NOTES AND REFLECTIONS.

CONTRIBUTOR to an American journal, in dealing with some features of home life, offers some excellent advice to fathers and mothers. We take the following extracts from the article, as they treat of two features which, generally speaking, are regarded by many heads of families as being of little or no consequence. This well-informed writer says :-

To set about ridding one's home from the pest of slander and goesip may seem a small ambition, but let her who has determined that under this flag she will fight for one ideal point in her family life, be assured that she has turned into a path which it will take unremitting effort to tread. Should she be able to live up to her purpose she has attained much. I know of but one household

"Safe as altar e'en to foe,"

and of only one woman of whom her children can say, "I never heard my mother speak evil of any one, and she never lets us talk gossip at our table."

To make our meal-times hours of nontual refreshment, in which the mind gains more than the body, is not an unworthy point of endeavor. Could we take the testimony of a hundred heads of families, around whose tables the bright, eager, widely differing personalities of their children gather, we should find that argument and not conversation was the rule; that in at least half the households no endeavor was made to set self aside and devote these brief times of meeting to enjoyment and cheerful intercourse. When a man and woman have decided that under their roof this end is to be attained, they have set themselves a task to which they will unceasingly have to bend themselves with strenuous effort. The father has to lay saide the weight of the day's trouble and fatigue, the mother to forget her vexations and disappointments, and the children from their earliest years learn to keep out of sight their differences and disputes. Reproof must wait other opportunity and discontent keep silence.

A man is responsible for the statement that the bargain habit is quite as strongly fastened on the man se it ever Will sight indeferigable weman

hunter after cheap goods. The man is even worse than the woman, for he is looking for a free gift, for which, strange as it may seem, he will indirectly pay liberally and then chuckle at his good fortune. The one thing, it seems, which the male bargain hunter is devoted to is pieces, and put it into a preserve jar, theatre tickets. There is no inconveni- with two tablespoonfuls of cold water ence to which he will not go, and a very little salt. I'ut the larinto a nothing he will not spend if he can get saucepan containing a little boiling theatre tickets for nothing.

The Washington correspondent of the Catholic Columbian says:-

I was much impressed with the letter of the Bishop of Lahore, in India, to Archbishop Corrigan, of New York, asking that eminent and pious prelate to send him lady doctors of the Catholic faith. Only in this way, as a rule, can the women of India be reached. Male doctors are not permitted to attend them. Our Protestant brethren have been active in this matter. But for the conversion to Catholicity of a Protestant female physician in Hindostan, the Bishop of Lahore would have been bereft indeed on this line. I am inclined to think that Catholic ladies do not to the same degree as their Protestant sisters study and practice medicine and surgery. Perchance the appeal made by the Bishop of Lahore will stir the women of our Faith to remedy this want. There is no lack of talent or fitness among them, and, in this age of the world, they must keep abreast of the times in all things, wholesome, without necessarily becoming what is called "new women" or unsexed ones. No doubt we shall hear further on this subject from the Archbishop of New York when he acts responsively with his fellow prelate in the Orient.

At a reception held in a great hall in England not long ago Mr. and Mrs. Gladstone were honored guests, says a writer in The Ladies' Home Journal. During the evening it happened that Mr. Gladstone was in a gallery directly above the place in the parquet where Mrs. Gladstone was chatting with some ladies. In the course of their conversation a question arose which the women could not settle satisfactorily. Finally one said: "Well, there is One above who knows all things, and some day He will make all things plain to us."

"Yes, yes," replied Mrs. Gladstone, "William will be down in a minute, and he will tell us all about it."

One of the prettiest and most lasting cotton cloths for bedroom drapery is dimvity, which is to be had in the choicest art celor, solid, figured or in broad for cleaning the interior of its railway block plaids.

HOUSEHOLD NOTES.

