



We are all sowers every day of our lives. We are sowing seeds that will bring a harvest of some sort, and we are all sowing in full view of God and angels and men.

#### A Good Listener.

Be a good listener. If you can't talk, listen. Don't chatter. Guests have been "bitten forth" to dine for their listening propensities alone. The cautious hostess is a veritable Charles Lamb in her appreciation of ears. They are valuable appendages indeed, and should be strenuously cultivated by those who only jabber when they talk.

We can't all talk; to some of us it is almost physical impossibility to get out a sensible word in company. We may be entertaining enough to ourselves, but let something definite in the way of conversation be expected of us in an assemblage and we throw up our hands.

It's only a form of stage fright, this. We could perfectly well enter into the argument that's going round the festive board, if something would only let us; but fear, the monster, holds us in his grip.

Enforced silence draws one inward and the tongue cleaves to the roof of the mouth. The very lips are sealed. All the air about one seems a pained witness to one's discomfort. Everything has gotten alive and taken on a critical attitude, but is ominously silent while it thinks of you—only you—and not another living breathing soul. But if you keep on letting the quiet thicken round you, it's going to get very dense indeed.

Break the spell always, but better still, prevent it from settling over you. Learn the interested listener part and you won't be in the center of the stage enough to fluster you.—Ex.

#### Purpose.

O Purpose, Purpose! thou strong god!

Lo! I have crouched beneath thy rod

Like a gyved slave. Eternity,

Ever upon a mobile sea

Thronged taut, and whirled reluctant

I have kept hungry eyes on thee!

And now the strong winds press at last,

And all the white flags, nailed a-mast,

Flutter and sing: Sail fast! Sail fast!

Charles J. O'Malley.

#### Things Worth Remembering.

Ripe fruit is one of the most wholesome articles of food which is served on our tables.

Window boxes are effective adjuncts to a dining room.

Pineapple has no equal as an aid to digestion, and should be eaten after other food has been taken.

Old-fashioned rooms are generally charming because of the fact that time has softened any aggressiveness in their furnishings.

Glass doors are usually curtailed with net shirred on brass rods at top and bottom.

In the decoration and furnishing of rooms a style suitable to its purpose yet in harmony with the house as a whole should be chosen for each room.

To make ruffing without using a gatherer, lengthen the stitch to six or seven, and after the material is stitched, the thread can be drawn, making a frill of any fullness desired.

A most attractive novelty in crystal is a carafe with a wide mouth and a glass that fits inverted over its neck.

Salt rubbed on the teeth will remove stains caused by eating fruit.

Pictures with large white mats belong in rooms where the color scheme is light; brown photographs with wood frames should be placed against walls of similar character.

Has it ever struck you what a sweetener of life lies in a few words of appreciation and encouragement? How few of us take the trouble to stop a few minutes and praise a servant for work well done, or even pause to tell our nearest and dearest how we appreciate all the daily services which we have apparently never noticed. When our friends die we hasten to send beautiful flowers as a last appreciation of our love for them. But would it not be better if we had helped them with a little praise when they were working, or if we had cheered them in the dark days when they were troubled and suffering?

#### "A Broom for the Stomach."

The French have a saying that "parsley is a broom to sweep the stomach." Lettuce is a nerve food. Radishes build tissue and are rich in

phosphorous, also in iron.

Horseradish contains a higher percentage of sulphur than all the other vegetable roots, spinach ranking next in value. Spinach also contains a large proportion of iron.

A mayonnaise dressing with lettuce is especially desirable for this people but, for the over plump French dressing is to be recommended. The action of vinegar on the digestive organs, however, is not to be considered. The acid of lemon juice is preferable.

While apples are a most excellent fruit for brain building, which phosphorous aids in, the humble pumpkin, desecrated to the uses of pie and jack o' lanterns, holds the prize. Pumpkin rates 2.79 in phosphorous while apple is but .15.

When in search for this special element take up a pumpkin diet. But as winter squash would stand the same analysis, it can be used as a vegetable in many varieties and thus the needed phosphorous supplied. Cucumbers rank next in phosphorous value to pumpkin, being 2.08.—From the Vegetarian Magazine.

#### Cardinal Gibbons Lauds "A Good Housekeeper."

"I have ten times more respect for the woman who goes out and earns her living, toils for herself and family and becomes a good housekeeper than for the idle and gossiping society woman who passes away her precious moments in doing nothing."

Cardinal Gibbons spoke thus in the sermon at the confirmation exercises at St. Joseph's Catholic Church on Sunday last.

"Above all, my boys and girls, be industrious," continued the Cardinal. "It is an honorable thing to work, and honorable and industrious work is what has made this great nation. Never be ashamed to work, and always be ready to do your share when the time comes."

"Men alone should not be industrious. Women also must be industrious, and the working woman always commands and should demand much more respect than the idle woman."

#### Household Notes.

The easiest way to clean picture frames is to use a small paint brush. Borax added to the wash water brightens the china and glassware and cleans the silver.

Kid slippers, belts, gloves and purses are best cleaned by rubbing downward with dry bread.

The juice of a lemon makes an excellent gargle for sore throat, but should not be swallowed.

Saturate grass stains on children's pinafores, etc., in paraffin before putting in the wash tub.

To prevent a flaring gas flame, remove the tip, put in a small pellet of cotton, and replace the tip.

Shake talcum powder well into your fur before putting it away; this helps it retain the gloss of the fur.

Furniture washed with castile soap and tepid water and rubbed with a piece of old silk, will look like new.

Wood ashes of the finest kind and free from all particles that would scratch make an excellent polish for tinware.

Nickle and silver articles may be kept bright by rubbing them with a woolen cloth saturated with ammonia.

