CONDUCTED BY HELENE.

"Be careful that you do not fall in love with misery, daughter," warned a wise mother. Thinking how miserable one is because of a trial disappointment, how one ought be pitied, putting on a sad nsive or distressed air—what pensive or distressed air—watchis but a kind of falling in love with misery, coddling it, making it closest companion? A hundred red times better is it to remember that misery is not the soul's true inheritance, and to resolve not to be overcome; then to turn the attention to duties, to find the blessings one has. Nothing is lost, and much is guined, by trying to be brave and triumphant, to keep one's miserv out of others' sight and out of too conspicuous a place in one's own sight. The little vexations—even the greater ones—are like some other things—if kept in the dark they lose their strength. It has been said of one whose life is long-drawn-out red times better is it to remember of one whose life is long-drawn-out uffering: "He works his woes That's a masterful way one's woes-worth tryof treating one's

## A RULE OF THREE.

Three things to govern—temper, tongue and conduct.
Three things to cultivate—courage, affection and gentleness.
Three things to commend—thrift,

industry and promptness. Three things to despise—cruelty, arrogance and ingratitude.

things to wish for-health,

Three things to wish for—health, friends and contentment.

Three things to admire—dignity, gracefulness and intellectual power.

Three things to admire—dignity, gracefulness and intellectual power.

Three things to wish for—health and could be dearly for the sad and appears to the second of the preclation to the worthy.

### HOME MANAGEMENT.

A managing woman is quite a term of reproach, but it ought not to be so, for every wife and mother should try to be this. The fact is should try to be this. The fact is that women feel this pretty generally, but a good many have not the tact and wisdom they need to help them in their work.

Management when recognized is always rather resented both by chil-

dren and grownup people as an in-dignity, but a tactful woman never lets it be seen, and peace and hap-piness are assured under her reign. She studies the disposition of her She studies the disposition of her husband, children and dependants and wins rather than drives. She is gentle, and courteous, and requests and suggests far more than she

commands.

The great secret of successful management at home is to keep your own temper and to take care not to upset any one else's. In the control of her servants the good mistress gives praise where it is deserved and gives credit for good intentions even where the performance has not bean sholly satisfactory. If sometimes it increasary to administer a reproof the chooses a time when she can do

### so pleasantly. WHITHER GOEST THOU?

Whither goest thou? You go to your work in the morning, but will you return, or will you, perhaps, be brought back as a corpse in the evening? Who knows? The warm evening? Who knows? The warm and fine weather is a great temptation for some Catholics to miss holy Mass on Sundays and to go on excursions. It's a jolly crowd that goes, but how often has hilarity or the state of the second o been turned into sadness of the worst kind. Railroad wrecks are not so uncommon, and the spiritual wrecks are even of more frequent occurrence. Did you ever think of that, how terrible it must be for a Catholic to miss holy Mass, go on an excursion, have a good old time, getting drunk, cutting up, talking and setting at the tubel they never had an excursion, have a good old time, getting drunk, cutting up, talking and acting as though they never had heard of the Christian religion, and after such a day, to get wrecked, killed, and go before the judgment seat of God?

Whither goest thou! To-day you

may be rich, and to-morrow may be on the road to the poorhouse. What is your health, your strength, your courage? Nothing at all when you come face to face with the messenger of death. The giant the mighty kings this world had to pay the tribute of their life to this all-destroying mes-senger of God, who calls whom he senger of the se pleases and when he pleases. Should you not, then, be prepared? Ask

### + + + A PRAYER.

O God, my Master, God, look down If I am making what Thou wouldst of me, Fain might I lift my hands up in

the air
From the defiant passion of my prayer;
Yet here they grope on this cold altar stone,
Graving the words I think I should

have known. eyes are Thine. Yea, let me

not forget, Lest with unstaunched tears I leave

wet, their faithful power, till

Some small, plain task that can be done for Thee,
My feet, that ache for paths of flowery bloom. Halt steadfast in the straitness of this room

Though they may never be on errands sent,

Here shall they stay and wait Thy full content, And my poor heart, that doth so

crave for peace

Shall beat until Thou bid its beat-

Shall beat until Thou bid its beating cease,
So Thou, dear Master God, look down and see
Whether I do Thy bidding heeds
—Alice Brown, in Westminister.

DARK DAYS.