USF is always with us, whether it comes through the open window from the dusty highways of summer or through the flues of the heater or stove during the winter months. Just as great precautions should be taken against it at one time as at another, for though dust is not as abundant in winter as in the summer, it is not of as cleanly a quality, if such a term may ever be applied to this bane of the good housewife. All furniture should be carefully dusted at regular set intervals, and if treated in this way will last much longer than that which is allowed to become dust clogged before it is dusted, and is then only cursorily dusted or wiped off with a damp cloth. A soft thick paintbrush is a good article to use in dusting out the interstices of carved furniture. After thoroughly brushing out the carved work wipe off the plain surface of the wood and use a little kerosene on another paintbrush to clean out the dust that cannot be brushed out. Rub off any oil left with a soft cloth or thin chamois skin. A chamois skin is better than any cloth to dust the piano. When the keys of this instrument have become yellow the best authorities advice opening the instrument in front of a sunny window and allowing the sun to bleach the keys white. While the instrument is better for being closed at night, it should be open at least for a short time

To make a delicious strawberry dumtling, says Mrs. Rorer, put one pint of flour into a howl; add to it half a teaspoonful of sait and a teaspoonful of butter, and add authicient milk to just moisten. Knead lightly, and roll out into a sheet about a sixteenth of an Inch. in thickness. Cut with a large round cutter; put three strawberries in the centre of each round; fold over the dough, rolling it carefully so that you ample, you must ask your nearest man cannot see the opening; stand in a greated baking pan, brush the top with last season, that you may use it as the the armholes a trifle, which will pull up milk, and bake in a guick oven for stick of your most cherished parasol, fifteen minutes. Serve with strawherry butter, which may be made by beating | two tablespoonfuls of butter to a cream, and adding gradually one cup of powdered sugar. Add one mashed berry, heat does it show this difference. The ribs thoroughly, then another and another ave added at least iour good sized berries. Dish, and stand saide to rarden as you would any hard sauce.

Leon Surdez gives directions for obtaining concentrated meat juice. Cut half a pound of lean beef into small water, and put a saucer over the jar, Put the saucepan on the fire to boil for two hours. Then take off the fluid, using pressure. Let it stand till cold, then take off the fat.

The following dish is from Adrian Tenu: Egg cream and sage broth. Wash one ounce of sago and stew it in half a pint of water till very soft, reducing it to about one half. Beat up one egg in a quarter of a pint of cream and add, stirring well. Lastly, stir in one pint of good boiling beef tea.

An excellent recipe by Adrun Tenu is egg and corn flour broth. Take one large teaspoonful of corn flour and half a pint of cold water. Mix the flour smoothly with a little of the water, and then add the rest. Heat over the fire and remove when it thickens. Mix with it one pint of hot beef tea, and when nearly cool stir in one beaten egg.

The three following broths are given by Leon Surdez:

BARLEY EROTH.

Wash a tablespoonful of pearl barley and boil it for fifteen minutes in half a pint of water. Then put it into a pint of beef tea and boil for an hour, adding boiling water to maintain the quantity. If desired, add milk.

BAKED FLOUR BROTH.

Mix a good teaspoonful of baked flour smoothly with a little cold water; then stir in a quarter of a pint of hot water and boil. Then add a pint of hot beef tea or mutton broth. MUTTON BROTH.

Put into two quarts of cold water one pound of the scrag of mutton, cut in small pieces, bones and all, two tablespoonfuls of pearl barley, a small onion sliced, a small piece of celery leaf, a small carrot in slices, five or six pepper corns and a few sweet herbs. Boil gently, reducing to a pint and a half and strain. When cold take off the fat; warm again before serving.

The New York Sun says:-Woman is the natural housekeeper, just as she is the natural nurse, The man doesn't live who can do up a room and give it the air of being thoroughly clean in every nook and corner in the way a woman can do the work. A big London railway has come to recognize this fact, and has employed fifty women

WHIMS OF FASHION.

I JOMANKIND may not have pockets—even the newest tailor made gowns are as deficient in this re gard as those of past years—but she has ways and ideas that are the acme of practical inventiveness. A substitute for the pocket has been resolved upon in her fertile brain. A fashion writer gives the following outline of this recent product of the ever calculating feminine



mind. He says :- It is the parasol, the stunning, dainty, fluffy, Parisian parasol, which is not meant to be raised so much as it is intended to be carried like a cane, with the bundles gathered in the course of a shopping tour dropped into

This is the very freshest novelty and fancy of the spring, a fashion brought New York. From several points of view this is a highly interesting parasol year. If you are a fachionable girl, for ex-

The 'shopping parasol' is made very differently from the ordinary parasol, though neither when open nor when shut



bend out far more and have a curve to them that the ribs in the regular parasol lack, but this convexity and this bending are hidden by the billows of lace and ruilles that cover it. When you have once seen and closely examined a 'shorping parasol' you can recognize others as you pass them, but the inexperienced eye will hardly be able to detect the

Many of them are actually in use today, having been brought over by special order from Paris. They are not being made in this country as yet, but a few exclusive shops are beginning to im- impress too strongly upon all young men port them from the French makers, when they marry to lay aside a part of

BLACK GRENADINE is always a suitable material for an elderly person, but it is ance more carefully than they cid. rarely a cool dress, as it is usually lined with silk. The coolest lined gown is a



foulard silk made over linen grasscloth, which is sufficiently good for a lining, and comes at twenty-five cents a yard, and is thirty-two inches wide.

