

Woman's World

CONDUCTED BY HELENE VALEAU.

HELENE VALEAU'S ANSWERS.

Miss Valeau will reply to all questions asked by the feminine readers of the Intermountain Catholic. The well known character and authority of her replies need no introduction to those already familiar with her ability. Miss Valeau will take a kindly and personal interest in those who write to her, and will spare no pains in seeing that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic.

Danger in Dry Shampoos.

The dangers of the dry shampoos that have recently come into vogue are unquestionably not sufficiently recognized. The growing use of some of the light hydrocarbon or other volatile compounds is probably fraught with the most serious consequences, but even the apparently innocuous shampoo powders have their drawbacks.

Carbon tetrachloride seems to be used most extensively, and the number of fatal accidents which are being recorded makes it almost reprehensible that a drug so dangerous should be employed at all. Its formula, CCl_4 , shows its near relation to chloroform, and its anesthetic properties are almost as marked. The vapor given off is considerably heavier than air and rapidly accumulates around the face when the liquid is applied to the scalp.

Immense cases of semi-consciousness are reported. It is claimed, by the Scotch hairdressers, that the patient is almost exclusively, do not object, and so the "playing with death" goes on. It is a frightful commentary on the faculty of the day.

The vapor of carbon tetrachloride aside from its anesthetic or stupefying effect is a heart poison and in the presence of the slightest cardiac weakness is extremely likely to produce a fatal result. The shampoo powders may not produce toxic dangers, but their use is certainly founded on anything but a rational basis. A few perfectly normal scalps might have a very fine impalpable powder applied to the hair, but in a short time the glandular orifices would be occluded and the hair would suffer accordingly.—American Medicine.

The Christian Mother.

(From "Seedlings" by the Right Rev. Charles H. Colton, D. D., Bishop of Buffalo.)

Though man is the head of the family, his life and sorrows rest in woman. She is the power that controls man in his doubts, restrains him in his impulses, and urges him in his duty. It has been said that a man is what his wife makes him, for her influence for good or evil is unquestionably great. It is thus the Scriptures speak: "Who shall find a valiant woman? Far and from the utmost coasts is the price of her." This is pre-eminently the case with the Christian mother. Such a woman stands out from among her sex. She is filled with a sense of her dignity and her responsibility, her mind is upon her duty, and she is ever faithful in fulfilling it. She is the glory of her husband and the honor of her children.

As the family is the cornerstone of society, the Christian mother, who is the home and shrine of the Christian family, is certainly one of the largest contributors to society's well-being, for the Christian family is the strongest force in keeping society together. It is the great conservative power, for it is the office of Christianity to build up and hold together all things that will conduce to the social well-being and betterment of the people.

Wherein lies the strength of the Christian mother? It is in her virtues. Her modesty captivates and commands the respect of all. Her devotion and self-sacrificing spirit teaches a lesson worthy of imitation, and her wisdom and self-possession are enlightening and reassuring to those around her. Such a one is a pillar of strength to the home and a guide and counselor to the society in which she lives. Her power for good is only limited by her environment, and the fruit of her good example is visibly marked in those who make up the circle of her friends.

Whence comes this extraordinary power and what is it that contributes to make up a character so exceptional? It comes from her Christian faith. "That blessed gift of God in here and its influence is the power ennobling and strengthening her soul. It is faith that supernaturalizes her life and makes her thoughts and actions good and noble because she wishes in all she does to give homage to God, from whom she hopes to go after her mortal years have come to an end.

Thus the Christian mother realizes the dignity and obligations of her state, how she is to be the handmaid of God to carry out the divine will faithfully, performing the duties of her station. To be a faithful and obedient wife and a good and self-sacrificing mother of her children is her aim, and to fulfill it her happiness. Her every endeavor is along the line of duty and her constant thought and prayer is ever to be pleasing to God and to have the divine help with which to pass creditably the days and years that will be allotted to her.

