

The HOME CIRCLE

SOMETHING FOR A RAINY DAY.

You see, Aunt Bride is so anxious to save her girls from mistakes she knows they will regret later, that she is even willing to run the risk of being unpopular. You see the proof of her devotion, don't you? Most of us are willing enough to admit that it's our friend who tells us of our faults, but we can't help being a bit resentful somehow. And we can't help wondering, unless we're uncommonly near perfection, if our friend couldn't just as well have kept her eyes on her own faults. "She's got enough of them," we say to ourselves resentfully. And, candidly, Aunt Bride thinks that there are only a very few instances that justify one friend in criticizing another's conduct. Few friendships will stand the strain. Of course, when our friend proposes to do something obviously wrong, there is no honest course left for us but to express our opinion and to point out the error. To keep silent would be cowardly. But in the little things we are not called upon to judge. What if your friend's taste in millinery is atrocious in your eyes. If she likes it, why notice it at all? After all, your choice may seem as outlandish to her. It's mostly a matter of personal taste. As for finding fault with our friends behind their backs, or listening without protests while others do the picking to pieces, no girl with an atom of loyalty or fair-play in her make-up would dream of such a thing. But after all, however much our friends' criticisms may make us wince for a moment or two, we should be very foolish if we didn't stop and ask ourselves how much justice there is in the criticism, and still more foolish if we didn't set about mending our ways, no matter where the criticism came from. You know, occasionally people have suddenly been awakened to very serious faults in themselves—faults they never dreamed of owning—by overhearing a discussion of their characters not intended for their ears.

Now in this matter of spending every cent of her wages as fast as she gets it, there are a good many girls who need a candid friend to tell them of their foolishness. For it is foolishness—nothing else. Money is not the most important thing in the world by any manner of means, but a little of it goes a long way towards securing some of those more important things. The girl who earns \$9 a week and spends as she goes, is laying up a large store of regrets. Some day she will find herself out of a position, perhaps, through no fault of her own. Then while she is searching for work she will wish many times for the money she ought to have in the bank. It would keep her out of debt. It would buy her a new tailor-made suit, and nothing helps a girl in getting a new position so much as a spick and span appearance. And most important of all the knowledge of that fund in the bank would keep her from worrying herself into a state of nerves fatal to the new occupation.

"But," says Marie, "what's the use of worrying so much about the future, and old age, and other unpleasantnesses? We don't intend to be old maids. Most girls get married and let their husbands do the worrying and worrying for them. I think a girl ought to have a good time when she's young."

To be sure, a girl ought to have a good time. But it isn't necessary to spend all your money on it. It is quite possible to have a good time indeed, and spend very little. The best good times are very inexpensive. You can meet at each other's houses, and chat, and play games, and have some music. You can take long walks and observe the flowers and birds and trees, the wonderful clouds, the beautiful sunset, the panorama of mountain and valley and river. The girl who does not train herself to appreciate the great entertaining programme which nature furnishes us, from day to day, misses a great deal of pleasure. But even an occasional entertainment, a whole course of lectures or concerts, or a few matinee tickets, need not prevent your saving something. If you can't save a hundred dollars, save ten. If you can't save ten or four dollars a week, at least save one dollar, or even fifty cents, or less. It's the persistent saving of a small sum week after week that counts. Don't try to save too much or to save at the expense of the wrong things. Learn to distinguish between the frills and the indispensables. You must have good food. You must have neat and suitable clothing. You ought to have reasonable recreation. But there are any number of little luxuries you will be better without. Most girls buy more candy than is good for them. You can get on very well without ice cream soda, or Peggy bags, or lace handkerchiefs, or bead chains. The important thing is to get the saving habit started. Join a good insurance society. Having to pay regular dues will help you to acquire the habit of setting aside a regular sum each week—Aunt Bride, in the Sacred Heart Review.

FOR DINNER PARTY.

In laying the table for a dinner, it should first be covered with a white silence cloth, and over this a fine damask. Although something more elaborate may be desired, never use anything that cannot stand laundering or cleaning. In selecting flowers, use those free from heavy odor and to correspond with the lighting and color of the room. The low glass baskets for holding flowers are now popular, for they do not obstruct the view of the guests. Candles are used for lighting the table, as they produce the softest effect. Arrange in small cut glass or silver dishes olives, radishes or celery, salted almonds and bonbons. Olives, celery, and radishes should have sufficient cracked ice to keep them cold.

At the left of the forks lay the napkin, with a roll of piece of bread between the folds but in sight. Knives to the right, blades to the left, and beyond these the spoon for soup. If oysters or clams are to be served, lay an oyster fork just beyond the soup spoon. On the left dispose of the forks in order of use, the one to be

used first being furthest from the plate. No tablespoons should be on the table except those to be used for soup. A large tablespoon and fork, however, should be on the dish which is placed upon a napkin and passed to each guest by the maid.

