

Our Boys and Girls.

THE VISION OF MY MOTHER.

"When the work of day is done,
The dusk a vision clear
Rises on my sight on times
Ever loved and ever dear.

She, my queenly mother stands
Gazing at the empty space
That had been my resting place
When a child, and wrings her hands.

Oh her dear voice, rich and deep,
Sings my childish heart to sleep,
Even now I hear her voice!
Wee is me, I see her weep!

Watch the glistening moisture rise
Grow to tears within her eyes—
Glistening stars in moonlit skies—
Which in falling crystallize.

Thus are they borne hence to God
By an angel, sweet and fair,
Who, before the Throne of Grace
Says, "Behold a Mother's Prayer!"

Sad I see thee, saintly one,
Ever loved and ever dear,
Daily when my work is done;
And my speech is but—a tear."

—A. D.

AN IDEAL HOME.—Young readers, let home stand first, before all other things. No matter how high all other things, your ambition, your talents, may reach, never forget or linger away from the place which you should at all times hold sacred—the good home. Be one of its ministering angels by keeping alive true Christian charity, truth, and gentleness. Then will it truly be said, that such a home is an ideal one, in fact an earthly Paradise.

LYING AND DISHONESTY.—These two vices seem to take root with many boys and girls in their tender years. From whence do they come? Not from the home, assuredly not from the school? Certainly not. Then they must come from that great source of too many evils—bad companionship. Mixing up with so-called "smart characters," who spend the greater portion of their time in visiting the streets drinking in evil. Lying and dishonesty are unfortunately growing up and becoming quite an element with hundreds of our young folks. Be on your guard against these two vices before it becomes too late. Be courageous and manly, tell the truth at all times, and you will win the esteem and confidence of all. Keep nothing that is not your own. Be not light-fingered in school or at home. Very often dishonesty starts in the school with you by taking books, pens, pencils, etc., which are not yours, or at home by taking a few cents from the purse when an opportunity arises. A visitor on the occasion was visiting a penitentiary, and chatted with a large number of the unfortunate ones who were employed at different kinds of work. The visitor was particularly struck with one young man who possessed a charming countenance. He entered into conversation with this prisoner and obtained the following facts. The prisoner said: "I am to pass several years of my life in this large dungeon, for I committed several robberies. In my young days I began to take five cent pieces from my mother's purse. Little by little this habit grew on me, and then I took larger sums, but always lied. When I grew up I started to rob stores and other places, and was finally caught, and now, I am paying for my folly." Young reader, do you see yourself through this mirror? You, too, will wind up like that unfortunate one, but then it will be too late. Be wise in time. Carry truth and honesty with you through life, and you will be blessed with success, happiness and contentment.

THE CIGARETTE HABIT.—The cigarette habit is growing day by day with the young. In fact, in now-a-days it is a rare thing to see youngsters even at the ages of six, seven, and eight, who can't smoke the poisonous things. Many of them can smoke them with a certain air

of independence and boldness that would quite astonish older heads. In New York city a few days ago, two boys were arrested for stealing thousands of cigarettes from a tobacco store. On being brought before the judge, one of them was asked the following questions:

1. What possessed you to rob all the cigarettes in the store?
We wanted to have a smoke as we had not one for several days, and as we have a craze for cigarettes, we thought it better to put up a supply for the future.

2. About how many packages do you smoke each day?
Each of us smokes ten packages. This last answer, no doubt, must have set the judge thinking. In a few years these two youths will wind up by being sent to an insane asylum. Do you see what habit made them do this? (and some girls also) who are given to the dangerous cigarette, break yourselves off from such a bad practice, and add to your vitality instead of taking away from it.

FRIENDSHIP.—To make friends is easy enough, but to keep them is much more difficult. There isn't a person in the world, rich or poor, high or low, who can afford to slight an offer of friendship made by one of the humblest of human beings. Friendship is not always looking for faults, but bears patiently with those they may happen to notice in those who are their true friends. More good and true friendship is wanted the world over. The young should set the example.

"This life without a faithful friend
Were but a cheerless void,
A gloomy desert, dark and drear,
And fit to be destroyed."

