



The most unprofitable thing to hold in this world is a grudge.

#### Six Hints For Successful Housewives.

Don't hang the dishcloth over the dish pan to dry. The pan will soon become badly rusted.

Don't leave the floor-cloth folded up on the bottom of the floor rail. They both will last longer if the cloth is hung up to dry.

Don't leave a tin lid on the saucepan, if you start the cereal in the evening for breakfast. It will rust and the moisture drip into the food.

Don't use table-napkins or glass towels to fold lettuce in when you place it on ice. Paper bags are more economical, and will keep out the air if the tops are folded in.

Don't try to keep parsley in a cup of water. It will last ever so much longer if placed in a paper bag, sprinkled occasionally, and left on the ice.

Don't forget to empty the water-pitcher between meals. It is sometimes forgotten. Moisture will form under the pitcher and mar the polish on your serving table or sideboard.

#### To-day's Duty.

It is the duty done to-day that sweetens life at its close. To stand at the couch of the dying and see the loved and dear one go hence, and in the sublimity of your holy faith know and believe that the angel guardian will have a welcome privilege when he conducts the parted soul to its Judge, is every hope and all consolation. But duty done to-day is better than the duty planned for to-morrow. He who delays it is not likely to take care of the morrow when it comes.

Don't send my boy where your girl can't go.

And say, "There's no danger for boys, you know, because they all have their wild oats to sow";

There is no more excuse for my boy to be low

Than your girl. Then please don't tell him so.

Don't send my boy where your girl can't go.

For a boy's or a girl's sin is sin, you know,

And my baby boy's hands are as clean and white

And his heart as pure as your girl's to-night.

#### Household Hints.

Bags for Brooms.—A string should be run in each and tied round the handle of the broom. This covered the broom will be found very useful in wiping down walls, high wardrobes, and also polished floors. The bags may be easily washed out and dried before use. Linen is often used for these covers, but is not equal to flannelette.

The tall vase so adapted for long-stemmed flowers has one deplorable defect; it is certain to be top-heavy, and when you least expect it, over it topples, and disaster follows. Fill the bottom of the vase with about two ounces of shot, and you will have no more trouble.

Copper is excellent for kitchen use, but much time must be expended in keeping it clean.

To wash Silk Handkerchiefs.—Begin by soaping well all over, and using cold water, then rinse and let dry. Boil a handful of bran in water, strain through a linen cloth, and then steep the handkerchiefs in it for some time, press, and hang out to dry; iron while still damp.

To remove spots from the front of boys' suits thoroughly rub them with benzine, and put out in the air afterwards to take off the smell.

To keep bread and butter fresh and moist, put in a cool place, cover closely with a serviette or cloth wrung out in cold water, and many hours after it will be as moist as when cut.

Nothing baked will keep well unless it is thoroughly cooled before being put away.

A Use for Lemon Peel.—Do not throw away your lemon peel. Fill a bottle with rectified spirit, and when using lemons cut off the yellow part of the rind and place in spirit. You will find this quite as good as the essence of lemon which is sold at shops. Orange peel can be done in the same way.

To Preserve Linen from Moths, etc.—When well washed and dried, fold up, and scatter in the folding powdered cedar wood, having previously perfumed your drawer with orris root. This will effectually prevent dampness, moths, and worms.

To Wash Fragile Lace or Muslin.—Boil down with a little water any odds and ends of soap you have. Soak the lace or muslin in cold water for ten minutes. Pour off the

cold water, and to a bowl of hot water add sufficient of the soap mixture to make a nice lather, and allow the lace to soak in this for an hour, when the dirt will be drawn out. No rubbing is required.

To Keep Plants Fresh When Going Away from Home.—Place a bowl of water on a table, and the plants on the floor beside it. Insert lengths of worsted, weighted at the end, into the bowl, and allow the other end to hang over the plants. This will syphon the water from the bowl and drop it slowly on the plants below. If a large bowl is used, the plants will keep fresh for weeks in this way.

To Wash Lace-Blouses and ties to look equal to new, dissolve over night a piece of gum arabic the size of a walnut in cold water, make a lather with lux or finely-shredded soap, put the articles to be washed into the lather, and well squeeze but do not rub; then carefully rinse in two tepid waters, adding the gum arabic.