The Example of Women.

The women of Jerusalem wept when they beheld our Lord's anguish, and our Catholic women grieve because of the offenses offered to our Lord and the disgrace brought on the Church by sinners. They are also filled with compassion for the orphaned, on account of the misery, present and future, which he brings upon himself. To make reparation to God for the sinner's excesses, they busy themselves with what they ought, without sin, enjoy. To reclaim a father, a son or a friend, and lead him back to Christ, to place him again on the road to Heaven, they busy themselves with the task of punishing total abstinence. Shame on the father, son, brother or friend, who will resist such an example of devotion.

Why then do they practice total abstinence? Love of the neighbor is the cause. While they themselves are not obliged to take the pledge, they take it in order that their example will induce those to take it who need it. There is no doubt that their example will do more to reform the drunkard than the most eloquent sermons on the vices and miseries of the drunkard. Examples are more potent than words. The lover of the cup, who will not be influenced by words never again to place it to his lips, will be induced by the example of the total abstinence to let it alone. There is no doubt that the total abstinence will accomplish more by example in reforming the drunkard and banishing intemperance from our midst than can be effected by the most rigid total abstinence legislation. Archbishop Muhl.

Going Too Far.

"Why have Jones and Miss Smith 'left off'?"

"She asked him to apologize for his bad knees, and, being bothered, he took it as an insult."—Boston Post.

Story of the Faithful Soul.

The fettered spirits linger In purgatorial pain, With penitence effacing Their last faint earthly stain, Which life's imperfect sorrow Had tried to cleanse in vain.

Yet on each feast of Mary Their sorrow finds release, For the great archangel Michael Comes down and bids it cease; And name of these brief respite Is called "Our Lady's Peace."

Yet once—so runs the legend—When the archangel came, And all these holy spirits Rejoiced in Mary's name, One voice alone was waiting, Still waiting on the same,

And though a great Deum This happy echoes woke, This one discordant wailing Through the sweet voices broke; So when St. Michael questioned, Thus the poor spirit spoke:

"I am not cold or thankless, Although I still complain; I prize our Lady's blessing, Although it comes in vain To still my bitter anguish, Or quench my ceaseless pain.

"On earth a heart that loved me Still lives and mourns me there, And the shadow of his anguish Is more than I can bear; All the torment that I suffer Is the thought of his despair.

"The evening of my bridegroom Death took my life away; Not all love's passionate pleading Could gild an hour's delay; And he I loved has suffered A whole year since that day.

"If I could only see him— If I could only go And speak one word of comfort And solace—then I know He would endure with patience And strive against his woe."

Thus the archangel answered: "Your time of pain is brief, And soon the peace of heaven Will give you full relief; Yet if his earthly comfort So much outweighs your grief,

"Then, through a special mercy, I offer you this grace— You may seek him who mourns you, And look upon his face, And speak to him of comfort For one short minute's space."

—Adelaide Anne Proctor.

Cardinal Tried to Save Ferrer's Life.

And in there no answer to the spread, base and utterly stupid assertion that the Catholic church in Spain or anywhere else demanded the death of Francisco Ferrer? There "El Universo Catolico" (the "Catholic Universal") of Madrid, comes bearing this message:

The statement that the church in Spain, or any bishop of the church, or any layman authorized to represent the church's interests, demanded or asked the death penalty upon Ferrer is an absolute lie, one spread by the anarchists and their encouragers, the Free Masons, for the purpose of injuring the church in the eyes of the world. Ferrer was a self-confessed anarchist whose infamous teachings had brought ruin upon the church in Barcelona, and caused the unprovoked murder of her priests and nuns, but notwithstanding these crimes of the so-called "teacher," it is a fact suppressed by our enemies, that Cardinal Casanova of Barcelona, out of pity wrote a letter to his Catholic majesty, the king, asking that his life be spared. Ferrer was an anarchist, was tried and found guilty as one, and only paid such penalty as he would in any civilized state in the world.—New World.

