

# IN WOMAN'S WORLD.

## NOTES AND REFLECTIONS.

WE reproduce, for the benefit of the Catholic women gossipers, and they are numerous, the following extract from a sermon recently delivered by the Rev. Father Murphy, O.M.I., on the regulation of the tongue. He took his text from St. James, 1st chapter, 19th verse: "Let every man be swift to hear and slow to speak." In the course of his sermon he said: "Speech is one of the great privileges of our nature and we should strive to realize the sacredness of the gift of speech and bring home to our minds the necessity of using that gift with caution. Two of God's commandments have speech for their matter. The most notable faults of the tongue are the sin of falsehood, which is against the instincts of our nature, and improper conversation, which, St. Paul says, should never be tolerated. Another very common fault of the tongue is conversation about others.

Three rules have been laid down by moralists by which we may overcome the faults in speech against charity. First, if you cannot speak well of your neighbor, do not speak at all; second, do not say anything in the absence of your neighbor that you would not say in his presence; third, say not of another what you would not have another say of you. Before you speak a word you are its master; after it is spoken you are its slave." In conclusion the preacher said: "A gift which is intended for a good use and can be used for good is the gift of speech. If instead of words turning against us in judgment we can make them plead our cause before our Maker, if we use this noble gift for the glory of God, the benefit of our neighbor and our own salvation, we will enjoy all the happiness of heaven.

A trained nurse says that, in spite of all teaching, the hardest thing she has to fight against in her work in private houses is the non ventilation of the sick room. To shut up an invalid as nearly airtight as possible seems to be the Shibboleth of the majority of persons; yet sick people, more than others, need the strengthening qualities of fresh air. Draughts, of course, are to be avoided, but a lot of fresh air is obligatory in every case.

The question of allowances for the youth of the family is one which has awakened a great deal of interest during recent years, and it presents itself in various aspects to fathers and mothers. An American writer in a contribution to a secular journal says: "One woman, whose ideas on the bringing up of children have resulted successfully does not approve of allowance. 'My children,' she says, 'after they are fourteen or fifteen, are always kept supplied with a quarter; this in case of emergency. The rest of their wants are provided for as they have been during childhood.' Other mothers have found the allowance idea an excellent one. Fifty cents a week given to a young girl, out of which to provide certain small necessities and be equal to emergencies brought about by her own carelessness and want of forethought, is a system which has proved its efficacy. If a girl needs care every day for school, a dollar a week seems reasonable, and out of this she will frequently save money. The weight of opinion is, undoubtedly, in favor of allowances. The tendency of the day is to belittle the habit of promiscuously giving small sums of money, nickels, dimes and quarters. A child with an allowance soon discovers that even pennies count, and if no other lesson is taught, something has been gained.

The instruction given to the Red Cross nurses by the surgeon-in-chief previous to their departure for Key West are quite worth the notice of stay-at-home women, says the New York Post. A new argument against tight lacing was made in one point which Dr. Lusser urged, that the wearing of tight clothes irritated and roughened the skin, thereby adding a little to a person's susceptibility to disease. A smooth, unbroken skin, he averred, was a great safeguard against germs. Woolen underwear, too, was denounced as absorbing noxious substances too easily. Preventives, too, in the shape of medicine taken to ward off disease, were not favored by the doctor. The best safeguards were regular and light meals, plenty of baths, and a proper amount of sleep. The precaution of boiling the water was advocated, even for washing purposes, in swampy and specially infected districts.

Although great stress is laid upon the importance of care in engaging help, the treatment and the training of a servant, after a good selection has been made, are equally important, says the Chicago Times Herald.

To convince a girl that her happiness and welfare are of interest to her mistress is a long step in the right direction. To the 'new girl' the house and its appointments are strange, and the fear that she will not suit frequently adds timidity to her other disadvantages. If her predecessor has been a competent servant the mistress is unconsciously unjust by comparison, and the outlook is very disheartening; but how often the new comer is an improvement upon the former incumbent, if given time and a fair trial.

The mistress should remember during the training period that it is not sensible to expect from these girls neatness and quick adaptation to ways of nice cooking, and intelligent service. It should also be remembered that there is another and a brighter side to this. Order firm and gentle teaching, trying as it is to the nerves and patience of the mistress, these girls, with their uncouth ways, become excellent servants in many instances, and repay by their faithfulness all the efforts made in their behalf.

## HOUSEHOLD NOTES.

AT the meeting of the members of the World's Congress of Chiefs at their club rooms, some weeks ago, says the N. Y. World, the question of the causes and reasons for so much dyspepsia among Americans, and particularly among New Yorkers, was discussed.

