

IN WOMAN'S WORLD.

NOTES AND REFLECTIONS.

WE are prone to attribute the dullness and want of progress made by children at school to the inefficiency of teachers or other causes in connection therewith. It seldom occurs to the average fathers and mothers that they have certain duties to perform which are as essential to the success of their children as is the immediate work of the classroom. Hundreds of children, even in well regulated Catholic households, suffer from this lack of parental duty.

A paper read at a recent conference of teachers of secular schools in this city deals with this all-important subject of parental supervision. The writer says: "The parent's relation to the school is a responsible one, and does not comprise merely a periodical connection, when the school fee is parted with reluctantly and followed by fond looks and sighs. As the child is supposed to be a most precious and sacred trust to the parent, therefore all that concerns his bodily, mental and spiritual welfare should be of paramount importance. School, where the greatest part of the child's life is spent, where his mind is nurtured and his future career mapped out, this nursery of youth should be selected with care. Taking for granted that you have attended to this important matter, pray do not fancy that the time has come when you can rest on your oars and allow others to do the rowing, but show a lively interest in and help on the work so far as your time and ability permit."

"Do not be afraid to show the child that you take an interest in his school. Question him in order to find out what he is doing, and help him whenever you can, but never do his work for him. Encourage the child to make the school as bright, cheerful and interesting as possible. Help him to do so by sending a book for the library, a picture for the wall, a plant for the window, specimens of birds, animals, or minerals or any of the thousand and one things in which children delight."

"As for home lessons, provide what books of reference you can, encourage the child to place lessons always before pleasure, and give him a suitable place in which to prepare them. Above all, show yourself as much interested in their perfect preparation as the teacher is. Sacrifice, it may be, a half hour of your resting time to hear and explain a difficult lesson or throw some light upon a knotty problem."

A. H. Zander, of Wisconsin, contributes an article to the March Ladies' Home Journal, in which he tells how he maintains a family of four persons—his wife, two children and himself—on \$200 per year. He is a school teacher and is paid a salary of \$405, out of which he saves and puts out at interest \$200 yearly. Living in a small Wisconsin town he has the advantage of cheap rents, his house costing him \$36 per year. His other expenses are: provisions, \$94.32; clothing and foot-wear, \$38; magazines and newspapers, \$5; incidentals, \$40.

"Our meals," Mr. Zander writes, "we find abundant in quantity and variety. For breakfast we have coffee, coffee cake, bread and butter, with eggs or fried ham occasionally. For dinner we have boiled potatoes with butter gravy, boiled cabbage or other vegetables, and pudding or pie, and coffee. Sometimes we have pork and beans, and sometimes egg preparation, as potato pancakes, dumplings, etc., while with one meal in the week we have meat. For supper we have the remains of our dinner, with fried or baked potatoes and eggs. We have coffee with every meal. On this fare we thrive well."

The Boston Pilot, in replying to a contemporary that asked why it is that some Catholic women lose their Faith when they gain riches, says:—There are various reasons. When a woman of means and educational advantages gives up the Faith, inordinate social ambition is almost invariably behind her apostasy. There are many Catholics of the humbler classes in her town or district, and the wish to rise leads her to dissociate herself as much as possible from them. She often declares that there is no Catholic society; she sends her children to secular, or sometimes to distinctly Protestant schools; she is proud to proclaim herself the only Catholic in the local 'Woman's Club'; she frets against the prohibition of Catholic attendance at non-Catholic religious services, dabbles in theosophy, Christian science, etc., by way of showing how 'broad-minded' she is; and finally gives up her Faith altogether. But for what? Really good society—from the world's standpoint—will have none of her; and the people who take her up and compensate themselves therefor—out of her lavish hospitality have not the refinement nor the cleverness, to say nothing of the virtue, of the respectable Catholics whom she had not the heart or mind to appreciate.

This will be good news for the children and dentists. A writer on household economy says:—The weight of opinion is in favor of a moderate amount of good pure candy eaten by children with or soon after their food, and that it is not only not in the least detrimental, but is positively beneficial. It is the cheap sweet, manufactured out of injurious compounds that have drawn upon the practice the odium of medical men. Pure sweets contribute valuable force to the human system, and need not be feared. A Chicago physician claims that one can scarcely eat too much pure chocolate. Now, if this authority would only go a little further and tell us how we are to know the pure from the impure, a great burden would be lifted from many mothers who are anxious to do right, and yet are equally anxious to contribute to their children's happiness.

