

IN WOMAN'S WORLD.

NOTES AND REFLECTIONS.

A CONTRIBUTOR to the current number of "Woman's Life," in dealing with the growing inclination of women, young and old, to gossip about the affairs of their neighbors, gives some reasonable advice. Countless are the injuries inflicted upon innocent people by this loose-tongued, thoughtless class. Friends have been separated and households broken up owing to their indiscretion. Here are the words of a thoughtful and experienced woman:

There is an old saying that the receiver is as bad as the thief, but surely the tale bearer is much worse than the original speaker. The woman—unfortunately, it generally is a woman—who comes to your house, is received as a friend, kindly treated, and before whom you talk with confidence and freedom, never dreaming that she will prove a spy and a tattler, deserves to be ostracized.

What has been said in her hearing may have been perfectly harmless; at worst, it may have been only a thoughtless speech, but if repeated to those whom it concerns it assumes proportions that would horrify the poor, innocent chatterer could she but hear it.

Let not the tale-bearer seek to excuse her want of honorable feeling, her betrayal of her hospitable entertainers, by the plea that she has but spoken the truth. There are times when speaking the truth may be the basest of treachery. Besides, it is almost impossible to speak the exact truth in such cases. Is a tale-bearer ever careful to show the circumstances that led up to the remark that she reports, or to reproduce the exact tone of the speaker? A change of emphasis may completely alter the sense, and wound and anger those who hear the story; yet the same words may be employed.

It is the height of indiscretion to repeat, even without evil intent, what has been said about anyone to the person concerned, unless it is something that is sure to give her pleasure. Unfortunately, it is the pleasant things that are too seldom retailed, while a single unflattering remark will be dwelt on.

When I was a very young girl, an old lady said to me: "My dear, when anyone, under any pretext, tells you unkind things that have been said about you, without the most pressing and obvious necessity, never trust her: that person is an enemy. As likely as not the story is her own invention. In all cases she desires to give you pain, and does not speak from a kind motive."

I would give this bit of advice: In society, when you cannot say pleasant things hold your tongue. Often it is difficult to foresee that a simple remark will give offence, so it is better to be on the safe side. Observe this particularly when talking to people about their intimate friends, their neighbors, relatives, or connections by marriage. Some will be angry to think that a stranger has heard some news before themselves. A daughter-in-law will be embroiled with her mother-in-law because that worthy lady learns first through you that the purchase of a new drawing-room carpet is contemplated. "Very silly," you may say. To be sure, but the world is full of silly people, and we are all silly on some point.

Half the broken friendships are due to the tale-bearer and her long tongue. Unpleasant gossip, whether malicious or simply foolish and tactless, every woman should make a resolution never to carry to the person concerned. The tale bearer is a common danger—a snake in the grass, a private detective, a treacherous eavesdropper. If she was exterminated to-morrow the world would be the happier.

At times most of us say things, even about our nearest and dearest, that we do not mean or only half mean, and that do not for a moment interfere with the real love and regard we bear them. It is not extraordinary, then, that we should be so sensitive when we hear that they, in turn, have dropped a word about us that does not seem to us quite kind? We fret, and sulk, and begin to dislike them, instead of looking at the thing broadly and consider that it probably was uttered without ill-feeling.

When all is said and done, we are to other people only of the same importance as other people are to us, and sometimes less. We are inclined to be far too sensitive where we are concerned, and not half sensitive enough about our neighbors. The remark that, when repeated to us about ourselves, gives us a sleepless night, when we hear it applied to our friends does not cost us a second thought. It is a fatal and foolish fault to be "huffy," and is a certain mark of ill-breeding and a narrow, selfish mind.

HOUSEHOLD NOTES.

THE non-breakfast diet, says a writer in an English magazine, has more adherents than is suspected. A woman was encountered the other day who said that not a morsel was cooked in her home any day in the year until the noonday meal. Her children went off to school, her husband to his business, and even the maid, who had become a convert, went through her morning duties—all without breaking their fasts. The theory on which these two meals-a-day folk base their conduct is that no work being done after the late and hearty dinner, and little tissue waste following during the hours of sleep, the body has sufficient energy stored from the evening meal to meet the demands of the next forenoon's work. To take a hearty breakfast, they claim, is simply to provide a surplus of supply, and by just that much overtax the system. The elimination, therefore, of these 365 meals a year means conserving of energy, which, in the aggregate, is very valuable. They say, too, that after the first week or two it requires no effort to begin the day without food, and even the aromatic Mocha steaming through the house produces no effect upon their resolutions. The same woman is authority for the statement that the adherents of this diet or want of diet are numerous, a statement that is sustained by recent newspaper reports from various places.

