

help.

you do don't scold. When you feel

tongue and say a fervent prayer for

you will gain control of yourself. -

Aunt Bride, in Sacred Heart Review.

FOOD VALUES OF BANANAS.

worn and threadbare nerves.

RECEIPS.

Professors of dietetics (says a

A few determined efforts and

pridewords would all be put My hasty aside,

And so I should be loved and mourned to-night.

If I should die to-night, Even hearts estranged would turn

once more to me, Recalling other days remorsefully;

The eyes that chilled me with averted glance

Would look upon me as of yore, perchance,

And soften, in the old familiar way; For who could var with dumb, unconscious clay?

So I might rest, forgiven of all, tonight.

O, friends, I pray to-night, Keep not your kisses for my dead,

cold brow-The way is lonely, let me feel them

now. Think gently of me; I am travel-

worn My faltering feet are pierced with trated in the recent achievements of

many a thorn. with sugar, a form in which it has Forgive, oh hearts estranged, forgive,

plead; When dreamless rest is mine I shall not need

The tenderness for which I long toerable fig. night!

-Belle Eugenia Smith in Catholic banana chiefly appeals to us. Standard and Times.

THE GIVING OF MEDICINE.

A few rules to be remembered in giving medicine are:

1. Always give exactly what the any chemical essence, it is a subtle doctor orders, neither more nor less. stimulus to all subsequent alimen-2. Always give medicine on timetary processes. And thus it is that if a dose is due at twelve, give it at the banana is an eminently digestible twelve and not at half past. food. No sense of oppression or

Medicines intended to be taken drowsiness follows on a meal of it. before meals should be given twenty minutes before meal-time, those to be taken after eating, twenty minutes

after the meal is finished. Ham and Eggs .- Ham is virtually give medicine cooked by the curing process, an Never reading the label on the bottle twice; when recooked by broiling or frying before and again after pouring it out. should not be overdone. Cut the 5. When pouring medicine always ham one-half inch thick, cover with hold the label on the upper side to sour milk, or sweet if sour can not be had, and let it stand over night. avoid defacing it. 6. Do not use spoons for measuring In the morning rinse the ham with for they are never accurate; small cold water, heat the pan and cook the graduated glasses, which are infinite- ham, turning it as for broiling, only ly better, can be bought at any drug until it is heated through and very store for about ten cents. delicately browned. Put the ham 7. When pouring, hold the mark on a heated platter, and keep hot of the quantity you require on a level while the eggs are cooked. If enough fat has not come from the ham with your eye. 8. Always shake the bottle before add dripping to the pan. Break the pouring out the medicine. eggs, one by one, in a saucer, slip 9. The bottle should always be re- them into the frying pan and fry uncorked immediately after use, for til the yolks are set. Season, put many medicines contain volatile sub- on the ham, and serve hot. stances and are apt to become either Fried Chicken .-- Clean a fat voung stronger or weaker than intended if chicken and joint it as for a fricassee. Wipe, dredge with salt, pepper and left uncorked. 10. Medicines containing iron should flour and spread out on a platter. In be taken thraugh a glass tube or a deep frying-pan try out one-half straw, as they discolor the teeth. pound of fat bacon, add one scant 11. Some medicines, notably several cupful of lard; when smoking hot put that are given for coughs, should be in the pieces of chicken, cooking only given undiluted, while others, on ac- enough at one time to allow plenty of count of their irritating properties, room for turning over. As fast as should be well diluted. Never dilute it is nicely colored lift from the pan more than necessary, for the addition to a platter and keep the chicken of a large quantity of water often warm. Pour off all the grease but renders a disagreeable dose still more about two tablespoonfuls, dredge in sufficient flour to absorb the grease, unpleasant to take. 12. Holding a piece of ice in the stir until nicely colored. Then add mouth for a short time before taking gradually one pint of milk and conmedicine will often render a disagree- tinue stirring until smooth and thick. able flavor less noticeable; a drink of Season to taste, carefully lay in the seltzer afterward will help to "take chicken and simmer for five minutes away the taste." Castor oil given or until the meat is very hot, then lemon juice, a piece of ice small dish and serve. with enough to swallow, seltzer added just | Mushroom Tarts .- Peel and cut some before taking, and a drink of seltzer mushrooms into thin slices, put them after, is not at all unpalatable. Hold- in a stewpan with a little lemon ing the nose while taking medicine juice and a clove of garlic; add salt will also diminish the taste. Drain the juice that is 13. Insoluble powders such as cal- extracted off and add some olive oil omel, bismuth and acentanilid should and a sprig of mint. Let all cook be placed far back on the tongue and for twenty minutes and remove the washed down with a swallow of wa- clove of garlic. Have ready some Those with a disagreeable pastry, as for an open tart, fill in ter. taste can be given in jam or bread or with the mushrooms and serve very encased in wafers or capsules, which hot. can be bought for the purpose. Stuffed Tomatoes.-Remove a small Pills can also be made easier circular piece from the top of each to swallow by giving in bread or tomato, having selected good sized, jelly. Unless pills are freshly made, firm ones. Remove the seeds and pulp should be pulverized, as they and fill the cavities with the follow- him, but hastened away, still right thev soon become so dry and hard that ing: For every six tomatoes allow to the end of the church. Then, they will not readily dissolve in the one-half of a cup of cold chopped they stood before the big door and stomach 15. Never buy a large quantity of heaping tablespoonfuls of bread But before he had got quite up to the medicine at a time; there are very crumbs, one tablespoonful of melted children, the two halves of the big few kinds that will not deteriorate butter. Mix all the ingredients to- door, gently, and apparently of by keeping; and because a medicine is gether, fill the tomatoes and place themselves, opened wide. Through beneficial in one case, do not imagine in a baking dish. Bake thirty min- these they went out into the that you can give it to every one utes and serve with cream sauce. whom you may think has the same Cucumber Jelly .-- Peel and slice cu- noisy traffic of the day was stillailment. 16. Medicines should be kept in a cool, dry place and properly labeled. All poisons should be marked as such and kept under lock and key .- Amy E. Pore, in Home Care of the Sick.

