

## .....The HOME CIRCLE

### CEASE THINKING OF SELF.

Worry is an excessive anxiety, which is generally due to bodily or mental inferiority. It is dyspepsia which converts food into poison. The victims of worry are victims of disease, and their first care should be to get health. Possibly they eat too much, or they eat what is unwholesome, or badly prepared, or they breathe impure air, or they sleep too little, or they attempt to do too much. They hurry, and therefore do poor work, and therefore worry.

Worry proceeds from enfeeblement of body or mind and intensifies the evil. It becomes an obsession, a kind of mania, which makes it impossible to see things as they are. The sufferers live in a world of foreboding and unrealities. They make themselves miserable about what will never happen. They live in continual dread. Nothing is too slight to arouse their fears. They grow selfish and become indifferent to the tortures they inflict on those about them. Being weak and wretched themselves, they seem to think that no one has the right to be happy and joyful, they bug their woes and are voluble in discoursing of the terms of the private hell to which they have condemned themselves. They commiserate those who would rather not have sympathy. They are borrowers of trouble. They diffuse the spirit of discontent. Their state is pitiful and it is nearly always one for which they are responsible, for they might be healed if they had faith and courage and will. "Every man," says Dr. Johnston, "is a being in the oven, rolled, sifted, and is certainly true of those whose sickness is due to their own fault and is the cause of misery to others.

The first word to be spoken to the victims of worry is get well; control your appetite, cease thinking of yourself, learn to bear bravely the ills which no mortal can escape, live to God and be busy becoming and doing good. Nothing is so sure to give help as devout religious faith. Philosophers can show us the folly and harmfulness of worry, but we shall look to them in vain for works like these: "Learn of me that I am meek and humble of heart, and ye shall find peace to your souls." They look steadily beyond the cares and disappointment of life, striving simply to do the thing that is right, come to dwell in regions where naught can destroy their repose and serenity.

**It Will Prolong Life.**—Dr. Sota, the Spaniard, lost his life in the wilds of Florida, whither he went for the purpose of discovering the legendary "Fountain of perpetual youth," said to exist in that then unknown country. While Dr. Thomas' Electric Oil will not perpetuate youth, it will remove the bodily pains which make the young old before their time and harass the aged into untimely graves.

### ARE AMERICAN WOMEN DRUNKARDS?

According to Prof. John Duncan Quackenbush, specialist in nervous and mental diseases, a member of many American and foreign medical societies and formerly of Columbia University faculty, the drink habit is spreading at an alarming rate among the women of New York.

"It is with real alarm," he says, "that I note the rapid growth of the drink habit among the women of New York city. I have been in a position to watch that growth closely and I can say with full knowledge that ten women drink to-day where one drank a dozen years ago.

"The growth of the habit has been among women of all classes, rich and poor, young and old. Girls in their spoonfuls of molasses, one-half of a teaspoonful of sugar, one-half of a teaspoonful of salt and one-quarter of a teaspoonful of pepper. Add a teaspoonful of baking powder the last thing and mix well. Turn into a well-greased baking dish and bake for half an hour in a moderately hot oven and serve at once.

**Corn Pudding.**—Take a pint of corn, add a teaspoon of rich milk, three eggs well beaten, two table-spoons of melted butter, one-half of a teaspoonful of sugar, one-half of a teaspoonful of salt and one-quarter of a teaspoonful of pepper. Add a teaspoonful of baking powder the last thing and mix well. Turn into a well-greased baking dish and bake for half an hour in a moderately hot oven and serve at once.

**Fruit Pudding.**—One heaping cupful of bread crumbs, two cupfuls of flour, one cupful of finely chopped suet, one cupful of seeded raisins, one cupful of molasses, one cupful of sweet milk, one-half of a teaspoonful of salt, one teaspoonful of soda dissolved in a little hot water, one-half of a teaspoonful of cloves, one teaspoonful of cinnamon. Steam for four hours and serve with hard sauce.

**Hard Sauce.**—Beat one fourth of a cup of butter to a cream, add gradually a cup of powdered sugar and beat until very light; add the whites of two eggs beat until very light and frothy, then add gradually a teaspoonful of vanilla. Heap it on a small dish, sprinkle lightly with grated nutmeg, and stand away on ice to harden.