Charles Ranhofer said: Dyspepsia has become such an evil in this country that one scarcely meets any one who is not suffering from it in one form or another. I think there are various causes for this condition. First of all, people here are in such a hurry to get to business in the morning they can't stop to eat their breakfast properly. And then they eat too heavy breakfasts; the first hearty meal should not be taken before noon. A cup of coffee with a piece of bread in the early morning is best. Then a hearty meal at midday.

"I do not think the women of this country, or at least in this city, are careful enough in selecting the foods with which their tables are supplied. As a rule, they are contented to do their marketing by order. All over France and Germany, where dyspepsia is almost unknown, the women of the families do their own marketing, and do not leave things to be sent home, but have servants go with them, who take the articles bought home. Then the women there, high or low, know how to cook, and badly cooked foods are not tolerated. Then foods are not kept so long. There they are bought fresh every day. Ice boxes and refrigerators are not in vogue in the households of France and Germany.

"Indeed this is a subject," said Mr. Ranhofer, "for most serious consideration. Fresh foods are what people must eat to be well."

Gustav Becker said he thought there were two causes for the dyspeptic condition of New Yorkers which, if removed or corrected, would have the most beneficial effect. "The main one," said Mr. Becker, "is the habit most New Yorkers have of craving and eating foods out of season, such as poultry, game, sweet breads, etc., which are kept in cold storage, and thus their nutritive properties are destroyed. There are always plenty of fresh foods to be had belonging to each particular season, and if Americans were more simple in their tastes, and would not season their foods so heavily, it would be better for them."

The best way to clean painted walls is to use a large soft sponge. Those known as 'coachmen's sponges' can be had at a very low price. They should be wrung out of warm water in which a little soda has been dissolved, and the walls wiped downward, going over a small space at a time, before it is wiped dry again with clean house-cloths. Care should be taken to change the water often, as wiping a wall with dirty water leaves streaks.

The popular apple salad has changed, now that the apple season is over, to pineapple salad, used, like its precursor, with chopped celery. The mayonnaise for either of these salads is preferably made with cream rather than oil, although a very little oil may be used to start the egg in its creaming process. A few salted nuts—almonds, peanuts or walnuts—sprinkled over the top add an excellent flavor to the salad.

At the more important house furnishing-shops, or at the furriers', can be had combs which are useful at this time of year in going over expensive furs, to be sure that all moth eggs are out of them. No amount of preventives will avail if the furs carry with them to their cedar chests or tarpaper-lined boxes the embryo of coming moths. It is a simple matter to keep the furs free if they start free, almost any insect proof box or bag sufficing for the purpose.

An American authority gives the following directions for the preparation of beef tea:—Take one pound of lean beef and cut it into very small pieces. Place the meat in a preserve jar with a salt-spoon of salt. Mix some cold and some boiling water, equal parts of each, and put one-half pint of it in the jar with the meat, and enough in the saucepan to reach as high as the water in the jar. Put the lid on the saucepan over the jar and stand it in a warm place, either on the hearth in front of the fire or on the back of the range. Stir the meat every fifteen minutes, and leave standing from an hour and a half to two hours. Then strain off the juice through a wire sieve or through muslin; boil the juice up once and set it to one side. Put the meat from the strainer into a quart of boiling water and simmer for three hours; then boil up and strain, after which reduce the liquid to one-half pint by boiling; then add it to the juice previously obtained, when you will have one pint of strong beef tea, containing all the soluble portion of the meat. When cold, remove any solid fat. Heat as required, removing with a piece of white blotting-paper any fat which may remain.

From Xenophon Kuzmier we have directions for preparing essence of meat. In cases of extreme debility it is sometimes advisable to give the essence of meat without the gelatine which is present in beef tea. To make this take half a pound of fresh beef cut very fine, and add to it half a pint of cold rain water which has been filtered; a salt-spoon of salt, and five drops of pure muriatic acid. Stir these well, and after one hour filter through a conical sieve without pressure. The fluid will be thick at first. Return through the sieve until clear. Then pour through the meat another half pint of filtered water. This will give a red solution of meat. Give a wineglass of this as required, either cold or slightly warmed.

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## WHIMS OF FASHION.

IT is quite safe to say that there are many queer styles in this season's millinery. The flower hat is not by any means the least peculiar in this regard. There are, however, some beautiful flower hats, and among the favorites is one of forget-me-nots, trimmed at the side with turquoise blue velvet loops and ends, and a large buckle of turquoise and pearls.

A curious and pretty effect is obtained by the introduction of faconé scrolls into tartan silks. The latest novelty in gossamer is the scroll printed in a lighter color in mousseline de soie. These are being made over silk, the color of the scroll showing the ground conspicuously.