HOUSEHOLD NOTES.

A CONTRIBUTION to an American journal, in dealing with the all important question of diet, says:—

With the end of winter and the arrival of the first mild days comes an unsettled state of the body as well as of the weather. People complain of pain in the bones, of a stirred-up feeling in the stomach, and summarize it all under the general description of spring fever.

This is nature's indication that we need a change, and if we cannot alter our surroundings we can at least materially vary our diet. Less meat should be eaten and its place should be taken by the lighter fish and eggs. Thick broths and gravy soups should get the go-by and in their place should come vegetable purées and cream soups. Salads should be seen more frequently and sweets less often. Due regard of course must be taken of the Lenten rules.

Going into detail, the writer states that certain fruits are especially beneficial at this time of year. The all too scarce grape-fruit is an admirable alterative; oranges and mandarins, with their slight acid, are to be recommended; lemons, either in lemonade or with sugar or squeezed into water and drunk in the morning before breakfast, are said to have great worth for their laxative tendency. The vegetable salad used in dressing them takes the place in the system of much of the meat required in very cold weather, and to a certain extent removes the craving for animal food.

A very economical and palatable soup is what is styled Cream of Carrot, and is made as follows:

1. Large carrots, scraped and washed.
2. 1 quart of milk.
3. 1 tablespoonful each flour and butter.
Salt and pepper to taste.
Dice or fry bread.
Boil the carrots until tender. This will take three or four hours. If they are winter vegetables, take them from the fire and chop fine, so that they will rub through a colander in a smooth curd. Chop together the butter and flour until bubbling, add the pulped carrot and seasoning. When very hot, turn into the turned on the bread dice.

This direction will answer for nearly all cream soups: Cream of celery, cauliflower, corn, beet, turnip, potatoes and the like. When cream of tomato soup is desired a quart of milk and two cupfuls of tomato liquor may be used and a heaping tablespoonful each of flour and butter. If the tomato is very sour a teaspoonful of white sugar should be added.

For a vegetable soup, soak one cup of dried white beans three hours in a quart of cold water, then put the beans and water together over the fire and boil steadily two hours until the beans are soft enough to rub through a colander. When this has been done return the pulp and the water in which they were cooked to the fire. Have ready two tablespoonfuls white cabbage minced very fine, a small onion, also minced, a large potato and a small turnip that have been parboiled and cut into dice. Add all these to the soup, and when they have cooked thirty minutes stir in a large tablespoonful of butter and pepper and salt to taste. Boil up once and serve.

Fish scallops in cod or any other firm fish can be used. Boil until done; take from the water and flake to pieces with a fork. Make a cup of white sauce by cooking together a tablespoonful of butter and one of flour until they bubble, and adding a half pint of milk. Stir until thick, season with pepper and salt and it is ready. Butter a pudding dish, place a layer of fish in the bottom, dot it with bits of butter, squeeze over it a very few drops of lemon juice, and moisten with a teaspoonful of the sauce. Proceed in this way until the dish is full, pouring the remainder of the sauce on the top layer, strewing it with fine crumbs and putting little pieces of butter on this instead of the fish. Bake covered half an hour, uncover and brown. To one cup of the white sauce there should be from two to three of the fish.

For fish and oyster scallop, prepare by the foregoing directions, using oyster liquor to moisten it instead of white sauce, and arranging alternate layers of codfish and raw oysters. Bake only fifteen minutes covered, and then brown quickly to prevent overcooking the oysters.

At the house-furnishing shops is seen a new tool for the carver, which will be especially liked by the inexperienced. This is a joint divider, and is a rather formidable looking combination of knife and scissors which cuts the toughest joint in a fowl or bird at once. It may be added that the practice of having the joints carved in the kitchen and served in slices from a platter is a very sensible one to adopt in the average private family. It is one man out of twenty who is a good carver, and the other nineteen simply accept their ignorance in the matter and never try to better it. If the mistress of the household superintended the carving in the kitchen for a few meals, she would find that any but a very stupid maid learns very quickly how to slice roast beef, lamb, mutton or a fowl properly, and the relief it would be to the former carver, as well as to the other diners, cannot be appreciated until it is experienced.

