The best of a book is not the thoughts it contains, but the thought which it sug-ests; just as the charm of music dwells not in the tone, but in the echoes of our but in the echoes

Way to Woman's Heart.

In ninety-rine cases out of a hundred romance rather than riches is the highway to a woman's heart. If a woman is convinced that her husband loves her she is not afraid to face noverter and heartely husband loves her she is to face poverty and hardship.

Shabby clothes lose their and bitterness if the husband and betterness if the husband now and then makes a tender, sorrowfull remark on the fact that his pretty little wife has to wear last year's fashion and out-of-date hats. It's the "going without" and the daily self denial year in and year out without surbout security.

out without anybody seeming to no-tice or care which hardens the wo-man's heart. If only husbands knew how a few soft words to a wife will turn away her worry and console her for hard pinches which poverty gives her, they would not be so chary of giving them.

Did You Know

That an open bottle or flat vessel of coal oil set inside the clock will keep the works oiled? That the deep corks out of olive

That the deep corks out of olive or pickle bottles are just the best things to apply brick to the kitchen knives and forks?

Silverware does not become tarnished when a piece of gum camphor is placed in the cabinet or drawer where the silver is kent?

is placed in the cabinet or drawer where the silver is kept?
When sweeping dusty carpets, first apply a sprinkling of salt and Indian meal. This will take up the dust and make the carpet clean and Try dipping the bristles of hair-

brushes in a basin of boiling water in which a good sized piece of bak-ing soda has been dissolved, being careful not to let the wood touch the water. Shake well and with bristles down.

A little alcohol rubbed on quick-will clean a dirty window better

not scrape the frying pan, as it

be not scrape the rrying pan, as it is liable afterwards to burn. Instead rub well with a hard crust of bread, and wash in hot water. Ink stajins can be more quickly removed from white goods by salt if vinegar is ued with it. Put a fresh windle on writh the stajin diagnose.

suppl- on until the stain disappears

suppl... on until the stain disappears then rinse in clear water.

To remove ink stains from furni-ture pour some lemon juice on the ink spot, rub well with the finger. Wipe off with a cloth. If the stain has not disappeared, apply more lemon juice until the stains are re-

Sprinkle salt over the coal in your in in liberal quantity, it will make t burn more evenly and prevent

Skim milk is excellent for washing

lace.
A handful of stoned raisins will improve a dish of prunes.
Fine talcum powder rubbed on gently will clean photographs that have become soiled by greasy fing-

Verdigris can be removed from rass by the use of ammonia. The cheaper and lighter the pan the

whiter and lighter your bread when you bake in a gas range.

Not Every Nurse Knows

That orange juice with cracked ice can often be taken by a patient who can retain nothing else. That orange juice, being laxative, is excellent in most sick rooms; is

sometimes even prescribed for ty-phoid fever patients. That chocolate though nourishing. often causes dyspepsia when the di-

gestion is weak.

That the nervous patient should have eight or nine hours of sleep.

That sleep will be slow in coming if the sick person is allowed to receive visitors just before bedtime or listens to exciting reading.

That one should never ask a sick person, "What can I do for you?"

That dainty service often counts more than quality or variety in the invalid's meals.

That the nurse should never save steps when the patient's appetite is gestion is weak

That the nurse should never save steps when the patient's appetite is carricious. A small portion often tempts where a large one nauscates. An extra trip to the kitchen is better than heaped up trays.

That a sick room should never be made a thoroughfare or a gathering place for the family.

That sponging with alcohol and water will reduce fever several degrees.

induced to give up tea and cof-during convalence. In a weak-de condition they are apt to in-perent of the convergence of the condition they are apt to in-the nervousness and sleeplessness.

breath will often prevent a spasm of | for all the

coughing.

That toast water is a soothing and healing drink during attacks of

That persons subject to tism or weak heart should not take baths that are ice cold.

It Takes Courage

speak the truth when by a little prevarication you can get great advantage.

To refuse to do a thing which you

To refuse to do a thing which you think is wrong, because it is custom-ary and done in trade.

To stand firmly erect while others are bowing and fawning for praise

and power To remain in honest poverty while thers grow rich by questionable nethods. others

nethods.

To say "No" squarely when those round you say "Yes." around you say To do your duty in silence, obscurity and poverty, while others about you prosper through neglecting or violating countries. you prosper through neglec violating sacred obligations.

Not to bend the knee to poular prejudice.—Success Magazine.

Woman's Home Companion For February.

