

**RELIABLE RECIPES.**

**Bread Pudding**—Slice the bread thin cut all the crusts off, butter the slices then lay each slice in a dish and cover with rasins, make a custard and pour over till the dish is full then bake till the custard is done.

**Fig Pudding**—Three quarters of a pound of grated bread, half a pound of best figs six ounces of suet, six ounces of moist sugar, a teaspoonful of milk and a little nutmeg grated. The figs and suet must be chopped very fine. Mix the bread and suet first, then the figs sugar and nutmeg; one egg beaten well and lastly the milk. Boil in a mold for four hours. To be eaten with sweet sauce.

**Vegetable Soup**—Take three pint bowl of vegetables of all kinds cut up very small; boil them in two quarts of water, with a little salt; when done blend two tablespoonfuls of four with a piece of butter the size of an egg, and add a pint of cream or a pint and a half of milk; boil altogether, and just before serving add the yolks of two eggs mixed with a little cream or milk.

**How to Choose an Orange**—The very sweetest orange and richest is the black or rusty-coated fruit. Pick out the dingiest orange in the box and you will get the best. Another way to choose oranges is by weight. The heaviest are the best, because the have they thickest skin and more weight of juice. Thick skin oranges are apt to be dry; they lighter weigh less because of having so much skin or because of the poverty of the juice in these particular specimens. A slight freezing on the tree causes this condition in otherwise fine fruit. The "kid glove" oranges are the two varieties of small fruit grown in Florida from stocks respectively brought from China and Tangiers. They are called 'Mandarin' and 'Tangerine.' They may be eaten without soiling a kid glove, because the skin is loose, and the little 'gores' or pockets of juice come apart very cleanly and without breaking. All the above apply to Florida oranges. The Jamaica and Havana oranges are much paler yellow, and their juice is usually of more acid quality than the home-grown oranges.

**THE BODY AND ITS HEALTH.**

**How we spoil our lungs**—House air is almost always filled with more or less dust. During the winter, when ventilation is imperfect, this especially the case. The stove is a most common cause; as its dries up every bit of dirt in the room, and it is wafted about by currents of air and stirred up by the skirts of women. Women probably do not know how much dust their skirts sent into the air wheaver the sweep over the carpet. It is invisible to the eye, except when the light of the sun shines on it.

All this is breathed, and helps to spoil our lungs. Is there any help for it! At least one, and that is ventilation. Frequent and thorough ventilation, especially when the rooms are sweet and dusted while it does not remedy the evil, makes it less.

**Necessity of Bathing**—Dr. W. A. Rand writes in Lowell Times: "Twenty eight miles of drain pipes; with many thousand openings, discharge their impurities upon the surface of the humbody. The fluids so excreted evaporate quickly, leaving behind them suspended solids in the form of an alluvial delta or deposit blocking up the mouth of the tiny transpiratory ducts. This process goes on continuously, though insensible and serves the twofold purpose of maintaining an evuable temperature of the body of the eliminating its waste material. Hence the necessity of bathing to remove the ever accumulating incrustation of the skin. An elaborate apparatus is not needed for bathing purposes—a basin of water towels, soap, and a coarse washcloth—not a sponge being the only requisites. But these appliances, few and simple and always at hand are apt to be neglected in a family where boys and girls abound. The 'coming man' emerges from the bedclothes in the morning, and dresses himself with even washing his face; unless the habit of cleanliness be enjoined, with repetition and emphasis, by parental authority."

**THE AUTHOR OF 'THE MARSELLAISE'**

Everybody has heard of 'Rouget de l'Isle, the reputed author of the famous 'Marsellaise'. But for this hymn, as the French call it he would now be forgotten whence we conclude that his poetical talent was not of the highest order. The song was composed for the army of the Rhine, in 1762.

It now transpires that Rouget de l'Isle was not the author. 'L'Esther,—an oratorio composed long before 1762, by Griseus, the choir master of the Cathedral of St Omer—contains note for note, the music of the 'Marsellaise'. The

manuscript, duly signed and dated, was some years ago in the possession of M. Vervoite, after whose death it became the property of M. Arthur Loth, the publisher of l'Univers, who has lately proved that the pretended national air was originally a piece of Church music.

M. Loth thus ends his interesting and conclusive dissertation; 'With the manuscript of 'L'Esther, dies the fiction of Rouget de l'Isle.