FAITHFUL.—Two boys were at work rigging a small sailboat. It lay in an inlet on the New Jersey coast, and had been hired from them for the season by a stranger from New York.

"Come along, Bob!" said one of the boys. "It's all right now. We'll be too late to see the ball match, if we don't start at once."

Bob had taken down some of the old ropes, and had rigged the boat with new ones. The halyards he had not yet examined.

"They're all right," urged his companion, trying them; "strong enough to last for years." "No! I'll put in new halyards. I promised to make a thorough job of it."

"Then you'll miss the game. I'm off."

Tom ran across the fields. Bob hesitated as he looked after him. It was a sharp disappointment to miss the game. The old halyards were worn, but they were still stout.

"They'll stand this summer well enough," muttered Bob. Then, with a quick, decisive movement he cut them and proceeded to put in new ropes. "I'll make the job thorough," he said.

That very evening the New York gentlemen took a party of his friends out for a sail, among them several persons whose lives were especially valuable to the community, and whose death would have been a calamity. When they were a mile from the land a fierce squall struck the boat. The boat was carrying too much sail for such a wind.

"If your gaff gives way we are gone," said a physician in the party in a low voice.

It all depends on the halyards. They are new. But there is a terrible strain on them.

Every eye in the boat was upon the short knotted ropes. They creaked ominously; but they bore the strain, and in a short time the boat was driven on the beach. Bob's stout bit of new rope had saved the lives of all on board.

Bob's faithfulness in doing a "thorough job" would have been comparatively little of his credit could he have foreseen the momentous consequences of his action. The truly faithful souls are those who do their duty, no matter how unimportant it may seem in itself, or how remote or uncertain its results.

HOUSEHOLD NOTES.

PROTESTANT DOCTORS.—There is quite an unusual amount of space being devoted to the above subject in our Catholic exchanges. It would appear from the tone of the comments that Catholics sought the services of the priest, in cases of sickness, only when at the point of death. When the writer was a boy it was customary to call in the priest at the first illness, when the confession of the patient was heard and Holy Communion administered the following morning. We have no reason to doubt that this pious practice is just as much observed in this city now, as it was a generation ago. Here are the views expressed by one of contemporaries:—

Catholic families that employ non-Catholic physicians should tell them frankly that in case there is danger of death of a patient, timely notice of it should be given to his relatives in order to have him receive the Last Sacraments. Often it happens that Protestant doctors, not appreciating the value that we set on the ministrations of the priest at the hour of death, tell the sick one's friends to unjustified hopefulness with assurances that there is no immediate danger and that it would be best not to disturb the invalid, until it is too late—the priest cannot get to the bedside in time, or the patient has lapsed into unconsciousness.

An instance of this kind occurred

riage is early enough when it occurs after the parties have arrived at ripe manhood and womanhood. Twenty-one in the case of the woman, and from 23 to 25 in the case of the man, are ages at which marriage is as early as generally it ought to be.

To the wage-earner usually a wife is a helpmate in every sense. By the practice of industry and economy, she will reduce the cost of living to the lowest reasonable point. The man will find that it is no more, but sometimes is actually less expensive, to provide for himself and his wife than it was to get on alone.

This is because he is removed from many temptations to waste money. Usually he finds that what he saves in this way enables him to rear a family which long before he has lost his own usefulness has developed earning capacity.

In view of these conditions, early marriage is good, but is it not true that early marriage, such as this, is quite generally practised? I believe that statistics show that the great mass of wage-earners do marry at an early age, most of the men long before 30 and most of the women long before 25.

There is another class, however, whose condition may be considered, namely, the class of young professional and business men. It is very rare that a young lawyer or doctor has at 25 a practice sufficient to support in the circumstances to which she has been accustomed the young woman who would make for him the most desirable companion. If such a young man waits a few longer, and does not marry until he approaches 30, there is no reason for censuring him.

I believe that the figures in the case of this class show that the great majority marry between the ages of 25 and 30.

Under the circumstances I see no reason for alarm that people do not marry early enough.

