

WHAT CONSTITUTES REAL HAPPINESS.

ple who are making a great deal of ed to be. It destroys our power for money, and yet they are dissatisfied, enjoying the life that now is. discontented, unhappy, restless. They but are always disappointed. Their eyes are always focused upon

on the wrong things. The secret of happiness is not your fortune, but in your heart. It does not consist in having, but in being. It is a condition of mind.

Real happiness is of such a nature They will neglect friendships to-day, social duties to-day. They postpone have a little more money.

the solvent of all their woes.

they cace get their fortune they can ease. change their life habits, that they will that they are the victims of their life habits, that they are no more likely cuito at away from these than a leopard ed. is likely to change his spots.

What a mockery most of us make of our lives! They are but the burlesque of the life we were intended to tended life to mean more, to be in- unless she knows wise methods of finitely richer, nobler, happier than cleaning, unless she knows something it is. This brutal game of money- about house furnishing, and most of football, which so many of the human all, unless she knows just what the race are playing, this restless push- family income is and how to expend ing and crowding for place, this lust it so as to get the most out of it, for power and wealth, had no place she can't mave a very helpful sort of in the infinite plan for the race.

every day, to wear a cheerful face, where there is a cheerful atmosphere, and to speak a pleasant word to the opportunities for cleanliness, plenty newsboy, the elevator boy, and the of wholesome appetizing food office boy, to be civil to the waiter in make the most efficient workers. So the restaurant or hotel, to speak you see, making a home is worth cheerily to the servants, to everybody some thought. It is because women with whom we come in contact, would so rarely appreciate the far-reaching not only add enjoyment to the ordin-influence of food and its preparation not only add enjoyment to the ordin- inf ary industries of life, but would also that they are so anxious to shirk all keep the wheels of our ordinary so- consideration of it. And they do cial activity well lubricated.

as we go along.

crowd 1909 into it; do not try to live estly trained, not "cultivated." February in January. Do not be mean and stingy this month, this year, be- when they contemplate matrimony cause you are aiming for next month, give so little thought to what they

the daisies to-day, never seeing the too young to be allowed to marry your eyes are fixed on the stars.

Resolve that you are going to enjoy agination in the fine automobile you are going to have next year.

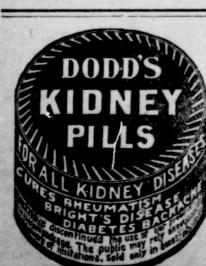
that you are going to make it the training the firm will not prosper, no hurry and tire herself to suit anyone; chance of dying with another's money little cottage, the home you have; happiest, sweetest place on the earth matter how large a salary the out- and finds poor food and scant ser- in his pocket, and, as a business proto-day and every day, and that you side partner may bring home. It's vice. She means to take Ruth out position, he can't see what good that are not going to try and live in that quite a common happening for a for a walk, but it is too much trouble other person's money is going to do long-dreamed-of new house until it is girl to marry without the smallest to get a child ready; and the girlie him if he is compelled to give it back finished.

while single, in planning what you are going to do when married. Instead cost or how much she ought to spend clothes in the winter, for she is so "Let the business world beware of of all the time thinking what you are for food. She has never learned how unfortunate in getting her work done the Catholic who ceases to approach going to do when you have a home to systematize her work, and in confor her. She says it is "so respect- the sacrament of penance; who ig of your own, enjoy what you have sequence gets tired and discouraged. able' to go to church and that she nores the Church's command to at now-not stingily, not with a part of No won er she is irritable and hates is going regularly. But it is too hot, tend Mass each Sunday; who speaks yourself, but completely, royally, the present moment. Do not plan to comfortable, well-ordered house, with or she couldn't get Ruth ready; so meled conscience the judgment of his get 99 per cent. of your happiness out wholesome meals, nicely cooked, and while others go and returned refresh- acts, which is the express duty of the of to-morrow, while you take 1 per cent. to-day. Get a 100 per cent. out of the day you are living in.

Learn a lesson from happy, carefree childhood. See the abandon with which a child gives himself to the joys of life, They are no "ifs" or "buts" or "wherefores" in his bright sky. No care-filling thought of time or money haunts his visions; he simply gives himself up to the passing moment; enjoys himself unshadowed by dreams of what is to come.

