COUNTING THE SHEEP

One, two, three, four-over the pasture bars they go, Little gray sheep in the fields dream trotting along so slow! Five, six, seven, eight-counting them

one by one, Until the last little sheep goes down under the hills of sun! Weary, weary, wakefulest eye, slumber shall come to thee,

Counting the sheep o'er the pasture bars the white sails over the sea:

One, two. three, four-dear little sheep of gray,

Over the dell with the tinkling beli the fold goes trotting away! Out of the shadows and over the stars baby shall see them leap Until the weary-wide eyes are closed soft in the clasp of sleep! Wide, wide, wonder-wide eyes -how

many sheep have fled lambs follow with bobbling head?

One, two, three, four-over the hills

again, er, the little bells ring refrain! Never a shepherd to guide them, dear, but count and you shall know Never a little gray sheep is lost as over the bars they go!

Over and over and over the bars, till little eyes blink at last, And under the shadow-sweet fingers it to a paste with one tablespoonful were raised to the purple, and four Toronto, who has two sons serving in

One, two, three, four-lie, little baby, chopped cucumber pickles, then and count other round of bread, press lightly piled, be it remembered, is dealing vember 20, 1907, and contains the

mount

bloom! Gray sheep leaping and lambkins white galloping softly by Over the bars of the silver fields and

the beautiful hills of the sky! One, two, three, four-over the pas- tender, about an hour. ture hars they go, Gently, tenderly gray and sweet,

quiet'y now and slow! Quietly, softly now and still out of ounces of stick cinnamon broken in the dreamful dell, what stories are hidden under these the babies. Would it not be awful the dreamful dell, the dreamful dell,

Quaintly, faintly, one after one wander the little sheep, eyes that have counted themselves

-Baltimore Sun. to sleep!

#### THE TONGUE.

One of the ancients was asked: What is the tongue? All that is best and all that is worst, he replied. The ing drain, put it into a soup kettle tongue is the noblest faculty man possesses; through its means he holds and maintains with them all those relations which are both a necessity and the charm of life. It is by means of the tongue, that key of the mind and heart, that the soul reveals and serve with croutons. its thoughts and feelings and gives forth those tones so full of melody power and sweetness, that radiate around her and make her a center of attraction for other minds. But alas! the tongue is also the most active instrument for propagating sin and falsehood. It is a channel for some heart pours forth; the interpreter healer for wounds, cuts, bruises, through whom all earthly passions speak-such as pride, hate, wounded jealousy, revenge and impurity! or it It should be in every house is the quivering leaf perpetually agitated by the breath of a changeable, inconstant and vainglorious wind.

### SUCCESS IN LIFE.

The temper with which we enter upon the experiences of the new year largely depends upon our personal standards. If our ideal of success in life is the attainment of money, reputation or position, we may be easily disappointed at the results of the year just closed or the outlook for the future. The attainments of these ends is dependent upon a variety of factors that are beyond anyone's con-It does not make any difference how great your efforts, success in these directions cannot be abso-We have only ourselves to blame if our motives and character de-No possible ill-fortune can excuse evil choices and the gradual subordination of high ideals to selfgratification. If our hearts during the last year were set upon the best things and we face the future in that spirit, questions of material gain or regulated to a secondary place. It is not possible for us all to type of human excellence, and the attainment of that is the prize and crown of all human contests and ex-

A WOMAN'S SMILE.

A woman's smile is sunshine in the home; it is sunshine anywhere. A woman's soul is the outward and visible sign of her power to please and to gain what she wishes.

The Italians say that the beautiful woman by smiling can draw tears from a man's purse. Marot speaks of a "woman's little

giddy laugh that was enough to raise a man from the dead.' Men are very much what women make them, and it is largely by their

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smiles that they make men what they ought, or ought not to be. A woman's smile is what the sunbeam is to the landscape; it embel-

It is one of the duties of women to beautify the world, to shed joy, to verts are here given, of whom one was radiate happiness, to cast light upon dark days, to be the golden thread of our destiny, and this she does by rightly using her talent for pleasing. States army officers, 32 C. S. A. Every now and then we meet a wo-

man who possesses the power of en-chanting all about her; her presence and Congressmen, 12 Governors of lights up the house, her approach is States, 8 Mayors of cities, 21 memlike a cheering warmth; she passes bers of the diplomatic service, 28 eduby, and we are not content; she stays cators and 206 authors, musicians awhile and we are happy. She is the Aurora with a human face.