Bread Fritters.—Have ready equal parts of ground cinnamon and castor sugar mixed, and a pan of boiling fat, butter preferred; beat up one egg in a breakfast cupful of milk, take some pieces of bread about half an inch thick, fry in fat to a light brown color, dip in cinnamon and sugar, and serve hot.—Southern Messenger.

### Mere Begin's Creole Dishes.

Adapted to a Fireless Cooker.

When Cousin Victorine, old Uncle Belcourt's daughter, wrote that she was coming straight from the steamer for that long-promised visit of hers, my husband turned to me with a distinctly exultant challenge in his eye.

"Now," said he, "you'll have to give us some real Creole dishes in spite of yourself, my lady."

"I don't see why," I argued, more for the fun of teasing than anything else. "She's been abroad long enough to get catholic tastes in eating, as well as other things, I should think."

"That's just it! She's been abroad so long that she must be homesick for a real Creole dinner such as Mere Begin used to conjure together in old Papa Belcourt's kitchen. Do you remember?"

Did I remember? Could one forget? The old French woman, broad shouldered, wide of girth, moving among her myriad pots and pans, tins, coppers and glazed earthenware which made spots of brightest color in the long, low-ceilinged kitchen with its sanded floor, was not a picture easily forgotten; while for her savory dishes, steaming hot, her salads and her coffee, one cherished a respectful veneration, quite apart from any sentiment usually aroused by so commonplace and familiar a subject as daily food.

We had spent three lovely winters there in the early years of our marriage when Victorine was a motherless little schoolgirl with quaint pinafores and long, shiny, chestnut plaits braided to their very ends and tied with cherry-colored ribbon.

When Victorine was seventeen Papa Belcourt had died and she had come North to school and then gone abroad to study music, so that we had not seen her in five years. It was therefore with great joy that we prepared for her visit and made ready to show her the sights of Washington.

"The part that puzzles me," said Neal, after I had given my consent to a veritable orgy of Creole good things, "is how you are to be gadding about all day with Victorine and still get up these things which according to my recollections used to take Mere Begin half the day to cook. Get a maid if it will help you."

I shook my head. Domestic service in Washington, if relatively cheap, is apt to be inefficient. Besides, imagine a maid in the intricacies of a daube à l'Italienne or a Creole gumbo.

"I prefer a fireless cooker to a maid any day," said I.

Neal looked reproachful. Dear Neal would live à la Cr le if I could hear of such a thing; but regard for his digestive powers, now no longer in their first vitality, and for the best interests of Eleanor—a girl of fifteen who studies and needs food that is both simple and easily assimilated—had kept me silent as to the possibilities of leaving dishes that in the old Creole days needed patient watching and coddling to the tender care of a plain homemaker's box. (Only I long since discarded the hay for a mixture of cotton and cork with asbestos cylinders.)

Certainly he decided that it was an ideal menu for a week of such sight-seeing and visiting as we put

in, for there is this merit about most of the Creole dishes, that they combine so many ingredients in themselves that any one dish, in conjunction with plenty of crisp golden brown French bread, a bowl of salad or olives and coffee—clear and piping hot—will form a most satisfying meal, and Victorine's delight over them all was at least half as much sentimental as gustatory. It was only necessary to order the day before and to have everything delivered early in the morning, so that after Eleanor and Neal were off for the day, while Victorine, who insisted upon taking hold, made the beds or straightened up the living room, I started my dinner and was ready for the round of sight-seeing by ten o'clock.

And now for some of Mere Begin's treasured recipes written in French, in fine, slanting, quivering lines on ruled paper—yellow and brittle with age and breathing a faint though pungent aroma of the kitchen. (And here, let me say, that if you do not like the flavor of garlic, do not be afraid to omit it; even the omission of the ever-present onion could not spoil the dishes. There are so many in a true Creole dish that one may well spare a few, if necessary. Also, if your family is averse to things fried in fat, you may use butter, ham or bacon fat.)

#### CREOLE GUMBO.

Cut in pieces a young chicken. Wash and sprinkle with salt and pepper, and fry in hot lard. Pack the pieces in your cooker kettle. Pour away some of the lard if you think there is too much left in your pan, and into the remaining slice a large onion. When the pieces are tender but not brown add a spoonful of flour. Brown this carefully, adding gradually a little hot water, that it may not burn. Have ready some small pieces of ham, two dozen oysters, two dozen boiled shrimps, and add these to the contents of the pan. Then pour over the whole three pints of boiling water. Cook together for a few minutes and pour over your chicken. There should be enough liquor in the kettle to cover the whole. Boil five minutes, season to taste and place in the cooker. You will want to put your gumbo on the fire fifteen minutes before you are ready to serve, in order to reduce the gravy. Pour into a tureen, sprinkle with chopped parsley and send to the table with rice, cooked dry.