The February number has some striking features. Dr. William Osler, the famous physician, contributes a splendid article on tuberculosis, which is the first of an important editorial series. Omaha, seen through the same eyes that criticised Cincinnati and Pittsburgh, comes in for a stirring article—which is bound to make a sensation.

The February number is in the main a love story number, leading off with the first part of "The House of Healing," by Juliet Wilbor Tompkins, a delightful and natural serial story. Shorter fiction comes from the pens of Anne Warner, Zona Gale, Fannie Heaslip Lea, Owen Oliver and others, and their charming romances are enriched by illustrations from well-known artists such as Arthur I. Keller, James Montgement Flee vell-known artists such as Arthur I Keller, James Montgomery Flagg, Florence Scovel Shinn, H. S. Pot-

Florence Scovel Shinn, H. S. Potter, George Gibbs, etc.
Delightful pages are given over to
two songs by Ward Stephens, and
the most unique ideas for St. Valentine's Day

'China Painting for Beginners,' by Elizabeth Mackenzie, and "Pulled Rugs," by Mabel Tuke Priestman, are both practical articles on two subjects of interest to women who like to have their own handiwork around the house.

The usual well-stocked depart-

ments are more than ordinarily fil-led with ideas fitted to winter keeping and winter play and winter lines of thought.

The cover, by Harrison Fisher, is a pleasure in itself and deserves a word of praise.

In Praise of Walking.

If women would only learn to walk! exclaims Busybody, in the Catholic Standard and Times. The mother of a young "cradle-and-crib" family finds it difficult to get time family finds it difficult to get time and opportunity for the brisk daily walk, which she, of all women, needs most. Unless she has a wholly trustworthy lieutemant to take care of the precious babies, she must needs "walk lazy" when she walks abroad at all, keeping pace with the slow motion of the baby carriage or with the delaying steps of toddling little feet.

Bachelor maids childless with the Bachelor maids childless

and mothers of grown-up children lack the divinely retarding excuse of the young mother. Seventy-five women in every hundred could give at least an hour. an hour a health-giving walk. As a matter of fact, scarcely one American woman in a hundred ever walks for the pleasure and benefit of walking. "Short rides," enrich the trolley in a hundred ever walks for the pleasure and benefit of walking. "Short rides," enrich the trolley companies and impoverish the health account of the riders. Most women deem six blocks—half a mile—"a long walk," whereas six miles do not make too long a "stint" for any normal human being. But—are non-walkers normal? Are they not dyspeptic, peevish, heavy-witted, nervous, infirm of purpose? "The civilized man has built a coach but has lost the use of his feet," says Emerson. This is true of woman rather than of man.

The nagging, neurotic woman,

rather than of man.

The nagging, neurotic woman, the overtrained, neurotic man could walk all their troubles away if they would. But no: five-cent trolley passengers and \$5000 motorist follow the same logic: "Feet are useless when wheels are available."

And the 'nsane asylums, hospitals and seminaries are crowded with the remains of these whirlomanic logicians.

the remains of these whirlomanic logicians.

Americans are amusingly airaid to be thought "cheap." This may be a leading reason why walking which costs nothing at all, is not more popular in the land where the dollar-mark is the test of mere.

These are our "haleyon days." The glorious Indian summer makes up

for all the climatic faults of the year. "In that pure October wea-ther which we distinguish by name of Indian summer, the day, name of Indian summer, the day, immeasurably long, sleeps over the broad hills and warm wide ffelds," says the sage of Concord. "To have lived through all its sunny hours seems longevity enough." Away from the city streets to "the gates of the forest" an October walk reveals a thousand delights. "We have creot out of our close and crowded crept out of our close and crowded houses into the night and morning, and we see what majestic beauty and we see what majestic beauty daily wrap us in their bosom. The tempered light of the woods is like erpetual morning, stimulating and erpoic. The anciently reported

heroic. The anciently reported spells of these places creep on us. . These enchantments are medici-nal, they sober and heal us." According to statistics, the rate of ongevity in perfect health of mind and body is the highest in the ru-al districts of Ireland, where men ral districts of Ireland, where men and women of ninety-odd are willing—and able, because willing—to walk five miles to Mass every morning. In the South of Ireland especially when the south of Ireland when the south of Ireland when the south of Ireland where the so walk rive lines to mass every morning. In the South of Ireland especially, where a large proportion of the people are of Spanish ancestry, with the tropical coloring and easy grace of the Iberians and the vigorous agility of the Gaels, one sees old women of eighty, "grand walkers entirely," whose bright eyes clear complexions and lissom figures might well be envied by the laded, "footless," wheel-bound Ameland "footless," wheel-bound Ame-woman of thirty.

