

HOW TO BE HAPPY.

An exchange relates an incident in real life which reveals the cure of discontent and misery:
There's a certain old lady, who

There's a certain old lady, who lives in a little old house, with very little in it to make her comfortable. She is rather deaf, and she cannot see very well, either. Her hands and feet are all out of shape and full of pain large of her physicial like. pain because of her rheumatisa. But her best field of useful in spite of all this you will find her care of children. full of sunshine and as cheery and a robin in June, and it does one good to see her. I found out

to see her. I found out one day what keeps her so cheerful.

"When I was a child," she said, "my mother taught me every morning, before I got out of bed, to thank God for every good thing that I could think of which He had given me. for a comfortable bed, for given me—for a comfortable bed, for each article of clothing, for my breakfast, for a pleasant home, for my friends, and for all my blessings, calling each by name; and so I began every day with a heart full of praise to God for all He has done and is doing for me."

loing for me."

Here is the secret, then, of a hapby life—this having one's heart full

a when we do as this of praise, and when we do as dear little old lady does, that count our blessings every day, in a spirit of thanksgiving for them, we spirit of thanksgiving for them, we shall find many reasons why we should praise God. The trouble with most people is that they think much more of their troubles and sorrows, disappointments and privations than they do of their joys and blessings, and this makes them miserable instead of hanny. miserable instead of happy.

+ + + CHILDREN AND COURTESY.

It is of prime importance that the older persons with whom children come in contact should be most exact in practicing proper courtesy both among themselves and toward the little ones. Especially should the mother be careful not to lose her self-control in the presence of the self-control in the presence of

self-control in the presence of her children; and even when correcting them to maintain a dignity and composure which will be far more effective than loud or angry tones.

It is the birthright of every child of good parentage to be trained in all that makes noble, manly men and gentle women, and the parents who neglect this training are depriving their offsprings of something which their offsprings of something which the best schools can scarcely supply in later years. If we are to mend our manner as a nation we must commence by training our children more carefully. When this has be-come the rule rather than the ex-ception, much of the discord, which ception, much of the discord which ception, much of the discord which mars our family life will cease and we will not find so many men and women of good qualities of heart and mind who are debarred from taking their proper place in society because they are not taught in child-good the small courtesies which distinguish a lady and a gentleman.

+ + + THE BUFFET LUNCHEON.

If you have too many guests to seat at a regular luncheon and do not care to give a tea or afternoon card party, why not give a buffet luncheon? It is rather novel, can ly managed, and every one informal time, says the Chibe easily managed.

has an informal time, says the Chicago News.

One given recently for seventy-five guests was quite a delightful affair and as quickly served as if but a dozen guests had been present.

Small chairs were rented and put close together, around the divine

Small countries of the ranged for serving only. ter was a great oblong plateau of sweet peas and mignonette. Silver candelabra with pink shades were used at either end of the square table, and dotted around were bonbon dishes with nuts, cakes and can-dy; also plates of bread and butter sandwiche

dy; also plates of bread and butter sandwiches.

The menu consisted of oyster cocktails, bouillon, croquets and browned oysters, fruit salad with crackers baked with Parmesan cheese and paprika, fresh strawberry ice cream served in sherbet glasses, with strawberries on top, and coffee.

Everything was served from the kitchen, and there were enough waiters not to have delays. Several members of the family did not sit down, but moved from group to group to break up any stiffness and see that all were served promptly. Coffee was passed after the guests had risen from their chairs. This was more informal and gave an opportunity to meet friends not seen before.

The special charm of such a luncheon is that there is no formal arrangement, so guests and friends could easily manage to sit in a group.

While it saves much trouble to the

WOMEN HAVEN'T TIME.

Dr. Max G. Schlapp, of the Cornell Dr. Max G. Schlapp, of the Cornell University medical college, thinks that women's activity in business, in society, in charity work, and in politics, accounts for the tremendous decrease in the birth rate in the United States singe 1870, as well as for the spread of nervous discasses and Insanity. He thinks that her best field of usefulness is in the care of children.

WITH THE EYE OF FAITH.

It was dark as pitch and a heavy rain was falling

'Letitia!'

"Yes, mamma."
"Where are you?"
"Out here in the front porch."
"What for?"

and damp.

delightful. delightful. We're—we re 100k the stars."—Chicago Tribune.

SLEEP IS THE BEST REST.

