February HOLY FAMILY + 1904 + DAY OF WERK DAY S. Ignatius. Purification of the B. V. Mary. S. Dionysius. S. Andrew Corsini. W. S. Agatha. S. Hyacintha of Mariscotti. F. S. Sexagesima Sunday Su. M. Vesper Hymn, "Iste Confessor." S. John of Matha. Commemoration of the Passion of Our Lord. T. W. S. Scholastica. Our Lady of Lourdes. 11 S. Telesphore. 12 F. S. S. Gregory II. Pope, 13 Quinquagesima Sunday Vesper Hymn, "Martinae Celebri," Su. M. T. W. 14 15 16 B. Gregory X. Pope.
Ash Wednesday.
S. Raymund of Pennafort. 17 18 Crown of Thorns of Our Lord. S. Cyril of Alexandria. 19 20 F. S. First Sunday of Lent Vesper Hymn, "Quodcumque in orbe." S. Peter's Chair at Antioch. Su. M. T. 21 22 23 24 S. Peter Damian. Ember Day. The Prayer of Our Lord in the Garden. 25 26 S. Mathias Apostle. Ember Day. The Lance and Nails, which pierced our Lord. Ember Day (Abstinence as well as Fast). S. Margaret S. 27 Second Sunday of Lent Vesper Hymn, "Audi benigne Conditor."
Of the Feria. 29 for plans and estimates church wiring or lighting. They are specialists on this HOME CIRCLE

\*\*\*\* **FFFF** AN UNCROWNED ANGEL.

She walks unnoticed in the street; The casual eye Sees nothing in her fair or sweet, The world goes by Unconscious that an angel's feet Are passing nigh. She little has of beauty's wealth;

Truth will allow Only her priceless youth and health, Yet grows she on the heart by stealth bedrooms. I scarce know how.

She does a thousand kindly things That no one knows: A loving woman's heart she brings To human woes: And to her face the sunlight clings Where'er she goes.

And so she walks her quiet ways With that content That only comes to sinless days And innocent;

Yet nobly spent.

A life devoid of fame or praise, -Pall Mall Gazette.

RULES FOR WASHING DISHES. Collect all dishes to be washed, re ly everything with its kind. Hav dish pan half full of hot soapy water Wash glasses first and dry instantly next, silver, and wipe at once; then china, taking less soiled dishes first cloth; wash blades and scour if moistened with kerosene. necessary; then wash and dry at once with boiling water, dry. bing brush, if necessary, dry.

THE CARE OF CHILDREN'S HAIR

strokes with a stiff brush every morn- a paste of it with the white of an ing and evening and braiding them egg. Spread lightly on the broken loosely for bed, the foundation for a edges and press tightly together. future beautiful head of hair will be A small piece of charcoal put in the cent "Life of Queen Alexandra," there

ily when school time comes round.

Such a practice is disastrous to the nerves of a sensitive child and ruinous to the hair. Teach the little daughter to take care of her hair and cumulation of silk scraps, to be woat the right time, and also to keep ven like rag-carpet into portieres. more butter?"

Though our souls may be vexed with the problems of life, daughter to take care of her hair and state of cleanliness.

CATCHING COLD.

Why is it, asks Dr. Simpson, in Popular Science, that people who are most exposed to cold by outdoor employment, are the people least subject to colds? Simply because no one catches cold by exposing the whole body to cold. Those people card the small pieces. It is tiresome it had taken the requisite brown.

them. Lay the end of one piece flat to Mrs. Melin, the superintendent, "I would like to see the kitchen."

It was dinner time and the cook was frying fish.

"I can eook fish," said the princess; "let me show you if I cannot." which dissipate themselves in the stomach cannot be expected to have deftly turned the fish in the pan till to Mrs. Melin, the superintendent.

"I would like to see the kitchen."

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The superintendent is the superintendent. one catches cold whole hody to cold.

by facing a blizzard in the open air. Arctic regions, were exposed to cold nia has been aptly called the yellow of every description, and it is stated fever of the north; and indeed it was, that they never once suffered from in its destructiveness to human lile, they one and all caught severe colds. tors in Cuba robbed yellow fever of The reason for this is probably be- its power for evil. cause they were again warmly housed Most persons have an impression

they are to catch cold. The proper than any other single disease. This dren warmly, provide good, stout also to its great mertality, for of air. Let them go, rain or shine, cold one-half die. liable to catch cold. And their bed- sizes the need of prevention. pecially as they may uncover them this in a restricted sense is correct. Sent out of the houses, sent into the selves when restless.

WORTH KNOWING.

