

# IN WOMAN'S WORLD.

## NOTES AND REFLECTIONS.

**C**HIEF among the tendencies of the moment as regards representative New York women, says a preeminent well-informed writer on social topics in the New York Herald, is a most marked idea of economy. Economy in every way, even to the saving of the pennies, let alone the dollars, has come to be a growing enthusiasm. That this is not a theory, but a genuine condition, and that women with the biggest sort of incomes are actually practicing what they preach, can be learned from all the prominent tradesmen, as war is making many of them genuinely blue, for the accounts of many of their best customers are falling decidedly off.

The idea of the day is that the country may sooner or later need money, that at all events scores of new charities and aid societies will probably spring up, and that they themselves should begin to save now in order that they may be prepared when the call for funds comes. That is the feeling among the women of the "sets," and they are showing their willingness to be ready by making all sorts of little sacrifices.

This has not been told in print, for the reason that these women have, naturally, not talked about it, but it is, nevertheless, a fact. The average woman of fashion is having about a third as many new gowns as usual, and she is buying far less in the way of fripperies and novelties. A much smaller quantity of goods is being ordered daily from the butcher, the baker and the grocer, and there are some women who are actually keeping a close watch on the sugar and butter in their pantries, to see that neither of these articles is wasted. This on the part of women who have never done such a thing in all their lives before. Servants are being discharged and establishments quietly reduced.

St. Francis of Sales wrote a little book for those who lived piously and holily in the midst of the world. In it he says: "I venture to state that the longest interval between one Communion and another, for those who wish to lead a devout life, should never exceed the period of one month."

The Catholic Columbian recently contained an article commenting upon the lack of respect which is oftentimes shown by certain classes towards the girl that works. We take the following extract from it:

The girl that works for whom there should be most respect is not the one that takes to typewriting or other outside employment where she is not indispensable, in order to get away from housework at home, where she is much needed. Nor is she the offspring of well-to-do parents who is able to spend all her wages on herself and other extravagances. But she is the virtuous and dutiful girl that gives all that she makes above her own simple wants for the maintenance of her nearest and dearest—to pay the rent, to keep the family together, to educate the younger children, to secure a home for her father and her mother in their old age. High society has no one better than her. Queens might do her reverence. She is one of God's gentiwomen.

All honor to her—the girl that works!

A contributor to an exchange refers to some of the peculiarities of taste of some people in regard to diet. Here is what he says:—

"It seemed to me at one time," said a man who eats carefully, "that I had seen the life of eccentric eating when a man I knew used to make his luncheon regularly on a chocolate éclair and a cup of tea. More surprising than that was another friend of mine who told me that he like better than any breakfast he had ever eaten one that consisted of a piece of blue fish and a glass of ice cream soda. During the World's Fair at Chicago I saw four persons sitting at a table in the best restaurant there. They were eating shad. With it the two men were drinking sherry cobbler, while the women had selected the judicious accompaniment of lemonade. That was, of course, a painful spectacle. But I decided that it was merely Chicago and only sighed. I have learned now that these eccentricities of taste are not local. Lemonade and shad in Chicago can be balanced against bluefish and ice cream soda here with tea and chocolate eclairs as a little phenomenon that is likely to occur anywhere. The last painful sight of this kind that has added to my experience occurred at the last place in the world where such a thing might have been expected. It was in the small café of a French restaurant where the patrons go for the cooking and not to hear the music, see the crowd or do anything but eat. The other night a man sat in a quiet corner eating mussels *à la marinère* and drinking boiled milk. I take off my hat to him. Not only must his digestion be remarkable, but he has also succeeded in devising a most unusual, unappetizing, incongruous and terrifying combination of food and drink. He seemed to be enjoying it. More remarkable still was the fact of his nationality. He was a Frenchman, and as new was he to this country that he could not speak English."

America's greatest medicine is Hood's Sarsaparilla, which cures when all other preparations fail to do any good whatever.

## HOUSEHOLD NOTES.

"Will the love you are so rich in. Light a fire within the kitchen? Or the little god of love turn the spit?"

