THE TRUE WITNESS AND CATHOBIC OURONICIDE

HOUSE AND HOUSEHOLD.

SLEEP.

The popular belief that men of great mental activity are, as a rule, light sleepers, is not justified by the facts. What the just and right allowance of What the just and right allowance of sleep may be for the individual does not seem to depend altogether upon the mount of mental or physical work done. The idler and the pleasure-lover often seem to sleep longer and more easily than the laborious brain worker, and cases may be traced where a tendency to light or heavy sleep has run strongly to light or neavy steep has run strongly in families, irrespectively of the occupa-tion or of the physical and intellectual activities of individuals. The only safe guide in determining such a question is experience. If good health and full intellectual efficiency can be preserved by six hours' sleep, there seems no motive six hours sleep, there seems no motive for making efforts, probably destined to failure, to secure eight hours. But care should be exercised that short sleep has not been the result merely of a long con-tinued bad habit, and that every opportunity is afforded to the organism to procure that amount of sleep that seems normal for it. Hence, moderately early hours and quiet freedom from sources of disturbance are necessary, and for a prolonged period, before we can feel sure that the amount of sleep that seems natural to us is really so. Eight hours has been fixed by general consent as the happy mean, although it is, perhaps, a libral allowance for adults in vigorous health. The young and the ailing may with advantage take more, and, indeed can hardly have too much of so excellent a tonic and restorative as sleep.

THE KITCHEN.

GENOESE SAUCE.

Take half of a clove of garlic, one dessertspoonful of curry powder, six boned anchovies, a teaspoonful of raw mustard and three dessertspoonfuls of capers. Pound these in a mortar, and when thoroughly mixed add four tablespoonfuls of sherry, a small tumblerful of cold water and three tablespoonfuls of good vinegar. Put all in a sauce-pan and boil for fifteen minutes, adding a half-pint of melted butter.

SAUCE FOR BOILED FISH.

which has been used in boiling the fish and put it in a stew-pan, adding an onion, an anchovy and a tablespoonful of walnut ketchup. Let it stand and simmer for a quarter of an hour. Add a pint of good yeal gravy, and strain and thicken with butter and flour.

FISH CAKES.

Take cold, boiled codfish, either salt or fresh, haddock, or any kind of boiled fish, carefully remove the bones and skin and mince the meat; then mix it with an equal bulk of cold, mashed potatoes and a small quantity of onion sliced and minced fine, work in a little butter and season with pepper and salt to your taste. Then, with the assistance of a little flour, to prevent the paste from sticking to the hands, form it into round flat cakes and lay them upon a dish or tray; when all are done, dredge them with flour, after which fry them to a nice brown color on both sides in very hot lard, or they may be baked in the oren oven.

FRIED OYSTERS.

Select the largest and fineest oysters, drain them in a colander, break two or three eggs into a dish, add a little milk or oyster juice to them, and beat them well together with a fork. Rub through a colander the crumbs of a day-old loaf of Vienna bread or cracker-dust; season these crumbs with pepper and salt. Now dip each oyster into the egg mixture and lay it upon the crumbs; cover it with the crumbs and give it a gentle pressure with the hollow of your

hand, but do not pat it, as that soddens



Bewate Peddlers and some unscrupulous grocers are offering imitations which they claim to be Pearline, or "the same as Pearline." IT'S FALSE—they are not, and besides are dangerous. Manufactured only by JAMES PYLE, New York.

IRISH NAMES.

A FEW WORDS OF GOOD ADVICE

To Mothers and Those Who Have to Name Children.

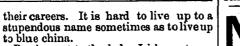
Now, Irish matrons, we appeal to you to put aside this weak tribute to foreign ascendency. Leave the Victorias, the Beatrices and the Maudes to the stranger, SAUCE FOR BOILED FISH. Take two tablespoonfuls of the water of genuine old Milesian names with poetry and the rose mist of the historic about them. Consult the "Lives of the Saints," if there are not decent names in your own tribes, and you will find no lack of sweet designations. Besides, there is some virtue in having a patroness in heaven to whom petition can be made in hours of tribulation. Suppose we look over the ecclesiastical calendar in the "Catholic Directory." What can be prettier or more wholesome than Agnes, Agatha, Frances, Matilda, Monica, Elizabeth, Anne, Clare, Teresa, Cecilia, Lucy, Bridget, and Mary, the best of all? Catherine and Margaret are delightful names. And if we desire to rejoice in distinctively Irish ones, where can Sheelah, or Eily, or Winifred, or Grace, or Finola, the "fair-shouldered," be bet-

tered? Not by the Alexandras, or Wilhelminas, or Gwendolines, or Theodoras, or Virginias, anyhow. The men cling to the magnificent