There is no journey of life but has its clouded days; and there are some days in which our eyes are so blinded with tears that we find it binded with tears that we find it hard to see our way, or even read God's promises. Those days which have a bright sunrise followed by sudden thunderclaps and bursts of unlooked for sorrows, are the ones which test certain of our graces the most severely. Yet the law of spiritual eyesight very closely resembles the law of thysical config. When ratual eyesight very closely resembles the law of physical optics. When we come suddenly out of the daylight into a room even moderately darkened, we can discern nothing; but the pupil of our eye gradually enlarges until unseen objects become rightly. come visible. Even so the pupil of the eye of faith has the blessed fa

with glory. A FEATHERED TALE.

A woman once repeated a piece of gossip about a neighbor. It flew from mouth to mouth and soon all the town knew the story, which caused the person affected a great deal of unhappiness. One day woman discovered that the tale she had told was not true, and in the greatest sorrow she went to the greatest sorrow she went to the rabbi to ask in what way she could make atonement, and repair the wrong she had committed.

The rabbi heard what the woman

had to say, and he told her to the market, have a fowl to the market, have a fowl killed, pluck it on the way home, and drop the feathers one by one as she went along.

The woman was surprised at this

curious means of atonement, but did as the rabbi instructed, and the following day came to him again to report that she had carried out his behest. "Now," he said, "go and collect all the feathers and bring them to me.'

The woman went along the road she had traversed on the previous day, but she found that the wind had blown the feathers away, and after blown the feathers away, and after an all-day's search she was only able to bring two or three. "You see." the rabbi said to her

"You see," the rabbi said to her gently. "It was easy to drop the feathers, but it is an almost impossible task to bring them back. So it is with gossip and slander. It is easy to spread false reports about thy neighbor, but it is impossible to make good the wrong thus committed. Go thy way and avoid gossip."

You see the point, don't you.—
Jewish Outlook.

## TO WHITEN HANDKERCHIEFS.

To keep handkerchiefs a good color instead of dampening them in the usual way before ironing try this method: In two quarts of tepid method: In two quarts water put five drops of blue and a small piece of lump starch. Pour in a basin. In this mixture dip each a basin. In this mixture dip each handkerchief separately, thoroughly wetting it and then squeezing it as dry as possible. When all the handkerchiefs have been treated in this way spread them out smoothly on a clean cloth or towel until they can

### \* \* \* IS MARRIAGE A FAILURE ?

This wonderful bit out of a man's This wonderful bit out of a man's and his mate's life together is finer than all the fine words that one might think up, and bring out of the secret fairy places where the shapes and faces of words live that might

not done.

And when their biggest dream their Castle in Spain—comes true, why then they have done the most wonderful thing that a Man or a Woman can do.

At this little time of their street of the s

then they have done the most wonderful thing that a Man or a Woman can do.

At this little time of their first new days and months end years of their Kiddie's life, their own lives are as perfect as folks' lives can be this side of the edge of the world before they go out and over the moon into the dark. Because here he begins the infinite unselfishness that lives only in the heart of another or father—an unselfishness that no one can lay hold of, or encompass or measure, or even tell of, and that children do not ever realize.

For fathers who are proud—as pathetically ashamed of ridicule as the standard of the last book you read, or the for fathers who are proud—as pathetically ashamed of ridicule as the standard of the standard of the standard of the standard of the last book you read, or the for fathers who are proud—as pathetically ashamed of ridicule as the standard of the sta At this little time of their first new days and months and years of their Kiddie's life, their own lives are as perfect as folks' lives can be this side of the edge of the world before they go out and over the moon into the dark. Because here he begins the infinite unselfishness that lives only in the heart of a mother or father—an unselfishness that lives only in the heart of a mother or father—an unselfishness that lives only an analysis of anything else except just to decide what you will do next. Just the very next thing. Then think of the last book you read, or the next place you're going to, or anything you please apart from work ling. Goodness me! I should

and can help. And each of these years has many days, and endless ho

days.

And a mother, who still grows gay-hearted over a hint of pretty things to tie at her throat, or pin things to tie at her throat, or pin in her hair or trail behind her, puts away all of the fancies of pretty things, and does beautifully without them that there may be more for the Kiddies.

So here, in the wonder of the new days of the first Kiddie, begins the living over of their lives that have

living over of their lives, that have and strangely gone suddenly

suddenly and strangely gone from them, in the very little and funny life they have created.

They hang over the high-railed lit-tle bed, with its blue quilts and buttoned pillows, in the dusk time when the birds go swinging home over the land and the air sniffs sweet of twilight; and they talk with hushed laughter, and they make little tales of what the soft breathing thing, with its Teddy bear under its while most inside the chin and its eyelids moist, inside the high railing, will do.

He will always conquer—him. "I will send him here; I will send him there'— his Dad enthuses in a whis-

er.
"We can save and maybe we can give give him—" the mother nods back.