A physician says the cry of rest has always been louder than the cry for food. Not that it is important, but it is often harder to obtain. The but it is often harder to obtain. The best rest comes from sound sleep. Of two men or women, otherwise equal, the one who sleeps the best will be the most moral, healthy and efficient. Sleep will do much to cure irritability of temper, peevishness and uneasiness. It will restore to vigor an overworked brain. It will build up and make strong a weary body. It will cure a headache. It will help a broken spirit. It will assuage sorrow. Indeed, we might make a long list of nervous and other maladies that sleep will cure. The cure of sleeplessness requires a clean, good bed, sufficient 'exercise to produce weariness, pleasant occupation, good air, and not too warm a room, a clear conscience and avoidance of stimulants and narcotics. stimulants and narcott

Never complain that you "have no friends." Make them! And to succeed, begin with yourself. Having made a friend of self, you will have no difficulty in securing others.—
Rev. W. F. Hayes.

TEACH THE CHILDREN TO SMILE

The German philospher, Kant, early to smile in a frank, un- mortar constrained manner; for the cheer-fulness and animation of the features gradually leave an impression on the mind itself, and thus create a disposition toward gayety, anniableness and sociability, which lay an early foundation for the virtue of benevo-

The reflex effect of smiling is easi-The reflex effect of smiling is easily tested whenever you feel especially irritable or blue. Persevere in turning up the vorners of the mouth at such a time, either by working the muscles voluntarily, or by coaxing them by means of the fingers. A natural smile will come in spite of your disturbance, and the clouds will begin to chase themselves out of your mental horizon. of your mental horizon

BUNGALOW DAYS

The lure of the bungalow is now exercising its sway. 'I is lulling to the soul. of residence the The bungalow exercising its sway. The bungalow is lulling to the soul. It is a kind of residence that produces the ideal vacation spirit, and in increasing numbers the wealth of the nation is turning to little places that once would have been thought inadequate. Yet it is not an invitation to rough it for the wisdom of those who it, for the wisdom of those plan the bungalows has seen to it that not all comfort be sacrificed. that not all comfort be sacrificed.
Bungalow is a term that is Indian in derivation. It was applied originally to the little one-story house that was to be found in the Bengal district of India.

The home in the new world, the common residence planned in precise mind of the carpenter was every square. It was built on a square, plot of ground. the house was square, the garden was square, the garden was square the steps square. Any departure from this hard and fast system was impossible. Therefore the bungalow, which throws form to the winds, and which does nothing more than provide a rambling collection of rooms of all sizes and plans, made an instant hit with those who like a little originality even in the plan of their residence.

The bungalow brings the porch intended the bungalow the house is all porch, it runs front and back, right and left. When there is a half story it has a gabled roof so that all the upper chambers have most attractive and funny sloping and cornered ceilings.

Often the side porch extensions are taken into the house and made from, with gabled roof and doorner with special to the back is made to correspond with the fact of the sack is made to correspond with the fact is the very last word in warm weather happiness.

What is Worn in Paris.

The coat, fastened straight up the front, also had each seam outlined with the soutache, and a series of lines ran diagonally across the opening, from the right shoulder to the hip pocket of the opposite side. A still shoulder to the hip pocket of the opposite side. A still shoulder to the hip pocket of the opposite side. A still be supported and "provide a rambling collection of the room of their residence.

The bungalow brings the porch in true front, also had each seam outlined with the soutache, and a series of lines, front, also had each seam outlined with the soutache, and a series of lines, front, also had each seam outlined with the soutache, and a series of lines front, also had each seam outlined wi The home in the new world, common residence planned in

WATERMELON SHERBET

This is as beautiful as it is palatable. First carefully scrape the red pulp from a ripe melon, saving all the juice; to two quarts of the liquid and pulp add one cupful of sugar and one of minced pecans; when partly frozen, stir in the beaten whites of two ergs. and finish whites of two eggs, and finish. Serve in a melon shell resting on a mat of leaves.—Woman's Home Companion for June

HIS WORK HIS ROSARY.

Last Spring, when the first brief, timid days of promise came sifting through the wintry weather, there was one little drama enacted on the high wall of the unfinished Cathe-dral of St. John the Divine in New York city, that was need anywers. What for?"
Mr. Lovell is here, mamma."
But why stay out there? It's cold lamp."

York city that was most appropriately set. A thin-faced, somewhat sad-cycl Italian workingman secured add damp."

"Oh. no, mamma, not at all. It's many long weeks of idleness, weeks of privation and want. But here at last was a labor that he loved, and his happiness was beyond measure.

SLEEF IS THE BEST REST.