GOOD ADVICE.—The fashion of passing hasty judgment upon our neighbor is one which is followed by hundreds of people who will tell them to sleep with the idea that they are model parishioners. Every parish has its little army of gossipers, and for their special benefit we reproduce the following sensible advice:—

Perhaps it were better for most of us to complain less of being misunderstood and more careful of not being so. It ought to give us pause at a time to remember that each one has a stock of cut-and-dry judgments on his neighbors, and that the chances are that most of them are quite correct.

"Butter and oleomargarine are stored at about the same temperature."

"CHEESE."—Cheese will keep one year, if necessary, in cold storage, temperature 31 deg. to 32 deg. with a variation of not more than one degree. It should be in ripe condition before being stored, which is generally from June to January. Dampness should be excluded from the room, otherwise the cheese will become mouldy.

"MILK."—Milk may be kept in cold storage for a short time, but is not as a rule frozen. It is believed that there is a great future for the dairy business in the freezing and cooling of milk, in the making of butter, etc.

"MEAT."—Meats of various kinds are stored at temperatures varying from 30 deg. to 45 deg. Fahr. Fat meats are greatly improved by freezing, as the vesicles are frozen, and the meat is thus made more tender. Liver is harder to freeze than meat itself. It is packed in boxes of 100 pounds each and takes 48 hours to freeze at a temperature of zero, and would not freeze any sooner if placed at 10 deg. below zero. In Chicago meats are generally stored at zero, and after being thoroughly frozen they are kept at 15 deg. to avoid shrinkage.

"FISH AND POULTRY."—Fish and poultry are treated similarly. Meat will shrink about 1 per cent, and fish from 2 to 6 per cent. This is the moisture which is taken from the surface and forms in frost on the pipes of the room.

"During the month of June there was a great demand abroad for frozen poultry, principally on account of the Paris exposition. The Monarch Cold Storage Company, of Chicago, shipped 40,000 boxes to the United Kingdom and France, and the Union Cold Storage Company, also of Chicago, forwarded a large supply."

"The circulation of air in the rooms is obtained by means of fans and is done in separate rooms, in which are placed pipes cooled by passing ammonia expansion, the air passing over the surface of the pipes."

"The correct temperature at which fish should be kept after first being frozen is said to be 25 deg. The largest fish storage house in Chicago maintains a uniform temperature of 18 deg. Fish after being frozen is subjected to a process known as glazing to prevent shrinkage. It can be preserved for an indefinite period, though six to eight months is generally considered long enough, the fish being frozen in the spring and taken out during the scarce season. Fish may be placed in 50 lb. barrels, between layers of crushed ice, the barrels being perforated at the bottom. Oysters will keep for one or two months at 40 deg. but should not be frozen."

"FRUITS, ETC."—The average temperature for apples is 32 deg. They are kept in barrels or boxes and occasionally in bulk and will keep during the month of October to 2 to 3 deg. per barrel of 150 to 160 lbs. They will sell in May at 9s. The

BE SURE that your blood is rich and pure. The best blood purifier, enricher and vitalizer is Hood's Sarsaparilla. Be sure to GET HOOD'S

barrels should be placed on their sides. The weaker, though not necessarily the poorer qualities, are sold first.

"Grapes should be very carefully selected and packed and no bruised or decayed berries overlooked, as they would spoil the whole lot. They will deteriorate after cold storage."

"Maltages, being harder than Concord, will keep longer than Concord, will keep longer and retain their flavor better."

"Pears should be stored when firm and used soon after being taken out, the temperature to be higher than for apples. It is recommended that all soft fruits be placed in cold storage when ripe."

"Onions will keep for months, if put in sound and dry and packed in crates. They should not be stored with other articles."

"SYSTEMS OF REFRIGERATION.—The various systems at present in use in refrigeration are of three kinds: (1) Direct expansion by the use of either carbonic acid gas or any other ammonia; (2) Brine circulation or indirect expansion; and (3) Air circulation.

There are also three processes in operation in mechanical refrigeration, viz., compression, condensation and expansion of the gas."

RENEWED VIGOR

BROUGHT ABOUT THROUGH THE USE OF DR. WILLIAMS' PINK PILLS.

Mrs. Peter Beamer Tells How These Pills Released Her From Years of Neuralgic Pains After Doctors and Other Medicines Had Failed.