ANCIENT IRISH NAMES

with a stronger fidelity, for theirs is a vanity more robust than that which seeks to forget its origin, or merge it in some sugar-candy theatrical tomfoolery. Patrick—the name of Sarsfield in the past, and McMahon in the present, not to speak of the apostle who drove the snakes on a wandering tour, is not to be despised. Nor Daniel, Maurice, Jerome, nor yet Rory, Murtagh, Kyran, Fintar, Owen, Brendan, and so on through innumerable soft or ringing and meaning names.

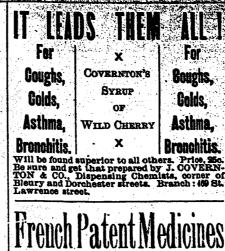
a good honest custom it is, and we hope it will be adhered to, but some would-be fashionable apes will insist on giving their offspring novel crackjaw designa-tions on the principle of the tailor in Regent's Park, who called every son of spoonfuls of lard, or half lard and man spoonfuls of lard, or half lard and man olive oil, into a frying-pan, and when it is at the boiling point lay in as many custom as will cover the bottom of the direction of the bottom of the chapter. This is very the ord of the chapter. cruel to a babe, and often provokes an irresistible laugh behind the unhappy bearer's back. As well ticket them Ditto, or Praise-God-Barebones, or Chaw-Bacon, or Bell-the-Cat, at once. Washington is a common appellation among American niggers; the natives of the African West Coast are called after British statesmen. and John Bright or Pope Hennessy may prop himself under your litter. We knew a London colored pugilist once who was haughty over the title of



Be clement to the lads, Irish matrons, and be satisfied with the beloved simple designations antique but picturesque as the ivy, and do not, for the sake of com-mon sense, handicap them with a jargon as of botanical Latin. Hector might turn out to be amiable and Holophernes to keep his head in a scrape. Hold by the old land, the old usages, the old vir-tues, and the old names. For the love of propriety, do not transmogrify honest Malachy, even though he wears no collar of gold, into Marmaduke, and let Bridget go through the world as the respected and admired vestal who watches over the green island, and not become a leering and lying pseudo-aristocratic Edith who besmears the escutcheon of pure ancestors with venal scandal.-Universe.

The Bath in the Middle Ages.

An assertion made several years ago by Dr. Lyon Playfair, trusting to "worth-less authorities," that " for a thousand years there was not a man or woman in Europe that ever took a bath," which was laughed at at the time, has been seriously refuted by the Rev. T. E. Bridget, in his historical essay on Biunders and Forgeries. According to him, no one who has read much of the mediaval literature of any part of Christian Europe can doubt that the bath was constantly called into requisition. Among the ac-counts of Queen Isabella, wife of Edward II., is an entry of a payment "for repairs of the Queen's bath and gather-ing of herbs for it." In a narrative of the arrival of Louis of Bruges, created Earl of Winchester in 1472, we find among other comforts provided for him that in the third chamber there "was ordered a *Bayne*, or ij, which were cover-ed with tentes of white clothe." Mr. Dickson, the editor, says in the preface to the first volume of the Accounts of the



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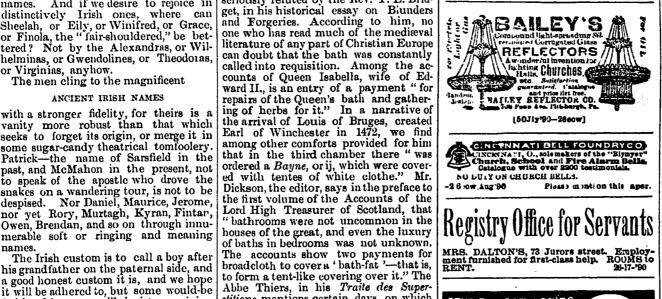
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nblinhed in the Current is Worldorring's Cavita The New York Freemans ys -88.Y8 : "It is with a feeling of "earland that we turn from the magazine ill ture for March and pen these wor warning and service to Catholic fat and mothers who are responsible for children whom God has given to the Without one exception there is not among all those great publications, while magnificent enterprise has been so offer