At the right hand each guest finds a goblet of water, and beside this the glass for Apollinaris. Or, if wine is to be served, the glass for water is set nearly in front of the plate, the glass for sauterine at the tip of the soup spoon, and that for other wine between the three. Salt and pepper cups with spoon are placed between each two covers, or at the head of each plate. A dinner roll is eaten with or without butter, as preferred. In very formal dinners butter is not served, but at informal ones it is often seen.

When giving a large dinner party it is better to have everything carved in the kitchen, and handed round to each guest in succession. It is not always possible to do this unless there are a number of servants. If the dinner is informal, let the maid pass around the entree and vegetables for each guest to help himself, and have the soup, roast, and game placed upon the table for the host to serve. A different set of plates may be used for each course; but the guests must never be left without a plate, except when crumpling the table after the salad course.

If the coffee is served in the drawing room or library, the bon-bons are passed there. The waitress may bring it in, after-dinner cups on a tray, and return for the sugar; or the after-dinner coffee service—coffee pot with cups and sugar bowl—may be brought in on a large tray, and set down on the table at which the hostess pours the coffee. The maid passes the cups on a tray, and afterward the sugar.

Pinks, roses and violets are always suitable for table decorations, but they should not be put on the table until just before dinner is served, as they are apt to be wilted by the heat and the lights.

IN HOURS OF SLEEP.

There is absolutely no need of a woman looking worn and dragged after being up late if proper rest is taken, and this requires practically no extra time and little effort, for the simple remedies, as it were, that will rest nerves and body so that sleep will be natural and soothing are easy to apply.

A person's eyes are apt to feel hot and tired after a long day and evening spent in using them, part of the time amid artificial light. They more or less affect the head, and not infrequently headaches come entirely from eye strain. Nerves that have been stimulated and stretched must be relaxed if there is to be any restful sleep, and should a heavy and indigestible dinner have been part of the evening's entertainment added treatment is necessary.

As digestion is the most important of all the proper way of insuring it should be decided. A woman who dines out a great deal and who has preserved her complexion marvelously through many seasons makes it a point always to drink a glass of aperient water before going to bed after she has had a rich dinner. By this means she declares there is not the slightest danger of headache, for should her food not be properly assimilated it is carried out of the system at once without drastic treatment. Even should it be a time when digestion would have gone on without aid, she has still eaten many things that can do no good, even though they do no harm, and on the whole she prefers to eliminate any danger to stomach or complexion. This she considers is done by a glass of aperient water. Many persons prefer this dose in the morning, but under the particular conditions night always seems to me the best time for it.

If one is so fortunate as to have a bath tub with hot water always on tap it is the greatest possible refreshment, after a long evening, to take a tub before getting into bed. The water should be drawn as hot as can be endured without discomfort. There will be no danger of taking cold, for one should get into bed immediately afterward. Not more than five minutes extra will be consumed.

How Is Your Cold?

Every place you go you hear the same question asked. Do you know that there is nothing so dangerous as a neglected cold? Do you know that a neglected cold will turn into Chronic Bronchitis, Pneumonia, Disrupting Catarrh and the most deadly of all, the "White Plague," Consumption. Many a life history would read differently, on the first appearance of a cough, if it had been remedied with

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In taking this most refreshing bath, for the tub can be filling while one is undressing, and the soothing effect of immersion in hot water more than repays any trouble. There should be an eye lotion and some soft oil muslin near the bed, where it can be readily applied. No simple eye tonic is better than a five per cent. solution of boric acid in which a few drops of camphor water have been added, if desired. Two little pads of muslin should be soaked in this, and when quite wet laid over both eyes. The moisture causes them to adhere, and they will remain on for an hour or more. When dryness causes them to drop off it is a very wise precaution if one awakes to wet them again, for by this means there will be no heaviness of the lids the next day, and the eyes will feel no fatigue.

If, instead of having been to a dinner, one is going late to bed after a fast of some hours, it is the greatest possible mistake not to take some kind of nourishment first. To sleep when the stomach is entirely empty is quite impossible, and something easy of digestion should be taken. Warm milk, slightly salted, is most beneficial, but if one is so situated that anything hot is impossible to get, some substitute must be taken. Cold milk should be avoided, as at a low temperature it is difficult of digestion. Malt extract for those with whom it agrees is good; also fruit, biscuits or anything light.

A Recognized Regulator.—To bring the digestive organs into symmetrical working is the aim of physicians when they find a patient suffering from stomachic irregularities, and for this purpose they can prescribe nothing better than Parmele's Vegetable Pills, which will be found a pleasant medicine of surprising virtue in bringing the refractory organs into subjection and restoring them to normal action, in which condition only can they perform their duties properly.

