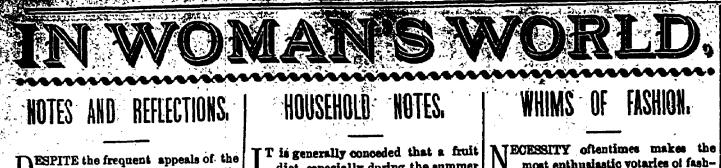
#### WEINHSS HEREIGHE



pulpit, a large number of Catholic

women, and a small circle of womanish men, seem to persist in the sinful and cowardly practice of gossiping about their neighbors in a manner which has not infrequently caused serious trouble in many homes. A writer in the Catholic Columbian, in dealing with the subject, says :-

How many reputations have been injured, sometimes beyond repair, by the thoughtless repetition of some piece of scandal, some foolish speech. And from what trifles do such things often origi nate. How often a report is started by a careless remark, sometimes merely a conjecture ; this will soon be repeated as being a fact; the fact is then enlarged upon as it goes from mouth to mouth, until the original unkind conjecture has seenmed grave proportions and is universally believed Oftentimes an innocent person has thus suffered the loss of friends and reputation. Why is it that people are always so ready to believe anything they hear against others; so willing to attribute many motives to their actions ; so eager to discuss their faults? A wise man once said, 'The faults which we see most clearly in others are usually the reflection of our own.' If we will remember this, we will find that, as a rule, the short comings which we most condemn in our neighbors are really the ones that we ourselves are most prone to commit.

The weekly Bouquet, in a recent issue, contains the following paragraph, which should be committed to memory by every boy and girl, as unfortunately, in these closing days of the nineteenth century, there is far too little respect shown by the rising generation for the aged :

A veung person, of proper intellectual and moral culture, will always manifest a proper regard for those of riper years; not only will he maintain a becoming respect for parental advice, but will treat the aged in whatever condition with kindness and esteem; nothing is more odious in the youthful character than disrespect to the advice and wisdom of age; many a vain and conceited wouth hath been plunged into ruin by being guilty of this folly.

The frivolous Catholic women, young and old, who spend the greater part of their time reading sensational novels should take the lesson to heart of the terror in which books of doubtful chardaughter of King Stanislaus of Poland, ne day two or three ladies of the palace were speaking before her of a bad production which had just sppeared in Paris. "Have you read it then, ladies?" she asked "Yes, madam; we wished to judge for our-selves whether what they said of it was true.' 'As for me,' said the pious Princess, 'I would consider it a crime to read a book that might contain anyregard it with horror as I do.'

diet, especially during the summer

months, is the best for health. giving. Many there are who, during the excessively warm season, live on fruit. A writer in an exchange says :

As a regulator of the system and a purifier of the blood, pure fruit juice probably stands without a peer. Many persons can testify to this fact, especially as regards oranges. Some who have hitherto eaten fruit between meals, or just before going to bed, and condemned it as injurious, have learned to est one or two oranges with nearly every meal, particularly with breakfast, and have found to their pleasant surprise that it exercised a marvellous effect upon their general health. Many remarkable things have been claimed for oranges taken as food, such as making the complexion clear and beautiful, curing the drink habit and numerous other things as varied as marvelous, and there are doubtless persons who have made themselves ridiculous eating oranges by wholesale in the endeavor to cure the diseases to which the flesh is heir. Thousands of persons can testify, however, that a judicious use of oranges is a good thing, but a few precautions must be taken. In tue first place, buy nothing but good fruit, especially ripe fruit. Green or bad fruit cannot be good for anybody. Then be careful to peel your oranges carefully, for the white pith lying beneath the yellow rind is one of the most indigestible substances known in the vegetable world. Do not eat too many oranges at first, but if the habit of eating them with meals is once formed a person will never be satisfied to eat a meal without fresh fruit of some kind. The habit will work wonders in a short time in the direction of regulating the system, keeping the blood in good condition and creating an appetite.

A great many women who preside over the household and pride themselves upon their knowledge in matters appertaining thereto, may, nevertheless, obtain further experience in reading the following advice offered by an authority on the choice of meats, which appeared in a re cent issue of the Woman's Home Companion. This writer proceeds to discuss the subject in the following evidently clear and concise manner. She says :-