1. 101 9 11 200

the subject of our commendation, one fit as a whole to enter a Catholio household. That is a pretty sweeping declaration, but the facts bear out and justify it most fully. All of them, either intentionally pandering to the sickly sensationalism that seems to be the order of the day, or by an unfortunate laxity of disorimination in the editorial management, have that in them which is not only revolting and insulting to the Catholic mind, but is also bold and brazen in its pruriency as well again most subtle in its moralundermining intent. A reputable pub-lication like Scribner's, for instance, starts out with a story of "The Half White," in which a Catholic priest—a leper in Hawaii—is made the principal character of a most illicit love—the implication being no less than the justification of the devil-inspired slanders against the blessed Father Damien. The same magasine has a concluding sketch—the veriest rubbish—but most suggestive and poi-sonous in its vagary. The Century continues its libellous romance of convent life, while the Arena actually makes the feature for the month an article by Albert Ross in defence of immoral litera-ture. "The reading public," says this worthy, "is broadening in its ideas. It is but a little while ago that woman of re-

finement were afraid to admit that they had read certain books which they now discuss with the utmost freedom. The uude in art has had its fight for life; the nude in literature is on its trial."

God help us, we fear that there is but too much truth in what this latest immoralist has given utterance to. Not to speak of the novels, whose circulations run into enormous proportions, and whose indecencies are most glaring, when we find ourselves compelled to say that there is not one of the periodicals for March in which there is not obscenity, or in which Catholics are not treated to exhibitions of very bad taste, it is plainly evident that we have entered upon a most critical era. In the face of it all, we find ourselves turning over in our minds the question : "Is there not some truth in the feeling of old that the print-ing press was the devil's invention for the special demoralization of the human race ?"

In any case we would impress upon the mind of the reader, that the lesson which is pointed out by this inundation of immorality in printed form i, that we can-not exercise too much care in scrutinizing the literature admitted into our homes. A little caution in this respect may save many a heartache, and prevent many a luture sorrow. Whatever may be the opinions of others, let us by encouraging only that which is pure and good, even if it be not so bewitchingly romantic—although, for that matter, there is no reason why the pure should not be as encapturing and dramatic as the immodest-do our best to keep our Catholic manhood and womanhood sim-ple and chaste. In this is their salvation, and may be the salvation of the race.'

A Little Patriot.

Sergius Stepnlak is a splend/d conversationlist, and he tells stories of cruelties to political convicts, to friends, or chance acquaintances with evident pleasure, says the Pittsburg Despatch,

One story especially illustrates the means a government will employ to keep itself at the even by the nuni

Noural Plansa Teo haidh.

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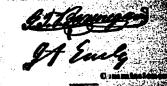


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PANED FOR TWENTY YEARS FOR INTRALING ICS DEAWINGS ND PROMPT PATALET UP PRIZE Attered as fullows ;

*We do acroby ourity that we supervise theory of bonts for all the Monthly and some Amount Drawn of the Louistane State Lottery Company, and so that the some according to the Monthly that the same are conducted with honeity; Fubrics in jood /aith toward all parties and we will be company to use this parties, with second some and consenty to use this parties, with second some and consenty to use this parties, with second some and consenty to use this parties with second some and consenty to use this parties with second some and the consenty of use the second soft some and the second soft second some according to the second soft second some according to consenty the second soft secon



We the undersignes Bants and Ban mess drown in The Louisians State La parestates it our counters.

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the oyster and injures it ; remove it from the crumbs, lay it on a dish in single layer, and so proceed until all are crumbed. Then put three or four tablebrown coler, first on one side, then upon the other. As they are done remove them with a perforated egg-slice, and lay them on a colander to drain. Arrange upon a hot dish, place a few sprays of fresh green parsley on top, and serve as hot as possible.

Another style of fried oysters, and one that suits our palate to a nicety, is as follows: "Thoroughly drain the juice from the oysters, lay them on a fine napkin and dust them with flower. Put two or three tablespoonfuls of the best butter in a frying pan, and when it is at the boiling point but on your oysters and fry m to a nice brown color, moving or shaking them about occasionally so as to prevent sticking. Pile them upon a hot dish and serve piping hot, with a sauce made of plain melted butter and a dash or two of cayenne pepper. A few drops of lemon juice added to the sauce is by some considered an improvement.

If you decide, from what you have heard or read, that you will take Hood's Sarsaparilla, do not be induced to buy any substitute instead.