A piece of corned beef, even - when Scald with boiling water all milk rolled, frequently presents a ragged, ware in clean, hot, soapy water trim the meat into presentable shape.

in the hand and wash the lower part. are legion. Four good ones are: Raw ces which render the system vulner- Are too busy with cares and with Wipe greasy ironware with soft pa- onions sliced and bound upon the sore able to the attack of the pneumonia per; then wash inside and out; use a spots; oil of pepperment well rubbed germ; in other words, it consists in To make round our hearthstone a wire dish cloth, sapolio or scrub- in; tincture of iodine applied with a living according to the laws of a rawire dish cloth, sapolio or scrub- in; tincture of iodine applied with a

to care for their hair as early as gill of boiling water, and into this liossible.

| quid stir enough plaster of paris to the little girl is coaxed into the make it the consistency of thick of consistency of thick or consistency or con bahit of giving her locks a hundred cream, or powder quick lime and make spirit.

water in which vegetables are boiled Counting the strokes will lighten prevents the disagreeable smell which the task for her, and she will soon usually accompanies the cooking of become accustomed to it and make vegetables. Or if a lump of fresh own rooms and make themselves genit part of her daily toilet. Too many charcoal is placed in a wardrobe it erally useful about the house and at children are allowed to go to bed with will prevent the unpleasant smell day was invited to partake of the intheir hair in a tousled condition, on- which clothes, especially woollen ly to have it jerked and tangled hast- goods, have when they are stored

HOME-MADE SILK CURTAINS. Here's a good way to utilize an ac- daughter and said: her brushes and comb in the proper Any rag-carpet weaver will weave And the future Queen of England And worn with besetments, and toilthe prepared strips into curtains departed willingly and gracefully on These articles should be as stricton his loom for 10 or 15 cents a the homely errand to the larder.

ly personal property as the toothyard. Cut the thin silk, velvet and
During a visit paid by her in 1888 brush. Never allow one child to use the other's nair-brush. Diseases of the scalp are most contagious, and the brush is the surest germ agent.

Yard. Cut the thin sik, vervet and buring a visit paid by her in toos with the Crown Prince and Princess of Wales of Denmark, the Princess of Wales after inspecting every part of the hrush is the surest germ agent.

Mix the colors well before sewing Home for Scandinavian Sailors, said them. Lay the end of one piece flat to Mrs. Melin, the superintendent; on the end of another, lapping half an "I would like to see the kitchen."

large as you choose. Now take out your old black silk, of which very likely you have a good many pieces, but before beginning with these buy some gilt tinsel braid about half an inch, wide. At every three or four yards of the black cutting sew in a quarter of a yard of the gilt braid. The hright silks come next. Cut them separately and wind them into a little ball, even as small as amount girls without hearing at times the as six yards, especially if you have statement, "The teacher was so cross some pretty colors. About one pound of silk will be needed for a square yard of portiere, for each should be coloring strips.

THE HOME, NOT THE CONVENT, WAS TO BLAME.

The Very Rev. D. I. McDermott, of Philadelphia, in a widely published essay, probably voices the sentiments of many persons when he says:

of place the plain talks such prelates has often thought of as "the cross as the late Archbishop Hughes gave teacher."

to graduates of fashionable convents

It is not necessary for us to enter higher convent education."

even they cannot make flowers grow in a bed of ashes. If a child comes to them from a careless home and after a few years returns to a careless home; if worldly, indifferent or vicious mothers and fathers give it a bad example—even the Sisters cannot guarantee the future of such a one. The same is true of Catholic colleges. We have known parents to the control of Catholic, college!" with the home—with the parents; the convents and colleges got the blame for it. This is plain speaking, but we deem it necessary to redress a grave injustice.

THE PREVENTION OF PNEUMO-NIA.

Because of its extensive prevalence Nansen and his men, when in the and high rate of mortality, pneumo-

and spent a portion of their time in that pneumonia is of common occur- The cushions that cover that fin unventilated rooms, sleeping in stuffy tence, but they do not realize that rocking chair The more children are coddled to when it is most prevalent, it is in

every day. Such children are far less of treatment employed, and empharoom window should be open every fact that pneumonia prevails chiefly night, winter and summer, in such a in the winter and early spring has way as to avoid a direct draught up- given rise to the popular belief that Yet boys must walk somewhere; and on them while they are sleeping, es- it is caused by catching cold, and

Pneumonia is a germ disease due to the poison elaborated by a special Should step round the corner and micro-organism; but a knowledge of Wood alcohol rubbed on a polished this fact helps little in avoiding the Where other boys' feet have paused ofwessels and dishes that have egg o dish will restore the finish if foldough adhering to them. Pile neat lowed by a polishing with linseed ly everything with its kind. Hav oil ent in the body—especially in the mouth, throat and nose. The question where jokes that are merry and songs To brighten the inside of a coffee or tion, then, is one not of avoiding the tea pot, fill with water, add a small germ, but of preventing its growth. Ring out a warm welcome with flatpiece of soda and let it boil about piece of soda and let it boil about a suitable soil for its development, and it is only when they have been for the boys." —cups, saucers, pitchers, plates, etc. ly.