It often happens that umbrellas get splashed with mud-spots; even occasionally they fall into a puddle and present a forlorn appearance. It is best not to touch this mud until it has quite dried, for to rub it when wet only insures its permanency in the fibres of the fabric. The mud should be allowed to dry first, with the umbrella wide open, then the dust should be rubbed off with a piece of coarse flannel, and the spots sponged with strong black tea or ammonia and water.

WHIMS OF FASHION.

THE imported novelties in wool goods, says an American fashion authority, are extremely beautiful, and come labelled with the most awe-inspiring names. Close inspection shows them to be old-time favorites. Crepons and reps are conspicuous in this class, and come in bewildering variety. Crepons are decidedly in the lead, the plain colors being more popular, though a variety of color combinations are noted.

The latest gowns display the bolero jacket, which is rapidly taking the place of the Russian blouse. The bolero adds materially to the graceful appearance of the figure, and possibly this is the secret of its revival. Extravagant decorations are lavished on these pretty bodices, and numberless and fanciful are the conceits in this line.

Plaid skirts are once more making a bid for public favor. The blocks of white in the new shades are of medium size. They are plaided over at wide intervals with shaggy lines of camel's hair of contrasting tints. These are very pretty with shirt waists.



ATTIRED IN A KLONDIKE COSTUME.

Taffeta waists have had their run for dress occasions, but are shown in exquisite style for ordinary wear. The prettiest style is copied from a sailor blouse, opening over a tucked, pointed vest. The revers turn back and are faced with white satin. A jacket of handsome lace does duty as the sailor knot.

The ever convenient black silk skirt can now be made over into a thoroughly up-to-date gown. Fishnet and girdle dresses are most fashionable. There is a large selection to choose from at very reasonable prices. A pretty skirt can be made by flouncing the silk foundation to the waist with full shirred ruffles of the net or grenadine. Several rows of satin ribbon finish the ruffles, and the result is a very effective garment at a small cost.

Ribbons are an important accessory to every gown of the period. Applied as trimming, or worn as sashes or stocks and ties, they are omnipresent, and brighten the spring gowns wonderfully. The shops display quantities of the Roman stripes, pretty enough, to be sure, but too gay to have a very long life of public favor.

Glove gloves are the proper thing for morning wear and for all informal occasions. Chevrete and dekin are also used. They are rather short, being shown in one and two button lengths. Suede is the correct glove for after-noon and evening wear. There is an effort being made to introduce lisle and silk gloves to replace the chamois for outing wear, but it is doubtful if they will obtain, they are so readily soiled and lose their shape after one wearing.

The popular waist is now made of transparent material, lace, chiffon and gauze coming for the purpose in infinite variety. The material is shirred over plain or contrasting silk, finished at the neck and waist with jeweled dog collar and belt. These waists are worn with both silk and cloth skirts, as the latter are of such rich material and perfect cut that there is no incongruity.

Some summer frocks are being made up by a young woman who is always 'beforehand' with her spring sewing, and who always divides her mornings between plain hemstitching and buttonhole making and knitting for her pet 'families' in poor districts and frivolous tuckings and trillings and ruchings for summer.

Satins and brocades are used extensively for waists. There is no better way to use an out-of-date skirt of either of these handsome materials than to cut

it over into a waist. Very elegant garments are evolved in this way. Bits of rare lace are worked into jabots, and with the addition of a velvet stock, thickly studded with jewels, and something unique and handsome in the way of a belt, the creation is all the most fastidious woman could desire.

Among the muslins there is a white one, with skirt ruffled to the knees and tucked to the waist, the tucks in clusters of lingerie widths. These tucks mould the hips and tournure smoothly save for a few gathers in the centre of the back, and the bodice, too, is tucked in hoops, a few puckers thrust under the belt in front, and a row of tiny white crocheted buttons fastening it behind. The sleeves are of plain muslin, with three tiny ruffles about the armholes, and the belt and choker will be of different ribbons buckled about the throat and waist.

Here are two answers recently contributed to an American journal in a public competition for the best definition of "What is a Gentleman," and "What is a Lady."

