## THE TRUE WITNESS AND CATHOMAC CHROMCLE T2 PAGE

# **BANDOM NOTES** For Busy Households.

manner in which we were accustomed to pull the bed coverings over our heads after having listened in the twilight on a summer's evening to the recital of the fairy happenings near Spanish Cove, Cork, which our dear old grandmother, peace to her ashes, was wont to relate to us in childhood days.

As in all things there are abuses, a writer in a magazine calls attention to the serious results of frightening children. He says:--

Nothing can be worse for a child than to be frightened. The effect of the scare it is slow to recover from it remains until maturity, as is shown by many instances of morbid sensitiveness and excessive nervousness. Not infrequently fear is employed as a means of discipline. Children are controlled by being made to believe that something terrible will happen to them, and punished by being shut up in dark rooms, or by being put in places they stand in dread of. No one without vivid memory of childhood can comprehend how entirely cruel such things are. We have often heard grown persons tell of the suffering they have endured as children, under like circumstances, and recount the irreparable injury which ( they are sure they then received. No | parent, no nurse, capable of alarming a the young is fitted for her position.

Children as near as possible should be trained not to know the sense of fear, which, above everything else, is to be feared in their education ently and late. Some interesting facts dealing with the fears of children have been collected by a well-known professor. He found that 1,701 children were afraid of 6,456 things, the leading fears were lightning and thunder, reptiles, strangers, the dark, death. domestic animals, water ghosts, rats and mice and high winds. Some of the fears were the results of personal experiences ---- that is, in a district where a great wind had wrought a havoc the children were afraid of it. In other cases the analysis showed by what means parents had worked upon the imagination of their children. In one district sixteen poor little ones were dreading the end of the world.

Much has been written about carving at the dinner table. Men, as a rule, do not relish the task, but the should be condemned. That seems to fact remains that not only the comfort and satisfaction to be derived from a good dinner depend greatly reception has done much to increase upon the carver, but the supply for its use in this country. The American the next day's dinner also depends always wants the worth of his mon-

We have a lively recollection of the will possess you and you will find with surprise, probably, that you ; Dr. Shrady said :--will feel no bad effects from it, no feeling of weariness. Short brisk walks in the morning before breakfast are good for some people, but in large quantities. Coffee is the more perly clothed.

### not for all.

Among the spring styles shown for waists for little boys. The waists are or blue-and have a wide collar and edges with a ruffie down the front. For dress wear there are other blouses of exactly the same shape, but composed of the sheerest white nainsook, enriched with very fine embroidery, which almost covers them. Such waists are only suitable for surd upon a boy of ten years. Black stockings continue to be pre- can come from it." ferred for children, especially for dress wear, unless colored shoes are

worn, in which case the embroidery always pretty for little children, but ; arcentirely unsuited for winter weather even in the house, and their use is responsible for present colds and future rheumatism. Children's legs are not as a rule, sufficiently protected. The short skirts of little girls and the knee breeches of little boys leave the legs exposed to cold even when flannel drawers and long stockings are worn. Long leggings should always be provided for out-of-door in winter, as much illness will thereby be avoided,

There has been a great deal of discussion in the New York papers regarding the subject of tea drinking owing to some remarks made by a leading English medical practitioner. Dr. Geo. F. Shrady, when asked as to tea drinking in America and its effects, told me there was a notable increase in the use of tea here each year. As to its effects, he said that the moderate drinking of good tea properly prepared could bring no harmful results. There was everything in the quality of the tea and the manner in which it was brewed. "We ought to get all the flavor we can out of life, providing the flavor doesn't hurt us," said Dr. Shrady. "if it comes with tea, why not enjoy it? I do not believe that merely because a thing is pleasant its use have been the old custom. As to tea, there is no doubt that the afternoon

of boiling water more than half a and make themselves spick and spin such a short time is allowed for the ing self-respect from the pulpit. infusion. The silver balls are usually "I see at the early morning scruce used at the afternoon teas."

the effect of tea and coffee drinking, the day with carefully creased trans-

freshment and coffee stimulates to the not have this go on. These men must point of irritation if strong or taken respect the Church and enter it propowerful stimulant, and in certain respects has a tonic effect. Coffee is better than tea at breakfast, perchildren's wear are very attractive haps, as it stimulates to the enjoyment of the full meal. Coffee cannot of chambray of a solid color- pink the immoderately used with impunity. Caffeine and theine are nearly alike, and yet their physiological effects are widely dissimilar.