Rinse in hot water and dry immediately. Hold steel knives and forks kept from rusting when not in use by in the hand; wipe handles with dish rubbing them over with a cloth with the hand; when they have been changed in some way that rapid growth can take place. This change may be effected in a number of ways your boy or mine the hand; when they have been changed in some way that rapid growth can take place. This change may be effected in a number of ways your boy or mine the hand; when they have been changed in some way that rapid growth can take place. This change may be effected in a number of ways your boy or mine the hand; when they have been changed in some way that rapid growth can take place. This change may be effected in a number of ways and the place of the boys." sleep, by living and especially sleeping in a badly ventilated room, by 'Twixt virtue and vice, 'twixt purevessels; wash tea and coffee pots in unsightly appearance. Take a pair the abuse of alconolic drinks, by hat vessels; wash tea and coffee pots in unsightly appearance. Take a pair itual overheating, by worry, in fact, And leave all the innocent boyhood

the cogs of Dover egg beaters; hold The modern remedies for chilblains ance of all those depressing influenfeather or camel's hair brush, and breathing; plenty of water internally tional hygiene-pure air and deep There's a place for the boys. They Mothers should teach their children ounce of powdered gum arabic in a quantity; abstinence from alcohol;

A REAL HOME QUEEN According to the author of a were not many servants at the Gule For the getting of gain that our life-Palace, and the young Danish princesses were required to dust their If we fail to provide a place for the formal family luncheon at the palace As cares settled down round our short recalls that the family butter-dish chanced to need replenishing, and the Don't let us forget by our kind, lov-Princess Louise, instead of summoning a servant, turned to her elder To show we remember their pleasures

CROSS TEACHERS One cannot live long with school-

to-day!"

Now, girls, do you ever stop, when fifty-four inches wide and three yards letting such statements slip through For a pair of curtains of your lips, to ask the reason why the that size nine pounds of silk is required. The weaver will arrange the teacher is not just as light hearted as are her pupils? She has her own personal life, as well as you yours, to carry along through the days, and her work may seem very heavy to her, and difficulties may be more thickly strewn in her pathway than you dream of. Ask yourself how you are reaching to her life. Mi is 'In our youth we regard as out light-hearted teacher out of one she possible for a young girl to make a

at commencement; but the almost total absence on the part of such people of that knowledge which is necessary to discharge the practical duties of a Christian life shows that those wise old prelates were meeting a long-felt want in the matter of higher convent education."

It is not necessary for us to enter into minute knowledge of one's difficulties in order to lighten them. Sometimes a flower laid down in front of weary eyes causes the tired look to vanish. We have known a few kind words to lift a load from a heart, and leave bright the day

We like to believe that a convent school in which such instruction is not constantly given in as rare.

That before held only clouds.

Does it ever occur to you to remember that to be the teacher of a not constantly given is as rare as room full of restless scholars may not a four-leaved clover. The fault is be the easiest task in the world? not in the convents, but in the unrea- Suppose you look at the matter for be the easiest task in the world? sonableness of outsiders, who expect the Sisters to accomplish the impossible. They do wonders, but come to consider your teacher an angeliance of outsiders, who expect a while from the teacher's stand-point. It is possible that you may come to consider your teacher an angeliance of outsiders, who expect a while from the teacher's stand-point. come to consider your teacher an an-

leges. We have known parents to to skate, to sit in the shade of trees keep their sons away from Mass on Sunday during their vacation visits, and to supply them with meat dinners and to supply them with meat dinners we blossoming, to dream in the silence we blossoming, to dream in the silence on Friday in city restaurants; we have even known of fathers who set their sons an example of fast living; to dream in the state and loneliness of deep woods, to follow cattle as they crop the sweet-their sons an example of fast living; scented clover—to learn to know as and no doubt many good persons one knows a mother's face, every were scandalized when these young change that comes over the heavens later from the dewy freshness of early dawn "Why, he was educated in a to the restful calm of evening, from the overpowering mystery of the starlit sky to the tender human look with which the moon smiles upon the earth—all this is education of a higher and altogether more real kind than it is possible to receive within the walls of a school; and, lacking this, nothing shall have power to develop the faculties of the soul in symmetry and completeness.-Bishop Spalding.