A hat suitable for large women this year is of braided straw, the crown being encircled by three flounces of tur-

ing and underskirt can never be obtained, however, from any of these. Only a plain, one shade taffetas, with plenty of dressing for both lining and petticoat, will produce the desired effect.

Plaids in clannish colors and Roman striped gingham are greatly used for shirt waists, especially for golfing and cycling.

Among the colors popular for spring are castors, browns, grays, goblin and deep blues—the grays and blues in changeable effects. The great popularity of green is on the wane, such a large quantity of cheap goods in those shades having been put on the market.

Piqué promises to have a way in the spring and summer seasons. White piqué will be more in demand than the colored. Of the latter, however, flax blue and several shades of soft, pale yellow will be seen. The piqué should be made into tailor gowns.

Corduroy and uncut velvets in gray are fashionable, this color seeming to have won its way into the hearts of fashionable women.

In the new materials shown are changeable and plain poplins, whipcords,

or headgear. Scotch and shepherd's plaids as well as striped and embroidered designs, will be fashionable. A beautiful effect in this line is yellow fleur-de-lis on a black ground.

The old grenadines, with silk stripes of purple, green, blue, and burnt orange, are in favor this year. They are being made up with ruffles of black net, edged with satin ribbons, the color of the stripes.

For summer wear capes will be much worn. For trimming pleated mousseline de soie, black lace and gauze ribbon will be in great favor.

### CROSSING OF THE LEGS.

The common habit of crossing the legs at the knee when sitting is earnestly protested against by a writer quoted in the Health Magazine. It is claimed that this habit "is at least one cause of cold feet, headache, varicose veins, ulcers, and other troubles due to poor circulation in the lower limbs. The reason of this lies in the fact that just under the knee, where the greatest pressure comes in this position, there are large veins, arteries and nerves whose walls are pressed together, thus interfering more or less with the circulation and the sensation. It is said that women are more liable to acquire the habit than men, and it may be added that doubtless one reason for this is the height of ordinary chair seats. The writer proceeds to say: Will not some one please invent a chair—a common chair—with an adjustable seat, so that, whatever the height of the person, the chair can be made comfortable? For what is more uncomfortable than to be obliged to sit for an hour or more in a straight-backed chair with a seat so high that the toes can barely touch the floor? Small wonder that some relief is sought by crossing the legs. It is noticeable that when low chairs, adapted to the height of the person, are furnished, the legs usually remain straight and the feet firmly on the floor.

Toothache stopped in two minutes, with Dr. Adams' Toothache Gum; 10c.

### FASHIONS FOR MEN AND WOMEN.

In men's wear for the spring of '90 gray will be the principal color, especially in those fabrics whose foundation is blue and whose lighter effects consist of dull gray. The most fashionable shade will be pigeon gray. This color may be produced with either a red or a gray hue. Other good shades are tea green and a mixture of green and shining silver. The latter makes a very desirable effect. Another taking mixture will be green with a light drab, also olive with a light silver. Of the louder effects an assortment of browns and greens will be shown, also dark browns with Paris green. Other mixtures to be given prominence will be red browns, bronzes and Nil-greens, also olive drab with bronze. Of late it has become more and more evident that the dark navy blue tones will not be renewed, as they have not taken well. Blues in lighter colors will not take as well as drab and pigeon grays. The whole tendency seems to be away from loud colors and toward more sedate and invisible effects; but in no instance is the silver gray here omitted—it appears in almost everything up to white.

The piece dyes and clays will be in very small demand, the trend of fashion being toward mixtures with small effects and little squares. In the manufacture of goods there seems to be a desire to use coarser numbers of yarns than previously, as goods out of very fine yarns need more careful and exact treatment. Manufacturers have found out the advantages and it is likely that their use will be increased. The use of chevrons and casimères is more and more dying out. They will be made during the coming season only in the very cheapest goods. Worsted fabrics seem to be monopolizing the market, and in all probability will maintain their reign for several seasons to come.

In ladies' wear for the fall of 1898-99 combination and traverse effects will be largely developed and there is no doubt that they will play a very important part during the winter. This is also true of zigzag or snake effects, combined with small figures, circles, for example. One thing to be looked out for in traverse effects is that they do not run stiffly or harshly alongside each other, but that carefully arranged designs are spread over the whole fabric. It is advisable that traverse figures should be a little darker than the foundation of the goods. The tendency of colors is toward dull, dead shades, this dark hue being observable in every variety of fabric. There is more possibility for the prevalence of stripe and traverse effects, as the fashion will be on the order or tailor-made garments, and this stripe effect will be the very thing for such a costume.—Translated from the German.

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