**They Never Knew Failure.**—Careful observation of the effects of Parmelee's Vegetable Pills has shown that they act immediately on the diseased organs of the system and stimulate them to healthy action. There may be cases in which the diseases have been long seated and does not easily yield to medicine, but even in such cases these Pills have been known to bring relief when all other so-called remedies have failed. These assertions can be substantiated by many who have used the Pills, and medical men speak of their qualities.

**WHEN SILENCE IS GOLDEN.**

When our houses take fire, says Dr. Cuyler, the first impulse is to go after a bucket of water. But if temper takes fire the first impulse is to throw on more fuel.

Now the best bucket of water for a roused temper is resolute silence. If, whenever an irritating act were done, or an injury struck us, we should firmly seal our lips for even ten minutes, we would save ourselves many a quarrel, many a disgrace to our religious profession. Speech is often explosive and shattering. Silence is cooling. It cools us off and cools other people. One of the calmest men I ever knew told me that he used to be violently passionate, but he broke his temper by resolutely holding his tongue until his anger died away.

**EASTER LILY FOR EASTER SUNDAY**

Send 10 Cents

Will send you 1 Easter Lily Bulb, also 20 different kinds of fresh, sweet grown seeds, including Parsnips, Potatoes, Peas, Asparagus, Sweet Peas, Corn, Beans, Lima Beans, Peas, Carrots, Turnips, etc. This fine collection of seeds and bulbs for 10c. in Silver or 2c. in Gold.

**GLENNWOOD NURSERY**

WINTER HILL, MASS.

### The Foe of Singer and Speaker

The following from the Sacred Heart Review, shows the effects of alcohol upon the human voice:

That alcohol is the mortal foe of public speaker and singer was the declaration of the late Dr. T. D. Crothers, superintendent of Walnut Lodge Hospital at Hartford, Conn. Dr. Crothers, speaking before the Buffalo Academy of Medicine on "The Effects of Spirit and Drug-taking on the Upper Air Passages," summarized in graphic style some of the recent startling conclusions of science as to the effects of liquor upon vocalists and public speakers. He said:

"Recent researches of the physiological action of alcohol on the body have revealed some startling conditions and pointed out facts and causes of diseases not recognized before.

"Diseases of the throat and nose are both direct and indirect results of alcohol. The smarting sensation on the throat where spirits are taken come from the water-absorbing properties of alcohol. A drop of alcohol on the hand will produce a chill, and when the throat is larger, irritation and inflammation, which is simply its rapid water-absorbing properties to every substance it comes in contact with. The throat of all inebriates is diseased, and often this disease extends to the nose. It is bronchial and catarrhal and is recognized by the changed voice and harsh tones.

"The flushed face in spiritual drinkers is exactly the same condition which occurs in the throat and nose, and is congestion of the capillaries and paralysis of the nerves that control them. When this congestion becomes permanent, as seen in some wine and beer drinkers, it is an exact index of the condition of the membranes of the brain, throat and nose. When the face is pallid and blanched the same thing occurs in the throat and nose. This congestion of these membranes may come from cold and other causes, and in a certain number of cases, is followed by exhaustion and bronchial troubles.

"When alcohol is taken into the body its first effect is on the circulation of the blood vessels. The somatic nerves are paralyzed, the blood settles in the finer arteries and veins, and the power of forcing it out is diminished. This occurs most prominently in parts of the body that are rich in blood vessels and nerves; hence the throat and nose are most affected.

"The congested membranes of the moderate or excessive drinker after a time extend down to the vocal cords, and the changes of the voice are among the earliest symptoms of disease. Catarrhal and bronchial degeneration of the throat and nose change the power of articulation and derange the capacity to produce clear vocal sounds.

## Blue Ribbon Tea

This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 254, Montreal, entitles the holder to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea.

To MRS. \_\_\_\_\_ TOWN \_\_\_\_\_

"The tone of the voice is either sharpened or flattened and its carrying capacity diminished. Any over exertion, as in attempts to sing or speak, quickly ends in hoarseness, feebleness and exhaustion.

"The public speaker who uses spirits quickly destroys the quality and tone of his voice. The singer suffers most from the use of spirits and tobacco. When the tones are flattened, become husky, confused, and articulation has a peculiar muffled sound that experts recognize. If a spirit-taker, the sounds of the voice become sharper, more nasal and strident and are explosive and cracked in the tone, starting out on an ascending scale and dropping precipitously.