This does not mean that we should never plan for to-morrow or have pleasant anticipations of things that are to come. It only means that we well. Some of the best cooks made happiness of the day, and will help that is only business is no life at all. tion on the future, and be so absorb- They had no idea that food and cook- the downward curve from the mouth. that that is drying up the kindness should not focus our eyes and attened in anticipation of to-morrow that ing had any other object than to the to-day; that we please the palate. They cooked apover trifles; there is so much agony lose its pleasures, its opportunities petizing meals when there was com- of sorrow in the world, that mere

always live in anticipation. Imagina- dren were at the table. Meals were tion, that blessed faculty, was given us as an occasional retreat from suf- pany occasions. Other times they ate fering, from trying conditions, a retreat to which we can fly and get a better outlook on life, where we can of talking would convince these wo- Bishop of Marseilles, has published a refresh our minds and renew our fan- men that John's progress at his work decree establishing as miraculous, af-



Living too much in the imagination makes life seem dry and dreary. It makes our vocations drudgery instead Everywhere we see prosperous peo- of the delight which they were intend-

If you have made a botch of 1907; rove about from place to place, trying if it has been a failure; if you have to find pleasure in this thing or that, not succeeded in your undertakings; They if you have blundered and made a lo think that, if they could only get of mistakes; if you have been foolish, somewhere else than where they are, have wasted your time, your money, could only do something else than do not drag these ghosts over the new what they are doing, if they could line to haunt you, to destroy your only go abroad, travel over different happiness. Let it all go. Forget it; Walk along the street and observe countries, in a touring car or in an bury it. Do not let it sap any more the women met. Nine out of ten of automobile, they would be happy. of your energies, waste any more of them have their foreheads drawn and your time, destroy any more of your wrinkled, their mouths curved downsomething in dreamland instead of peace or happiness. You can not af- wards and are bearing a general look

in you will throw away all useless bag- nothing the matter worth such sig-It gage, drop everything that hinders, nals of distress. The paperhanger

tried to hoard, if we try to keep it Live your life fully, completely, rich- very image of hers; Bobbie's shoes are for to-morrow it spoils. There are ly. Do not make this a mean, stingy, as good as gone and Phyllis must men everywhere who can see ease poverty-stricken year. Pack this year, have a coat—the weather is so conand usefulness to-morrow, not to-day. not next year, with all the good trary-and, and, and. The opportunity for doing good they things you can command. Live as If she would iron out the wrinkles are too busy to attend to to-day. you go along.—O.M.S., in Success.

have used it say it acts promptly and quite as dreadful. If she would pondering. Most men seem to think that when thoroughly subdues the pain and dis- smile and stop fretting for a few

cure. Give it a trial and be convinc-

HINTS FOR HOME-MAKING.

Unless a woman knows something We know that the Creator in- about foods and how to prepare them. home. And it is the people who come A strong resolution to be contented from comfortable, orderly houses shirk it whenever they can. It is a great art to learn to see are a few thrifty, sensible, well-balthe things close to us, to enjoy life anced souls who seem able to see the relative values of things. They are So do not spoil 1908 by trying to mostly women whose brains are hon-One often wonders why most girls

are to contribute toward making the Do not trample on the violers and home. Most of them, unless they are world of beauty and marvel all about give some consideration to whether you, under your very feet, because the prospective husband will be able to support a home. If his salary is too small to support a household, the the horses and carriages you own now sensible girl proposes to wait until and not spend your time riding in im- he reaches a larger income. But someare going to make the most of your to it, and that unless she is a practice goes out into the dining-room the last "The Catholic business man," said 21 partner with business ability and one in the house because she cannot Bishop Muldoon, "will not take the notion about how to prepare a meal, looks as though she needed to be out and acknowledge that he acquired it Resolve that you are not going to let alone about the necessity for var- of doors, but that cannot be helped. wrongfully. mar your life, ruin your happiness lety and balance in the week's menus. She wears her winter clothes way but completely, royally, housework. All this is very hard on or too cold, or too windy, or too slightingly of the sacraments, and Fling your whole life into some money left over to put in the bank. Poor food and bad cooking yawns and stretches because if its on earth. For such a man has taken

temper of a saint. affectionate, she learns better after frame of mind? awhile, and things begin to go more smoothly. But both might have been saved a great deal of worry and unhappiness if the wife had given some labeled a midway between too much fretful activity and laziness; between ceaseless worry and idle catholic men with the world was serious attention to the cost of liv-ing, to household management, and to help-in the morning. If the habit sounded that will find an echo in the the trades that underlie the home, can be formed of waking a few min- hearts of men the world over.

hefore actually setting up housekeep- utes given to planning work, meals, "Of course," said Archbishop O'before actually setting up housekeep- utes given to planning work, meals,

the pany, and served bread and bologna annoyances seem trivial, too trivial It is not intended that we should and tea when only John and the chil- to worry about. served in the dining room on comhelter-skelter among the cooking dishes on the kitchen table. No amount depended upon a proper diet, and that | ter all the due canonical formalities the children's failure to keep ahead in had been complied with, the cure of their classes was caused by the wrong | Sister Maxmil'an of an enormous cys-

food eaten in uncivilized fashion. able, it isn't half so important as the left leg. Her state was so danknowing the values of foods and gerous that the doctors declined to which foods should be put together attempt an operation. Brought to make a nourishing meal. And you Lourdes, she was suddenly cured on must know how to plan and manage May 20, 1901, and since that date has and how to make a very limited in- suffered no recurrence of either of the come cover the meal needs. -Ex- maladies with which she had been af-

change. lectric Oil is known in Australia, canonical judgments affirming the South and Central America as well miraculous character of the cure of as in Canada and the United States, Marie Therese Noblot, afflicted with and its consumption increases each Pott's disease. She arrived in year. It has made its own way, and Lourdes in a most alarming state, all that needs to be done is to keep and suffered most atrocious pain. On its name before the public. Every- August 30, 1907, she was suddenly one knows that it is to be had at cured at the entrance of the Hospice y store, for all merchants keep it, of Our Lady of the Seven Dolours.