A Germ-Hater's Find.

Who but a germ-hater would have who but a germ-nater would have thought of a varity shelf for the kitchen sink? A certain clever housewife has one on which she keeps all the articles required to make the sink absolutely sanitary. She has a row of jars, boxes brushes, all of which have a definite and important use in the sanitary

is a jar of good scouring There is a jar of good scouring fluid, an ammonia bottle, a wide-mouthed china jar in which she keeps a soft flannel cloth to use after the dishes are washed to possish the water taps. A little rubbing daily keeps them in fair condition, so that a really hard polishing is needed only once a week or so. The ammonia will remove stains on the brass, while chloride of lime There so. The ammonia will remove stains on the brass, while chloride of lime mixture kills germs, keeps the enamel clear, and the pipes pure.

"All these little beautifiers are for the sink alone. On the other side of the vanity shelf this careful house-keeper has jars and bottles."

keeper has jars and bottles of lo-tions to use on her hands. On this part of the vanity shelf is a bottle of fresh toilet water to take smell of vegetables she has be oreparing and cooking; an antiseptic powder answers the same purpose, and its drug shop odor is more pleasing sometimes than perfume. A bottle of turpentine has its place on in case of burns, scouring soap for the hands and a possoap for the hands and a possoap liquid vaseline to rub on the nails and keep them from bending and breaking are important articles for

Our Measure.

Your lifework is your statue. You can not get away from it. It is beautiful or hideous, lovely or ugly, inspiring or debasing, as you make it. It will elevate or degrade. You it. It will elevate or degrade. You can no more get away from it than you can, of your own volition, rise from the earth. Every errand you do, every letter you write, every place of merchandise you kny or sell. se you buy or sell every conversation, every thought of yours—everything you do or think is a blow of the chisel which mars is a blow of the chisel which or beautifies the statue you when you enter the next life.

How to Spoil Your Children.

Laugh at their faults; encourage white lies; give them their own way Laugh at their faults; encourage white lies; give them their own way tell them petty untruths; give them what they cry for; shout at the top of your voice at them; never encourage their efforts to do better. Fly into a passion with them several times a day; punish them if it break some trifle by accident; don't enter into their games; when they ask for information tell them to be quiet; let them think the streets are the best place to play; never take any notice of their childish sorrows. Don't have any toys or playthings tossed around the house; don't bother inviting to your house the children of the house they go to; don't trouble inviting their companions to your house. Always take part against their teachers; try to forget as much as possible that you were once young yourself. Get servants to teach them their prayers, and don't trouble how they say them: send them to Mass and the Sacraments and don't go with them.

Save not the roses of your love for me To place them in a garland on my bler,
I shall not need them then, for death shall cere

My eyelids fast, so that I shall not see
Their radiant beauty, and their
scent will be
But spent for me in vain; a sigh, a
tear
Or two, perhaps, is all I ask thee,

dear. When I shall pass across the crystal

Now, now, while I am here, your tenderness tenderness
I fain would know, your blossoms
bright possess—
The glow and fragrance of your loving thought,
For I while quick and warm do far

more crave tiny bud, one blue forget-me-One tiny

not, countless roses heaped upon my grave.
--Louella C. Poole.

Sensible.

A mother was asked why it was that her girls were so proficient in home work, cooking, baking and all home work, cooking, baking and all that pertains to good housewifery. Her reply was: "I have let my children work with me, from the time they were habies and sat in a high chair beside me while I baked pies or mixed bread, Of course they bothered me for dough, but that was the way they learned everything. And that is where mothers generally fail in this respect—they put the children off in another room, or children off in another room,

send them out to play, out way, whereas these little ones might way, whereas these little ones might be taught right atong. My little girls learned how to make pies in this way. They had little pie tins and a tiny mixing bowl, and therr pies were made in exact Imitation When I made bread they of mine. also made little loaves in their pan and their tiny biscuits were as cute as they could be! When I ironed they also ironed on a chair beside my ironing table, and their small neck-ruchings recently so popular, ironing day. So it was with all my work. They worked along with me, and it often was as much plea-sure for me as for them, and they were always lively company. Among toys for Christmas or birth their toys for Christanas of the day presents were these tiny imitations of my culinary tools as mentioned above; also little brooms, tioned above; also little brooms sweepers, tiny tubs, wringers, wash sweepers, tiny tubs, wringers, wash boards, and the like. And the rear er they were like the real article the

better the little girls were suited.
When I made my pudding they had to watch the proceedings; when I cooked anything, or canned o pickled they helped to do what they could. The result of this is that many a time when mother is lat in getting home from some meeting. many a time when 'mother' is late in getting home from some meeting or call, or when she is very tired or indisposed, what a comfort it is to know that these little girls, not yet in their teens, can get a meal as quickly and neatly and deftly and as cheerfully as the most experienced and capable housekeeper of forty or fifty."