Hot milk is the newest panacea for all complexion ills. If the face be wrinkled, sallow, freckled, or otherwise afflicted, hot milk, says the enthusiast over this new remedy, will produce a cure. Convert declare that the face, after being washed with milk at night, feels wonderfully refreshed, while the skin soon becomes very white and soft. Some even go so far as to pour a generous quantity of milk into the water for the bath, and claim that it is positively magical in removing fatigue.

There are few things worse and more dangerous than damp beds. However tired you are, sit up all night rather than run the risk of sleeping in a damp bed. The moist air of a bed not thoroughly aired carries away the natural heat of the body with wonderful rapidity. This causes chill which is only, in many cases, the forerunner of rheumatic fever, lung diseases, and other dangerous maladies. A damp bed may be tested by placing a hand-glass in it; if damp exists, the glass will come out with a mist on it. If at any time a doubt arises in your mind whether the bed is quite aired, take out the sheets and sleep between the blankets. In this way you are less liable to take a chill.

In discussing the question of the care of children a lecturer recently said that wise mothers will always see that the children have dry feet, and shoes loose enough to be comfortable, but not loose enough to slip round. A child should never be allowed to wear a shoe that is run over at the side or heel, and the habits of standing on the outer edge, turning in the toes, or rubbing one foot over the other should be promptly discouraged.

The child should be taught that shoes and stockings must be changed the moment his feet are wet. If the wearing of cotton stockings cause the feet to feel damp and cold, which they sometimes do, let the child wear woollen hose.

Never let the children go to bed with cold feet. A great many mothers make the mistake of wrapping up a child's throat and allowing him to go about with damp feet.

An authority gives the following five rules on roasting a joint: (1) First see that a good clear fire is burning, and sweep up all ashes, so that there will be no need to make a dust while the meat is before the fire. (2) Allow a quarter of an hour to each pound of meat, and half an hour extra to each eight pounds. It is necessary to cook close white meats, such as pork or ven, rather longer. (3) Place the meat first close to the fire for about seven minutes, then draw it farther away. The object of the fast cooking to start with is to close up the pores of the meat and keep in the gravy. (4) To roast properly, meat must be constantly basted, and be carefully watched that it does not burn. (5) Turn the joint from time to time, so that it is equally done all over.

