CONDUCTED BY HELENE.

There are few things we need more to guard against than discouragement. When once we come under its influence, it makes us weak, robbing us of our hope and making cowards of us. Many a life is discrowned and drawn down to failure through discouragement. It is surely a sad picture—this greatest of the old prophets lying there under the little bush, in the wilderness, longing to die. If Elljah had died then and there, what an inglorious ending it would have made of his life! As it was, however, he lived to do further glorious work and to see great results from his contest with idolatry. God was kinder to him than he knew.

It is surely a sad picture—this greatest of the old prophets lying there under the little bush, in the wilderness, longing to die. If Elljah had died then and there, what an inglorious ending it was, however, he lived to do further glorious work and to see great results from his contest with idolatry. God was kinder to him than he knew.

For yonder comes the morning's tri-

the sight,
filled with young hopes and rose
buds, red and white—
What wonders in their petals

The tortured wound of last year is

poisoned dart.
ere is a taint of ranbow in the Put a teacupful of water into a

expert, says in Woman's Home Companion for May:

"There are two distinct types of dress this summer, both emphasizing the straight up-and-down effect. One is the tailored coat suit showing in many instances a cutaway coat, which gives the hipless effect, and a sidirt comparatively narrow at the bottom—that is, it is made without bottom—that is, it is made without the sudden flare that the tailored

bottom—that is, it is much the sudden flare that the tailored skirt used to have.

"The other type of dress is the cut-in-one gown, and great will be its favor throughout the summer. In the of the new princess jumper this cut-in-one dress is a most practical gown to own. It can fasten in the gown to own. It can fasten in the front quite as easily as the back, and it is a model equally good for

silk or linen.
"This style dress is always cut "This style dress is always cut out at the neck, and is generally sleeveless, to show the guimpe, or trimmed just sufficiently over the shoulders to give a modified large armhole effect. Or it may be made, as a number of the imported models are, so that it fias much the effect of a polonaise cut out at the neck, but having a sleeve which is cut in one with the bodice. the bodice.

with the bodice.

"Now, of course, there are many variations of these two basic ideas in dress, but whatever the fashionable model this summer, it is sure to be simple in design, lacking entirely any exaggeration in form.

"Perhaps this idea is better shown in the largery than anywhere cless."

in the sleeve than anywhere else, which has diminished in a pronounced way in size within the past six months, and now in most cases follows very closely the outline of the arm."

IS SHE DETERIORATING?

Before a women's club the other Before a women's club the other day a lot of maids and madams discussed the question: "Are the women of to-day an improvement on their foremothers?" Mrs. Hamilton bluntly declared that women had retrogaded. "I hold," she said, "that the women of the Colonial days were stronger physically, mentally and morally than the women of to-day."

season. Stuffing in more feather ty declared that women har drives gaded. "I hold," she said, "that the women of the Colonial days were stronger physically, mentally and morally than the women of to-day." She showed that the women of to-day." She showed that the women of to-day. "The women of to-day," she said, are unable to perform. "go shopping and haven't strengthe enough to carry home their bundles. They buy their coffee, not only browned, but ground, and then compel their husbands to concoct the laws of the strength enough to carry home their bundles. They buy their coffee, not only browned, but ground, and then compel their husbands to concoct the laws of the strength enough to carry home their bundles. They buy their coffee, not only browned, but ground, and then compel their husbands to concoct the laws of the strength enough to carry thome their bundles. They buy their coffee, not only browned, but ground, and then compel their husbands to concoct the laws of the strength enough to carry the strength enough to carry them to women of the state of

ther glorious work and to see great results from his contest with idolatry. God was kinder to him than he knew.

Grief cannot last, and joy is like a star,
That sails, a moment through the murk of night,
Grief and dread care and all last year's delight
Fade to gray shadows dimly seen afar:
For yonder comes the morning's triumph car
Of the New Day, fair, shining to the sight,
Filled with young hopes and rose-buds, red and white—
What wonders in their petals hidden are!
The tortured wound of last year is less sore,
For God sent time to pluck the poisoned dart.
There is a taint of rembow in the

There is a taint of rambow in the teach;

What seemed eternal once is little more
Than one long day, the fearful thing O Heart.

To fear—skind God!—in all this life is Fear.