Smart Collar Designs.

"Rather 'severe finishing touches for the top of the dress collar have come into vogue and are taking the place of the wide, fluffy, drooping neck-rushings recently so popular, says Grace Margaret Gould in Woman's Home Companion for February

ary.

"The idea is to increase the height of the collar by means of bandings, cordings, and pipings which fit the neck snugly, and which the collar daintily without finish the collar daintily without breaking the graceful lines of length which are being emphasized in costumes

"Indeed, it is quite reasonable that fashion should decree throat lines to harmonize with the

slender lines of the figure. "Cordings, bandings and pipings of silk, satin and velvet; lace, chiffon, net and other sheer fabrics are being used extensively. They are very satisfactory, since they can so being used extensively. They are very satisfactory, since they can so readily be made to match the gown in color and even in material, if one tone and one effect be desired. Where two tones are introduced into a costume, blending or contrasting, either one or both shades may be used very effectively for a collar finish."

What is Worn in London

This month has been so entirely given over to the elections that no one has had time to think of Hymen, who, as a rule, is more in force during January than almost any other month of the year. But how could any bride hope to assemble her friends, either in London or the country, when the majorith have been scattered in every direction canvassing for themselves or others and incapable of giving a thought to anything but the Budget or Tariff Reform? Marriages have, of course, taken place during the last three weeks, but they have been shorn of their splendor; and it is the wise bride who has waited till the turmoil should be over. "When the hurly-burly's done, when the battle's lost and won," people will have time to make the fuss about her weeding which all brides think is a necessary part of the game. The bride, too, has time to think of her sacrificial garment instead of canvassing favors and colors, and I am therefore, this week giving a description of a bridal gown which embodies all the leading dress ideas and which was seen at one of the fashionable modistes of the Rue fiela Paix. The beautiful close-fitting fourreau which formed the underdress was made of ivory white chiffon velvet entirely covered with a delicate lattice-work of pearls, the crossing of the strands of pearls being each marked with a tiny dia-

Over the fourreau was draped mond. Over the fourreau was draped an over-dress of white moire of the softest description, which is drawn back and front across—the figure from the right shoulder to below the left hip, where it was caught together by a bunch of orange flowers holding the two sides of the drapery lower down. A bunch of orange and myrtle blossoms also adorns the right shoulder; and it was the drapery or over-dress of was the drapery or over-dress noire which formed the train. moire which formed the train. The white velvet fourreau was cut out in a small square at the neck; and the little velvet sleeves (which were covered with the pearl lattice work) only reached half way to the elbow, the rest of the arm and half the hand to the knuckles being covered by a long, close-fitting mitten-sleeve of white lace, such as also supplies the tiny guimpe, should one be de-

Surprise

Surprise

Soap

of white lace, such as also supplies the tiny guimple, should one be desired. If the bride is youthful and has a pretty throat, however, the little square décolletage makes a charming setting and heed not be disguised with tulle or lace. In the same way, if she is the fortunate possessor of pretty hande, she should dispense with gloves, or else have elbow-sleeves and long gloves; for, though there is nothing prettier than the mitten-sleeve of lace, out of which the rosy fingers and shining filbert nails emerge with an added beauty, its effect is entirely ing filbert nails emerge with an added beauty, its effect is entirely spoilt if a white short kid glove is introduced underneath it. The mitten-sleeve without gloves has the additional advantage that it obviates the taking off of the laws. ten-sieve without gloves has the additional advantage that it obviates the taking off of the gloves in the middle of the service, which is always an awkward moment, often filled by the nervous bridgeroom dropping the ring, and making confusion. worse confounded. However, if the bride feels "lost" without gloves, then let her have elbowsleeves only and long gloves reaching over them; not otherwise can the effect of the glove be successful. In the hair is a wreath of mixed myrtle and orange blossoms which is far prettier than orange blossoms

prettier than orange blossoms alone, as they always look stiff and unbending unless mixed with the lovely fragile petals of the myrtle.

lovely fragile petals of the myrtle.