SILK WAISTS are as popular as ever. The latest are made unlined, with THE SOCIETY OF ARTS OF CANADA, tucked, hemstitched yokes, blouse fronts and small sleeves having tiny tucks in the fullness. The lack of a lining makes of prizes ranging from \$2.00 to \$2,000 these waists cooler, but also causes them Tickets 10 cents.

to wear out somer, as the lining usually takes the rubbing across the shoulders and under the arms.

RUFFLED SKIRTS will be popular in silk, cotton and light woollen goods. The only ruffles that set well are those which are cut on the bias and measure almost one and a-half times more in width than the space to be covered. Many of the ruffles are edged with from one to three rows of number one velvet or satin ribbon, or black or any color preferred.

MISS HOOPER, a contributor to the Ladies' Home Journal, says:-For a light summer dress get a small figured material partly forming a stripe, and have a cluster of rutiles at the edge of the skirt only. Make with moderate sleeves, and a round waist having a V-shaped yoke and slightly blouse front, having a tiny point back and front. On the edge fold narrowly, pointing it in front, a sash ribbon, black, five inches wide, with slender buckle at the centre, back and front; then two sash ends to the edge of the skirt. Summer skirts and waists and their trimmings are described in this number. Organdy and dotted Swiss are stylish summer fabrics White skirts will be worn in mohair, serge, piqué and duck; the first named, made with tiny tucks five inches apart to the waist-line, or only to the knees of a shorter tignre, will be very much liked.

NARROW RIBBON TRIMMING is really the feature of the spring garnitures. If of velvet it is sewed on plainly, but eatin or moire of the narrow width called 'baby' is often gathered along the upper edge and used as a frill to edge ruilles of silk, thin woolen or cotton goods. This is quite an inexpensive trimming.

VELVETEEN BINDINGS will become wrinkled if they are basted too full to the edge of the skirt. Keep the binding over from Paris, and just commencing to smooth, and after pressing and hemming be taken up by the young women of it down run a line of stitches by hand on the wrong side near the edge, which will hold it firmer and give the tiny edge beneath the skirt the appearance of a cord. The winkles in your waist friend to give you his favorite cane of may be easily removed by cutting our the loose material.

> FOULARD DRESSES in bills and white will be worn this fellion, and will look nicely it hade with white lace yokes over white silk, blouse fronts in cross titcks, aleeves tucked all the way, and snug fitting backs. In making a foulard skirt run the narrowest of velvet ribbon, black or blue, between the clusters (f tucks, and ruttle the skirt to the knees, edging each one with the velvet. Then have a belt and sash ends of taffeta rib bon to match the color of the velvet. A steel buckle at the centre, front and back, will add a pretty finish.

Our illustrations this week show three new styles of hats

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If a young man with a wife and child is earning a thousand dollars a year, says Edward Bok, he should, by all means, regulate nis expenses so as to make it possible for him to take out a life insurance policy. No matter if it is only a policy for a small amount he should train and accustom himself to look to the future of his wife and child. believe in life insurance and cannot The prevailing styles are checks, stripes their yearly income for the purpose of insuring their lives. Many women would have been saved heart-breaking experiences if their busbands, during their lifetime, had thought of li e insur-

> A foul brath is one of the greatest afflictions that a man or woman can have. An affliction not only to thenselves, but to those with whom they come in contact. A toul breath is a great discourager of affection. It would probably be more so if people only realized just what bad breath means. Bid breath is one of the symptoms of constipation. Some of the other symptoms are sour stomach, loss of appetite, sick and bilious headache, dizziness, heartburn and distress after eating. These things mean indigestion. They lead to dyspep-sia and worse things. They all start with constipation, and constipation is inexcusable because it can be cured—cured easily, quickly and permanently, by the use of Dr. Pierce's Pleasant Pel lets. They give to nature just the little help that she needs. There is no case of biliousness, constipation, indigestion, "heartburn," or any of the rest of the night more breeding brood, that these little "Pellets" will not cure.

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