The history of the revolution, written by revolutionists, has been disfigured, mutilated, falsified; it is but a tissue of romance and falsehood. The principal aim of its authors was to conceal the excesses of the Reign of Terror, and to try to make people forget its horrors, by enlarging on the great advantages of which it would be the cause. But the revolution was capable of nothing, except crime. It is the province of history to combat false opinions and expose prejudiced statements. Many of these are on the road to oblivion. The legend of 'la Marsellaise' will retire in company with those of the taking of the Bastille, the volunteer of '82, and the ship 'le Vengeur. The 'Marsellaise' is not the product of revolutionary genius: on the contrary, it was produced by the schools of music, of which the Church was a zealous promoter.'—The Ave Maria.

**TERRIBLE IMPLEMENTS OF WAR.**

Mr. J. P. Leonard, writing from Paris to the Dublin Nation, says:

The new repeating rifle that can fire ten shots in a minute at a target, and more in battle, together with the extension given to the manufacture of torpedo boats, are the great study now in military circles; and if what is said of be true the whole system of warfare by land and sea will have to be reversed! If they would make war impossible they would have rendered a great service to humanity. The last years of our century are likely to witness extraordinary evolutions. The days of daring personal gallantry and chivalry in war are gone by. The sword and bayonet and the heroic charges of cavalry will no longer be heard of; and even the mitrailleuse will have become useless. Whole armies and the ironbound leviathans of the sea will be destroyed often before they come in sight of their adversaries. Where will the nations that have no 'conscription' find soldiers under such circumstances?

**EARN SOMETHING.**

Now, while you are young, go to work. It is a very, very good thing to earn a little money for yourself.

It is very good even for women, who might have the necessities of life supplied for them, to find some way to make a little money which may be their very own; not simply to buy bonnets which, if they already have enough; not just to be finer, but to be able to indulge them. selves in those little amenities of life which are impossible to people who have not the command of at least a small purse.

You do not know what a person who lives, as many women do, on the friendly bounty of relatives would really be if she could do as she chose.

It is an unfortunate fact that almost anything we wish to offer another requires some expenditure; and that people who get credit for being good natured, often ruin their reputation with a few spare dollars which they do not miss.

The women who feels that earning something would degrade her, not unfrequently settled into a wretched drudge.

All the talk about gentility all the feeling shame there is about receiving payment for work, does not alter the fact that it is according to human nature that any one with a few dollar's of her very own is twice as happy as any one who has none, and the times more important.

If it were only having more or less of the pretable property of this would for yourself, if you be bad enough to be without money of your own; but when you consider that the want of money will cause you to crush out much of your kindness and generosity, and make you helpless where you need to be strong we do not believe you will let pride weigh down the balance.

Go into the shop, the workroom, or the kitchen; teach, if you can; enter a profession, if you are fit for it; do anything honest rather than become a genteel female pauper; and, our word for it, you will never spoil your matrimonial prospect by such independence!

Sensible men know the women who are able to help themselves will help mates to their husbands.

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**TERMS**—Entrance fee (once for all), \$5.00. Board and Tuition, per month, \$10.00. (A deduction is made when two or more of the same family are sent.) Music and use of Piano, per month, \$3.00. Drawing, per month, \$1.00. Bed and bedding, per month \$1.00. Washing, per month, \$2.50. Payments to be made every month in advance.

Pupils coming from other institutions must furnish certificates of good conduct from the establishment they left. Every pupil should be provided with sufficient underclothing, a plain toilet case, a table knife and fork, a glass, a white veil of plain net. Parents are invited to inquire at the institution for certain particulars before preparing the uniform. When desired it can be furnished in the establishment, as also articles for toilet, drawing and fancy work, but payment is required. School books and stationery are furnished at current prices. Other books and letters are subject to the inspection of the Directress. No deduction for pupils withdrawn before the end of the two monthly term, unless in case of sickness or for other cogent reasons. Pupils receive visits of their parents, near relatives and guardians, on Sunday, between the hours of eight and ten, after Vespers, until 5:30, and on Thursdays from 11 to 12. No other visitors are admitted unless they are recommended by parents or guardians.

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Parents residing at a distance will please furnish sufficient funds to purchase such clothing as may be required, also materials for Drawing and Fancy Work, etc. Pupils from other institutions will not be admitted without a recommendation from Superiors Books and Letters are subject to the inspection of the Directress. Pupils are admitted at any time, charges dating from entrance. No deduction will be made for partial absence, or for withdrawal before the close of a session, unless in case of illness, or for other grave and unavoidable reasons. Pupils are allowed to receive visitors on Sundays, from one to three o'clock, and on Thursdays from one to five p.m. Only Parents, Guardians and such persons as are duly authorized, will be admitted. Address

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