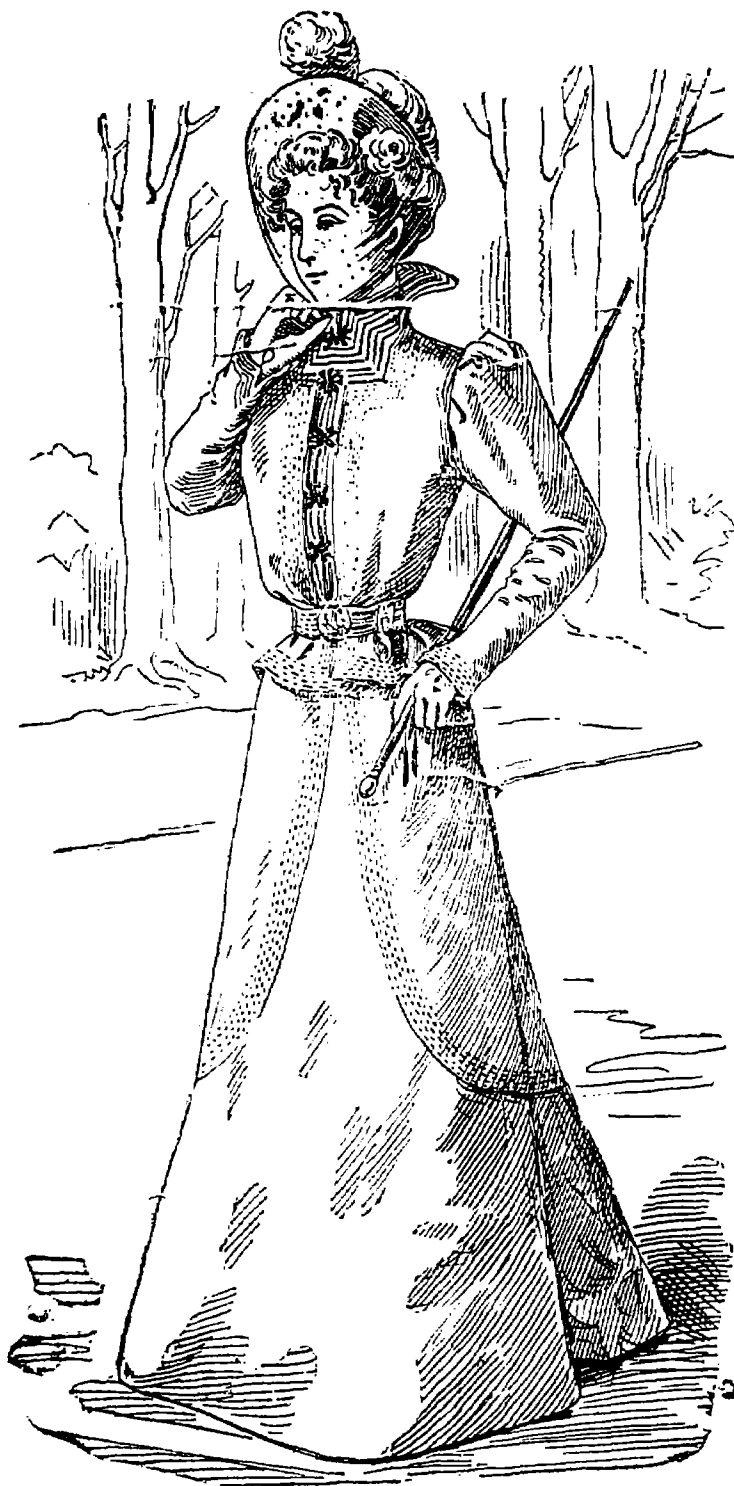
An excellent dish in which rhubarb can be plentifully used is the following:—Wash and peel the rhubarb, cut it in small bits, and put it in a jar with enough sugar to sweeten; stand the jar in a saucepan of boiling water and let it cook until tender. Rub through a sieve and mix with an equal quantity of boiled custard, made with three eggs to every half-pint of milk.

To make pineapple fritters—Turn out the contents of a small tin of pineapple chunks. Put a quarter of a pound of fine flour in a basin, and mix it with a gill of lukewarm water and two table-spoonsful of olive oil; beat the whites of two eggs to a stiff froth and stir them in lightly. Dry the pineapple chunks, and lift them with castor sugar; dip them in the batter and fry in deep fat a golden brown. Drain on soft paper, dip in a pile on a fancy paper, and sift castor sugar over.

BEEF, HASHED IN TOMATO SAUCE.—Cut nice slices from the remains of yesterday's joint. Slice a pound of tomatoes, two onions, and two sticks of celery, and cook them to a pulp in a saucepan with two ounces of butter, a slice of bacon or ham, a bayleaf, salt, and six pepper corns. Rub all this through a sieve, reheat, and warm the slice of beef in it. Do not let the sauce boil after the meat is in.

WHIMS OF FASHION.

THE novel effects in dress trimmings, which are continually changing in some little detail, are about the only really new features to be found in dress, says the fashion authority of the New York Sun. Narrow satin ribbon in various colors, gathered into little ruches and frills, is one of the most common decorations of the season, yet is very popular, and occasionally assumes some new form. A white and blue foulard shows frills of half inch dark blue satin ribbon edging the three ruffles on the skirt and the bodice, which is a simple blouse, below a round, narrow yoke of tucked white mull, and is entirely covered with a diamond trellis design formed with the ruches of ribbon. Knife plaited frills of taffeta, silk trim organdies, as well as silk gowns. A white taffeta check with fine black lines is prettily trimmed with frills of pale blue taffeta, and plaited frills of lavender silk trim a white or



A TAILOR-MADE COSTUME.

gandies with a lavender flowered pattern. One plaiting peeping from underneath a narrow gathered ruffle of organdie heads the Spanish flounce and frills of silk edge the guimpe neck.

