

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 feeling that their inquiries are answered fully and carefully. Write only on one side of the paper. Address letters to Miss Helene Valeau, Intermountain Catholic.

Then.

After the striving and straining,
After the many defeats;
After much useless complaining,
After heart-breaking retreats;
After the hoping and sighing,
After the hoping and sighing,
After the hard self denying,
The smile of Success—and what then?

After the planning and scheming,
After the strife and the stress;
After the fretting and dreaming,
After the ache and the pain;
After the doubting and darning,
After the hoping and sighing,
After the hard self denying,
The smile of Success—and what then?

After the profuse groping,
Down where the deep shadows lie;
After the praising worthy hoping,
After the sob and the sigh;
After all this, the great glory,
Of joining the prominent men,
And the struggle—to finish the story—
With New York society then.
—S. F. Kiser, in Chicago Record-Herald.

Three things to love: Courage, gentleness and affection. Three things to hate: Cruelty, arrogance and ingratitude. Three things to delight in: Beauty, frankness and freedom. Three things to like: Cordiality, good humor and cheerfulness. Three things to avoid: Idleness, loquacity and diffidence. Three things to cultivate: Good books, good friends and good humor. Three things to control: Honor, courage and friends. Three things to govern: Temper, tongue and conduct. Three things to think of: Death, judgment and eternity.

Hasty Soup.

The name is given to this recipe on account of its being so quickly made. It requires one dessertspoonful of pea meal, one ounce of butter or dripping, one small teaspoonful of meat or vegetable extract, and one cup of milk. Mix the flour and the milk smoothly, and stir in the dripping and the extract. Cook with salt water, pour into a saucepan, add one pint of boiling water, stirring all the time, and boil for about five minutes. Serve with strips of thin crisp toast.

Unsung Heroes.

In a recent issue of the Boston Pilot "Looker-on" sounds the praise of the legion of unknown heroes and heroines whose names and deeds are not emblazoned on the scrolls of fame. The highest type of steadfastness, the real quality of courage, he says, is to be found "in the dull, drab-colored life around us that we think we know so well." The courage of the great, momentary crisis is not uncommon. It is not the flashing up in one desperate moment of the best there is in a man, but the supreme and steady steadfastness that withstands the stress of years, that can stand on the shore of life and hope for the cheering sail, that can trudge on in the desert of blasted hopes and not despair—that is the quality as rare and seldom attainable by man as the best of men as it is the characteristic of true woman wherever found. The hard stress is that which comes in homely guise among commonplace surroundings. A girl thinks she marries a demi-god and finds herself married to a brute. But the children are there and the tie is for life. She lives on and does her best. Who can fathom the desolation of that soul or measure the depth of her heroism? A daughter gently reared sees her father taken, her mother helpless and hungry mouths at the family table. She shoulders the yoke. Sorrow disappears, the roses on her cheeks fade.

Bad Habits.

Now here is a habit you must check. You must not bite your tongue, if need be, while you are talking. It is a bad habit, and you are making swift strides toward the habit of nagging. For so sure as you give this vicious habit the very least bit of an inch it will take an ell; before you really think of the matter there you are "Why didn't you do this in place of that?" or "You never can do anything right." Then, oh, then, my dear, you are laying miles and furlongs and rods by the inch toward the deep sea of domestic unhappiness. You tell children will learn to do as you do because they cannot stand being found fault with so much. Your husband may learn that he, too, can form the habit of finding fault with your management. Where will there be any chance of a home, in the real sense of the word, when these conditions exist?

Unfortunately this habit comes almost without one's having any idea of it, you are not feeling very well; the dear little ones are noisy; the head of the family has had troubles of late; during business hours you are not duly sympathetic; the clothes come home stained. So you, feeling aggrieved, can see no need in anything; there is a fault here and there and another over your shoulder; first thing you are aware of is that a general feeling of discomfort settles the world is all awry, and you stand alone on a pinnacle of perfection. And very lonely you are, indeed, because the perfect person is always lonely in this faulty world. And all faults are not so far reaching; you may find you cannot begin the day without a cup of strong coffee; leave off the coffee at once. You may find that you are "finicky" over details, be it immediately to allow yourself such a abundance of minutes when possible that short delays will not rack your nerves; or else—and this you can do—stop the fretting and declare unto your soul that you simply will not be hampered by such a habit.

Pebbles.

Happiness does not come in bowls, generally, but in pebbles, and so I think we ought all to be very thankful when we receive such a pebble; and how much more delightful to give one! So wrote a noted authoress in one of the charming "Letters" she has given to the world in book form. Let none of us be afraid to bestow our pebbles of happiness because they are small, for it is indeed in the give and take of such trifles that life's joy is largely made up. We heard a woman say on her birthday that of the many gifts that had come to her, not one had pleased her more than a little framed picture (a reproduction of an old painting, such as can be obtained at the book seller's for a single penny) which came to her all the way from the Pa-

acific coast. "It was so loving and thoughtful of my friends," she said. "She remembered how I loved that particular picture. Most girls with such little pebbles would have let the birthday pass without attempting a gift."