Take the white of one egg, beat stiftake the white of one egg, beat sti Take the white of one egg, beat stiffly and whip into the soap jelly. Use
at once if desired. It will keep nice
at once if desired. It will keep nice
ly in a cool place. This leaves the
hair soft and fluffy and not sticky,
as is usual with hard water.

SALT HINTS.

Put damp salt on burns. It kills

Put damp sart on burns. To kind the pains.

Dry salt and a brush will take dust off of velvet, plush and heavy embroidery that cannot be washed. In making fruit pies, when they boil over, sprinkle salt in even and it will not smell.

Add a pinch of salt to starch. It

Add a pinch of salt to starch. It vill keep the irons from sticking.
Rub salt on griddle and it will

not smoke.

A little salt under tongue will stop

nose bleeding.
Salt on fingers when cleaning fowls, meat or fish will prevent slipping. Salt as a gargle will cure sore

throat. Salt in solution, inhaled, is good

Salt in Souton.

for cold in the head.

Salt in water is the best thing to clear willow ware and matting.

Salt in oven under baking tins will prevent scorching on the bottom.

Salt puts out a fire in the chim-

Salt and vinegar will remove stains from discolored teacups. Salt and soda is excellant for bee

Salt and soda is excellent for occ stings and spider bites.

Salt thrown on soot which has fal-len on carpet will prevent stain.

Salt thrown on a coal fire which is low will revive it.

RENOVATING OF PILLOWS.

nally separate them there will be fewer feathers set flying around admiessly than in any other way.

Pin the seam of the filled pillow together and begin on the next, doing all of them before you sew up any, but seaming them all before you leave the room.

FUNNY SAYINGS.

JUST SO

"What is the meaning of the word 'tantalising'?" asked a teacher, in one of the Tubbercurry National

'Please, ma'am.'' spoke up Johnny rney, ''it means a circus proces-Carney, "it means a circus procession passing the school house, and the scholars not allowed to look out.'

THE WRONG PLACE.

"If ye please, mum," said the ancient hero, in an appealing voice, as he stood at the back door of the cottage on washday. "I've lost my

leg...'
"Well, I ain't got it," snapped the
woman fiercely. And the door
closed with a bang.

A DARK RESPONSE.

An industrious colored woman, who An industrious colored woman, who, had left het husband on account of his "shiftlessness" and gone out to service, received a letter from him asking her to send him five dollars for spending money. To this she replied: "You imperdent, lazy rascal, I'll not cook, wash and iron to furnish you spo'tin' money. I spects to eat de goose what picks de grass dat grows upon your grave yit!" She had scorched both ends of the letter received and written this on the back. Then she enclosed it in a fresh envelope and sent it by special fresh envelope and sent it by special delivery.—The Bee.

WHY SHE COULDN'T.

"O. I couldn't love him."

"Why not?"
"He wears a wig. The very idea."
Then the dear creature removed
ro rats, some puffs, a coronet
aid, a pompadour, a switch, and two rats, at down to peruse a novel.

BOYS AND GIRLS -

ESTHER'S WAY

Everyone was full of sympathy for the Fuller twins when their mother was taken ill. The door-bell rang so often that either Janey or Bess had to be on dutymost of the time to answer it and give the latest report from the sick-room. Mary, the maid-of-all work, had no time for answering the bell, for sickness in the house made a great deal of extra work, and Mary declared that she was never finished, she only stopped when she was too tired to do any more. Claribel Hughes was especially sor-

But when Esther Corrigan came

way. I woke up in the night, and

the way, I woke up in the hight, and the light in your room was burning," "We didn't get through with our work till very late," Bess admitted. "I don't know why we are so slow." And then the bell rang and she hurried down to recieve another caller who wanted to know just how her without was each till a long sto-

Some of Ciaribel's friends were

- a Pause in the Day's Occupation.

only stopped when she was complete to do any more.

Claribel Hughes was especially sorry for Janey and Bess, who were two of her most intimate friends.

"They're so worried, poor dears!" she told herself. "I'm going in as often as I can and cheer them up."

As a matter of fact, she went nearly every day, and stayed anywhere from one hour to three, chattering gayly of her various good times. The girls sometimes gave abstracted answers. Claribel took it for granted that this was because they were so anxious about their mother.