And they build castles again—always Castles in Spain, in the twitight, till their planning mounts into the very sky—into the gold of the sun—and it shines there with blind-

ing light.
And the mother hasps, "Won't we be proud!" And the father wags be proud!" And the father wags his own and ventures that he's got a "good head."

And the two of them whisper so And dream aloud, and always the planning is of some sacrifice, with nothing for their own selves in it, and all for the smaller life.

In beauty, filled creation's starry frame.

O Mary, by that tend'rest of all sighs.

And sometimes the grown and finer William kisses the tender fingers of his Betty and can't of any other thing to say of any other thing to say but "You; you Dear, you."

And the Kiddie breathes, and dreams of ogres, and princesses, and

white swans, and golden apples, and

when they were gay Billys—go in scuffed, worn shoes, and fringed sleeves, and work doggedly, patiently, through all the long years, till take, when the family was altogeneous of the Kiddies have lunged out going straight. I just kept saying to myself, "take your time, Susan you can't do but just so much in a day, so don't trip yourself up a-hurrying.'"

## WOMEN WHO MARRY AT THIRTY.

A German doctor lays it as a well established fact based close observation that women do not marry until thirty-five thereabouts invariably achieve me monial success. Why women of this particular age should make more particular age should make more successful marriages than those who fall victims to love's young dream is fairly obvious. When a young woman marries between thirty and forty she either does so for companionship, choosing her mate accordingly, or from need, in which case she also chooses with a certain amount of care. She has no wild dreams of unalloyed bliss—London Lady's Pictorial.

MOTHER.

What music to the mother-heart so baby-lips when first

lisping they cry;
"O mother." Rich reward for every tear, For travail's fear and care and

painful sigh. But what to Thee, who mother, still

that sweetest name From lips that breathed and, lo. this mount.

Allow me, though a sinner, still thy child, To call on thee; and let those lov-

ing eyes
Which smiled on Jesus, soothe my

passions wild.

-Paul Rohr, S.J., in Union and

To MRS. ST.

TOWN.

broomsticks—a wild little fancy o the bewildering many tales of Lady Mother has made for him the sun of the doorway that day.
You who have known this—even if

you think up all the troubles denying of yourselves that went with it—don't you grin a great su-perior ggin at the folks who never have!—Nell Brinkley, in Boston Ame-

FOR A BRIDE'S COOK BOOK.

We learned in student days of yore 'Ism's and 'ologies galore,
Abtruse and scientific.
No fact our knowledge could appal We very nearly "knew it all.

Our wisdom was terrific But, oh, that subtle mystery. The gentle art of cookery
We understood no whit of.
The way to brew, to braise,

broil, To baste, to bake, to stew, to boil, We didn't know a bit of!

This little book contains, my friend, From its beginning to its end,
No 'ologies or 'isms;
And in its contents mystic lore

You'll find, mayhap, a trifle more Concerning prunes than prisms In it instruction is displayed Alike for mistress and for maid, ('Twill help her earn her wages)
When stocks descend or clients tease
When husbands are more hard to

please Seek counsel of its pages.

-C. H. B., in Philadelphia Press. ONE THING AT A TIME.

A young housekeeper was bemoan-ng one day the pressure of work onfronting her. "And it's all got confronting her. "And it's an tone to be done," she added, in a tone anxiety. "How one pair of hands can do it is more than I can

A placid old body who had summered and wintered the requirements of a great family for years, remarked bluntly: "You haven't got to

FUNNY SAYINGS.

A western editor is said to have hit upon a plan to keep subscribers paid up which "takes the cake." Every time a delinquent subscriber is mentioned in his paper his name is inverted. For example: "nohJ senoJ and his wife are spending a few days in Chicago." Every other subscriber understands what means, and there is a grand to get "right side up" again.

Two newsboys sat in the gallery of a theatre at which "Hamlet" was being played. It being the first time they had seen a play, they were held breathless with excitement. In the last scenes, after Hamlet had killed Laertes and the King, the Queen had died of poison, and Hamlet of a poisoned wound, and Hamlet of a poisoned wound, the younger of the two could contain himself no longer. Turning to his chum of the streets, in raptur-ous tones he said: "Oh, Bill, what a time that must hev been for sellin' oxtry specials!"