#### DAUBE A L'ITALIENNE.

Have your butcher send you a juicy cut of beef about three inches thick, such as would be suitable for a pot roast. Make slits in the meat and insert strips of fat ham and tiny bits of mashed garlic. (Or if you prefer the merest soupçon of the flavor, bruise a bit of garlic with a spoon and rub the spoon lightly all over the meat, rubbing it occasionally on the garlic.) Brown the meat and insert strips of fat ham into the cooker kettle, add sliced carrots and sliced onions (diced potatoes are nice, too, though they are not usually included in a true daube) and enough boiling water to cover the whole. Season with salt, a bit of red pepper, cloves, and the usual kitchen bouquet, and bring again to a boil. When you feel satisfied that everything is heated through to boiling point, transfer to cooker, where it will have to spend at least eight hours, while indeed, for a midday meal you could advantageously put it on while you were getting dinner ready the night before. When ready to serve, remove to a platter, take a piece of butter the size of a hickory nut and a spoonful of sugar; burn this in a frying pan, stirring into it a spoonful of flour and pouring over it the sauce from the meat. Sprinkle the daube generously with capers and serve with plain boiled macaroni or spaghetti, well powdered with grated Italian cheese.

#### JAMBALAYA OF CHICKEN.

Fry in hot lard a young chicken and slices of raw ham. Pack into the kettle of the cooker. Now fry a sliced onion, a couple of tomatoes and when they are nearly done, a cupful of rice, stirring constantly. Pour the rice over the chicken, add enough boiling water to cover, season with salt, bay leaves, chopped parsley, thyme and a bit of red pepper. Boil ten minutes and transfer to the cooker. Before sending to the table you may have to reduce the gravy a little, as this should be served rather dry.

#### CHICKEN A LA CREOLE.

This is made in almost the same manner as jambalaya of chicken, except that you add a can of sweet peppers and omit the rice. If your chicken is very young you will scarcely leave it more than two or three hours in the cooker.

#### RAGOUT OF MUTTON WITH POTATOES.

Have your butcher take off the neck and skin from a piece of mutton—the breast, I believe, is preferred—and cut it into small pieces. Brown these in hot fat, turning frequently, that every part of the meat may be seared. Put into the cooker kettle, adding a handful of small onions, two cupfuls of diced potatoes and one cupful of sliced carrots. Strain off extra fat in pan, add a spoonful of flour and sufficient stock to cover all, season with salt, pepper, parsley and bay leaves. A few mushrooms add considerably to the delicacy of flavor. Cook briskly ten minutes and then remove to the cooker. This put on late in the forenoon will be ready for evening dinner.

If any should object that quantities are not mentioned with sufficient exactitude, I can only say that with the wide margin for individuality always allowed by French cooks, the good old lady who jotted down these recipes spoke vaguely of such quantities as a "fistful" of rice and was never more exact in the matter of salt and pepper, parsley or thyme, than to say broadly, "Assaisonnez au gout," which, after all, is wise enough, since my taste is not yours and the guests at my table are not those for whom you are catering."—Clarisse McCauley, in Good Housekeeping.

#### What Makes a Woman Look Smart.

It is easy to look smart on \$10.000 a year, but your truly clever woman is she who, like Becky Sharpe, but not in her way, can keep up an appearance on nothing.

To be smart on nothing a year one must have taste, and it must be taste of the most conservative kind. You cannot be smart if you buy the latest "freak of fashion and expect to wear it more than half a season. The weather eye must always be out for a change of fashions. Nothing is quite so tiresome as the latest thing when it has become the second latest.

In buying clothes simplicity and unobtrusive cut must be considered and above all things a becoming color.

Hyacinth is just now a popular shade. Likewise wistaria and some of the mauves. Now, these are most suitable and beautiful for the woman with the pale, creamy skin. But put that shade, under a florid, tanned face, and the effect leaves much to be desired. Yet how many florid, tanned people are buying just that color? That particular shade of wistaria is sure to be able to spot it as last year's suit, providing it is not really becoming. If a dress is becoming and not too ultra stylish, its charm will last for years.