But when Esther Corrigan came

Same as a few minutes before twelve o'clock when Margaret entered the o'clock when Margaret entere

But when Esther Corrigan came she slipped in at the back door, and glided noiselessly as a shadow. Bess found her one afternoon when one of Claribel's long visits had come to an end, in the little sewing-room upstairs, darning away for dear life. "Stockings will wear out, even when there's sickness in the house," she remarked, smiling up at Bess. "Inconsiderate of them, isn't it? By the way, I woke up in the night, and

mother was, and to tell a long story of illness in her own home the previous winter.

some of Chariber's irrends were enthusiastic over her devotion to the
fuller girls. "She's been there nearly every day," they said. "Wasn't it
sweet of her. It must have done
them so much good. Claribel, s so
bright and full of fun."

As for the backstairs visitor who

To MRS. ...

ST.

TOWN

A SUBTLE DIFFERENCE. Mrs. Blank, wife of a prominent minister near Boston, had in her em-ploy a recently engaged colored cook as black as the proverbial acc of as the proverbial ace of One day Mrs. Blank said

to her:

"Matilda, I wish that you would have oatmeal quite often for breakfast. My husband is very fond of it.
He is Scotch, and you know that the He is Scotch, and you know that the Scotch eat a great deal of oatmeal."
"Oh, he's Scotch, is he?' said Matilda. "Well, now, do you know, I was thinkin' all along dat he wasn't des like us."—Woman's Home Companion for Man. tilda panion for May.

NO SHOOTING-JUST FISHING.

A FEW WORDS.

A schoolgirl was asked to write an essay of two hundred and fifty words about a motor-car. She submitted the following:

"My uncle bought a motor-car. He was riding in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it busted up a hill. I guess this is in the country when it is black horse, brought the frown back to her face.

had done the darning and the dust-ing and had slipped away without ask-ing anyone to entertain her, no one thought of her at all. No one, that is to say, except the Fuller, girls.

THE TRACKWALKERS DAUGH-

A frown was on Margaret Carew's face. It should not have been shere, for she was only sixteen years of age, and had her whole life before her, she was well and strong, and the quickest of the girl's at figures over was there and she looked off to the in the school-house. It is the school-house the sch was there and she looked off to the in the school-house. But the frown smoke curling from the weather-beaten and somewhat dejected cabin of trackwalker before Mr. Carew in the school-house. But the frown smoke curling from the weather-beaten and somewhat dejected cabin of the miners delthing the mountainside and wondered why her father must be a trackwalker, when some other girls' father—here she stopped and drew a long breath as she picked with the school-house. But the frown smoke curling from the weather-beaten and somewhat dejected cabin of the miners delthing the miners delthing the miners delthing the miners and the weather-beaten and somewhat dejected cabin of the miners delthing the miners delthing the miners and the miners and the miners delthing the miners delthing the miners and the miners delthing the miners del "I hope," said the Archdeacon, "you attend church regularly and drew a long breath as she picked up the basket resting on the ground beside her and began making her way along the uneven road that led to the parishioner, and added in a severe tone, "but I nowhere find that the Apostles went out shooting."

"No," said the Archdeacon; "the shooting was very bad in Palestine, so they went fishing instead."

A FIRM WAY.

it black horse, is to her face.

"What business has one man "What business has one man to ride, and another man just as good—and father is as good as Mr. Burton—to walk, walk, walk through the days!" she cried bitterly,

the days!" she cried bitterly.

In this vein did, Margaret's thoughts run all the way up. the mountainside to the little section-house near the railroad, where she was bearing her father's dinner to him. Every day in the week, save Saturday, Mr. Carew carried his dinner along in a pail, but on Saturday it was Margaret's pleasure that her father should have a hot dinner. Usually the self-imposed duty was an agreeable one, for Margaret thoroughly enjoyed the bracing walk, and the little visit at the end with her father. He was a lways so appreciative of the little surprises the basket held for him; and very often he had a souvenir for his daughter in the form of a bit of agate or a specimen of unique ore the miners gave him. But this morning Margaret was out of tune; a sore spot in her sensitive nature had been touched-and not even the knowledge that her father was a college graduate and