"Plenty of good tea is shipped to New York, and it is to be had at a comparatively cheap price. As with wines and tobaccos, the highest price teas are usually the best. If tea be small boys, of course. They look ab- of a good quality; is properly made than to try to look as much like i'aand is taken in moderation, no harm ther O'Hara as they can. He is a

And Father J. F. O'Hara, of St. head crowned with white hair. There Luke's Church, Whitestone, Long 1s- are no creases in his trousers nor in matches the shoes. Short socks are land, N. Y., firmly believes and is his brain. The father was formerly teaching that tidiness is next to attached to the Church of Our Lady cleanliness. Father O'Hara has been of Mercy in Brooklyn, and at that time grieved to see lately that the young was chaplain in Raymond Street Jail. men of his congregation neglect their He has preached at Whitestone for personal appearance when they go three years, and it was largely due to to early Mass. He has been preach- his energy and influence that the ing at these young men, telling them handsome Church of St. Luke's was to get up a quarter of an hour earlier erected.

at the same time to cause the world

to pause and inquire if there be not

something radically wrong in the

now unlimited trans-oceanic commun-

The despatch, dated last Friday

from Southhampton, tells of how the

"Stella," plying between that port

"The "Stella" left Southampton at

noon yesterday, conveying the first

daylight excursion of the season to

the Channel Islands. According to the

latest accounts there were 140 pass-

ed 42 men. The weather was loggy,

but all went well until the afternoon,

At four o'clock the Casquet Rocks

suddenly loomed up through the fog

bank and the steamer almost immedi-

ately afterward struck amidships.

The captain seeing that the "Stella"

look after themselves.

when the fog became most dense.

ication.

port says :---

minute. There is certainly no danger before they enter the house of God of the tannin being dissolved when The good father has been thus teach-

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men without collars and unshaven Speaking of the difference between faces. I meet these same men later in ers and all the little points of their "Tea stimulates to the point of re- toilets carefully attended to. I will

> "If these same persons were going to the theatre they would take special pains to dress in their best. Jut when it comes to entering the house of divine worship anything is good enough to wear. It appears to me that the young men are afraid to kneel in their best trousers lest it may spoil the creases in the trousers. So they do not put on their best trousers until the afternoon. They must dress well to go to church."

The young men cannot do better fine figure of a man, more than six feet tall, with an intellectual face and

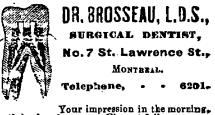
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PROVINCE OF QUEBEC. DISTRICT OF MONTREAL, No. 769.

IN THE SUPERIOR COURT. Dame Emma Dufresne, of the City and District of Montreal, has this day instituted an action in separation as to property against Albert St. Martin, of the same place.

Montreal, 28th February, 1899. BEAUDIN, CARDINAL, LORANGER & ST. GERMAIN. Attorneys for Plaintiff. 33-5

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8 p m , at 2439 Notre Dame street.

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1 p m. to 4 p.m., at 402 Sherbrooke street.

CONSULTATIONS-9.30 a.m. to 12 p.m.; 7 p.m 40

- -ي درو سارة برجي در

This year, or rather the past 12 jing the rowers to pull for their lives. months, may be marked down as a The steamer foundered in ten minperiod of unusual marine disasters. utes. Her boilers exploded with a Since the day when the ill-fated vessel tremendous report as she sank, and 'LaBourgoyne" was so suddenly and the captain and the other officers and unexpectedly wrecked, and almost its most of the crew went down with whole living freight was launched in- her.

to eternity, down to the last sail When the "Stella" struck there was a terrible sensation-a noise of metal news of the passenger steamer "Stella," sunk and bearing down seventy and woodwork being torn bodily odd victims, into the English Channel, away, the vessel passing over the jaged rocks at full speed and her side bescarcely a month has passed that ing ripped into like matchwood. some appalling catastrophe has not When she slipped off the rocks she occurred in the Atlantic. The details

of this last addition to the bead-roll turned completely over, carrying a lot of misfortune are of a nature to of people with her. awaken our deepest sympathies, and

A boat in charge of the chief officer capsized and almost all its occupants were drowned. A few of them were picked up by other boats,

The 2nd officer of the steamer, was among those rescued, says that a collapsible boat was launched full of people; but he thinks she struck on the rocks owing to the fog.

and the Channel Islands, was smash-Three boats, including ble boat, are missing.

largely on it. No matter how well the cook has done her part, if a joint be mutilated and hacked to pieces, it can neither be enjoyed at the time nor can it appear again at the other meal, so that a good joint may be really wasted for want of attention to this seemingly unimportant item.

Meat should be invariably cut right through to the bone, that the richer juices that lie near the bone may be fully enjoyed.