A Drendful Confession. ROCHESTER, N.Y., March 19 .-- Mrs. Quigley, sister of Arthur Day, who was hanged at Welland, Ont., December 18, 1890, for wife murder,

who was with him at Niagara Falls Sunday, July 27, 1890, when he pushed his wife over the precipice near the whirlpool, and was a witness against him on his trial, died here at two o'clock to-day. On her deathbed she confessed to her mother that she had incited Arthur to murder and had helped him to commit it by aiding him in pushing his wife over. She held Mrs. Days' dress skirt over her face and pushed on one shoulder while Day pushed on theother. The mother told the story to a special officer here, but this evening positively denied having done it to an Associated Press reporter.

Williams: "What makes you fear your son out in Colorado is dead ?" Jones (with a sigh): "He hasn't written for money for near a month."

That tired feeling and dull, oppressive headache that so frequently accompany catarrh can be instantly removed by the use of Nasal Balm. Sold by all dealers.

PLANTAGENET GREEN.

A literary gentleman, deceased, whom we shall take the liberty of dubbing Jones, gave his male children prenomens from the annals of their country. The e.dest was Percy Bolingbroke Jones, the next Vane Ireton Jones, and the third Horace Cromwell Jones. A nice gay lot of "chappies" they were. They got into a little difficulty once at Bow street, and when they declared their respective grandiose nomenclatures the magistrate gazed at them grimly and remanded them until they would learn respect for the court. It was only after considerable trouble that the illustrious trio were let off with a small fine. Their father was guilty of a gross injustice in saddling his progeny with such a superlative nuncu-patory burden. Tom or Bill or Ned would have been easier to carry through

stitions, mentions certain days on which silly people fancied it was wrong to bathe, a notion which would never have arisen had not bathing been a common practice.

Two In a Family.

Single instances of a cure are plentiful, but when they come in pairs they begin to show the universal good. Mr. Julius Sharnak, 27 Burling St., Chicago, Ill., U. S.A., January, 1890, says : "My wife and father-in-law suffered for years with neuralgia, but they were entirely cured by St. Jacobs Oil." Families should not be without it.

A Challenge.

CORK, March 19 .- The delay of Parnell in responding to Healy's deflance, in which the latter announced he was ready to take up the former's challenge that they should both resign their seats in Parliament and come forward as candidates for re-election as a test of the popular sympathy with Parnellite and McCarthylte

lar sympathy with Parnellite and McCarthylic causes respectively, has caused the Parnellites of this city to telegraph to Parnell urging him to state his intention immediately. The Conservatives are preparing to contest the seats of Parnell and Healy should they re-sign. Parnell's dilemma amuses Dublin. Par-nell stipulates that before resigning each side must provide two candidates. LowDors, March 19.—It was stated in the lobby of the House of Commons to-day that Mr. Par-nell had decided to resign his seat in Parlia-ment in accordance with his challenge to Mr. Healy.

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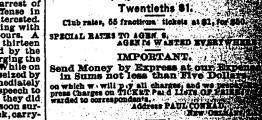
government will employ to keep itself at the top, even by the punishment of children too young to know of an offense against the nation. "At Odessa in 1878," began Mr. Stepniak, "a great riol was precipitated by the arrest of Sergius Koralsey for a political offense in which the people were especially interested. The police were unable to do anything with the mob, and it held full control for hours. A little girl named Gukorsky, yet under thirteen years of age, seemed to be inspired by the sights and ran hither and thither urging the men to greater deeds of violence. While on the outskirts of the crowd she was seized by one of the gendarmes, but immediately mounted a huge stone and made a speech to the crowd, calling them cowards if they did not rescue her from the police. Men soon sur-rounded the officers and beat them back, carry-ing away in triumph their little heroine. "But the police knew her too well, and not long after she was arrested and sent to prison. She had no trial, for in Russia no one gets a trial for a political office. She was taken be-fore an officer, but was not given a chance to tell her story. She was simply put in gaol and ceuld not even communicate with any friends to tell them where she was located. She was taken from one prison to another for two years, and at last in 1831 she was imprisoned in the miserable gaol at Krasnolarsk. Feeling that nothing could be done for her, she grew despondent, and in March of that year oom-mitted suicide, after only having reached her fifteenth year. A child so young as she cer-tainly could not wilfully break the laws and such ceves as these only spur on nihilism." Dominion Metal Works

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