THOUSANDS of mechanics and laborers, says the Rev. F. J. Watzel in his charming book, entitled "A Guide for Girls in the Journey of Life," recently published by B. Herder of St. Louis, Mo., are robbed of the nourishment which is contained in the food they eat, and suffer from insufficient nutrition, because their wives do not understand cooking, have no idea how to use the different materials to the best advantage and how dishes are prepared so as to be tasty and digestible.

But if people, says the same writer, are well off it may be urged that they employ cooks and housemaids to do the work. That is true, but if the mistress of the house understands nothing at all about cooking or housekeeping, if she is obliged to trust entirely to her servants, how will she be regarded by her dependents? How much will be wasted and squandered in the house? How can peace and happiness dwell in the home, when such girls marry and have to manage a household.

"There is nothing more irritable than a cough," says a doctor associated with a public institution. "For some time I had been so fully assured of this that I determined, for one minute at least, to lessen the number of coughs heard in a certain ward in a hospital of the institution. By the promise of rewards and punishments I succeeded in inducing them to simply hold their breath when tempted to cough, and in a little while I was myself surprised to see how some of the children recovered from the disease. Constant coughing is like scratching a wound on the outside of the body. So long as it is done the wound will not heal. Let a person when tempted to cough draw a long breath and hold it until it warms and soothes every air cell, and some benefit will soon be derived from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a chance to heal. At the same time a suitable medicine will aid Nature in her effort to recuperate."

The question of what we are eating and drinking is of serious import, says a contributor to a magazine. There have come to light in recent years facts about adulterants of food products which show an extraordinary condition of affairs.

We eat artificial eggs. We dust powdered black walnut on our food under the impression that it is pepper.

We use cotton seed oil on a salad and think it is olive oil.

We spread oleomargarine fat on our bread believing that it is butter.

We are befooled and befooled on every hand by the purveyors of food and drink until we are never safe from imposition at the table.

It is not so very uncommon a thing in Germany, says an exchange, for a servant girl to remain in the employ of one family for forty years. In such cases, when the fortieth year is reached, the girl gets a golden cross from Empress Augusta Victoria. Last year twelve dozens of these crosses were distributed. Only one went for the mistress as for the maid, when the latter turns forty years in her employ.

Mrs. Rorer, a frequent contributor to the Ladies' Home Journal, under the peculiar title of "Fruits as Foods and Fruits as Poisons," closes a lengthy article to the current number in the following manner:—

If man, then, persists in using or trying to use that for which he has neither power for digestion nor assimilation, he must, without doubt, pay the penalty. To many persons strawberries are such a violent poison that a single dish will produce a rash in less than two hours. The cooking of the fruit seems to destroy this active, irritating principle, but again, here comes our fashion of adding sugar.

Canned or preserved fruits, as well as jams and kindred articles, are to be condemned on account of the mass of sugar used. With the fruits it is more prone to fermentation, and even if the sugar is inverted we have a far greater amount than can be cared for by the liver, and here is the origin of the "torpid liver" we hear so much about. The liver is not torpid at all, it is simply overworked. The given capacity is exhausted.

Fruits as foods are, then, peaches, apricots, nectarines; ripe, mellow apples; dates, figs, fresh and dried; prunes without skins; persimmons, papaws; very ripe or cooked bananas; guavas without seeds—fresh or canned without sugar; pineapples, grated or finely poked, never cut; mangoes, grapes; sweet plums without skins, sugar cherries, and an occasional cooked pear. Bartlett's are excellent when canned without sugar.

The fruits which must be used most sparingly are lemons, oranges, shaddockes, currants, barberries, cranberries and strawberries. This applies most emphatically to those persons who are inclined to uric acid conditions. The rheumatic and gouty should also most rigidly abstain. The tender living of the child's stomach cannot, certainly, bear such fruits any length of time; serious results must follow. The ripe, mellow peach is really the child's fruit.

### A SURE CURE FOR CONSUMPTION.

There is no such thing. Scott's Emulsion comes the nearest to it, but even that will not cure advanced cases, but taken in time it will cure this disease.