THE CATHOLIC REGISTER

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io estract and color a delicate green. haired man came towards him and Turn into the freezer and freeze sev- pointed sadly to a straw bed in the eral hours before serving.

to a cream half a cup of butter, add gragar and beat until creamy. Add served by a cheerful, pleasant moth- in the whites of the eggs beaten to a er than the meal on time, but ac- stiff, dry froth, and two teaspooncompanied by a scolding. Whatever fuls of baking powder. Stir together lightly and quickly. Drop on that you must break out, bite your greased tins by the spoonfuls and

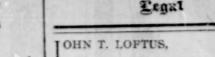
> bake in a quick oven. Nut Salad .- One pint of shelled English walnuts, one teaspoonful of calt, one bay leaf, one slice of onion,

ove blade of mace, two sour oranges, one tablespoonful of finely chopped orange peel. Pare off very thinly enough orange rind to make one tablewhen chopped. Strip off



corner. The priest went over to it and found a poor, wasted figure in a deep swoon. "Thank God you have come," said the old man, kissing the priest's hand. "My wife has been sick and ailing for a long time, but to-night she seems to be weaker than ever. Her end must surely be near. While these words were spoken the sick woman opened her eyes.

Father Damen took her thin hand and bent over her. There was no time to be lost. "You should have sent for me earlier, my good man," said he to the husband, "still I hope to God I am not too late." He heard the poor woman's confession, then hurried back to the church as quickly as he could to bring the Holy Viaticum to the sick room. While the dying woman, with the deepest devotion, prepared herself to receive the Blessed Sacrament for the last time, the old man, with the help of "Yes, in-He

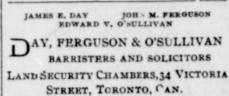


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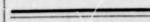
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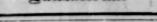
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