A GENTLEMAN is a human being combining woman's tenderness with man's courage. He is gentle, courteous, modest, and never inflicts pain slow to take offense, never gives it, slow to surmise evil, never thinks it subjects his appetite, taste, feelings and speech; when in

A SERIOUS EXPERIENCE

PASSED THROUGH BY ONE OF BROCKVILLE'S BEST KNOWN MEN.

HIS LEGS GAVE OUT AND WHEN HE SAT DOWN HE HAD NO CONTROL OVER THEM—DR WILLIAMS' PINK PILLS RESTORED HIM TO ACTIVITY.

From the Brockville Recorder.

There are few men in Brockville or vicinity better known to the general public, and there is certainly no one held in greater esteem by his friends than Mr. L. de Carle, Jr. Mr. de Carle came from England to Canada forty-four years ago, locating in the county of Glengarry. Eight years later he removed to Brockville and has made his home here ever since. He established the large marble business still carried on by his sons here, and is himself one of the most expert stone cutters in the Dominion of Canada. He is also well known as an artist in other lines, and as a draughtsman has few equals and no superiors. Ample evidence of this is afforded in the fact that when the construction of the Canadian Pacific Railroad was begun Sir Sanford Fleming, chief engineer of that great transcontinental railway, requested him to join his staff. Mr. de Carle accepted the position at Sir Sanford's request, and remained with the company for nine years, during which time he drew nearly all the profiles of the road and the plans of the bridges between Ottawa and Thunder Bay. His work was commended as the best done by any draughtsman in the company's employ. Since leaving the company's service Mr. de Carle has lived a retired life, enjoyed a well earned competence at his cray home in the west end of the town. Mr. de Carle is possessed of a rugged constitution and had always enjoyed the best of health until the fall of 1896. Then he was stricken with an affection of the limbs which much alarmed him. Speaking with a Recorder representative the other day, the conversation happened to turn upon this event, and the circumstances connected therewith can best be told in his own words. "Last fall," said he, "my legs became in such a condition that when I sat down I had no power over them. I could not move them one way or the other, and was naturally much alarmed. I was advised to try Dr. Williams' Pink Pills. I had read of their curing cases similar to mine, and so I decided to give them a trial. I purchased a supply of the Pills and commenced taking them according to directions. I had only taken them a short time when I found that I was regaining the use of my legs and could raise one up and cross the other without much difficulty. I was remarked to my wife that the pills were doing me much good and she was both surprised and delighted when I showed her with what ease I could move my limbs. I continued taking the pills for about a month and by that time I had as full control of my legs as I ever had—in fact was completely cured. I have never had a symptom of the trouble since and am now as well as ever I was. I attribute my cure entirely to Dr. Williams' Pink Pills. In fact it must have been the pills for I took nothing else in the way of medicine, and I cannot too strongly recommend them to anyone afflicted as I was."

THE PESSIMISTIC CUSS.

(From the Minneapolis Journal.)

I hate the pessimistic cuss,
Who's aniveling all the time;
Whose every word is nothing but
Some long, lugubrious whine.
For so long there are—you know them,
too—
Who can't see any light
When June with sunshine floods the
earth,
And skies are blue and bright.

He whines because the weather's shot,
He whimpers when it's cold,
And always talks of chinchebbugs when
He sees the wheat field's gold.
When showers fall he talks of floods,
When they do not, of drought,
A north wind's sure to bring a frost,
A hurricane, the south.

He says the Nation's going to smash,
Our statesmen he dubs fools;
The Government is on the rocks,
Our Presidents are mules.
The currency must be re-formed—
Any old plan will do—
And when that's done, he'll be the first
To wince for something new.

Appendicitis, pestilence,
He dreads them all the while;
He knows more bad-luck omens than
A fellow of the Nile.
His only mission seems to be,
To leave a shadow black
On every woman, man, and child
He meets along life's track.

God knows we all have sorrows, grief,
And crosses hard to bear;
Some days dark with deep despair.
No morn so bright but clouds may fall
Across our paths ere night
Shuts down her curtain on the world,
And hides it from our sight.

And yet there's not a cloud so dark,
But sunlight on it streams,
And through the rifts, if we but look,
We oft may see the beams.

Speak words of cheer to those you meet,
Like jewels let them fall,
And when you can't give utterance
To these, don't speak at all.