## WHIMS OF FASHION.

**T**HE costumes which appeal most directly to young women just at present are, which an American fashion specialist calls, the graduation gowns, especially the particular kind that can be utilized as party gowns later on. In a recent contribution to New York papers, this searcher of the news says:—While organdies and dotted muslins are the most attractive among the cheaper materials for this purpose, as they can be made over white lawn and trimmed with tucks, tiny hemmed ruffles of the muslin, frills of narrow white satin ribbon or inexpensive lace insertion and edging. White India silk is a very pretty material, but white taffeta has the lead among the silks this season. In the first place it should form the petticoat to be worn with the most simple as well as the most elaborate gown. It is as carefully fitted about the

summer, and skirts of gray wigwag, mobair, canvas, étamine, ladies' cloth, and repped silk or wool will very largely take the place of the usual and universal black skirt so long worn with fancy waists and jackets. Some of the smartest toilets worn at the recent fashionable gathering in Paris—on a vanishing day, at the horse show, and the like—were made of gray in some striking or elegant combination or wholly of one handsome fabric, with white silk or satin guimpe, and vest-front trimmed with gold or silver braid, or again combined with mauve, red, or Spanish yellow. In evening toilets are some exquisite gowns in gray crêpe de Chine, crêpon, nun's-veiling, silk, or silk gauze, or mirlésine de soie, made up over rose-colored or brilliant coquelicot red satin or taffeta.

One of the speakers at the recent Mothers' Congress protested against the abuse of children by the most well meaning mothers. He spoke against the practice of sending little babies out in carriages all of whose fittings were of dazzling white, and urged his hearers to reflect for a moment how they suffer in a snow landscape, with the sun shining brightly on it. The speaker might have gone on, says a writer in the Post, N. Y., and told of numerous other ways in which mothers sacrifice the comfort of



A PARISIAN COSTUME.

hips as a dress skirt, the upper portion extending only to the knee. Below this are two circular flounces, which gather a little at the top, the lower being attached to the upper about midway, and both are finished on the edges and at the head with narrow pink ruffles of silk, the petticoat, as well as the dress skirt, should be long enough all around to touch the floor, and trail just a little at the back. This lengthening of the skirt is a positive feature of all gowns which make any pretensions to style, while dressy gowns for the house and evening wear have decided trains.

With the white taffeta petticoat for a foundation the organdie gowns with a simple slip of the same muslin underneath hang very prettily. Some of the dress skirts are made with tiny tucks with an inch or two space between them, or lace insertion set in various designs, either in squares, points, diamonds, or battlement form, and edged with a gathered row of narrow white satin baby ribbon. The same designs are repeated in the bodice, which is usually a simple full waist fastened at one side with a frill of lace. Other waists are made with a lace trimmed yoke, and occasionally one is completed with a fichu of the muslin edged with lace frills.

The five-gored skirt and the circular cut are both employed for the thin white gowns, and the apron front with the deep flounce is very much liked, as well as the straight around Spanish flounce. Cut this circular and cover it with narrow lace edged ruffles and you have a very pretty effect, or use the straight breadth, trim with insertion or tucks, and gather it on in the old-fashioned way. Very simple muslin gowns are made with the five-gored skirt trimmed with three four inch ruffles narrowly hemmed, and having three tiny tucks in each, set on with a cord and heading, fully their own width apart. The bodice and sleeves are tucked crosswise, tucked frills trim around the shoulders in the form of a yoke, and white satin ribbon forms the collar band and belt.

Entire costumes of gray in very many different tones will be highly favored all

## CHATS TO YOUNG MEN.

The man who has only visions of indolence in some fancy position, says Benedict Bell a regular contributor to the Sacred Heart Review, unfit himself for all kinds of labor, even Government work, for which the petty politicians are always intriguing, and which requires in its capture an amount of wire-pulling, if not corruption, that seldom makes the game worth the candle. The last work I would advise a young man to do would be that of a so called political character. It presents so many temptations to dishonesty that, unless a young man has a strong will, he is apt to fall into the way of his more disreputable associates. Of course, all citizens should take an interest in the election of proper officials, but eternal hanging around city halls, State houses and similar places in search of a fat salary for little labor is demoralizing. I do not mean to say that for nearly every public salaried position there are a hundred applicants.