Just a loving word, a handshake, a thoughtful note remembering an anniversary which means great things to your friends, the passing on of a new book or magazine—every one may give a touch of joy. Fill your hands full of these pebbles to give away. Make a bright collection of those that are given to you—don't cast them aside or forget them. Some rainy day when life seems dark and dreary, you can take them out and turn them over, and you will be surprised to see how many you have and what a showing they make when put together.

A Noble Rule of Life.

To live content with small means; to seek elegance rather than luxury; and refinement rather than fashion; to be worthy, not respectable; and wealthy, not rich; to listen to stars and birds, babes and sages, with open heart; to study hard, to think quietly, and humbly; to talk gently; to wait occasions, hurry never; in a word, to let the spiritual, unbidden, and unconscious grow up through the common—that is my philosophy.—W. H. Channing.

Be Cheerful.

Always be cheerful, because it promotes the health by exhilarating the physical functions, by stimulating the process of respiration, by oxygenizing the blood, by improving nutrition, and by causing the mind to feel confident of success. Charge your mind with feelings of happiness, success, joy and cheer. Remember that the pathway of the soul is not a steady ascent, but a hilly and broken one; and do not become pessimistic, for the pessimist poisons his very blood and darkens the horizon of the sun of joy.—Health Record, London, England.

Home and School.

Two places that make the most indelible impression on the youthful mind are the home and the school. The home is the natural place for the proper training, and the parents are the natural and best teachers. The school and the teachers come in to supplement the work of the home. Let parents understand this and where the home breathes the "Catholic atmosphere" need not fear for our youth in the school. Let parents realize and take to heart their grave responsibilities. And in the schools, if authority is respected, let the teachers remember that they have similar responsibilities to those of the parents. Let them remember that wide-awake youths are watching and learning from their every action in school and out of it. Let them realize that their calling is a high and holy one. They are teachers not only by word, but by example. They are far more than servants. They are forming worthy citizens, not only for heaven, but for the state. Would to God that the state would realize this, and by giving religion its proper prominence in education, would avert, or at least delay, the ruin which the votaries of Godless education would bring upon it. That is our reason for our stand in this educational question.

A Simple Cure for a Burn.

Burns in the kitchen are so frequent that it is fortunate that the kitchen, or rather, the bin in the cellar, provides a quick and easily supplied cure for such injuries. When one has been scalded by fire immediately cut a white cloth, by scrape out the inside and make it very fine. Bind this scraping on the burn and the pain will quickly be mitigated. Should the burn be very deep it may be necessary to make a second application. This is an old-fashioned remedy, but one that has proved successful in many severe burns.

Training Children.

Judge Avery of Massachusetts, in an address some time since, as reported by the Boston Republic, remarked: "An intelligent foreigner said to me only the other day that the trouble with the American parent was that he allowed the children to run the household. You and I know how true such an assertion is. My experience as a magistrate in our district court indicates very plainly that the children of the day do not know what obedience or self-denial means. It is the old cry—license, not liberty. Some claim that school methods are responsible for much of this tendency, in so far as modern pedagogical methods aim to make the child's tasks only so in name, not in reality. In one word, pupils fail to have inculcated in their lives a spirit of labor—a spirit of ambition—hence acquire loose methods that finally as they grow in years become part and parcel of their being. On the other hand, silly parents deny the use of the rod, corporal punishment has gone out of existence practically in most homes, and the old remark of a schoolmaster that youth, especially boys, are like young colts and need to be broken—is a relic of ancient history."

Bishop Conaty.

The last regular monthly meeting of the Newman club of Los Angeles was in the nature of a reception to Bishop Conaty in his address acknowledging the greetings of the club, spoke of his observations and impressions in Europe. He described the beauty of the scenery and the historic character of that part of Italy and cited the interesting scenes at Viterbo, Orvieto, Perugia, Assisi and Siena. All these cities are closely identified with the history of the world and in a special manner of the church. Assisi is particularly dear as the home of St. Francis and St. Clara, Perugia as the home of Pope Leo XIII and Siena as the city made sacred by the life of St. Catherine and St. Bernardino. It was the bishop's good fortune to be present at Assisi at the celebration of the 700th anniversary of the Franciscan Order. Contentment, industry and good government struck him most in Switzerland, said the bishop, militarism and strength in Germany. To his mind Berlin stood out as the great city of Europe. Wealth and prosperity struck him in Holland and Belgium, and in England the strange juxtaposition of great power and great weakness.

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