The scientists are finding out many things about ancient nations, some of which may be true and some not. Inference is often advanced as a fact Chaeses group. ouesses grow and possibilities Dr. M. vanced as a fact. Guesses into possibilities into certainty. Dr. M. G. Kyle tells a story which illustrates ome method of argument. An Assyriologist boasted to an Egyptologist that "the Assyrians understood electric theoretics." tric telegraphy because we have found wire in Assyria." "Oh," said the other "we have not found a scrap of wire in Egypt, therefore we know the Egyptians understood wireless telegraphy." less telegraphy.

## SHE EXPECTED VISITORS.

Mr. Subbubs-Do you expect any visitors to-night, my dear?

Mrs. Subbubs-Well, co Mrs. Subbubs—Well, considering that Bridget's going to leave, Willie's got the measles, the cellar is flooded and the grocer hasn't called for two days—yes, I do—Ally Sloper's Half Holiday. Half Holiday.

\* \* \*

# Had Weak Back

Would Lie In Bed For Days And Was Scarcely Able to Turn

### Liniments and Plasters Did No Good But DOAN'S KID-**NEY PILLS Cured**

Mrs. Arch. Schnare, Black Point, N.B., writes:—For years I was troubled with weak back. Oftentimes I have lain in bed for days, being scarcely able to turn myself, and I have also been a great sufferer while trying to perform my household duties. I had doctors attending me withwhile trying to period.

while trying to period.

duties. I had doctors attending me without avail, and have tried liniments and plasters but nothing seem to do me any good. I was about to give up in depair when my husband induced me to try Doan's Kidney Pills, and after using two boxes I am now well and able to do my work. I am positive Doan's Kidney Pills are all that you claim for them, and I would advise all kidney sufferers to give

Doan's Kidney Pills will cure all kinds of Kidney Trouble from Backache to Bright's Disease, and the price is only 50 cents par box or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The Doan Kidney Pill Co., Toronto, Ont.

"Why," ruminated the boy, with innocent and solemn eyes, past Redemption."

## A VALUABLE SERVICE.

"The traveller in Ireland will well," recently remarked an attache to the American embassy at London, painful sigh.

"when he engages a jaunting car to make sure of the step to which in mounting he must trust his weight.

Could'st clasp Thy child and hear

The carman does not help him to

"I am afraid that step is loose," an American once said to the driver world arrayed beauty, filled creation's starry he had engaged.
"The man took hold of the step

and shook it. 'Ah, shure,' said he, 'it's too strhong, it is. What are ye afraid of?' As he was talking the thing came

As he was a control off in his hand.
This mishap did not, however, embarrass the Irishman, for, with the sunniest of smiles, he turned to his fare, saying:
"Shure, now, I've saved yer honor

from a broken leg." "Was the picture you just sold a genuine work of art?" "No," answered the dealer, "but the story I told about it was,"

WHEN THE "HEN" WENT AWAY.

"Mama is the old black hen going to be sent away for the summer? No. Tommy; but why do you

"Well, I heard papa tell the new governess that he would take her out riding when he sent the old hen away for the summer."—Harper's

THE CHANGE OF A COMMA.

"Whenever she asks me to do anything," soliliquized Mr. Meeker pensively, "I always go and do it, like a fool."

a fool."

"Yes," said Mrs. Meeker, who happened along in time to overhear him.

"Whenever I ask you to do anything you always go and do it like a fool."—Chicago Tribune.

mands a corrective and there is none better than Parmelee's Vegetable Pills. They are simple in their composition and can be taken by the most delicately constituted.

for for for

AN IDEAL HUSBAND.

The Man-And you really think you have an ideal husband don't you? The Matron—I know I have. Why, he treats me as if he were a candidate for office and I was a voter.—Chicago News.

A READY ANSWER.

The captain of a schooner that trades between New York and Sa-vannah is noted for his wit, and on every occasion that offers he loosens his shafts of humour, to the chagrin and embarrassment of its target. Sooner or later the stinger

stung, and this chronic pun artist

stung, and this chronic pun artist is no exception to the rule.

On one occasion when about two days out from New York he approached a group of sailors who were washing the forward deck, and, singling out a big, rawboned Irishman who was experiencing his first taste of sailor's life, he gravely asked, "Can you steer the mainmast down the forecastle stairs?" Quick as a flash came the reply, "Yis, sorr; I can if you will stand below and coil it up."—Philadelphia Ledger.

-Philadelphia Ledger.

AN ENTHUSIAST.