The finest roasts and steaks are found in the hind quarter, as well as the juiciest meats for making beef tes, meat pies, beef a la mode or potted beef. Sirloin, of course, gives the very choicest roasts and steaks; next comes the rump, this being cut in three parts. The back, the middle and the face are good roasting acter was held by Mary Dansceinska, pieces; but the most economical is the middle cut, as it is free from bone and has not a scrap of waste on it. Good and wife of King Louis XV., of France. has not a scrap of waste on it. Good ; It is said that she had a horror of all some neonle go so far as to say that the that might impair the purity of the heart, and especially of bad books--if she only heard a word said against them it was sufficient to prevent her from ever opening them. One day two or there it as a sufficient to prevent of the round is used for braizing and for beef The tenderloin has the most tender meat, but it is neither so juicy nor so well flavored as other portions that are not so tender, and it is not nearly so nutritions as portions that require much cooking. The sirloin comes next in tenderness and delicacy. These cost more than other cuts, but there is less nutritive value than is found in the chesper thing insulting to my father, still more parts. Indeed, the cost of the meat what would be insulting to my God.' seems to be in inverse ratio to its real food Another time some one was reading in value. Of course this is so because of a small company a pamphlet which was the much smaller proportion of the so also worthy of reprobation, when the called choicer cuts. It is one of the wise Queen's arrival was announced. Quick, economies of nature that it should be so. quick,' some one exclaimed, 'hide that book ; it is one which the Queen does who do a great deal of manual labor, not like.' 'It is true, gentlemen," said and particularly those whose occupation the Queen, locking at the title,' and it takes them a great deal into the open seems to me that all Christians ought to sir, need the nourishment and sustaining quality of the heavier meats. And these are found in the cheaper parts, particularly where there is a great deal of juice in the meat and rich marrow in the bone. Stews and braized meats, or those that are steamed in their own juices over the fire, as not boiled or roasted meats, give the most natriment, and add the physical strength that is needed, besides, in cold weather, supplying a great deal of warmth by furnishing carbon for the body. Good beef should be bright red when it is first cut, and this red flesh should be well marbled with yellowish fat, with a thick layer of fat on the outside. If it does not present this appearance you may be quite sure that either the ox was not well fatted, or was too young, or was not in good condition. The flesh should be firm, and no mark should be left when it is pressed with the finger. The suct should be dry and crumble easily. The first step in demonstration is to cut the beef into the hind and fore quarters. The bind quarter contains the seam at the hips always fit better, and if finest and most expensive cuts of the you are fortunate enough to be able to meat. Here are found the sirloin, the match your cost, or if you have some tenderloin, the rump and the round. The material left, as a thrifty woman should, cheapest portions of the hind quarters are the shin and flank. In the fore quarters are the ribs, the shoulder, the shin, the rattle round and the brisket. The ribs are the top of the back nearest to the loin; in fact, they join it when the animal is whole. The first ribs are what are called the 'prime' ribs; these are used for roasts or steaks; the next are the five chuck ribs lying between the prime ribs and the neck; the meat is of a tougher quality than on the prime ribs, although tney are used for the same purposes. The neck is used for beaf teas, for stews and for boiling. Below the in business, ending the day with a din rib cuts, running along the sides of the ner of an inexciting character, are very animal, is the rattle round. This is used rarely numbered among the suicides, the for corning. The under part of the murdered tree murderers or even among and al's body is called the brisket, and this also is used for corning. The Shoulder is used for corning. The shoulder is used for steaks and corning.

most enthusiastic votaries of fash-

ion seek for ways and means to keep pace with the demands of the ever changing moods of the genius that prescribe the rules governing the attire of

quickly as the fashions it is the inven-tive genius of the woman who has that elusive quality called 'style' attained at a noderate expenditure, the envy and despair of her more luxurious but less fortunate friends.

No sooner were the fashion papers filled with descriptions of that long oost which is destined to play havoo in the tall and winter wardrobes of those who believed that they had a supply for all emergencies, all short and 'bobby,' as its own, but so far it has failed to do

toire trimming is much in evidence. This round shape, in nearly instance. flares off the face, where it is trimmed up high with feathers, foliage, fruit or wings, combined, of course, with velvet, ribbon or lace.

The three cornered hat is the head gear of the moment in Paris, and is promised to us later in winter materials. It woman. An authority writing in this strain says :--If there is one thing which changes as under a the fashione it is the invert

Young girls are favoring broad brim hats trimmed with outstretched wings and wide wired bows out on both sides. In these, curious shades of red and blue and yellow blend with black.

It is prophesied that the fashion of different skirts and coats will oust the separate waist, which has so long held



bunches of ripe grain and garlands of fruit, and surely nothing could be more appropriate: Bound and square shapes will be more used in straw, lelt and velvet, and there of in geometry. The true autumn ba', however, is the round bat, though the toque with outspreading or direc toire trimming is much in evidence. This cound shape, in nearly instance. determined to order a line.

# BUSINESS BEFORE BRIDAL TOURS.

Young Vermont Farmer Could Not Stop Haying to Accompany His Bride.