The first requisite in a good citizen is to be a good man—honest, industrious, generous and truthful, writes Secretary of the Navy Long in the Christian Register. Not every good man, however, fulfills all the conditions of good citizenship. A good citizen is not only upright in his personal, social and business relations, but he takes an interest in the welfare and government of his country. He gives his attention to the interest of the neighborhood, his town and his State. He first informs himself thoroughly with regard to public questions. He looks at both sides; he avoids prejudice; he votes at every election; he takes part in primary meetings for the nominations of the candidates; he is not discouraged or sour because he is not himself chosen for office, or because he is disappointed at the defeat of his friends; he knows that the government of the people is the government of all the people, and that 'all the people' means all shades and conditions of people; he knows that such a great mass cannot always act with the utmost discretion or wisdom, and that its action, on the whole, is the action of the average intelligence and honesty. If, therefore, things sometimes go wrong, he will only work the harder to make them go right, remembering that in the long run, though with many a twist and turn like Tennyson's brook, things do go right. The good citizen will not confine his public service merely to political matters. He will be alive and enterprising in everything that benefits the community in which he lives; he will not be afraid to stand up for the right sentiment, and to resist the wrong; he will take part in bettering the conditions of those around him by his example, by his charity, and by his participation in whatever makes for the public good; and he will have his reward in the broadening and strengthening of his own life, which will be in proportion to the broadening and strengthening influence he brings upon the life ground around him.

Many young men incline towards the very unmanly practice of prying into the private affairs of their neighbors. A writer in the Baltimore Sun deals with this class in the following manner. He says:—

Like many other qualities, inquisitiveness may be reprehensible or commendable according to the use that is made of it and the tact with which it is employed. Inquisitive people learn a great deal, or at least get much information, and if they confine their inquiries to legitimate topics on which they have a right to be informed, and if, moreover, their inquiries are directed to the obtaining of solid information that will be of use to them, their inquisitiveness serves a good purpose. It is far different with that inquisitiveness which deals only with petty affairs or scandals, and which is directed not to the obtaining of legitimate information, but to prying into other people's affairs. That kind of inquisitiveness is an impertinence which is properly resented. Men have property rights in their thoughts and opinions as real as the property rights in their pocketbooks. To pry into their thoughts against their will is an offence comparable to fibbing from their pocket.

Ruth Ashmore, in the May issue of the Ladies' Home Journal, says:

I have always maintained that it was the duty of every girl to look her best. She may look her best in a dainty cotton gown which cost but little, and which was made by her own deft fingers; indeed, she may look elegant in the dress, simple as it is, provided it is becoming, adapted to the lady and place, and, most important of all, absolutely neat. Perfect neatness is the keynote to a good appearance. Therefore, the girl who wishes to look well—and that is just as much her duty as that she should do right—must study how to keep her wardrobe in good condition, so that each garment may be ready for wear when it is needed. Untidiness should be an unknown quantity. I have little faith in an untidy girl. She who goes without buttons on her shoes, wearing a torn skirt, a dusty hat and soiled gloves, can never possess real stability of character. The learning how to care for one's belongings is almost as necessary as the learning how to live a good life.

DR. ADAMS' TOOTHACHE GUM is sold by all good druggists. 10 cts. a bottle.

### Second Capital Prize.

At the drawing of May 25th of the Society of Arts of Canada, 1636 Notre Dame street, the second capital prize has been drawn by Mr. A. E. Faino, Cigar Store, St. Lawrence Hall.

the lute, which, widening slowly, maketh all the music mute." "A dangerous man" is sometimes said of such a person, but society in general rather likes the amusing criticism, and does not trouble itself to find out the truth of such mild aspersions, and hence their danger.

"I wonder why so-and-so is so changed," is a remark frequently heard. "We used to be so friendly, and now we are almost strangers." A state of affairs which is frequently brought about by injudicious speeches by one who is too feeble and colorless to be dignified into being considered an enemy.