He toiled away in a blithesomeness

of spirit that his pinched face daily belied. He hummed at his work de spite the chilling wind that still served the demons of winter. He asked for nothing more joyous than his labor and exposure on the wall. It was too bright to last. His little hear at home fall degramater.

He was working on a place of He was working on a place of, prayer—a great unfinished shrine to which the kindly eyes of heaven must be turned—and why should not his prayers be heard, though the altarwas not yet in its place? He prayed to the Virgin for his whild. He prayed with the bricks, that some way to him became as the beds in way to him became as the beads in rosary. With every brick that he ook and placed he uttered a fervid petition in his heart.
"Mothes of God, he is so little!

Mothes of God, he is so little! him live!" he brick went to its place in the

"Mother of Mercies, let me keep my little Joe!"
Another "bead" was laid with

Another "bead" was laid with those that made a chain of prayers.
"Ah, Mother of Love, I love him so—and he's so little—sweet Mother of Love—so little, so easy to save!" He labored prodigiously. He told off the bricks in a fever of haste that ned to know no abatement. seemed to know no abatement. He worked there untringly, performing incredible labors, all the time eager with another brief prayer for each of the "beads" he bedded home. It lasted a week, this effort of his heart with heart and exercise the second of th with hand never flagging for a moment. The wall became a wall of prayer—a rosary of labor. There were thousands of his heart appeals ceof

prayer thousands of his heart are thousands of his heart are thousands of his mented in its bulk.

Meantime at home the child on its cot was hovering fairly on the brink of life and death. At the end of one bitter cold afternoon, while the father, benumbed and wan of face, there, benumbed and wan of face,

with a contrasting tone or color. When white is not used, harmomizing tones are employed. The new two-tone changeable satins are brought out by this vogue, the face being of one color and the back of another, the latter of use as trimmings and facings. There are such combinations as deep plum and cerise, old gold and blue, pale mauve and pistache green, etc.

With a gown of vivid green embroidered with gold and silver and worn with white lace yoke and sleeves, there was worn recently a black Brussels net sash draped in an original style and ended with gold balls.

two rows, that are cut as extensions of the bodice front. The circular The circular of the bodice front. The circular, yoke is cut down for two inches, forming a square, and is finished with an outlining of knife plaiting. The second model showed an in-

The second model showed an interesting treatment of bordered material. First there was a guimpe of white batiste, as sheer as chiffon. This was lengthwise plaited for the yoke, and horizontally plaited for the sleeves, which were long. An underskirt was fashioned with a horder. Over it was a swiftling the state of the sleeves, which were some fifties. underskirt was fashioned with a border. Over it was a semi-fitting princess tunic cut in two points, one at the front and another at the back and slashed to the hips at the sides. The border made the border for the bottom of the tunic, and a tunic volar was also made of it. yoke was also made of it.

mart to a degree are the white Smart to a degree are the white cloth gowns so largely worn this season. Serge, Panama, and all of the smooth-surfaced goods are eligible. They are made severe both in outline and effect, in either princess or moyenage. Occasionally embroidery is introduced, but for the most part they are kept strictly within the bounds of the tailored costume. A smart model seen in one of the Parisian establishments consisted of a simple princess with the seams slotted so that there was the simple princess with the fect of a panel at the back front. The seams were crossed the shoulders, below the bust, the shoulders, below the bust, at the hips, and again at the knees, with groups of loops and buttons. There was a continuous row of them down the centre of the otherwise plain front. The front was cut out at the neck a little, in circular fashion, and a yoke of plain net let in. The sleeves, long and plain, were triproduced. in. The sleeves, long and plain, were trimmed only with the loops

Braid is foremost, in spite of the ong run it has had, and it is just as popular in cotton as it was in silk. It is used a great deal in allover designs, and some of the really simple patterns, if they are artistic, appear to be rich and elaborate.

A pretty design on one of the corselet gowns consisted of a few inches of serpentine braiding interspersed at regular intervals with a couple of inches of a saw-tooth design. Another rather attractive braid triamming is unde by platting three strands and dotting it with buttons, or by twisting the strands and colling them into geometrical figures.

The absence of white mocks is spicuous, but then the season has so far not been of the sort to invite their wearing in thin or lingeries materials, but even in cloths there is a decided scarcity of even the shades approaching white. Medium and approaching white. Medium seen the shades have so far been seen by approaching white. Medium dark shades have so far becover where. Doubtless, how was feverishly, fervently praying in the bricks, a young Italian teamster brought the news—little Joe had turned for the better at last, would certainly live through who to it to it to it.