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Walk along the street and observe something in dreamand instead of peace of happiness. Tou can not all wards and are bland a general rook ford to give it more thought or attended the very nature of happiness. They put the emphasis Resolve that when you cross the woeful disaster beyond the power of the impression of some mortal and woeful disaster beyond the power of the impression of some mortal and woeful disaster beyond the power of the impression of some mortal and woeful disaster beyond the power of the impression of some mortal and the imp line between the old and the new year human endurance. Usually there is which can rob you of joy or power, has said he must put her off for a that when you enter the door of the week; the laundress has disappointed new year you will not be mortgaged her; her maid has given warning; the as to satisfy us day by day as we to the past and will never look back. woman she depended upon to make go along, now or never. Like the Live in the here and now. Let this her spring things has been obliged to manna which the children of Israel be the bugle call for the new year. refuse; her dearest foe has a hat the

of her mouth; if she would use a litgood fish in the sea as ever were must confess his transgression the weather would be warmer by that told that he must make amends. time for the papering. If she would woman, a chance to make things go. None of us can afford to be lazy and damage his lies has cost another. let things take care of themselves,

His Eminence attests that this cure was accompanied by all the circumstances required by Pope Benedict XIV. for pronouncing it miraculous.

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The Catholic Business Man

Not long ago a Chicago Journal-'The Business Man's Magazine''-ask-Very many persons die annually tle common sense and remember that ed Bishop Muldoon, of that city, all little charities, because they are from cholera and kindred summer she is not helping motters by fret- "What influence has the Catholic going to make some great donation complaints, who might have been sav-when they get a little lurther on, and ed if proper remedies had been used. looks and teaching her friends to If attacked do not delay in getting a avoid her; if she would take stock of Bishop is distinctly a business man What pitiable failures we see every- bottle of Dr. J. D. Kellogg's Dysen- her mercies and contrast them with himself. He knows something about where-unhappy men who have gained tery Cordial, the medicine that never the sorrows of dozens of women she the "man of affairs." And he gave wealth, which they thought would be fails to effect a cure. Those who knows, maybe things would not seem an answer to the query that is worth

When the Catholic business man is minutes, she would remember that discussed, we must, of course, assume change their life habits, that they will Mother Graves' Worm Exterminathe cobbler could fix up Bobbie's his sincere and faithful adherence to not be anxious. They do not realize tor does not require the help of any footwear, that Phyllis' old coat his religion. He will, of course, repurgative medicine to complete the could be sponged and pressed and ceive the sacraments. He must go have a few stitches where needed; to confession. What then? "If he has that the laundress was spoiling her conducted himself in his business othclothes, and that she could do better; erwise than as a follower of Jesus that as for the maid, there were as Christ," says Bishop Muldoon, "he

caught; that if the spring things were "In the confessional, where his idennot made they would not have to be tity is concealed, and where perhaps paid for and that as for waiting an- he knows not even the name of the other week, or a fortnight probably, hidden commissioner of God, he is

"Has he cheated? He must give stop short, she would give her inner back what he has dishonestly gained. "Has he lied? He must undo the

let things take care of themselves, but after all there is a good deal to fellow-man or woman? He must find

Tegal

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that is natural in every human heart Business in the end begets pure and simple selfishness. Unless there is some small part of every day into which business cannot enter, which is reserved entirely and solly for some word or act or deed of unselfishness, the heart-springs will surely run dry and the true joy of life be turned in-to dismal ashes."

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say for lazy women. One of them a way to make complete restitution 17 Toronto Street boards because it is too much trouble for his injurious ac to keep house; to be sure, she lives how, it never occurs to her that she in one room with her husband and ty which a Catholic dreads more than is going to enter into a very practic- child and the houseful of boarders any other, short of excommunication Just make up your mind that you al partnership with a business side hears all their little family jars. She —the denial of absolution

worst housewives imaginable. keep the wrinkles from the brow and

Miracles at Lourdes.

His Eminence Cardinal Andriere, tia tumor to the liver, complicated So while ability to cook is desir- by a grave and painful phlebitis of

flicted. His Eminence Cardinal Lucons, In Fields Far Off .- Dr. Thomas' Ec- Archbishop of Rheims, has just given

"If he does not, there is the penal-

"The road is plain for the Catholic

and worry over money, would ruin the long hours. But she never worries. to the dark by-ways, and needs to be temper of a saint.

She takes it easily and just vegetates. watched." Sometimes, if she is intelligent and Should any of us like to be in her A large number of the Catholic men of Boston held a retreat recently,

> expenditure and pleasures will go a Connell, "you must be business-like It is only a cruel machine.

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