NO PLACE FOR BOYS.

What can a boy do, and where can a colds. But no sooner had they each returned to their native land than days before the American army docway? He cannot sit here and he must not stand there,

during the winter and spring months, Were put there, of course, to be seen and admired, keep from catching cold the more apt some years the cause of more deaths A boy has no business to ever be

tired. course "to take is to clothe the chil- is due not only to its prevalence, but The beautiful roses and flowers that bloom shoes and turn them loose in the open all whom the disease attacks nearly On the floor of the darkened and delicate room,

or warm; let them have the open air This fact speaks ill for the methods Are not made to walk on-at least not by boys; The The house is no place, anyway, fo

their noise. what if their feet,

street, pause at the door,

that are bright

-by catching cold, by the loss of Should cross o'er the threshold which marks out the line

Wash tin ought to hang in every pantry, and by any of the agents, physical or menwithin?

Oh, what if they should, because you clean grooves and seams, and dry Set the trimmings away to be used solves itself simply into the avoid- While the days and the months, and the years hurry by,

life's fleeting joys will find it somewhere;

Cement for china: Dissolve one and externally; plain food in moderate And if our own homes are too daintily fair the street,

'Mid the gildings of sin and the glitter of vice; re- And with heartaches and longings we pay a dear price

time employs,

earthly way, ing deeds, and needs;

ing and strife, Our hearts will keep younger- your

tired heart and mine-That we kept a small corner-a place

whole body to cold. Those people card the small pieces. It is tiresome to selves and keep away from cold. A person more easily catches cold who a portion of the body is exposed, while the other portion is kept warm by artificial heat. One is more apt to catch cold sitting by a stove in an unventilated room than and wind solidly. Make the balls as the visitors by a stoward to same. Do not distinct the same. Do not distinct the fish in the pan till it had taken the requisite brown.

The cook looked none too well to overcome costiveness the medicine to overcome costiveness the model to overcome cost

The Rheumatic Wonder of the Age

This Salve Cures Rheumatism, Felons or Blood Poisoning It is a Sure Remedy for Any of These Diseases.

## A FEW TESTIMONIALS

Toronto, Sept. 18, 1908:

John O'Connor, Toronto: Dear Sir-I wish to testify to the merite of Benedictine Salve as a cure for rheumatism. I had been a sufferer from rheumatism for some time and after having used Benedictine Salve for a few days was completely cured. S PRICE, 212 King street east.

198 King street East, Toronto, Nov. 21, 1982, John O'Conner, Esq., Toronto:

DEAR SIR-I am deeply grateful to the friend that suggested to me, when I was a cripple from Rheumatism Benedictine Salve. I have at intervals during the last ten years been afflicted with muscular rheumatisms. I have experimented with every available remedy and have consulted might say, every physician of repute, without perceivable was fit. When I was advised to use your Benedictine Salve, I was a helplom cripple. In less than 48 hours I was in a position to resume my work, that of a tinsmith. A work that requires a certain amount of bodily astivity. I am thankful to my friend who advised me and I am more than gratified to be able to furnish you with this testimonia' as to the cacy of Benedictine Salve. Yours truly. GEO. FOGG.

Tremont House, Yonge street, Nov. 1, 1961,

John O'Connor, Esq., Toronto:

DEAR SIR-It is with pleasure that I write this unsolicited testimos ial, and in doing so I can say that your Benedictine Salve has done more for me in one week than anything I have done for the last five years. My ailment was muscular rheumatism. I applied the salve as directed, and got speedy relief. I can assure you that at the present time I am free of pain. I can recommend any person afflicted with Rheumatism to give is a trial. I am. Yours truly, (Signed) S. JOHNSON,

288 Victoria Street, Toronte, Oct, 61, 1901,

John O'Connor, Esq., Nealon House, City:

DEAR SIR-I cannot speak too highly of your Benedictine Salve. has done for me in three days what doctors and medicines have been trye ing to de for years. When I first used it I had been confined to my had with a spell of rheumatism and sciatica for nine weeks; a friend recommended your salve. I tried it and it completely knocked rheumatics right out of my system. I can cheerfully recommend it as the best medicine on the market for rheumatics. I believe it has no equal.

Yours sincerely, JOHN McGROGGAN,

475 Gerrard Street East Toronto, Ont., Sept. 18, 1961, John O'Connor, Esq., Nealon House, Toronto Ont .:

DEAR SIR-I have great pleasure in recommending the Benedicting Salve as a sure cure for lumbago. When I was taken down with it I called in my doctor, and he told me to would be a long time before I would be around again. My husband bought a box of the Benedictine Salva, and applied it according to directions. In three hours I got relief, and in four days was able to do my work. I would be pleased to recommend it to any one suffering from Lumbago. I am, your truly.

