deep bagques. It is fastened on the left side or down the centre of the tront; in either case only a very lift-tie funces, permissible the waist-band being of a contrasting fubric. Oshawa You to as put bying for an Fireproof provide Balling Materia a But (1 d in g Exterior and Interior, For Materials Castigue for the same testion to apply

Deputy Ministe N.B.—Unauthoriz this advertisement for.

Could N In The Doctor Said Nerves We

There is many an ing night after night Their eyes do not cl refreshing repose ti whose heart and neer constitutional distu disease has so debil the nervous system quieted.