Beef Trust Lost on Catholics.

It has been estimated that by the abstention from meat on the fifty-two Fridays of the year and the observance of Lent the beef trust suffers annually to the extent of \$150,000,000. It is also believed that the cutting off of the demand to that extent for all kinds of meats has a tendency to lower the price, so that the whole country is benefited by the observance of the regulation of the church in this respect.

Things Worth Remembering.

Coffee ice cream is delicious served with cantaloupes. Boiled salmon served with mayonnaise is excellent. Wash white silk in cold water. Warm water will turn it yellow. Pickles should never be put in vessels of copper, tin or iron. Embroidery should be ironed on flannel on the wrong side with a cloth between it and the iron. To get the full benefit of fresh fruit, it should be eaten in the morning. In summer housekeepers should endeavor to serve fruit in some form at least twice a day. When many flowers are crowded into a receptacle all grace is lost.

My Creed.

I would be true, for there are those who trust me; I would be pure, for there are those who care; I would be strong, for there is much to suffer; I would be brave, for there is much to dare.

I would be friend of all—the foe—the friendless; I would be giving, and forget the gift; I would be humble, for I know my weakness; I would look up—and laugh—and love the lift.

What There's Time For.

Lots of time for lots of things. Though it's said that time has wings: There is always time to find Ways of being sweet and kind. There is always time to share Smiles and goodness everywhere; Time to send the flowers away, Time a gentle word to say, Time for helpfulness and time To assist the weak to climb, Time to give a little flower, Time for friendship any hour, But there is no time to spare For unkindness anywhere.

Mental Pabulum.

In picking out your food for thought From all the bookish jam Adapt your mood to worthy food And try a little Lamb. Or if that doesn't suit your taste Then turn the books in dusty nooks Select a little Crabbe.

And if the books are culled with care And discarded of puff, Why, bear in mind you'll always find Some Bacon on the shelf.

—Philadelphia Bulletin.

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"Yessah, but I cain't sell dem fish. No, Suh. De ol' woman she speck dem fish foh suppel." "Well," said the questioner, "you'll have time to play us something, won't you?" This time a slow, understanding grin spread over the old negro's face. He carefully laid down the slimy catfish, and, seating himself on the curb, swung his guitar into position with an ease born of long practice, and began tuning it. "If only dat ar boy o' mine'd cum er-long," he said sadly, "he'd play Franch hahp—" The old negro made a dive through a tangle of vehicles, returning dragging a grinning young negro by the arm. "I got him," he said, triumphantly. "Play dat Franch hahp, boy." The two sat upon the curb and played until the gathering crowd swarmed over the gutter and a policeman shouldered his way in. The old negro took the hint, and a half dollar that was handed him. "Tankee, Suh," he grinned, jerking off his shapeless hat. "Tankee, Suh." "He she sen' me 't'ill yuh yuh'd better catch wuhms," said the boy. "She say she bin waitin' long eruff." The old negro frowned upon him. "Run on home, boy," he said, sternly. "run on home an' tell dat 'oman des 't' wait foh me. I'll be dere when I gits time." Then as the boy moved off he called after him, hurriedly: "Tell dat 'oman I got money. Hah me!"—Galveston News. What Maggie Wrote. The geography class was asked to write what they knew about London, and Maggie Jones wrote: "The people of London are noted for their stupidity." "Where did you get that idea?" asked the surprised teacher. Triumphant Maggie pointed to this paragraph: "The population of London is remarkably dense."—St. Louis Post-Dispatch.	Laundries. MODEL LAUNDRY Insures perfect work. Cor. State and Orpheum Ave. Phone 111. Lumber and Building Material. MC CONAUGHY-LOSEE LUMBER CO. CHAS. F. PORTER, Reliable Building Specialties. Dooly Bldg. ASPER, NOALL & CO., Lumber and Building Materials. 15-17 W. 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