Many of the smartest gowns for both morning and afternoon are made of foulard. One special design, pretty for morning wear, has a plain, fire-gored skirt measuring three yards and a half at the bottom, made with the lining attached, and no trimming. The foulard is red and black, and the guimpe waist, which is supplied with sleeves, is of soft, white batiste, finely tucked. The silk bodice over this opens narrowly down the front to show the white; epaulets of silk adorn the tops of the sleeves, square revers turn down on either side from the round cut neck, cuffs of silk finish the batiste sleeves, and all the edges are simply finished with a narrow fold.

Fancy waists, in every variation of elaborate and waist effects, are the most popular of all things in fashion, if numbers are any evidence. They fill the windows, greet you in groups of dozens at every turn in the shops. And there seems to be no limit to the variety. One pretty novelty is made of mauve glacé silk, with vest and collar of white satin, a cream lace jabot bow, and lines of mauve chiffon puffing, with a narrow frill of black lace trimming the front. White satin forms the next bodice, which is trimmed with white kid and silver, and the chemisette vest and collar band are of tucked white batiste and Valenciennes lace. A bow of mauve silk at the neck gives a touch of color. White glacé silk, tucked and trimmed with black velvet, is another pretty style, while still another bodice, of rose glacé, tucked in gimps up and down, shows a yoke of tucks forming points, set together with narrow white embroidered insertion. A pretty waist for a warm day is made of flowered organdie, crossed with ruches of mauve chiffon.

The Paris fashion correspondent of the Tribune, New York, says:—If one were asked to point to the fashionable color of the season, gray would undoubtedly be the one thus designated, and the exact shade in favor is the cool silver gray that is equally becoming to blondes and brunettes. There is also a mauve-blue, of which we see a deal, and

red is conspicuous in the costumes designed to be worn away from the city. Again, some dressmakers will predict that this is to be a summer of white gowns, but this seems hardly probable. White is always more or less worn, and last summer we saw a deal of it, for, in addition to the usual white lawns and muslins, every pretentious wardrobe contained at least one elegant costume of heavy white lace. Frenchwomen were not long in discovering that for them white was the most trying of colors, and it is doubtful if they try the experiment again. The new thin stuffs are lovely, but gay as to color, and the dressmakers are also making up a great many muslins in solid colors. Yards of black velvet ribbon are used on these in the way of trimming, the lattice-work pattern appearing in every possible form. Tiny rouches of the narrow velvet are also pretty when used to festoon lace flounces, and a fringe of narrow loops is another manner of using this useful ribbon.

White pongee is one of the materials used for yachting gowns.

Black silk coats made by the tailors and stitched and pressed in the most approved fashion are one of the Parisian novelties.

The latest thing in belts to wear with shirt waists is a soft taffeta ribbon, five

HEART WEAKNESS.

MUST BE TREATED IN TIME OR ENDS IN CERTAIN DEATH.

SOME OF THE SYMPTOMS ARE PALPITATION AFTER SLIGHT EXERCISE, SOMETIMES SEVERE PAINS, DIZZINESS AND FAINTING SPELLS—IT CAN BE CURED.

From the Echo, Plattsville, Ont.

The Echo has read and has published many statements from people who have been cured of various ailments by the timely and judicious use of Dr. Williams' Pink Pills for Pale People, but never before have we had such personally convincing proof of its efficacy as in the case of Mrs. George Taylor, who with her husband and family reside in this village. To an Echo reporter Mrs. Taylor gave the following history of her illness and cure, and asked that it be given the widest publicity, so that others might be benefited:—"I am thirty-two years of age," said Mrs. Taylor, "and in 1885 my husband and myself were living on a farm in Perth county, and it was there I was first taken sick. The doctor who was called in said I was suffering from heart trouble, due to nervous debility. All his remedies proved of no avail, and I steadily grew worse. The doctor advised a change, and we moved to Moncton, Ont. Here I put myself under the charge of another physician, but with no better results. At the least exertion my heart would palpitate violently. I was frequently overcome with dizziness and fainting fits. While in these my limbs would become cold and often my husband thought I was dying. I tried several medicines advertised to cure troubles like mine, but with no better results, and I did not expect to recover, in fact I often thought it would be better if the end came, for my life was one of misery. We moved back to the farm, and then one day I read the statement of a lady who had been cured of similar trouble by the use of Dr. Williams' Pink Pills, so I said to my husband that I would try this medicine and it seemed to me that it was my last chance. Before the first box was finished I felt an improvement in my appetite and felt that this was a hopeful sign. By the time I had used three boxes more my trouble seemed to be entirely gone, and I have not felt a single recurrence of the old symptoms. Since moving to Plattsville I have used two boxes and they had the effect of toning up the system and curing slight indispositions. To-day I am a well woman and owe my life to Dr. Williams' Pink Pills, and to me my restoration seems nothing short of a miracle. I was like one dead and brought back to life, and I cannot speak too highly of this medicine, or urge too strongly those who are afflicted to give it a trial."