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HOW TO EAT. Don't bring worries to the table. Don't bring anger, hate or scowls; Banish everything unpleasant. Talk and eat with smiling jaws. It will aid your own digestion. None of them are to be mentioned. If you wear a smiling face, it will jolly up the others. If you only set the pace; Knowing something funny, tell it; Something sad, forget to tell it; Something hateful, quick dispel it, At the table.

Cares domestic, business troubles, Ills of body, soul or brain; Unkind thoughts and nagging tempers, Speech that causes others pain, Crimes and wrongs and right's defeat, Public woes and grim disasters, Freshment, after a long evening, To take a tub before getting into bed. The water should be drawn as hot as can be endured without discomfort. There will be no danger of taking cold, for one should get into bed immediately afterward. Not more than five minutes extra will be consumed.

Erin's Music

Of the music of Ireland Dr. Ernest Walker says in his recent "History of Music in England": Few musicians have been found to question the assertion that Irish folk music is on the whole the finest that exists; it ranges with wonderful ease from the whole gamut of human emotion from the cradle to the battlefield, and is unsurpassed in poetic and artistic charm.

If musical composition meant nothing more than tunes 16 bars long, Ireland could claim some of the very greatest composers that have ever lived; for in their miniature form the best Irish folk tunes are gems of absolutely flawless luster, and though, of course, some of them are relatively undistinctive, it is very rare to meet with one entirely lacking in character.

Of late years the publication of numerous collections of arrangements by Stanford and others, and of the huge mass of melodies transcribed in the middle of the last century by Petrie, has attracted special attention to this field; and there is no branch of folk music which has been investigated with more artistic thoroughness.

Nearly all Irish tunes show a peculiar sensitiveness of feeling, it is true that frequently they do not seem emotionally to fit the words with which they were in their earliest days connected, but as mere successions of notes without others, and of the huge mass of melodies transcribed in the middle of the last century by Petrie, has attracted special attention to this field; and there is no branch of folk music which has been investigated with more artistic thoroughness.

"It Is Not the Tear," a wonderful example of what can be crowded into a restricted structural scheme, or, "If All the Sea Were Ink," a magnificent majestic and solemn march, to which Moore's "Lay His Sword by His Side" is exactly suited. After all, for sheer beauty of melody, the works of Mozart, Schubert and the Irish folk composers form a triad that is unchallenged in the whole range of the art; deeper tones have been written by still greater men but these particular inspirations show a flawless spontaneity of utterance, an instinctive feeling for loveliness and dignity of phrase as such, that we do not find elsewhere in anything like the same profusion.

They Wake the Torpid Energies.—Machinery not properly supervised and left to run itself, very soon shows fault in its working. It is the same with the digestive organs. Unregulated from time to time, they are likely to become torpid and throw the whole system out of gear. Parmele's Vegetable Pills were made to meet such cases. They restore to the full the flagging faculties, and bring into order all parts of the mechanism.

An Odious Expulsion

The expulsion of Bishops from their palaces and parish priests from their presbyteries has been going on a long time, yet the impious work is not quite finished, writes the Paris correspondent of the "Irish Catholic." Indeed, scarcely a week elapses without some such cruel act being perpetrated in the name of the law. The other day an exceptionally odious expulsion was effected at Villards-sur-Thones, a little village in the Haute Savoie. The old parish priest and his curate, who are beloved by all their flock, had, with the consent of all, remained in their presbytery. They were the more justified in doing so because there was not a single

house in the hamlet in which they could find shelter. There was not even a cottage to let. Nevertheless a strong force of gendarmes was sent to turn them out of the presbytery in which the old priest had lived nearly all his life. No fewer than forty gendarmes, commanded by a captain named Bretan, commenced the siege of the house and called on the priest to surrender. All the inhabitants of the village, who had been warned of the arrival of the armed force by the ringing of the church bell, assembled to protest against the outrage. Even the women and children were so carried away by their indignation that they attacked the representatives of authority, though they should have known by the experience in other parishes their resistance would be useless. The first encounter, during which heavy blows were exchanged, resulted in the arrest of five persons. When the gendarmes were taking their prisoners to jail the crowd became yet more infuriated, and charged with such vigor, in the hope of rescuing their relations and friends, that several of the gendarmes were wounded and their captain felled to the ground by a formidable blow with a heavy lying senseless on the road, but was ultimately conveyed back to Anney. cudge. He remained several minutes The prefect of the department, being informed of this regrettable incident, arrived at Villards-sur-Thones in the afternoon, accompanied by a strong force of other gendarmes. With these reinforcements further resistance was impossible. Twenty-two of the most ardent partisans of the parish priest

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