"back home" had held a high posi-tion comforted her. There were "back home" had held a high posi-tion comforted her. There were times when Margaret felt proud-thinking of how her father had in fol-lowing his physician's advice to go West in search of health, bravely ac-cepted the humble position of track-walker, because it offered a living for others, and perhaps health for himself and her. Sometimes Marga-ret said to herself: "He's the best father a daughter ever had, and I'm going to try to be the best daughter." Usually Mar-garet was brave and patient and

garet was brave and patient cheery, as was her father.

you start right away. The Durango train leaves Rico at once, and Peter would better go over the tracks be-

fore she come Margaret lingered a minute eure that her father's make make eure that her father's ankle was as well cared for as possible under the circumstances, and to spread his dinner before him, then she set off on her errand. For a short distance the tracks lay along a comparatively level stretch and then began to ascend Summit Hill; and as Margaret made her way over the roadbed, she could not help thinking how many, many times her father had traveled backward and forward over the same route, and always with his eyes open for the slightest thing that might possibly cause accident.

"I must be on the lookout, too,"
Margaret said to herself; and the
next moment gave a cry of alarm as the top of the curve was reached, she looked down at the unexpected sight which met her eyes on the other side. Here, indeed, was that which threatened delay, if not danger, to the Durango train. A rock and mud slide had come down from Summit Hill and stopped square on the railroad track. Margaret hurstyllia successions of the summer than the summe the top of the curve was reached, the railroad track. Margaret nurriedly drew near the scene; here the rails were covered with a soft slush of mud and water, thirty feet or more long and several feet deep. At first Margaret thought it would be impossible for her to gain the other side, and Summit station, but she knew that her father would have re-cognized no such word as fail in a like situation, and neither would

Struggling and staggering, finding foothold on this piece of a foothold on this piece of rock or that, Margaret persevered till, mud stained from head to foot, she at last reached the other side. The remainder of the way to the station around a second and lesser curve was then traversed, and a report of the slide conveyed to Peter Noonan. In a very short, time a cang of men a very short ort time a gang of work, while the f the flagged

were at wo train waited, "I am glad you could do it, daugh-ter," the father said, when hearing from the men how the accident had

from the men how the accident had been averted.

"I was glad, too, I could do it, father dear," answered Margaret.
"And it was just because you have always told me to keep straight ahead when hard things came."

Mr. Carew laughed. "That's the way hard things are done, Maggie."
And he shut his lips tightly. Only be and his God knew how hard some

he and his God knew how hard some of the things were that had been ask-

trackwalker before Mr. Carew was again able to use his sprained ankle. But the men had not been slow in making known Maggie Carew's scram-ble over the landslide, and Mr. Bur-ton had listened with twinkling

eyes.
"Yes, yes," he said. And when
Mr. Carew was ready for the place, there was a place ready for him in Mr.Burton's office.

Red Blood Good Health.

Spring blood is thin and watery until Dr. A. W. Chase's Nerve Food is used.

SOUND HEALTH FOR ALL CHILDREN.

Disease attacks the little ones through the digestive organs, Baby's Own Tablets are the best thing in the world for all stomach and bowel troubles of children. They act onic. the world for all stomach and bowel troubles of children. They act quickly and are absolutely safe. If necessary the Tablets can be crushed to a powder or dissolved in water. Mrs. F. Gay, St. Eleanois, P.E.I., says:—"I know of nothing to equal Baby's Own Tablets for the cure of stomach and bowel troubles. I cannot speak too highly of this medicine and do not feel safe without a box of Tablets in the house." Sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

The Centenary of Balfe,

By the Rev. Hugh F. Blunt, in Dong-hoe's for May.