#### RECIPES.

mashed potatoes add three table- can nuns entered the fold, and six and I feel confident, you will meet Over the fields where the little white spoonfuls of cream, salt and pepper to of them established religious orders. with unbounded success. taste, and the beaten yolk of two The statistics also present the names eggs, and stir over the fire until hot of 260 nuns to whom the grace of sideration. and well mixed. Take from the fire, conversion came.
add the whites of the eggs whipped It is interesting to observe the lat-Comes the bell-wether, and, altogeth- to a dry froth, drop in heaps in a ter course of these converts. Two greased baping pan and brown in a hundred and two of them were ad-

steamed in half-pound baking powder denominations, later broke the word cans. Cut in thin slices. Flake one of life to their new-found brethren in they close in love's sweet slumber of mayonnaise dressing. Add more salt and cayenne if desired. Spread it on the bread, cover with a layer of list, no doubt. Subsequent revision from one of them, the Rev. J. M. The beautiful little gray sheep of and arrange them in an overlapping only with prominent converts. The following remarks concerning what is dream as over the bars they circle around a few sprigs of parsley. list would be stretched to amazing now a burning question: Bees in the pasture and birds on the dium-sized head of cabbage and shave who followed the voice that bid them Casket is right. The law should rebough, and ever around the room it up as for cold slaw. In a large seek peace and consolation in the Ca- gulate the price of labor, and l Gardens of shadow and fancy that saucepan put two tablespoonfuls of tholic Church. The convert whose would allow immigration only under wind down through a valley of butter, one scant tablespoonfuls of name does not appear in the volume condition that the whole family (fagar, one-half a dozen cloves tied in a because he has not measured up to This would keep out bad characters,

tine with two cups of cold water and have won prominence in other than in the surplus of the eastern nations, let stand for an hour. Add two distinctively ecclesiastical circles. Only a shadow tinkle of sound swung of mace to one quart of hot water. der those ruled out under the comto murder or starve their children!

Boil fifteen minutes. Take from the piler's exclusion act! Let one of Let us pray that God may soon come fire, pour over the gelatine, add one their number, Percy Fitzgerald, the to the rescue of these poor nations and one-half cups of sugar and stir well-known Irish author and lecturer, whose only crime is poverty and spir-With love's sweet lips on the little until dissolved. Strain, flavor with tell us something of the neophyte's itual darkness.

eyes that have counted themselves a teaspoonful of lemon juice, and a passage from one church to another: It may be news to some of our readtablespoonful of orange juice. Turn into a mold and stand in a cool place

to harden. Scotch Broth Without Meat .- Soak four ounces of barley in a quart of cold water over night. Next mornwith one onion, one turnip and carrot, cut into slices, add a few communion with his fellow-crea ares, green tops of celery and four tablespoonfuls of oatmeal, cover with two quarts of boiling water and simmer gently one hour, then add a palatable seasoning of salt and pepper. Strain

> A Medicine Chest in Itself .- Only the well-to-do can afford to possess a medicine chest, but Dr. Thomas' Eclectric Oil, which is a medicine chest in itself, being a remedy for rheumalumbago, sore throat, colds, tism, coughs, catarrh, asthma and a potent sprains, etc., is within the reach of the poorest, owing to its cheapness.

DANGER OF SYSTEMLESS READING.

The mind is a very delicate, complicated piece of mechanism; and although made to do a certain kind of work marvelously well, yet, when put to an entirely different use, its efficiency is ruined; just as the deliing fine watch parts would be completely spoiled if used to make clock parts. When the mind becomes deflected, to a certain extent, from its Abraham and Ste. Foy. normal condition by a vicious reading habit, it diverges more and more, "Your Excellency and rarely goes back to the normal. By desultory habits of reading and has conceived and the work you have lack lutely assured. But there is one mind with a large mass of unclassi-thing that is entirely in our own fied material. You pick up another Abraham and of Ste. Foy into a naone, and then go from that to a pa- tional park, appeals to my heartiest per or magazine. mind in a chaot state, because you me both as an admirer of the Canalet everything run into the mental dian people and as a bishop of the profitless. ledge of a friend or prize his friend- lofty idea to join in common honor ship by a hasty first impression; so the two places which witnessed the lasting good by skimming over the and English armies, and where, so to succeed in our undertaking; it is pos-sible for us all to achieve a noble contents, or by reading a few pages speak, was laid the cornerstone of the one night and then putting it on a liberties not only of Canada, but of shelf to gather dust until you get the whole North American continent. time to read it again. Everything The park it is Your Excellency's incomes out of the mind as it went in, and if it does not enter in an orderly manner, it will come out in

## LIVER COMPLAINT.

The liver is the largest gland in the body; its office is to take from the blood the properties which form bile. When the liver is torpid and causing them to become bound a recestive. The of prosperity, and that everyone region, pains between the shoulders, yellowness the of the skin and eyes, bowels irregular, coated great opportunities afforded by the tongue, bad taste in the morning, etc.