A leg of mutton should be sliced thickly, but not pressed heavily upon with the knife, as the gravy runs out bringing out its more very quickly. It should be cut first in the middle in even slices towards the knuckle end, as this part is not so nice to eat cold,

A sirloin of beef can be begun at either end. The outside should be sliced down right to the bone. while ed thin and lengthways.

A fowl should first have the wings taken off by slicing the breast and when a few slices have been taken from it, by cutting through the tender ribs.

thinly. A filet of yeal should be served in the same manner, but does not require to be cut so thinly.

A ham should be commenced in the middle and cut in thin slices. Some carvers begin at the knuckle end, this being considered the most economical way of cutting it.

It is a good plan to have the gravy served in a sauce boat if there is much cutting to be done, as it is very difficult to carve neatly without splashes if the dish is full of liquid.

A woman should be careful in selecting exercise to regulate it by her strength. Those who undertake to get rid of surplus flesh by walking usually begin in a violent manner. which they cannot keep up. They return tired and disgusted and with little inclination to repeat their experience. They do not have the wisdom to begin with a short walk, and the patience to lengthen it bit by bit as Schevigrov; accustomed to the exercise. If a walk of two blocks is tiring reduce it to one, and take that one every day. Gradually a desire to walk

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ed upon the Casquet Rocks. The reey. This may be the reason that the biting teas are more popular here than in England. Tea drinking is more of a science in England than it is here. There may be a tendency to ward a perverted taste in America. The biting tea that seems to be beengers on board and the crew number-

coming popular here is the more harmful. "America has not become afflicted with the tea drinking disease, and I do not think the country is in much danger from that source. We are learning how to make tea without harmbetter constituents. ful The the quality of the tea the more quickly it can be made. Tea should not be allowed to infuse too long, for then the tannin and other dis-

agreeable properties are yielded. The tannic acid is present in greater the inside loin portion should be slic- proportion in lower than in higher grade teas."

Dr. Shrady believes that the use of a silver tea ball is as good if not betdividing the joints with the point of | ter than the earthenware pots favored the knife. The legs should then be de- by Dr. Goodfellow in making tea. He tached, next the merry thought from agrees with Dr. Goodfellow that a the breast bone and lastly the breast, metal pot is an abomination. Tea made in a metal pot is apt to have an injurious effect on the stomach.

"By using the silver ball in infusing A round of beef cannot be sliced too the tea, each cup can be made to a strength to suit the individual drinker. The best oils are readily dissolved and for my own taste I seldom allow the tea ball to remain in the cup

> Doctors now agree that consumption is curable.

Three things, if taken together, will cure nearly every case in the first stages; the majority of cases more advanced; and a few of those far advanced.

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To be cured, you must not lose in weight, and, if thin, you must gain. Nothing equals Scott's Emulsion to keep you in good flesh.

50c, and \$1.00, all druggists. SCOTT & BOWNE, Chemists Toronto,

The coasting steamer which brought the first ne disaster here , picked up fo and forty survivors. Anoth picked up a boat containin persons, including twenty They have all been landed

The Great Western Rail pany's steamer "Vera," port, picked up forty othe survivors and landed them sey. Eight of those saved ed off a floating furniture fishing boat.

was fast sinking, ordered the life-Since the first details w boats to be launched. His instruca week has passed, and eac added to the sad budget of tions were carried out with the utmost celerity, and the women and lost number not less that five, and not one of the sur children were embarked in the boats. caped injury. The reading Then the captain ordered the men to account scarcely gives us a all the loss suffered. The Con

The scene at the moment of the sinking of the vessel was heartrending. es a small fortune in the w Women were screaming and praying steamer; and the relatives and people were clinging to spars and friends of both the dead an other weekage in other directions. [jured have suffered beyond Those who had succeeded in getting ception that we can form. into the boats had a narrow escape fervently hoped that this from being engulfed on account of the aster will close the unhapp suction caused by the sinking vessel. that the day is distant whe The voice of Captain Rooks, from of a like nature again shoe

the bridge, was frequently heard, urg-, ilized world.

# THE WORDS WERE SARSFIE

The Boston "Herald" referring to Sikhs? Sarsfield, as Irishme the New York "Evening Post" says .- 'remember, when struck dow "The 'Evening Post' of New York winden, while charging the blames the British Government for win a glorious victory for neglecting to recognize the national watched his life bloo feeling of Irish soldiers in its regimen- through his fingers, tal organizations. The 'Post' says with his dying breath that that Irishmen are merged as far as flow more freely for Ireland possible in every way in English re- ar aspiration-"Oh, that giments so that none of the glory of for Ireland'-is attributed their exploits should redound to their diers of the Irish brigade, unfortunate countrymen. Then it broke the ranks of the E adds: "There is a story of a poor fel- umn at Fontenoy. With low of Fenian proclivities, who fell historic incidents in mind, in one of the Sikh wars, wishing with but think that the 'Post' been for Ireland.' " Hasn't our con- of Fenian proclivities' to the Sikh temporary mixed the babies up ? Is it wars."