If the Irish Genius of music ever became incarnate on this earth, surply it was in the person of Erin's most melodius son, Michael William Balle, the hundreth anniversary of whose birth we celebrate on May fitteeth of the present year. It is a fatteeth of the present year. It is a fatteeth of the present year, it is a fatteeth alle means today, since the what Balle means today, since the musical world has to an alarming what Balle means today, since the musical world has to an alarming extent outgrown his efforts, but as a memory of one who for many years of his life enjoyed the fame and consequent happiness with which the unbiased world of his day rewarded his indisputable talents. How the world wags indeed, I thought, as I pored over the two score and more of his operas and innumerable songs which I foundupon my shelves of the Brown music collection in the Boston Public I found upon my shelves of the Brown music collection in the Boston Public Library. Here were operas which one aroused the enthusiasm of the beaux and belies of the early days of the departed century, when my lady fair won her way to the hearts of gallant admirers by the involuntary tears which bedewed her cheek as she sang the tender melody of "The Light of Other Days." Gone forewer she sang the tender melody of "The Light of Other Days." Gone forever are the beaux and belles, gene, too, as irrettievably as—the plaudits of their soft hands, the Catherine Greys, the Sicilian Brides, the Iolanthes, and their kindred sisters who strutted their brief hour on the stage as prelude to unbroken repose in the catacombs of the library shelves. All are deadand buried but the immortal "Bohemian Girl," ever to be a farite while there are men who prefer a line of melody to a Wagneria a life of includy to a wagnerian left-motif. It is this work which has kept Balfeapartfrom the mere names, and makes men remember not his multitudinous scores but the man himself, who in his life had fame enough for ten men, but who in the midst of flattery and appleause ever re-mained of the noblest and best in

Burdock

Turns Bad Blood into Rich Red Blood.

No other remedy possesses such perfect cleansing, healing and puri fying properties.

Externally, heals Sores, Ulcers,

Abscesses, and all Eruptions. Internally, restores the Stomach, Liver, Bowels and Blood to healthy action. If your appetite is poor, your energy gone, your ambition lost, B.B.B. will restore you to the full enjoyment of happy vigorous

Answers to Important Questions.

"Some of our non-Catholic breth-"Some of our non-Catholic bruth-ren," said Rev. M. J. Riordan, of Baltimore, in a recent sermon "ask by what right the Church assumes to make laws validating or invali-dating marriage. This is a fair question and deserves an answer. Marriage is not only a legal relation, but a holy union as well, a divin-institution as revealed in Genesis and in the New Testament. The State Red blood is the foundation of health and strength.

The same parts of the blood which give it color—the red corpuscles give it color—the red corpuscies— also contain the elements which sus-tain and invigorate the body and its makes a marriage between first color makes a marriage between first color makes a marriage between first essins void, and in England for churies a man might not validly man his dead wife's sister. The Statestablishes nullifying martimonial in

Father Boswin,
Indian, recently
and thoroughly
tholic Examiner
Marie Corelli. Hi
careful, searching
have been publis
for Writings of
Herder, publisher,
therefrom we quot
Master Christian."
This romance Master Christian."
This romance coming back to en order to reveal true meaning of Cafter a few month close his divine id rious departure of An Italian carding pre by name, but unnamed, discover in Rouen and ado extraordinary of extraordinary vietual character. company, the boy every opportunity pression to his vietuality and religit around him. But Rome that he make in the presence of to criticise the rick of the Vatican as generally, as havi tian spirit. The cese depicted in the only in name. As a nondescript crelli's imagination for a dreamy proceeding of the views and preventing the procession of the views and preventing the views and views and views and views are views and views and views and views are views and views

Marie

Editor Monitor, (Kindly let me k valuable paper if tian," by Marie Beading for Catho Who is Marie Co. Is she pagan, in (Signed)
Father Boswin, recently

the Salvationist Paris and Rome; a gets his high posi officiate, in plain one of their publi Hereupon vith deposition by risis he consults t advice severs his Thereupon he gets is the same day t after receiving a & the boy in his We have restrict the barest outlines Catholic readers t ering more of th than is necessary.
of Marie Corelli

of Marie Corein
"The Master Chrithe most hostile tholic. In the though sometimes even insidious, a and limited in scopesition of this on executed as an ole executed as an op-denunciation of the denunciation of the Far from consideration of the sweeping condemnater Christian," we ous justice would stronger censure. stronger censure. that, in any case, that, in any case, tholics will recogr spirit of the book. In the present we ber of the previous flaunts her disregg Thus she makes no dinal Bonpre declar a system—but, whe

a system-but whe

nded on the ter

who was divine, a of St. Paul, who a question to me est. Paul was a man, but he was not God-in-man. leaves no place fo St. Paul's method doctrine serves as establishment of an relsome sect ever k approved character rd Petrus (?), Church,' when He He had to deal wi would soon deny E the mind of the Car dation of the Chur memory of the And the writer, proclaiming her di

Sui