



HOW TO BE HAPPY.

An exchange relates an incident in real life which reveals the cure of discontent and misery: There is 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 because of her rheumatism. But in spite of all this you will find her full of sunshine and as chery as a robin in June, and it does one good to see her. I found out one day what keeps her so cheerful.

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 her children; and even when correcting them to maintain a dignity and composure which will be far more effective than loud or angry tones.

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 be easily managed, and every one has an informal time, says the Chicago News.

WOMEN HAVEN'T TIME.

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 since 1870, as well as for the spread of nervous diseases and insanity. He thinks that her best field of usefulness is in the care of children.

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 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.

TEACH THE CHILDREN TO SMILE.

The German philosopher, Kant, in his advice to parents, says: "Children, especially girls, must be accustomed early to smile in a frank, unconstrained manner; for the cheerfulness and animation of the features gradually leave an impression on the mind itself, and thus create a disposition toward gaiety, amiableness and sociability, which lay an early foundation for the virtue of benevolence."

BUNGALOW DAYS.

The lure of the bungalow is now 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 could have been thought inadequate. Yet it is not an invitation to rough it, for the wisdom of those who plan the bungalows has seen to it that not all comfort be sacrificed.

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 pulp add one cupful of sugar and one of minced pecans; when partly frozen, stir in the beaten 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 Cathedral of St. John the Divine in New York city that was most appropriately set. A thin-faced, somewhat sad-eyed Italian workman secured employment at laying bricks after 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.

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 altar was not yet in its place? He prayed to the Virgin for his child. He prayed with the bricks, that some way to him became as the beads in a rosary. With every brick that he took and placed he uttered a fervid petition in his heart.

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 seemed to know no abatement. He worked there untiringly, 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 hand never flagging for a moment. The wall became a wall of prayer—a rosary of labor. There were thousands of his heart appeals cemented 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, bombed and wan of face, was feverishly, fervently praying in the bricks, a young Italian teamster brought the news—little Joe had turned for the better at last, and would certainly live through the siege.

He stood there trembling, a 'bead' in his hand and another of his prayers upon his lips. Then he went down abruptly. A workman clutched him just in time to prevent him from falling from the platform.

"I knew he was workin' too hard," he said. "You'd think he was paid by the thousand!"—From an article in Harper's Weekly.

The gauze and net gowns being made now are almost always lined with a contrasting tone or color. When white is not used, harmonizing tones are employed. The new two-tone changeable satins are brought out by this design, 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 pistachio green, etc.

BIBLICAL STUDY IN NEW INSTITUTE.

FOUNDATION BY HIS HOLINESS.

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

Discussing the foundation of a Pontifical Institute of Biblical Studies, the Roman Correspondent of the Tablet writes: The late Pontiff had hoped to be able to found a Biblical University in Rome shortly after the constitution of the Pontifical Biblical Commission, and frequently lamented the fact 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 centre round the Biblical Commission, and be entirely dependent upon it, but there were several reasons against this, and the new institute will 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 this on the verdict of a board of examiners, many of whom will not belong to its faculty.

WILL MAKE FOR EFFICIENCY.

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 higher course of Scripture Studies introduced there two years ago by the Holy Father, Father Ponck, 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 Gregoriana is at present extremely limited—indeed, owing to the increase in the number of students for the courses of Philosophy, Theology and Canon Law, the buildings have already become too small even for these, but very shortly, perhaps within a year, a new and commodious building will be found both 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 Ponck, 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 solemn protest against the oft-repeated calumnies 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 serene and profound 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.

An extraordinary affair, which will call for some explanation on the part of people in high places, has come to light. A letter from ex-President Roosevelt, written while he was yet in power, to Mr. Bryce, the British Ambassador in America, referring to the work of Sir Horace Plunkett in Ireland, has been suppressed. It only came to light through publication in an American paper. Now, President Roosevelt is one of the foremost statesmen of the age, and, with possibly the Emperor of Germany, the most dominating personality in existence at present. His views on a subject which has engaged the attention of thinkers in all countries are certainly of value, and President Roosevelt meant his views to be given to the world. But it contained complimentary references to Sir Horace Plunkett and his work in Ireland. Now, the present British Government, with the aid, we are ashamed to say, of the Irish Nationalist members, drove Sir Horace Plunkett out of the Department. To prevent one of the greatest men of the age—President Roosevelt—from paying a compliment to Sir Horace, the British Government, or some of its individual members, have descended to the low trick of a suppression. But the truth has put. We may be very sure that if President Roosevelt had written a letter to Mr. Bryce condemning Sir Horace Plunkett's work and theories, it would be flashed all over the world. But here is the suppressed letter, which speaks for itself, dated from White House, Washington: "Dear Mr. Bryce,—You have, I know, followed

CONSTITUTION OF THE BOWELS.

IRREGULARITY OF THE BOWELS.

Any irregularity of the bowels is always dangerous, and should be at once attended to and corrected.

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 be preserved in relieve and cure the worst cases of constipation. "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 trial of Milburn's Laxa-Liver Pills. 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 Laxa-Liver Pills. I used in all about half a dozen vials." Price 25 cents a vial, 5 for \$1.00, at all dealers or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

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 in Bed for Three Months. 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.

What is Worn in Paris.

Picture Hats and Tailor Suits. Braiding Adds Smart Touch. Gold and Silver Embroidering on Tab Dresses.

It is a very noticeable fact of the last two seasons that the big, flowered and "picture" hats are worn with short skirts and the hardest and most tailor-made of coats. But, by the way, this coat and skirt variety must not be misconstrued into the woody suits of the country cousin, for these superior coats and skirts of the moment depend on the master-hand that cuts them. Their very severity admits of no fault whatever, and such a costume is worthy of a very beautiful hat and an exquisite jabot of lace.

The gauze and net gowns being made now are almost always lined with a contrasting tone or color. When white is not used, harmonizing tones are employed. The new two-tone changeable satins are brought out by this design, 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 pistachio green, etc.

Cowan's Nut Milk Chocolate.

A chocolate confection of rich milk chocolate and fresh shelled walnuts. Simply exquisite. In 1/4 and 1/2 pound cakes. The Cowan Co. Limited, Toronto.

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Vertical list of advertisements on the right margin, including 'MULLIN', 'BARRISTERS', 'CODER', 'PLUMBING', 'LAWYER', 'D. H. W.', 'ST. PATRICK', 'HOMESTAY', 'DR. WOOD'S NORWAY PINE SYRUP', 'Oshawa Fireproof Building Materials', and 'FEDLAR'.