> (MRS.) JAS. COSGROVE. 7 Laurier Avenue, Toronto, December 16, 1991.

John O'Connor, Esq., Toronto, Ont.:

DEAR SIR-After suffering for over ten years with both forms Piles, I was asked to try Benedictine Salve. From the first application I got instant relier, and before using one box was thoroughly cured. can strongly recommend Benedictine Salve to any. one suffering with Yours sincerely. JOS. WESTMAN,

12 Bright Street, Toronto, Jan. 18, 1902.

John O'Connor, Esq., Toronto: DEAR SIR-It is with pleasure I write this word of testimony to the marvellous merits of Benedictine Salve as a certain cure for Rheumatism. There is such a multitude of alleged Rheumatic cures advertised that one is inclined to be skeptical of the merits of any new preparation. I was induced to give Benedictine Salve a trial and must say that after suffering for eight years from Rheumatism it has, I believe, effected an absolute and permanent cure. It is perhaps needless to say that in the last eight years I have consulted a number of doctors and have tried large number of other medicines advertised, without receiving any benefit,

> Yours respectfully, MRS. SIMPSON.

65 Carlton Street, Toronto, Feb. 1, 1862. John O'Connor, Esq., 199 King Street East: I was a sufferer for four months from acute rheumatism in my let arm; my physician called regularly and prescribed for it, but gave me me relief. My brother, who appeared to have faith in your Benedictine Saive, gave enough of it to apply twice to my arm. I used it first on aThursday night, and applied it again on Friday night. This was in the latter part of November. Since then (over two months) I have not had a trace of rheumatism. I feel that you are entitled to this testimonial as to the efficacy of Benedictine Salve in removing rheumatic pains.

Yours sincerely,

Toronto, Dec. 80th, 1001,

M. A. COWAN.

John O'Connor, Esq., Toronto: DEAR SIR-It is with pleasure I write this unsolicited testing and in doing so I can say to the world that your Benedictine Saive thoroughly cured me of Bleeding Piles. I suffered for nine months. I consulted a physician, one of the best, and he gave me a box of salve and said that if that did not cure me Iwould have to go under an operation. It failed, but a friend of mine learned by chance that I was suffering from Bleeding Piles. He told me he could get me a cure and he was true to his word. He got me a box of Benedictine Salve and it gave me relief at once and cured me in a few days. I am now completely cured. It is worth its weight in gold. I cannot but feel proud after suffering so long. It has given me athorough cure and I am sure it will never return. I can strongly recommend it to anyone afflicted as I was It will cure without fail. I can be called on for living proof. I am,

> Yours, etc., ALLAN J. ARTINGDALE, with the Boston Laundry.

256} King Street East, Toronto, December 16, 1862.

John O'Connor, Esq., Toronto: DEAR SIR-After trying several doctors and spending forty-five days a the General Hospital, without any benefit, I was induced to try your Benedictine Salve, and sincerely believe that this is the greatest ren in the world for rheumatism. When I left the hospital I was just abis to stand for a few seconds, but after using your Benedictine Salve for three days, I went out on the street again and now, after using it just over a week, I am able to go to work again. If anyone should doubt these facts, send him to me and I will prove it to him. Yours forever thankful, PETER AUSTEN

Toronto, April 10, 1902,

Mr. John O'Connor: DEAR SIR-I do heartily recommend your Benedictine Salve as sure cure for rheumatism, as I was sorely afflicted with that sad disease in my arm, and it was so bad that I could not dress myself. When I heard about your salve, I got a box of it, and to my surprise I found great relief, and I used what I got and now can attend to my daily household duties, and I heartily recommend it to anyone that is trouble with the same disease. You have this from me with hearty thanks and do with it as you please for the benefit of the afflicted. Yours truly.

MRS. JAMES FLEMING 16 Spruce street, Toronto. Toronte, April 16th, 1962.

J. O'Connor, Esq., City: DEAR SIR-It gives me the greatest pleasure to be able to testifu the curative powers of your Benedictine Salve.

For a month back my hand was so badly swollen that I was well.

to work, and the pain was so intense as to be almost unbearable. Three days after using your Salv as directed, I am able to go work, and I cannot thank you enough. Respectfully yours, 72 Wolseley street. U. J. CLARKE. Address C. R.

## JOHN O'CONNOR, 100 KING FOR SALE BY

WM. J. NICHOL, Druggist, 17 King St. E. J. A. JOHNSON & CO., 171 King St. B.

Price, SI per bell,