Towne—Oh, yes, he's quite an enthusiast. He goes in for things in real earnest. Browne—Yes, if some one were to send him on a wild goose chase he'd speak of himself afphia Press.
TOUCHED. terward as a sportsman.—Philadel-

Mrs. Homespun—The comic papers say you fellows never work. Weary Waffles—Yes'm; de comic papers also say dat mother-in-laws is a nulson sance when everybody knows dat dey are de most sweetest an' angelic uy mortals an'—Mrs. Homespun—You poor, dear man! Come right in this minute. I will broil a chicken for 

Maina—Here comes your father See how cross you've made him. Now go and tell him you're sorry. Topp go and tell him you're sorry. Tom-my—Say, pop, I'm sorry you're so blamed cross.—Philadelphia Press.

HIS PENALTY.

New light is constantly being thrown on biblical history. The latest except on scriptual subjects seems to be a small girl in Germany. The Heimgarten tells the story of

her solution of a problem, says Pastor Rosegger of Gratz.

I visited a school one day where bible instruction was a part of the daily course and in a part of the daily course. daily course, and in order to test the children's knowledge, I asked some questions. One class girls looked particularly bright, and asked the

asked the tallest one:
"What sin did Adam commit?"
"He ate forbidden fruit."

'Right. Who tempted Adam?" "Eve.

'Not really Eve, but the serpent. And how was Adam punished?"

The girl hesitated and looked confused. A little 8-year-old raised her hand and said:

"Please, pastor I know."
"Well, tell us. How w punished?'

"He had to marry Eve." .. .. ..

An Always Ready Pill.—To those of regular habit medicine is of little concern, but the great majority of concern, but the great habit. The men are not of regular habit. worry and cares of business p it, and out of the irregularity of life comes dyspepsia, indigestion, liver and kidney troubles as a protest. The run-down system detest. The run-down system mands a corrective and there

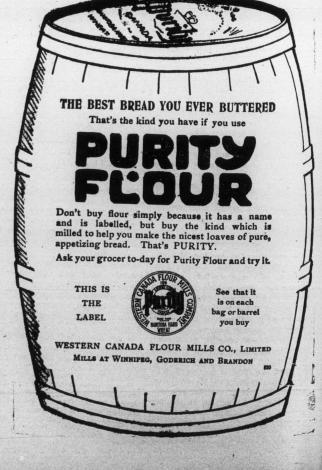
GLORIES AND GLOOMS.

The students of Yale university have invented some new slang descriptive of important conditions which affect the lives of young men. Here are some additions to the Yale vernacular:
"Λ Glory"—A young woman of un-

usual attractiveness.
"A Gloom"—A young woman of far less than average attractiveness; vide "lemon."

"A Ball of Fire"—A young woman

whose beauty and charm are irre-sistible. An ideal guest for college parties. Vide "peach," "pippin,'-corker," etc.



in the

THURSDAY, JI

the Sunday

On the Sunday
of the Epiphany
attend the exerc
paganda, in the
Spanga. We kn
lad he not a
given us that g
Venice, his Veni
Adriatic." He
for the "forestie
"pazienza," pat
We first met
of his compani
form in the Vri Jack, knowing,

Jack, knowing, a lian, immediately flict them on the was most affabl in his prasie of told him with puwhen he returne University. We met him sometimes on the ther we had jour music of the n music of the more frequently at the foot of the his companions their evening vis Jack grew ver so did 1, and hours we spent i are indeed to-damory.

one afternoon our stay in the across himself an across himself at the Tre Fontane, reason why the v tain had a differ "St. Paul, you headed near here man and could me the executioner's Apostle's head it Apostle's head it and in each place "A very prett; Jack, teasing his "No, signore' dear American, it if you will tast will find them

shortly and worsee His Holiness
"E difficile, it
he, "but after yo glotto I will try the "biglietti d' To say we wer putting it mildly side ourselves w "Then, after y must go to Venic San Salvadore, a covered gondola and hear la musi angeli, the music

emperature."
We told him w

Angels I hope it won of the old woma every morning l'acqua acetosa, forty grace notes "Maché, Signor is the music of t you hear 'Santa Venite al'agile Santa Lucia, Sar "Well, I guess

gela decaduta," been thumbing M in the hotel libra "It really miplace," said I.
"Si Signorina.
Rome is historica ate Venice it is a never appreciate
"Venetia, Venetia,"

'Why, it's a lick, ''compared Jack, and we have buil New York forty of Doge's palace or for Lido, why whole business u Bridge. I could see his dancing as Jack or, to use his ov lying."
"E uno bello p

"Well, you can country," said Ja years more we in Campus I the Palatine, and establishment in Just then the "I like that you Jack, "and I wo 'Wait,' said I,

Venice, and both a mice souvenir o "But you know sent at the Prop sent at the and I am just dy "Well, Marie."

> Su Hai Colore See

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