"The professional singer who smokes and drinks in so called moderation has a short career and is never able to attain any great efficiency in voice culture. Many good judges are able to discriminate between the voice of the tobacco-smoker and the user of spirits generally in the tone of voice.

"Oratory can never be developed with any degree of perfection by one who uses spirits and drugs. The early breaking down of the voice in singers and speakers ascribed to other causes is in many cases due to spirits and drugs. Alcohol acting on the throat and nose, producing chronic inflammatory conditions, quickly destroys the acuteness of smell and taste and later extends to the hearing. The moderate and excessive user of spirits has dulled hearing and is a bad judge of music and sounds generally because the tube leading from the mouth to the ear is inflamed.

"Tobacco is one of the most insidious irritants to the throat and nose, particularly in the form of cigarettes. The combustion occurring so near the mouth permits all the poison products to be absorbed and carried to all parts of the body.

### Tribute to Cardinal

(From the Baltimore Sun.)

With elaborate ceremony, said to have been surpassed only by Cardinal Martinelli received the red hat here, Mgr. Dennis J. O'Connell, rector of the Catholic University, will be consecrated Titular Bishop of Sebaste at the Cathedral in April.

About the same time the Archbishops of the Catholic Church in America will hold their annual meeting at the Catholic University, in Washington, and it will be easy for them to come to this city. The members of the Catholic hierarchy will be in great demand at that time, as the three other Eastern archbishops—New York, Philadelphia and Boston—will all celebrate the establishment of their sees this year.

It is said that the centenary of the raising of the See of Baltimore to the dignity of an archdiocese may also be celebrated with imposing ceremonies April 8, the date on which the bull

**FOR ANY STORE**

The right metal ceiling lessons fire-risk, beautifies interior, is easily and lastly almost forever. Such a ceiling is easily put up, and costs no more than the common kind. Learn the facts about

**PEDLAR STEEL CEILINGS**

More than 2,000 designs, suitable for every use. Side walls in equal variety to match. Let us send you a book that tells the whole story of the ceiling that shows no seams. Address—211 The PEDLAR People (Incorporated) 1861

Ottawa Montreal Toronto London Winnipeg

was promulgated by Pope Pius VII. With the consecration of Mgr. O'Connell and the centenary of Baltimore as an archdiocese, the opportunity may be taken to honor Cardinal Gibbons in some special manner. Hitherto he has been averse to such demonstrations, but he may be persuaded to consent, as several other dates of importance fall this year. It is proposed to embody the consecration to Dr. O'Connell, the celebrated of the centenary and the tribute to the Cardinal in one great function and make it one of the most imposing in the history of the Catholic Church in this country.

Though all four archdioceses in the East will celebrate about the same time, it is said that the celebration here will be given the place of importance, being the primal see. In addition to the Catholic hierarchy and clergy, there will be present representatives of the United States Government and the diplomatic corps.

### St. Brendan's Famous Voyage

It was Brendan of Clonfert, called "The Navigator," who, in the sixth century, made the celebrated voyage into the Atlantic, and was away for seven years. He had heard from many persons that there was an island far out in the western sea, and had gone to investigate matters for himself. It seems that America was known to the Irish before his time, for according to Dr. B. F. De Costa's pre-Columbian Discoveries of America, St. Patrick is represented as sending missionaries to the Isles of America, and allusions in the chronicles of the Northmen refer to a distant land spoken of as Ireland the Great, which must have been America. As the ancient Irish discovered Iceland and found their way into

Greenland, it is not difficult to see that they reached the mainland of America. In the Icelandic literature Dr. De Costa and others have found evidences of the Irish on the American Continent; some of our untranslated manuscripts may give us more information on the subject when they are translated or "done into English" as some Gaelic transcribers call it. Other evidences appear to exist in manuscripts in Paris and other French towns, and the Landnámabok (Scandinavian Saga) calls America Ireland i Mikla, whilst Toscanelli, who prepared the charts, used by Columbus, called the land supposed to exist in the West, "St. Brendan's Land."

### Priest Remarries Parents

A unique marriage ceremony was celebrated in Holy Trinity church, Cincinnati, on Monday, when the Rev. Herman Santen remarried his father and mother, who have lived together in wedded happiness for fifty years.

Archbishop Moeller and about fifty priests were present at the golden wedding celebration, and after the ceremony the Archbishop made an address, in which he publicly congratulated the couple on their long and happy married life.