The same applies to all the necessities of feminine wardrobe. A charming woman whose allowance is not as large as she would like it to be bought a tan-colored dress with greenish trimmings. She was cajoled by the salesperson at the glove counter into buying a pair of light green gloves, and now she has to wear the gloves when she wears the dress, and as they are conspicuous enough to make it impossible ever to forget them these gloves have made her dress appear to be seasons old, though it is comparatively new.

It is difficult to look smart and be careless about the appearance of one's neck.

Yet, how often we see a charming toilet, pretty face and gracious manner marred to a more or less conspicuous extent by the careless toilet of the neck!

#### How the Color of Food Influences the Appetite.

When you select a chocolate-colored food at a restaurant you are unconsciously showing yourself a person of taste and refinement.

If, on the contrary, you show a partiality for yellow or saffron-colored foods, your taste is most probably low and vulgar.

That is the conclusion of a remarkable theory on foods and color which has been made by Dr. J. S. Goodall, lecturer to the Middlesex Hospital Medical School in London.

After many experiments Dr. Goodall has found, as a general rule: Cultured and educated people prefer chocolate-colored foods.

Uneducated people like yellow-colored foods.

Children of all classes have a fondness for foods of the pink color.

Dr. Goodall says that the color of food is a far more important factor with regard to appetite and digestion than is generally supposed.

"I first made experiments with animals," he said. "A cat, for instance, is very much influenced by the color of its food. In one experiment I placed a number of pieces of meat, each tinted a different color, before a cat.

"The animal looked at each piece carefully, and then selected the red-colored meat. Dogs, on the other hand, do not appear to use their visual sense, like cats. If the food smells all right a dog will eat anything.

"Human beings are very sensitive as to the color of their food. By making inquiries among caterers I found that chocolate-colored foods were easily the most popular among the educated classes.

"In the poor classes cakes, buns, etc., which were colored a bright yellow commanded the largest sale.

"Pink is by far the most popular color with children. If a child is offered the choice of a pink and a yellow sweet the pink variety will invariably be selected.

An opinion on this subject was also gathered from Dr. G. Norman Meachen, the well known food and dietetic specialist.

"Diners-out, on entering a restaurant, are largely influenced in their appetites by the color of the foods which are brought before them," he said.

"Certain colors stimulate the appetite and digestion, others have a reverse effect. All foods artistically colored green appear to be avoided by all.

"White foods, such as white fish, are stimulants to the appetite. Dr. Goodall states that the poorer classes have a liking for yellow. One of the reasons for this may be that they think such foods are richer than others.

"Personally my appetite has often been stimulated by certain colors. I have entered a restaurant with very feeble appetite and ordered a steak.

"The steak has come up a crisp, reddish, chocolate-brown in color. I look at it, and immediately begin to feel hungry. Brown-baked potatoes also have this effect on me.

"It is my theory that green or blue is not conducive to a healthy appetite. To sit down to dinner in a green-papered room often destroys one's desire for food at all."

#### New Order of Nuns Established in America.

Five nuns of the Passionist order, the first of this community in the United States, arrived in New York recently from Italy, accompanied by the Very Rev. Joseph Annahme, C.P., Consultant-General of the Passionist Order. The five religious will found the first convent of the order in the United States in Pittsburgh.

The rule of life of the Passionist Sisters is most austere. At the end of the novitiate they make four vows—the three ordinary vows of a religious, poverty, chastity and obedience, and a fourth vow of promoting devotion to the Passion of Jesus Christ. These vows are perpetual. Much time of the day and night is given to prayer. Like the Passionist Fathers, the Sisters chant the Divine Office at the different hours of the day and rise about midnight for the chanting of the Matins and Lauds.

The habit of the Sisters is similar to that worn by the Passionist missionary. This habit is made of rough, black cloth with a cloak of the same material. On this habit and cloak is attached the Passionist emblem, a white heart surmounted by a cross. Sandals are worn on the feet.

The order was founded in the year 1770, about fifty years after St. Paul of the Cross founded the Passionist Fathers. The first convent was in Cuveto, Italy, and the first Passionist nun was Sister Mary of Jesus crucified.