With the present fashion of coiling the hair right round the head, a very pretty effect is obtained by having the flower sprays so arranged that they look as if they were twisted round the coil of hair throughout its length, or this can be varied by having a wreath of green myrtle and orange leaves round the head with a bunch of these flowers over each ear. As regards the veil, most English brides, except Royalty, wear it hanging over the face, whether it be of real lace or tulle. The tulle veil should be of the finest quality should be of the finest very should be of the finest quality and very large, completely envelop-ing the bride and covering her train so that she seems to move in the middle of a transparent white cloud. The veil that was included with the gown we have described was hem-med with tiny perils, which is to be recommended, as the little pearls give just enough weight to make the filmy tulle hang properly. The plain tulle veil is certainly the most behave described was coming, but few brides will prefer it on that account to the pride of wearing a veil of rich lace, which has crowned the heads of brides in her own or her bridegroom's family for centuries. These are often treated like Royal veils, and worn caught. which ed like Royal voils, and worn caught up or the top of the head, but not falling over the face; and in France most brides now wear their nuptial veil, even when of simple tulle, in this way, leaving the face uncovered. Somehow this fashion seems to detract from the poetic tulle, in this way, leaving the face uncovered. Somehow this fashion seems to detract from the poetic mystery which should always surround the bride at the moment of her nuptials. The veiled face, the slim figure in its floating cloud of whitei and the elosiveness of detail, all create a very particular attraction which is certainly not there when the veil is worn like a mantilla at a corrida.

A sheaf of Annuciation lilies is certainly the prettiest and most picturesque form of bridal bouquet possible. It always has a more personal note than the mass of all kinds of white flowers—each one, poor thing, crucified on wires to keep it in its place—which every flowist can supply at an hour's notice. The kiles are simple and uniform,

Oshawa You can't afford to roof a Galvanised thing without Oshawa Galvanized Steel Shingles Good for a hundred year.
Shingles : Send for the free bookles. PEDLAR People of Osh

and the sheaf lies much more easily along the bride's arm than the great circular bouquet, which must be held Some brides all bouquets, and go to the all bouquets; and go to the altar with an ivory prayer-book in their hands. The habit of French brides of carrying a horrible, tight little bouquet of artificial orange blossoms in a frill of lace is another matter; for after the nuptial day is over both bouquet and wreath (which both bouquet and wreath are always of artificial ers) are put away in a glase and kept as a most treasured venir. The bride's shoes were and kept as a most treasured souvenir. The bride's shoes were in white moire, with Louis XV. heels in stlver, and knots of lace acceptance. white moire, with Louis XV. heels in silver, and knots of lace centered with a myrtle flower or orange bud or they would be equally pretty in the ivory velvet, with a lattice work of the property of the pro of tiny pearls covering the toe. The silver Louis XV. heel should accompany the velvet shoe also, sas it is a very dainty and charming finish to the bridal toilette.

Woman Assists in Bible Revision.

In a very interesting letter to a friend in the New World, Mrs. Warion Mulhall, wife of the famous Dublin statistician, whose works have been accepted as authorities in Great Britain and throughout the in Great Britain and throughout the world at large, says: "The Church has granted me 'the greatest horor which has ever been paid to any woman living. I am appointed officially to help on the revision: of the Bible and I am the only woman on the work of any nationality. So much for old Ireland, thank God! St. Paula helped St. Jerome with his Vulgate, but it is not known whether she was an official helper or not. They think I have a genius for discovering old manuscripts, for I have tust discovering of the says of the world and the says of t helper or not. They think I have a genius for discovering old manu-scripts, for I have just discovered some Arabian manuscripts with the pre-Columbian maps and an old some Arabian manuscripts with old pre-Columbian maps and an old pre-Columbian one on which the new precolumbian maps and an old Scandinavian one on which the new world is distinctly marked and the southwestern part then under the name of Irland i Mikla or Whiteman's Land. They are all to be published in my new book (Longman's Land. "Explorers in the New World Before and After Columbus." The maps date 200 and 400 years before the date of discovery of America by Columbus." covery of America by Columbus."

Mrs. Mulhall's historic erudition will no doubt serve her and the Church in good stead in the great work of Bible revision. Her appointment by Pope Pius X. is a high honor.— Catholic Sun.

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Coughs and Colds do not call fee a minute recital of symptoms as they are known to everyone, but their dangers are not understood se well. All the most serious affections of the throat, the lungs and the brosshial tubes, are, in the beginning, but coughs and colds.

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