"Your life has been according to the dictates of the apostle, who said a man shall love his wife as God loves His church," declared the archbishop. The family group, with grandchildren, numbered thirty-one.

"In our fifty years of married life we have never quarreled," said Mr. Santen.

### CONSTIPATION.

Although generally described as a disease, can never exist unless some of the organs are deranged, which is generally found to be the liver. It consists of an inability to regularly evacuate the bowels, and as a regular action of the bowels is absolutely essential to general health, the least irregularity should never be neglected.

### MILBURN'S LAXA-LIVER PILLS

have no equal for relieving and curing Constipation, Biliousness, Water Brash, Heartburn, and all Liver Troubles.

Mr. A. B. Bettis, Vancouver, B.C., writes:—For some years past I was troubled with chronic constipation and bilious headaches. I tried nearly everything, but only got temporary relief. A friend induced me to try Laxa-Liver Pills, and they cured me completely.

Price 25 cents per box, or 5 boxes for \$1.00, all dealers, or mailed direct on receipt of price.

**THE T. MILBURN CO., LIMITED**  
Toronto, Ont.

### Legal

**JOHN T. LOFTUS,**  
BARRISTER, SOLICITOR, NOTARY, ETC.  
712 TEMPLE BUILDING  
TORONTO  
Telephone Main 636.

**LEE, O'DONOGHUE & O'CONNOR**  
BARRISTERS, SOLICITORS, NOTARIES, ETC.  
Office—Dineen Building, Cor. Yonge and Temperance Sts.  
TORONTO  
Office—Bolton, Ont.  
W. T. J. Lee, B.C.L. J. G. O'Donoghue, L.L.B.  
Res. Phone Park 1395. Res. Phone M. 361  
T. J. W. O'Connor.  
Residence Phone Park 2556.  
PHONE Main 1583.

Charles J. Holman, K.C., T. Louis Monahan  
Henry L. Drayton  
(County Crown Attorney)  
**HOLMAN, DRAYTON & MONAHAN**  
BARRISTERS, SOLICITORS, NOTARIES ETC.  
Commissioners for Quebec  
Registered Cable Address "Holman Toronto"  
Phone Main 196  
28 TORONTO STREET, TORONTO

**JAMES E. DAY, JOHN M. FERGUSON**  
EDWARD V. SULLIVAN  
**DAY, FERGUSON & O'SULLIVAN**  
BARRISTERS AND SOLICITORS  
LAND SECURITY CHAMBERS, 34 VICTORIA STREET, TORONTO, CAN.

**MCBRADY & O'CONNOR**  
BARRISTERS, SOLICITORS, NOTARIES, ETC.  
Proctors in Admiralty. Rooms 67 and 68 Canada Life Building, 64 King St. West, Toronto.  
Telephone Main 2625.  
L. V. McBrady, K.C. J. R. O'Connor  
Res. Phone North 425.

**HEARN & SLATTERY**  
BARRISTERS, SOLICITORS, NOTARIES, ETC.  
Proctors in Admiralty. Offices: Canada Life Building, 64 King Street West, Toronto, Ont. Office Phone Main 1046.  
T. FRANK SLATTERY, Residence, 104 Queen's Park Ave. Res. Phone Main 576.  
EDWARD J. HEARN, Residence, 21 Grange Ave. Res. Phone 1958.

**UNWIN, MURPHY & ESTEN**  
C. J. MURPHY, H. L. ESTEN  
ONTARIO LAND SURVEYORS, ETC.  
Surveys, Plans and Descriptions of Property. Disputed Boundaries Adjusted. Timber Limits and Mining Claims Located. Office: Corner Richmond and Bay Streets, Toronto. Telephone Main 1336.

### Architects

**D. C. MAYHUE**  
CARPENTER AND BUILDER  
Jobbing and repair work solicited. Plans and estimates furnished.  
237 Victoria Street.

**J. M. COWAN & CO.**  
ARCHITECTS  
65 Adelaide St. East, Toronto.  
Phone—Evenings Park 2719.

**HENRY SIMPSON**  
ARCHITECT  
17 Toronto Street Phone Main 2033  
Residence Park 596

## BELLS

See: Alley Church and School Bells. See for Catalogue.

The C. S. BELL Co. Hillsboro, O.

## EMPRESS HOTEL

Corner of Yonge and Gould Streets  
TORONTO

**TERMS: \$1.50 PER DAY**

Electric Cars from the Union Station Every Three Minutes.