Bridal tours, as ordinarily made, are expensive; and besides, a busy man like Z kel Strout does not find it convenient to leave his farm work'at this time of the year, and, as he says go 'gallivanting round the country.' Zekel Strout is a young Vermonter who cultivates a thirty-acre farm and supplies a number of summer hotels with milk and butter. A Boston girl who has been spending the season at a resort near by tells the Saturday Evening G sette that Zekel was married a few days ago. She was on her way to the village telegraph office when Z kel came along, accompanied by

a pretty young girl. As she had heard something about Ze kel getting married from her talkative landlady, she concluded this was the bride and that they were about to start on their wedding journey. But Zeke only bought one ticket, and when the train came in he put his bride on board. took an affectionate farewell and then stood disconsolately watching the train

out of sight. Moved by irresistible curically, the Boston girl said :- '1 heard you were to be married, and you must let me congratulate you. I hope no bad news called your wife away.'

'No,' said Zeke, confidentially, 'You see, Sallie and me heard that people took bridal tours nowadays, and I told Sallie I couldn't afford to stop work in hayin' time, but she shouldn't be cheated out of her trip, and so I just got a ticket for her to visit her relatives down in Middlebury for a few days '

The Boston girl's politeness struggled with a smile, but she says that Z-ke has since then ranked with Sidney and Bayard in the line of unselfishness and chivalry, in her opinion - New York Herald.

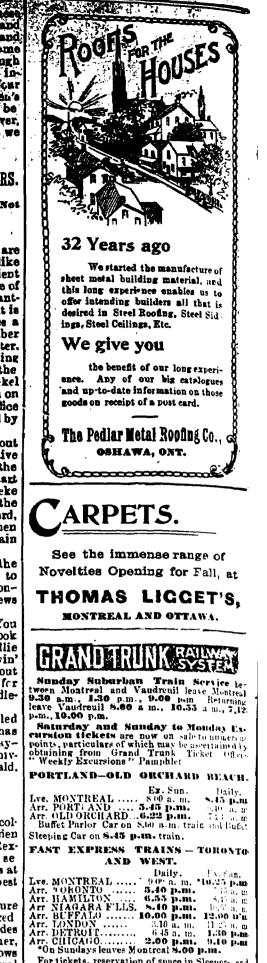
### FLOWERS FOR WINTER.

Those who desire to get together a collection of plants for the window garden for duty next winter, writes Eben E Rex-'ord, in Harper's, should make their se lections now and send in their orders at once. Here is a list of some of the best ones for window flowering :--

Chinese Primrose-This comes in pure white (scuble and single), and in red rose, crimson, and intermediate shades of these colore. It is a constant bloomer, easily cared for, and does well in windows that get but little sun. It is a general favorite.

Heliotrope-This modest, delightfully fragrant flower likes a good deal of warmth, water, and sunshine. It is not showy, but it is really beautiful, and deserves a place in every collection.

Plumbago-Of the loveliest lavender blue-a very rare color among flowers. Its branches should be cut back after each period of bloom to within six inches of the main stalk. This will keep it producing new ones, and each



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lity Ticket Offices, 137 St. James Street, and Bonaventure Station.

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'You say you never wore spectacles?' said the near sighted man. 'Well, if yon ever put on a pair you'll never wear anything else. I wore eyeglasses for years. I thought they looked better on me, and then I imagined that they were more convenient; that I could take th m off and put them on more readily and all that. But after wearing a pair of spectacles once for a few days-I had put them or, as I thought at first, temporarily-I discovered that spectacles were the glasses for comfort.

'There are, to be sure, people who do not wear glasses all the time, but only for reading or writing, and so on, to whom eyeglasses may be more convenient; and then I believe that eyeglasses are made nowadays that have more scientifically adjusted grips, and all that sort of thing ; but I tell you that the thing for real comfort is spectacles.'

The recent hot wave at New York, which resulted so seriously to many of its citizens, who from one cause or another were forced to remain in the city, has led the New York World to remark :---

Fires, panics, thunder-storms, crimes. suicides, deadly sunstrokes and heat prostrations-these are the hot weather results as recorded in the newspapers.

Yet the citizen of well ordered habits is rarely set down in any of these lists. Men who begin the day with a bath and a light breakfast, wear negligee shirts, eschew alcohol and indulge moderately

For not weather the lesson of supreme shoulder is, used for steaks and corning. Importance is that of moderation. To though the less said about the tender: soverdo anything is dangerous when the ness of a shoulder steak the better. The it runnet ris every one things in the spin, both from the front and back, is the bits of nineties.

LATEST STYLE, FALL COSTUME-By courtesy of La Palrie.

the last season required, than the ready this : most likely the separate waist will woman began to think how she could find its place so long as waists so effective get the best of circumstances and still be as those now made can be fashioned of remnants of silk and lace. in the swim.