**BUSINESS CARDS.**

TELEPHONE 8393

**THOMAS O'CONNELL,**  
Dealer in general Household Hardware, Paints and Oils.

137 McCORD STREET, Cor. Ottawa  
PRACTICAL PLUMBER,  
GAS, STEAM and HOT WATER FITTER.  
Rudland Lining fits any Stove, Cheap.

Orders promptly attended to. Moderate charges. A trial solicited.

**J. P. CONROY**  
(Late with Padden & Nicholson)

228 Centre Street,  
Practical Plumber, Gas and Steam-Fitter.  
ELECTRIC and MECHANICAL BELLS, Etc.  
.....Telephone, 8532.....

**CARROLL BROS.**

Registered Practical Sanitarians—  
PLUMBERS, STEAM FITTERS, METAL AND SLATE ROOFERS.

785 CRAIG STREET, near St. Antoine  
Drainage and Ventilation a specialty.  
Charges moderate. Telephone 1335.

M. HICKS, R. O'BRIEN

**M. HICKS & CO.,**  
AUCTIONEERS  
AND COMMISSION MERCHANTS

1821 & 1823 Notre Dame St.  
MONTREAL.  
(Near McGill Street.)

Sales of Household Furniture, Farm Stock, Real Estate, Damaged Goods and General Merchandise respectfully solicited. Advances made on consignments. Charges moderate and returns prompt.

N.B.—Large consignments of Turkish Rugs and Carpets always on hand. Sales of Fine Art Goods and High Class Pictures a specialty.

ESTABLISHED 1864.

**C. O'BRIEN**  
House, Sign and Decorative Painter  
PLAIN AND DECORATIVE PAPER HANGING;  
Whitewashing and Tinting. All orders promptly attended to. Terms moderate.

Residence, 645 Dorchester St., East of Bleury, Office 647 Montreal.

**LORCE & CO.,**  
HATTER - AND - FURRIER  
31 ST. LAWRENCE STREET,  
MONTREAL.

**SURGEON-DENTISTS**

**DR. BROSEAU, L.D.S.**  
SURGICAL DENTIST;  
No. 75 St. Lawrence Street,  
MONTREAL.  
Telephone, 669.

Your impression in the morning, Teeth in the afternoon. Elegant full sun sets. Rose Pearl (both colored). Weighted lower set for shallow jaws. Upper sets for wasted faces; gold crown plate and bridge work, painless extracting without charge if sets are insured. Teeth filed; teeth repaired in 50 minutes; sets three hours required.

**PROFESSIONAL CARDS**

**J. ALCIDÉ CHAUSSE,**  
ARCHITECT.  
153-157 Shaw St., Montreal.  
Plans and Estimates furnished for all kinds of buildings. MERCHANTS' TELEPHONE 1455.

**C. A. McDONNELL**  
Accountant and Trustee,  
180 ST. JAMES STREET,  
MONTREAL  
Telephone 1182.  
Personal supervision given to all business. Rents collected, Estates administered and Book audited.

**GRAND TRUNK RAILWAY SYSTEM**

The Quickest, Most Direct and Popular Route to the  
**KLONDYKE**  
—AND—  
**YUKON GOLD FIELDS.**

Choice of several routes, and impartial information given.  
Full particulars as to sailing of all steamers from Pacific Coast cities for Alaska, and accommodation reserved in advance thereon.  
Through passenger and freight rates quoted.  
Alaska pamphlets and maps, containing full information as to the Yukon district, furnished on application to any Grand Trunk Agent.

**CITY TICKET OFFICE**  
137 ST. JAMES STREET,  
And Bonaventure Station.

**BRODIE & HARVIE'S**  
PANCAKE FLOUR  
For PANCAKES, MUFFINS, Etc.  
Ask your Grocer for it. 5 lbs and 10 lbs packages.

**ARE YOU OUT OF DRESS STAYS?**

EVER-READY

IF SO, INSIST ON HAVING THE SILK STITCHED "EVER-READYS" IMPERVIOUS, THIN, LIGHT, ELASTIC, DURABLE.

STAYS