**RICHARD DISSETTE - PROPRIETOR**

P. J. MULQUEEN, Prop. 100 ROOMS  
RATES \$1.50 and \$2.00 PER DAY

## TREMONT HOTEL

Corner QUEEN and YONGE STREETS  
TORONTO

Directly Opposite Departmental Stores

JAMES MCILROY JNO. T. MCILROY, V.S.

Open Day and Night

## MCILROY BROS.

Landaus, Coupes, Victoria, Light Livery and Express. Boarding and Sales Stables.

PHONE MAIN 545

8 and 10 Duke Street, Toronto

Phone Park 1744

## JOHN J. GRAHAM

PLUMBER

49 Churchill Avenue  
TORONTO

Gas, Steam and Hot Water Fitting

World's Greatest Bell Foundry

Church, Pail and China Bells  
Best Copper and Tin Only.

**The W. Vandusen Company**

Buckeye Bell Foundry, Cincinnati, O.  
Established 1837.

### Educational

## Loretto Abbey

WELLINGTON PLACE  
TORONTO, ONTARIO

This fine institution recently enlarged to over twice its former size is situated conveniently near the business part of the city and yet sufficiently remote to secure the quiet and seclusion congenial to study.

The course of instruction comprises every branch suitable to the education of young ladies. Circular with full information as to uniforms, terms, etc., may be had by addressing

**LADY SUPERIOR,**

WELLINGTON PLACE,  
TORONTO.

## St. Joseph's Academy

ST. ALBAN ST.  
TORONTO

The Course of Instruction in this Academy embraces every branch suitable to the education of young ladies. In the ACADEMIC DEPARTMENT special attention is paid to MODERN LANGUAGES, PURE ARITHMETIC, ALGEBRA, GEOMETRY, PHYSICS, and passing a successful examination, conducted by professors, are awarded Teachers' Certificates and Diplomas. In this department pupils are prepared for the Degree of Bachelor of Music of Toronto University.

The Studio is affiliated with the Government Art School, and awards Teachers' Certificates. In the COLLEGIATE DEPARTMENT pupils are prepared for the University, and for Senior and Junior Leaving, Primary and Commercial Certificates.

Diplomas awarded for proficiency in Photography and Typewriting. For Prospectus address

**MOTHER SUPERIOR**

### THE Young Man or Woman

who invests in a Business, Shorthand, Telegraphy or English course at CANADA'S HIGHEST GRADE

## Business School

is sure of a good start in business life. Our Booklet tells why our students start at salaries of \$45 and upwards a month. Get it. The

## Dominion College

Business School

TORONTO

LIMITED

MISS E. GRAHAM

### PIANOFORTE TEACHER

TORONTO

49 Churchill Ave.

Phone Park 1744

### Marie C. Strong

Tone Production and Singing

Soloists Supplied for Sacred and Secular Concerts

Studio—Gerhard Heintzman's 97 Yonge Street.

## MEMORIALS

GRANITE and MARBLE MONUMENTS

Most Artistic Design in the City

PRICES REASONABLE WORK THE VERY BEST

McINTOSH-GULLETT CO., Limited

Phone N. 1249 1119, Yonge St. TORONTO

This is the Time to Organize a Brass Band

Instruments, Drums, Uniforms, Etc.

Every Town Can Have a Band

Lowest prices ever quoted. New catalogue, with upwards of 500 illustrations, and containing everything required in a Band, mailed free. Write us for anything in Music or Musical Instruments.

**WHALEY ROYCE & CO. Ltd.**

Western Branch 386 MAIN ST. 158 YONGE ST. Winnipeg. Toronto Ont.

Booking

### FORBES ROOFING COMPANY

Slate and Gravel Roofing; Established fifty years. 91 Spadina Avenue Phone Main 53.

## McCABE & CO. UNDERTAKERS

222 Queen E. and 649 Queen W. TEL. M. 2638 TEL. M. 1400

## F. ROSAR UNDERTAKER

240 King St. East, Toronto Telephone Main 1094.

## RYAN & SON

Undertakers & Embalmers

37 Arthur St., Phone College 4816 TORONTO

## W. K. MURPHY

The Leading Undertaker.

Punerals Furnished at Moderate Prices.

479 QUEEN STREET WEST PHONE MAIN 1731