his dying breath that his death had far afield in sending its poor fellow

not attributing to the nameless Feni-1. Not only did Sarsfield use the exan the wish voiced by a much more pressions attributed to him, but we famous Irish soldier, Patrick Sars- believe that hundreds of Irish solfield, who fell on the red field of Neer- diers . "from Dunkirk to Belgrade" winden more than 150 years before felt, if they did not express in these the British crossed weapons with the exact words, the same sentiment.

the collaps-	DISTRICT OF MONTREAL, No. 2502.	Orders promptly attended to. :-; Moderate charges. :-; A trial solicited.
"Lynx,"	IN THE SUPERIOR COURT.	
ws of the our boats	Dame Alphonsine Chouinard, of the City and District of Montreal, has this day instituted an	ESTABLISHED 1564. C. O'BRIEN
er steamer	action in separation as to property against Louis Honore Dassylva dit Portugais, of the	•
ng fifty-five	same place.	House, Sign and Decorative Painter.
y women.	Montreal, 23th February, 1899.	PLAIN AND DECORATIVE PAPER HANGER
here.	BEAUDIN, CARDINAL,	Whitewashing and Tinting. All order: promptip attended to. Terms moderate
road Com-	LORANGER & ST. GERMAIN	Residence 645 Dorchester St.   East of Bleury-
from this	33-5 Attorneys for Plaintiff.	Office 647 "Montreal.
ers of the		
n at Guern-	PROVINCE OF QUEBEC, DISTRICT OF MONTEFAL.	LORGE & CO.,
were pick-	No 1363.	HATTER - AND - FURRIER
van by a	IN THE SUPERIOR COURT.	
	Dame Aurore Bouthillier, of the city and dis- trict of Montreal, wife common as to property of	21 ST · LAWRENCE STREET, Montreal.
ere given	Fernand Paradis, type-writer, of the say e place.	HUAIABAL.
h day has	duly authorized a ester en justice aux fins des presentes, Plaintiff	CARROLL BROS,
news. The	¥8.	
an seventy-	The said Fernand Paradis, Defendant.	Registered Practical Sanitarians,
rvivors es-	An action in separation as to property has been instituted this day against the defendant.	PLUMBERS, STEAM FITTERS, METAL
of such an ny idea of	Montreal, 8 March, 1899.	AND SLATE ROOFERS.
mpany los-	CHARBONNEAU & PELLETIER, Attorneys for Plaintiff.	795 CRAIG STREET : near St. Antoine
reck of the	Attorneys for Plaintiff. 34.6 New York Life Building.	Drainageand Ventilation a specialty.
s and the		Chargesmoderate Telephone 1834
nd the in-	PROVINCE OF QUEBEC, District of Montreal.	
d any con-	No. 1404.	T D CONDOT
It is to be	SUPERIOR COURT.	J. P. CONROY
great dis-	Dame Emelie R ondenu, of the Parish of St. Hubert, District of Montreal, wife of Jean Ba tiste Charron, farmer, of the same place,	(Latewith Paddon & Nicholeon)
y list, and	Ba, tiste Charron, farmer, of the same place, duly authorized a ester on justice,	228 Centre Street,
en anything	Plaintiff.	Practical Plumber, Gas and Steam Fitter.
eks the civ-	VS.	-
	The said Jean Baptiste Charron, Defondant.	ELECTRIC and MECHANICAL BELL. Etc.
	An action in separation as to property has been instituted this day against the Defendant.	Telephone, 8552
	Montreal, 15th March, 1899.	
LD'S.	GLOBENSKY & LAMARRE, 35-5 Attorneys for Plainsiff	THE
	35-5 Attorneys for Plainsiff	
		Saniaty at Anto
en love to	Roofing.	Society of Arts,
wn at Neer-		Jan
English to		OF CANADA,
the French	We Do	
d trickling		1666 NOTRE DAME STREET,
and said	A Good Business	
it would	۰. ۱	MONTREAL.
d,' A simil-	In Roofing	
it had been	Because we do good work, We	Drawing Every Wednesday.
to the sol-	sometimes make mistrkes,	Drumme mrory mountoday.
when they	but when we do we make	PAINTINGS Valued
British col-	things right. We'd like you fc	
these two we cannot	a customer.	from \$2 to \$1800.
	· . · .	
went very	CEO. W. REED& CO.	10 Cents a Ticket.

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