BIBLICAL STUDY IN NEW INSTITUTE.

FOUNDATION BY HIS HOLINESS.

Work is Regarded as Solemn Protest Against Oft-Repeated Calumnies.

Discussing the foundation of a Pontifical Institute of Biblical Stu-dies, the Roman Correspondent of the Tablet writes:

spangled effects among the cottons agd linens. Some of the handsomest and most elaborate linen gowns are trimmed with gold and silver beads and embroideries.

The material is voile, and there is a foundation of yiolet silk which gives a shadowy cast to the wistaria-tintian. He gray of the overdress. The corsage extended in front half way the with a line of machine stitching and a plaited section, inserted. At the slightly raised waist line corsage and skirt meet, the former covering the latter. The underarm pieces are plain, and there are narrow bretelles trimmed with satin ribbon, two rows, that are cut as extensions of the Pontifical Biblical Commission, and frequently lamented the faut that the finances of the Holy See did not permit him to undertake it. Pius X has never lost sight of the same objective, but discovered early that the question of ways and means was not the only difficulty in the way of its realization. At one time, apparently, the plan was to have the University centrol of the sightly raised waist line corsage and skirt meet, the former covering the latter. The underarm pieces are plain, and there are narrow bretelles trimmed with satin ribbon, two rows, that are cut as extensions of the bodice front. with have no other connexion with
the Commission than that of being
guided by its decisions and following the course prescribed by the
Commission for the attainment of
the Academic Degrees in Sacred
Scripture. This is a novelty in the
constitution of the University—it
will not be able to give degrees to
its students, but must depend for its students, but must depend this on the verdict of a board examiners, many of whom will belong to its faculty.

WILL MAKE FOR EFFICIENCY.

But the peculiarity will only make

Cattolica, "is a solemn protest against the oft-repeated calumnies that the Church is hostile to the the that the Church is hostile to the progress of the sciences. She has nothing to fear from true progress nor from the work of true science. On the contrary, she desires and promotes, even at the cost of the greatest sacrifices, the work of true science. The great enemy of truth is not the man of screene and profound study, but the arrogant and temperant not the man of serene and profound study, but the arrogant and ignorant study, but the arrogant and ignorant little doctor. And thus the Holy Father invites the whole Catholic world to send its sons to be formed in the new Institute with all the means furnished by modern science for the defence and progress of true knowledge concerning the Sacred Books."

A Suppressed Letter.

President Roosevelt's Praise of Sir Horace Plunkett.

dark shades have so far boon seen twas feverishly, fervently praying in the bricks, a young Halian teamster brought the news—little Joe had turned for the better at last, and would cortainly live through the siego.

His stood there trembling, a 'bead' in his hand and another of his praying the him of the siego.

His stood there trembling, a 'bead' in his hand and another of his praying the him of the siego.

However, by the time July is here it, but the sing yet, and modish women and girls are reserving. The seed off with hair-line stripes of half-inch apart, the said 'You'd think he was paid by the thousand,''—From an article in large the howard with the soutable, and the him of the

Couans

Nut Milk Chocolate

A chocolate confection of rich milk chocolate and fresh shelled walnuts. Simply exquisite. In ¼ and ½ pound cakes.

The Cowan Co. Limited, Toronto.

CONSTIPATION IRREGULARITY

OF THE BOWELS

Any irregularity of the bowels is always angerous, and should be at ence attended

MILBURN'S LAXA - LIVER PILLS

work on the bowels gently and naturally without weakening the body, but, on the contrary, toning it, and they will if per-severed in relieve and cure the worst cases

severed in remove and of constipation.

of constipation.

Mrs. James King, Cornwall, Ont., writes:

"I was troubled with sick headaches, con-"I was troubled with sick headaches, constipation and catarrh of the stomach. I could get nothing to do me any good until I got a vial of Milburn's Laza-Liver Pilla. They did me more good than anything else I ever tried. I have no headaches or constipation, and the catarrh of the stomach is entirely gone. I feel like a new woman thanks to Milburn's Laza-Liver Pilla. I used in all about half a dozen vials." ### 3 Price 25 cents a vial, 5 for \$1.00, at all dealers or mailed direct by The T. Milburn Co., Limited. Toronto, Ont.