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#### Three Thousand Converts

From the Catholic Transcript.) Of the making of converts there is It appears, however, that somebody has just made a beginning of an enumeration of some noted ones in the United States. The book is entitled "Distinguished Converts to Rome in America." The foreword tells us that the list is as complete as the compiler could make it. While the list is by no means exhaustive, it is at least serviceable. The book lishes an inferior face and redeems an is published by Herder, of St. Louis,

and sells for a dollar. The names of three thousand conan Anglican Bishop, 372 Protestant clergymen, 3 Jewish rabbis, 115 physicians, 126 lawyers, 125 United Army officers, 23 United States navy and painters

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mitted to the priesthood. One hun-Salmon and Brown Bread Sandwich- dred and thirty-five, who had been es .- Use brown bread which has been preachers of the word in non-Catholic cupful of cold-boiled salmon and mix the Catholic pale. Four of them



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am glad, therefore, to express to Your Excellency the assurance that Twenty-five members of Anglican the Catholics of Canada are cordially religious orders, one of these a found- with you and are one with their feler of an Anglican community, took low-citizens of all classes in support "With sentiments of highest con-I am, etc.,

> DONATUS, Archbishop of Ephesus, Apostolic Delegate.

## Immigration and Labor

(The Antigonish Casket.)

Mr. W. Fraser, 142 Grace Street,

Red Cabbage Salad .- Choose a me- lengths, were reckoning made of all As for immigration, I think The sugar, one-half of a cupful of vine- under consideration will not complain ther, mother and children) come in bit of muslin, one teaspoonful of salt the standard of distinction adopted by limit immigration to a certain deand one-quarter of a teaspoonful of the compiler. It needs no enabling gree, and keep up wages. Canada is pepper. When steaming add the cab- act to give many unmentioned con- big enough to contain a hundred milbage, cover closely and cook until verts all the credentials of practical lion more inhabitants. The world ender, about an hour.

Catholics, which sometimes means outside of America is getting poorer for than being Catholics who may every day, and unless America lets the only remedy is to do away with Would it not be awful



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TOWN.

What agonizing wrestlings and tor- ers, though not to us, that the Chin ture of mind, unseen and unknown! ese have a Malthusian theory of their What rendings and bendings of the own, which they practise in a fashion 17 Toronto Street conscience! What struggles and calls which is no more immoral, though it resisted and finally obeyed! What is more shocking to us, than what is tearing of the heart strings! How known in Europe and America as awful the almost cruel disregard of "race suicide." family ties and interests!"

### From Mgr. Sbaretti

efficiency is ruined; just as the deli-cate machinery intended for produc-al has received the following communication from Mgr. Sbaretti, endorsing Earl Grey's great national scheme for the preservation of the Plains of Ottawa, January 25th, 1908.

"The project which Your Excellency

of system, you confuse the undertaken, of converting the two This puts the commendation and support-appeals to reservoir without any order or defin- Catholic Church and the representaplans. Systemless reading is tive of the Holy See in this country. You can not gain know- Certainly it has been a happy and ambient air, seeking to enter into in reading a book you can not gain equal valor and bravery of the French tention to make, with its beauty and significance, will teach all Canadians of every race and nationality that they have equal rights and obligtins, that they should mutually spect these rights, and that they have to work in harmony side by side, for the welfare and grandeur of their common country. Adorned, as Your Excellency proposes, by the statue of an angel with arms outstretched towards Europe, it will tell the new-comers to this Dominion that this inflamed it cannot furnish bile to the bowels | land is a land of peace, of liberty and symptons are a feeling of fulness or weight in welcome who wishes to exercise his the right side, and shooting pains in the same activity and take advantage, within limits of law and order, of the

> immense resources of this country. "The events which these battlefields recall have for us Catholics a deeper and even more important meaning. In the all-wise designs of Divine Providence they were destined for the protection of our Church against the persecution and tyranny of oppressors old and new, and for the maintenance of her sacred rights under beneficient folds of the English flag. The Canadian hierarchy and the Catholic people have on many solemn occasions and in no equivocal manner, by word and deed, shown how much they appreciate this recognition and guarantee of their rights. The national park will be a perpetual reminder to future generations of their debt of gratitude and loyalty to the British Bitters. There is nothing "just as good."

The work done by our priests and nuns in China con-

sists largely of saving infants who would otherwise be drowned by their heartless parents just as though they were so many kittens. As these children grow up, they form a Christian for Catalogue, leaven in the huge mass of heathen-But the unhappy parents will remain in darkness unless the missionary army can extend its operations. Father Fraser's dearest wish at present is to build a little church at a place with an unpronounceable name. If any of our readers are disposed to help him, we shall be happy to forward their contributions. It will help to solve the immigration problem if the Chinese who are coming to us become Christians before they leave home.

The Demon, Dyspepsia.-In older times it was a popular belief that demons moved invisibly through men and trouble them. At the present day the demon, dyspepsia, is a large in the same way, seeking habitation in those who by careless or unwise living invite him. And once he enters a man it is difficult to dislodge him. He that finds himself so possessed should know that a valiant friend to do battle for him with the unseen foe is Parmelee's Vegetable Pills, which are ever ready for the

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