The new appendicitis wrinkle—Going
to operate on me now, doctor?
No. If you manage to pull through
we won't operate on you till you are
perfectly well again.

Teacher—Hans, how many campaigns
were there under Frederick the Great?
Pupil—Seven, sir.
Teacher—Tell me what they were?
Pupil The first, second, third, fourth,
fifth, sixth and seventh!—Der Fioh.

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Society Meetings.

Young Men's Societies.

Young Irishmen's L. & B. Association.

Organized April 1874. Incorporated Dec. 1875. Regular monthly meeting held in its hall, 23 Doyne street, first Wednesday of every month at 8 o'clock, p.m. Committee of Management composed of: President, JAS. J. McLENNAN; Secretary, J. J. POWER; all communications to be addressed to the hall. Delegates to St. Patrick's League: J. J. McLENNAN, D. Galtier, JAS. McLENNAN.

St. Ann's Young Men's Society.

Organized 1885. Meets in its hall, 35 Ottawa street, on the first Sunday of each month, at 8 o'clock, p.m. President, REV. E. S. RICHMOND, C.S.R.; Secretary, JOHN WHITTY; all communications to be addressed to St. Patrick's League: J. J. McLENNAN, D. Galtier, JAS. McLENNAN.

Ancient Order of Hibernians.

DIVISION No. 2. Meets in lower vestry of St. Gabriel's Church, on the first and third Friday of each month, at 8 o'clock, p.m. President, REV. E. S. RICHMOND, C.S.R.; Secretary, J. J. McLENNAN; all communications to be addressed to St. Patrick's League: J. J. McLENNAN, D. Galtier, JAS. McLENNAN.

A.O.U.—Division No. 3.

Meets the 2nd and 4th Mondays of each month, at 8 o'clock, p.m. in the hall, 23 Doyne street. President, J. J. McLENNAN; Secretary, J. J. POWER; all communications to be addressed to St. Patrick's League: J. J. McLENNAN, D. Galtier, JAS. McLENNAN.

A.O.U.—Division No. 4.

President, H. T. Kearns, No. 2 Deloraine street; Vice-President, J. J. McLENNAN; Secretary, J. J. POWER; all communications to be addressed to St. Patrick's League: J. J. McLENNAN, D. Galtier, JAS. McLENNAN.

C. M. B. A. of Canada.

C.M.B.A. of Canada, Branch 71

Organized March 11, 1888. Branch 71 meets on the first and third Wednesday of each month, at 8 o'clock, p.m. in the hall, 23 Doyne street. President, J. J. McLENNAN; Secretary, J. J. POWER; all communications to be addressed to St. Patrick's League: J. J. McLENNAN, D. Galtier, JAS. McLENNAN.

C.M.B.A. of Canada, Branch 26

Branch 26 meets at St. Patrick's Hall, 157 Ottawa 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.

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; T. W. LESAGE, Secretary, 47 Berri Street.

Catholic Order of Foresters.

St. Gabriel's Court, 185. Meets every alternate Monday, commencing Jan. 31, in St. Gabriel's Hall, over Centre and Laurier streets.

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

Meets in the Engineers' Hall, 6025 Craig street, on the second and fourth Tuesday of each month, at 8 p.m. M. J. Flanagan, Chief Ranger; Thomas W. Maguire, Recording Secretary, 116 St. Andrew 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. POWER, Recording Secretary, ALEX. PATTERSON, 95 Elton street.

Total Abstinence Societies.

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

Established 1841. 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 every month, at 8 p.m. The regular monthly meeting is held on the second Tuesday of each month, at 8 p.m. in their hall, 23 Doyne street. President, JOHN W. WALSH, 1st Vice-President, W. P. DOYLE, Secretary, 254 St. Andrew street. Delegates to St. Patrick's League: Messrs. John Walsh, J. H. Feeley and William Rawlin.

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

Established 1863. Rev. Director, REV. FATHER FLYNN, President; JOHN KILLFEATHER, Secretary, JAS. KILLFEATHER, 300 Main street; Recording Secretary, JOHN W. WALSH, 1st Vice-President, W. P. DOYLE, Secretary, 254 St. Andrew street. Delegates to St. Patrick's League: Messrs. J. Killfeather, T. Rogers and J. Shanahan.

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