#### Sterilizing Fabrics by Ironing.

I presume that many matrons will find basis for their predilection for hours of labor at the ironing board in the interesting discoveries of a painstaking foreign doctor. An article of his recently translated from the scientific American will doubtless help to solve the problem of many a hard-worked physician in the country.

Boiled down, his experience is this: He had formerly, after his visits to patients suffering with contagious diseases, gone home and changed his suit, having a separate suit for each disease. When the treatment of the case was concluded, the suit was disinfected by formalin vapor in an airtight cabinet. This had proved wholly successful as far as risk of spreading contagion was concerned. However, the good man got tired of the waste of valuable time dressing and undressing, to say nothing of the expense. Sterilization by steam was found impracticable, and after about two hundred very interesting experiments made with various sorts of purposely infected fabrics and sad irons of varying temperature at the Bohemian University of Prague, he learned these facts:

That a single application of the hot iron sterilizes all fabrics superficially, and fine napkins, lawns, handkerchiefs and pieces of this description throughout their thickness. Russian or other heavy linen must be ironed twice on each side. By further investigation he developed the fact that infection of fabrics is for quite a considerable time superficial and that therefore this iron-

ing is a cheap and rapid method of checking infection. He now wears a long gown of linen in the presence of patients and these are ironed as directed after each wearing.

The hygienic value of ironing seems thus to be established. In the country, where yards and lines may be had, the boiling of the family garments would seem to be amply supplemented by the whirling and blowing in the sweet air and sunshine or bleaching on the grass. Only certain garments whose appearance counts require ironing—shirt waists, thin gowns, fine underwear, and, of course, the napery. The time spent by delicate women in the ironing of dish towels and the whole expanse of common sheets, woven undergarments and stockings, is worse than wasted, because it exchanges the sweet odor of sun-dried linen for an inferior one, and represents ignored opportunity for rest.

In the city, however, the case is different. Even if one is not gorm crazy the thought must occasionally intrude itself that these lines of conscientiously boiled clothes flying from roof tops and in apartment back yards and balconies, are liable to all the ills that a great city can let loose on the air. One will be justified here in using all the flat-iron sterilization one's health or purse affords, economizing on some other of the overdone household tasks rather than this one.

We are taking many strides along the paths of common sense and hygiene in dress, and I trust that no backward leap like that sometimes fearfully rumored of hoopskirts may come to checkmate this progress. A dozen years ago the fitted and boned waist of silk or wool was worn by all business women during the winter. Now the shirt waist, blessedly washable, is en vogue winter and summer. And when during a part of the year at least we have skirts and coats of linen and other materials that can be tubbed. Indeed, we are far ahead of the times when dust reigned supreme in our clothing, and we shall go farther yet.

If we can only contrive a way to prevent the fearful kickup behind of the autos so that our household goods may not be gray with dust five minutes after we dust them—but why grumble? We can't reach Utopia here below.—Peggy Quincy, in Boston Journal.

### Funny Sayings.

#### RECORD FOR STRANGENESS.

A Niagara Falls man tells this story:

"A Buffalo man brought a relative from Scotland here to see our grand spectacle. The two gazed at the fall in silence a long time. Then the Buffalo man heaved a sigh and said:

"Ah, Cousin Donald, did you ever see anything so beautiful, and strange?"

The Scotchman, after a moment's thought, answered calmly: "Well, for bonnie, yon's a richt; but for strange, no—fur I once saw in the Town o' Peebles a peacock wi' a wooden leg."

#### SCHOOL SYSTEM A FAILURE.

"Paw," queried little Hugh, "what is a parasite?"

"How long have you been going to school, young man?" asked Michael, Sr.

"Four years," answered Hugh.

"Well," continued the old man, "there is something wrong with our educational system if four years of schooling hasn't taught you that a parasite is a person who lives in Paris."

#### A RELIGIOUS DIFFICULTY.

A Scotchman who is a prominent member of a church in Glasgow one Sunday recently put by mistake into the collection a piece of silver instead of a penny. On returning home he discovered the serious blunder. He spent the afternoon in considering the matter and talking it over with his wife. "Ye see," he said to her in explanation of his loss, "I might stay awa' for twenty-nine Sabwaths to mak' it up, but then I wad be payin' seat rent an' gettin' nawthin' for't. I'm thinkin' I lassie, this mawn be what the minister ca's a religious difficulty."

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