'It's as easy as rolling off a log.' asserted a bright woman on a hotel verandah the other day, after listening to the despairing wails of her colleagues. Why, you can make your coats longer by applying the tails to the hips by cross seams. Of course it is nicer to have that lorg sweep from neck downward, but, after all, the long coats with the cross why, there you are. I am going to have all my coats made in that style, and if I get a new one I shall have it made in the same way, just to show that I prefer it, and to take the curse off the old ones.

'As to whether I really prefer it, that is my affair.'

Autumn millinery promises to do itself prcud when it comes to setting off the faces of sweethearts and wives. Fashion proposes to call feathers, fall blossoms, velvet, handsome ornaments, wings and a good mary other things to her assistance, so that her object muy be women have made it a fad to wear men's are, dearest, he continued, They are accomplianed.

substantial bank account, for nothing our first line of regular man made we your are so nice and light that I have could be prettier, more becoming or menshoes, said the manager of a populative are so nice and light that I have more artistic than the autumn creations. lar and reliable shoe house. Of course, is a limit to human endurance, and the of straw with their burdens of foliage, all cur women's shoes are made by men, is poor woman fainted. Ohicago News.

The ostrich feather boa's popularity is on the wane. Fussy boas of lace or chiffon or a combination of both are used instead, and tulle and net neck ruches also find favor. An elaborate design is made of pale gray chiffon, crossed with stripes of earn insertion and edged with a kilting of ecru lace; a fan shaped ruche of the same surrounds the neck.

Wonders never cease in the fashionable world. The latest craze, it is said, is dresses made of metal. At least, the English fashion papers say so, because at a recent drawing room a train made of aluminum was worn and proved so startling a novelty that it set the trade to thinking of things they had never dreamed of in their philosophy. It was described as looking like silver cloth, and has this great advantage, that

it will not tarnish. Aluminum is very flexible, and who knows but that the immediate future may see metal dresses take their places along with paper gowns?

Now the advanced set in circles of . . .

new branch will bear a panicle of flow

Begonia-If you can have but one variety, let that be rubra-bright coral red, a free and constant bloomer. Another charming sort is Argentes guttata, with olive foliage heavily spotted with silver. Flowers pearly rose and white, in drooping panicles produced from every branch. Vernon is a profuse bloomer, soft pink in color and very free. A fine sort for use on a bracket is Manicata sures, of spreading, drooping habit; its large thick foliage of rich green spotted, splashed, and marbled with white, creamy yellow, and rose.

Lantana-The best variety is Aval anche, pure white with a yellow eye. A constant and profuse bloomer.

Abution-If you have room for them should advise these varieties-Boule de Neige, pure white; Rosaeflorum, bright pink; and Fire King, intense crimson-scarlet.

Fuchsia-Speciosa, flesh color and car-mine. Excellent. The only good win ter bloomer.

Roses-Hermosa, Queen's Scarlet and Agrippina. I cannot advise any other kinds for use in the living room.

Geraniums-In variety, both flowering and sweet scented.

Most likely you will want a Call. If so, get the old kind. The so-called "Little Gem" is "a fraud and a delu sion."

For foliage, try palms Latania borbonica, Phœnix reclinata, and Ereca lutescens. Ficus, Grevilles, Aspidistra, Asparagus sprengeril and Madame Sal leroi geranium.

For hanging baskets-Oxalis rosea, Othonna, Moneywort, Tradescantia and Sazifrage sarmentosa.

The amateur will do well not to go outside the above list until she has had some experience in floriculture. There are other good plants for the house, but they are not as easy to manage as the above. With ordinary care these are pretty sure to afford satisfaction.

## WHERE PATIENCE IS A VIRTUE.

They had been married but two short months when the cook packed up and left without the customary notice, and the young wife was compelled to preside over the culinary department temporar: ily. 'Do you know, my dear,' began the husband, as they sat at the breakfast table, 'that your biscuits are not'-Oh, of course, I know, she interrupted, a sickly smile flitting across her face. 'It's the old, old story ; they are not like your mother used to make.' 'Right you ccomplished. Many women bob right out of summer proprietor of a New York establishment, cuits for a minute. You see, mother's into heavy winter hats. This is a mist in an interview with a local jurnal, biscuits were invariably heavy, and I take, says an American authority with a says : - This fall we will have in shock could never eat more than one while

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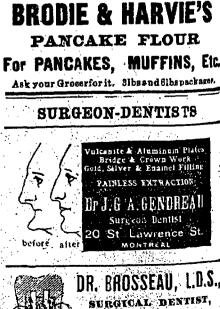
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