It has been proved time and again that Dr. Williams' Pink Pills cure heart trouble, nervous debility, rheumatism, sciatica, St. Vitus' dance and stomach trouble. They make new blood and build up the nerves, restoring the glow of health to pale and sallow faces. Be sure you get the genuine as there is no other medicine 'the same as' or 'just as good' as Dr. Williams' Pink Pills. If your dealer does not have them they will be sent post paid at 50 cents a box or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

PATENT REPORT.

Messrs. Marion & Marion, patent solicitors and experts, New York Life Building, Montreal, furnish us the following list of Canadian patents recently granted to their clients:

- 59,746—Geo. Harrison, King, Ont., safety attachment.
- 59,758—W. E. Werner, Dunnville, Ont., coffee and spice mill.
- 59,796—A. F. Fraser Cross Point, P.Q., horse blanket fastening device.
- 59,797—Paul Fredrickson, Bru, Man., machine for cleaning seed wheat.
- 59,848—V. A. Charron, Montreal, ice clepper.
- 59,857—E. B. Watson, London, England, process for manufacturing food, etc.
- 59,908—C. W. Sundstrum and Armand Valois, Mattawa, P.Q., car coupler.

Inspector in Parish School.—Now, my boy, if I had a mince pie, and should give two-twelfths of it to John, two-twelfths to Patrick, and two-twelfths to Thomas, and give you half, what would there be left? Speak out so that all can hear.

"The plate!" shouted the boy.

AN ESSENTIAL IN ALL HOMES.

SIMPLE STRONG

SILENT SPEEDY

14 Millions Made and Sold

Always improving. Never better than now. See the Latest Model.

THE SINGER MANUFACTURING CO. OFFICE IN EVERY CITY IN THE WORLD.

Our subscribers are particularly requested to note the advertisements in The True Witness, and when making purchases, mention the paper

Society Meetings.

Young Men's Societies.

Young Irishmen's L. & B. Association
Organized April 1874. Incorporated Dec. 1875.
Regular monthly meeting held in its hall, 18 Dufferin street, first Wednesday of every month at 8 o'clock, P.M. Committee of Management meets every second Thursday of each month at 8 o'clock, P.M. President, JAS. J. McLEAN; Secretary, M. J. POYER; all communications to be addressed to the Hall. Delegates to St. Patrick's League: W. J. Hickey, D. Galtier, Jas. McMahon.

St. Ann's Young Men's Society.

Organized 1885.
Meets in its hall, 157 Ottawa Street, on the first Sunday of each month at 8:30 P.M. Spiritual Director, REV. STRUBBINS, C.S.S.R.; President, JOHN WHITTY; Secretary, D. O'NEILL; Delegates to St. Patrick's League: J. Whitty, D. J. O'Neill and M. Case.

Ancient Order of Hibernians.

Division No. 2.
Meets in lower vestry of St. Gabriel New Church, corner Centre and Laurier streets, on the 2nd and 4th Mondays of each month, at 8 P.M. President, ANDREW DUNN; Recording Secretary, THOMAS SMITH; 63 Richmond street, to whom all communications should be addressed. Delegates to St. Patrick's League: A. Dunn, M. Lynch and L. Connaughton.

A.O.H.—Division No. 3.
Meets the 2nd and 4th Mondays of each month at Hibernia Hall, No. 242 Notre Dame St. Officers: P. H. Wall, President; P. Carroll, Vice-President; John Hughes, Sec. Recording Secretary; Wm. Kewley, Rec. Secretary; W. P. Stanton, Treas.; Marshal, John Kennedy; T. E. Keane, Chairman of Standing Committee. Hall is open every evening (except regular meeting nights) for members of the Order and their friends, where they will find Irish and other leading newspapers on file.