but the peculiarity will only make for efficiency. The seat of the new University will be for the present at least the Gregorian University, and the Institute itself may in a sense be said to be an evolution of the ligher course of Scripture Studies introduced there two years ago by the Holy Father, Father Fonck, and Father Mechineau, and these classes will supply the first group of students for the Institute. The amount of space to be put at the disposal of the Biblical University at the Gressorian is at present extremely limited—indeed, owing to the increase to the number of students for the courses of Philosophy, Theology and Canon Law, the buildings have already become too small even for the old and the new Universities. Your correspondent has some reason to believe that the new President has already been chosen in the person of Father Fonck, S.J., who enjoys the fullest confidence of the Holy Father. Great satisfaction has been expressed in competent circles in Rome with the plan of giving public conferences on biblical topics, which are to be open to all who attend them. "The work of itself," says a writer in the Osservatore Cattolica, "is a solemm protest against the oft-repeated calumnies that the Church is hostile to the progress of the sciences. She has a larged to the Greyt man and summent to help the men and women who feed the nation and and state the Quandities of the progress of the sciences. She has a larged to the for the course of the sciences. She has a farmed the present at the country Life Commission which has pointed theway, as I think, to a better handling of country problems and a more satisfying life on the fountry problems and a more satisfying life on the fourns. But I do not know how how farms of the movement in the United States. Of course I have been in treated for many years in farm life, and especially in the tasks and trought was being accomplished the movement in Ireland. My old friend the farmers' co-operative movement in Ireland. We have been trying to do in the farm such that sees the need and the sure results of this great movement to help the men and women who feed the nation and stand at the foundation of its and stand at the foundation of its greatness and its progress.—Sincere ly yours, Theodore Roosevelt." This remarkable letter was never for warded to Sir Horace Plunkett given to the public by the British Ambassador or his superiors.—Leinster Leader.

SELF RAISING FLOUR Brodie's Celebrated Self-Raising Flour

Is the Original and the Best. A Premium given for the empty bags returned to our Office. 10 Bleury Street, Montreal.

PEOPLE SAID SHE HAD CONSUMPTION



Read how Mrs. T. G. Buck, Bracebridge, Ont., was cured (and also her little boy) by the use of DR. WOOD'S NORWAY PINE SYRUP

She writes: "I thought I would write and let you know the benefit I have received through the use of your Dr. Wood's Norway Pine Syrup. A few years ago I was so badly troubled with my lung people said I had Consumption and that I would not live through the fall. I had two desors attending me and they were very much alarmed about me. I was in bed three months and when I got up I could not valk, so had to go on my hands and knees for three weeks, and my limbs seemed of ne use to me. I gave up all hopes of war getting better when I happened to see in B.B.B. Almanac that Dr. Wood's Norway Pine Syrup was good for weak lungs. I thought I would try a bottle and by the time I had used it I was a lot better, so got more and it made a complete oure. My little boy was also troubled with weak lungs and it cured him. I keep it in the outs it for anything."

Price 25 centra et all dealers. Beware of imitations of Dr. Wood's Norway Pine Syrup. Ask for it and insist or getting the ariginal. Fut up in a yallow wrapper and three pure trees the enter.

THURSDAY, MORRIS

Advocates
5th Floor, Ba
97 ST.
Phone Main 3114. KAVANAGH

H. J. KAVANAGH, H. GERIN-LAJOIE MULLI

> Room 6, City Barnara

GOUIN, LI BARRISTE

T. Brossard, K.C. BROSSARD, Phone Main 1490

CODER 8 Place d'Arn Montre EVENING OFFICE: 3663 No 53 Chur

Bell Tel. Main 3 Conr 193 CE Practical Plumb Jobbing P

Lawre Successor to Joh Plain and Ornam all kinds promptly 15 Paris Str D. H. W

10-12 HERMINI

SOCIET

ST. PATRICE ated 1863; Hall, 92 St. Monday of meets last Rev. Chapla Shane, P.P.; Kavanagh, I dent, Mr. J. President,
Treasurer, M
ponding Secretary, Mercentary, cretary, Mr. shal, Mr. B. shal, Mr. P.

Synopsis of C HOMESTE ANY even num mion Land in-wan and Alber-not reserved, in any person wh family, or any age, to the ext tion of 160 ac Entry must

Entry must the local land in which the la Entry by promade on certain father, mother ther or sister The homestes

(1) At least upon and cultiupon and cultieach year for:
(2) If the i
the father is d
steader resides
visinity of the
requirements as requirements as satisfied by su with the fathe (8) If the s

nent residence owned by him homestend the residence may dence upon mai Six months' should be gives Dominion Land tention to appl

Corns cause Holloway's C speedy, sure an Oshawa

Fireproof Building Materials PEDLAR P