Among the best known and most respected residents of the township of Gainsboro, Lincoln county, Ont., are Mr. and Mrs. Peter Beamer. For a long time Mrs. Beamer was the victim of a complication of diseases, which made her life one of almost constant misery, and from which she nearly despaired of obtaining relief.

A reporter who recently interviewed her, Mrs. Beamer gave the following particulars of her illness, and ultimate cure:—"For some nine years I was troubled with a pain in the back, and neuralgia, which caused me unspeakable misery. The pain in my back was so bad that I could neither sit nor lie down. I suffered more or less torture. My appetite left me, and I suffered from headaches accompanied by attacks of dizziness that left me at times too weak to walk. My nervous system was badly shattered, so that the slightest noise would startle me, and sleep at night was broken by sheer exhaustion. I was under the care of three different doctors at various times, but did not succeed in getting more than the merest temporary relief. I also used several advertised medicines, but with no better results. I was finally urged to try Dr. Williams' Pink Pills, and got half a dozen boxes. In the course of a few weeks I noted considerable improvement, and as a consequence, I gladly continued the use of the pills for several months, with the result that every symptom of the malady passed away. In spite of the trouble. As several years have passed since I have used the pills, I feel safe in saying that the cure is permanent, and the result also verifies the claim that Dr. Williams' Pink Pills cure when other medicine fails."

Mrs. Beamer's present condition indicates a state of perfect health, and speaks louder than mere words can do, the benefit these pills have been to her.

Dr. Williams' Pink Pills have released more weak and ailing women and girls to robust health than any other medicine ever discovered, which in part accounts for their popularity throughout the world. These pills are sold by all dealers or by mail at 50 cents a box, or six boxes for \$2.50, by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

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THE DOCTOR'S JOKE.

"Doctor," said the rheumatic patient, "you seem to hunt for the sore spots."

"I know them the moment I put my fingers on them," replied the specialist, who was giving his joints and muscles a kneading. "I don't have to hunt for them. That is a part of my education."

"Your fingers become sensitive, I suppose," groaned the patient, "like those of a postal clerk, who can tell whether a letter has money in it or not as soon as he takes it in his hand."

"Well, hardly so highly trained as that," rejoined the specialist, with a slight muscular contraction of his left eyelid. "I can never tell, when I take hold of a patient, whether there is any money in him or not."—Chicago Tribune.

Rich, warm, healthy blood is given by Hood's Sarsaparilla, and thus cures colds and pneumonia are prevented. Try it.

HUMORS, boils, pimples, eruptions are due to impure blood and by purifying the blood with Hood's Sarsaparilla they are

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ABOUT LA GRIPPE.

An American newspaper in referring to the prevalence of la grippe in its district, says:—"Better medicine than this nipping, eager air, which paints roses in the palest cheeks, and makes the noses of the gentlemen who imbibe of a generous tint, could not be found. The germ theory of the present, though all his commands the respect of scientists, in spite of the jeers of the scoffers, who believe that the micro-organisms associated with certain maladies are the product, rather than the cause, of these micro-organisms which are associated with diseases of the respiratory tract appear to be proof against cold, but there are of any sort which can long withstand the combined influences of dry atmosphere and bright sunshine. The miserable germ which is associated with la grippe, if it does not perish, curls up and waits for another period of slushy snow."

"A zero atmosphere on land quickly freezes the moisture in the atmosphere, which then falls in the form of tiny particles of frost, leaving the air bone dry. Dry, cold atmosphere is a direct and instantaneous tonic of recognized efficacy. The latest treatment for consumption, and the diseases leading up to it, is to keep the patients in such an atmosphere as prevailed in Michigan yesterday. The benefits of the sudden change are quite incalculable in extent, but easily discernible in character."

"Grip" and pneumonia do their deadliest work in a moderately cold, humid atmosphere. Their victims are left with inflamed air passages, if they survive the primary attack, and are peculiarly susceptible to the attacks of the dry atmosphere bacillus. The dry, sharp atmosphere and the bright sunshine brace the nerves of the sick and the well alike. At the same time, they weaken, if they do not destroy, the power of the diseases which have prevailed so generally during the past four weeks, and they will greatly mitigate the evil consequences which might have followed the grippery period."

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