A.O.H.—Division No. 4.
President, H. T. Kearns, No. 32 Deloraine avenue. Vice President, J. P. O'Hara; Recording Secretary, P. J. Finn, 15 Kent street; Financial Secretary, J. J. Foully; Treasurer, John Travers; Sergeant-at-arms, D. Mathewson; Sentinel, L. White; Marshal, F. Geahan; Delegates to St. Patrick's League, T. J. Donovan, J. P. O'Hara, P. Geahan; Chairman Standing Committee, John Costello. A.O.H. Division No. 4 meets on the 2nd and 4th Monday of each month, at 1111 Notre Dame street.

C. M. B. A. of Canada.

C.M.B.A. of Canada, Branch 74.

Organized March 14, 1888. Branch 74 meets in the basement of St. Gabriel's new Church, corner Centre and Laurier streets, on the first and third Wednesdays of each month.
Applicants for membership, or any one desiring information regard the Branch, may communicate with the following officers:
K. W. O'MARA, P. P., Spiritual Director, Centre street.
Capt. Wm. Duggan, President, 15 Fire Station.
MARTIN MURPHY, Financial Secretary, 1711 Centre street.
Wm. Cullen, Treasurer, Bourgeois street.
JAMES TAYLOR, Secretary, 101 Rosel street.

C.M.B.A. of Canada, Branch 26

ORGANIZED, 13th November, 1887.
Branch 26 meets at St. Patrick's Hall, 82 St. Alexander Street, on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Mondays of the month, at 8 P.M.

Applicants for membership or any one desiring information regarding the Branch may communicate with the following officers:
MARTIN EAGAN, President, 577 Cadieux St.
J. H. PEEBLEY, Treasurer, 71 Sherbrooke St.
J. A. HARRIS, Fin. Sec., 53 St. Lawrence St.
JAS. J. GUSTIGAN, Secretary, 325 St. Urban St.

C. M. B. A. of Quebec.

GRAND COUNCIL OF QUEBEC

Affiliated with the C.M.B.A. of the United States
Accumulating Reserve of \$3,000,000.
Present Reserve \$500,000.
Branch No. 1 meets every 2nd and 4th Monday of each month. For further particulars address JOHN LAPPIN, President, 18 Brunswick street, F. C. LAWLOR, Recording Secretary, 93 Shaw st.

Catholic Benevolent Legion.

Shamrock Council, No. 320, C.B.L.

Meets in St. Ann's Young Men's Hall, 157 Ottawa Street, on the second and fourth Tuesday of each month, at 8 P.M. M. SHEA, President; T. W. LESAGE, Secretary, 447 Berri Street.

Catholic Order of Foresters.

St. Gabriel's Court, 185.

Meets every alternate Monday, commencing Jan. 31, in St. Gabriel's Hall, cor. Centre and Laurier streets.
M. P. McGOLDRICK, Chief Ranger.
M. J. HEALEY, Rec. Sec'y, 48 Laurier St.

St. Patrick's Court, No. 95, C.O.F.

Meets in St. Ann's Hall, 157 Ottawa Street, every first and third Monday, at 8 P.M. Chief Ranger, JAMES F. FOWLE, Recording Secretary, ALAN PATTERSON, 199 Ottawa Street.

Total Abstinence Societies.

ST. PATRICK'S T. A. & B. SOCIETY.

Established 1841.
The hall is open to the members and their friends every Tuesday evening. The society meets for religious instruction in St. Patrick's Church, the second Sunday of every month at 4:30 P.M. The regular monthly meeting is held on the second Tuesday of each month, at 8 P.M., in their hall, 92 St. Alexander St. REV. J. A. McGALE, P.S.S., Rev. President; JOHN WALSH, 1st Vice-President; W. P. DOYLE, Secretary, 354 St. Martin Street. Delegates to St. Patrick's League: Messrs. J. Killfeather, T. Rogers and Andrew Cullen.

St. Ann's T. A. & B. Society.

ESTABLISHED 1863.
Rev. Director, REV. FATHER FLYNN; President, JOHN KILLFEATHER; Secretary, JAS. BRADY, 290 Manufacturers Street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8:30 P.M. Delegates to St. Patrick's League: Messrs. J. Killfeather, T. Rogers and Andrew Cullen.

We Do A Good Business In Roofing
Because we do good work. We sometimes make mistakes, but when we do we make things right. We'd like you for a customer.

GEO. W. REED & CO.,

783 & 785 Craig Street, MONTREAL.