A simple way to separate eggs is to break them gently into a small funnel. The whites will pass through and the yolks remain.

To take the soreness out of a soft painful corn, try binding it up each night with baking soda, moistened with a little water.

A spoonful of sugar added to the water for basting roast beef will give it a rich brown color, as well as a fine flavor.

#### The Tyranny of Trifles.

Some people treat life as if it were a tedious wait at a lonely railroad station. They walk idly hither and thither, investigate matters in which they have not the least interest; in brief, kill time. They occupy their days with an endless amount of petty details and their nights are given to harrowing anxieties over the details of the morrow. Not that details are to be minimized. They have their place, and an important one, in the economy of activity. But broadly the question is this: Shall we use them or let them master us? It is the difference between Grant and McClellan.

The vice is a very subtle one. Many people would indignantly deny a charge of laziness, but they spend half a day accomplishing what another can finish up in fifteen minutes. They hypnotize themselves in an affection of activity. The line of cleavage between efficient workmen and inefficient is clear. Every employer of labor understands this. The purposeful workman goes at the core of the business, every movement of his hands shows intelligence; the other fellow acts as if he so loved each minute process of his work that

he is loath to see the end of it. The first places in all our great corporations are filled with men who work up from the journeyman's position by enlightened activity. The lowest places are filled with men who used as much intelligence in their labor as a donkey on a treadmill.

A boy leaves the ancestral farm, and plunging into the vortex of city life manages to keep his head above the surface. Finally he accommodates himself to his new environment, comes to see what an invaluable asset time is, and that the main thing in life is to get things done. Having achieved a measure of success he returns home on a vacation. With a shock he finds out that the repair of an old rail fence occupies a week of his brother's time, that the whole family rack their brains night after night in attempting to decide what brand of phosphate is to be used on the meadow lot.

The great majority of mankind are stupefying themselves with laborious hypocrisies, small duties lengthened out into young eternities, small worries that loom as large as the pyramids. This is what keeps humanity with its nose to the grindstone, an idea that there is nothing else in the world comparable in importance to that grindstone. John Jones takes to drink because Jake Smith got the best of him on the sale of a load of potatoes. Mrs. Jones neglects her housework and retires to bed in tears because Mrs. Smith is reported to have said the new hat was simply an old one made over. The younger generation of Joneses raise a wail because Jimmy Smith punched Willy Jones' nose. Such are the epoch-making events that mean life to millions of people.

I have an idea that the grievances of the female world that are grouped under the word suffrage are in great part founded on domestic auto-hypnotism. Woman's mental equipment is probably as good as man's, but its range has been for centuries restricted. Small duties of one kind or another so fill the horizon of woman's life that she can see nothing else. This sort of thing easily becomes a habit. A woman can by good management, take as much time, consult as many people over the purchase of a dress, as did the Japanese and Russians over the Treaty of Portsmouth. All things are relative. The massacre of ten thousand people in Teheran does not bother you as much as the baby's croup.

To accomplish anything in life one must escape from the vicious circle of personal petty anxieties and occupations. Their only result is to waste time and dull the mental faculties. Of course if a woman prefers that domestic hash heath commonly called housework or millinery to real accomplishment, if a man prefers to emulate the horse who winds up the windlass instead of being of some use in the world, it is their own affair. But there are many who see dimly that they are wasting their lives but cannot get out of the vicious circle. There are hundreds capable to do better things wearing themselves out in a dull round of distasteful occupations and anxieties which are of use neither to themselves nor to their neighbors. They are under a malign spell. One good half day spent in an impartial survey of themselves would enable them to see things rightly, put small worries where they belong and realize the value of time and the nobility of life that accomplishes.

#### Some Dainty Recipes.

##### COMPOTE OF FRUIT.

Put half a pint of water in a stew-pan with a quarter of a pound of loaf sugar and the thinly pared rind of a lemon; let it simmer until the sugar has melted, then add a teaspoonful of carmine and half a pound of Californian plums which have been thoroughly washed and soaked, and let them stew gently until they are tender. Stew separately half a pound of Californian dried apricots (which have been previously soaked in the usual way) in sufficient colorless syrup to cover them. When the plums are ready, carefully remove the stones, then arrange them in a dish with apricots (cut through in half) and two large, sweet oranges, divided into small pieces and freed from all white skin. Add a wine-glassful of sherry to the syrup in which the plums were stewed and a quarter of a pint of the apricot syrup, and strain over the fruit (the syrup should be thick enough to give the fruit a glazed appearance); then scatter over it some finely-chopped glacé pineapple and angelica, and put into a refrigerator for two hours before serving.

##### SMALL CHARTREUSES OF PHEASANT.

Line some little heart-shaped moulds thinly with tomato aspic,

and when it is set decorate the top with a star-shaped piece of truffe with a crescent-shaped piece of hard-boiled white of egg on either side of it, setting the garnish with a little cool jelly. Put half a pint of thick brown sauce (made from nicely flavored game stock) into a sauce-pan, with a sliced tomato, half an ounce of isinglass, a teaspoonful of meat essence and of orange juice and two tablespoonfuls of sherry. Let the sauce boil, and then simmer for five minutes, and strain it into a basin. Cut a quarter of a pound of the breast of a roast pheasant into little strips and then into square pieces, and cut a quarter of a pound of cooked tongue in the same manner; when the sauce is cool (not cold) stir the pheasant and tongue into it, and at the same time add two ounces of paté de foie gras which has been divided into tiny pieces. As soon as the mixture is cold and inclined to set stir it well, and fill the lined moulds with it, and leave them until they are firm enough to turn out. Surround the chartreuses with chopped red and yellow aspic, and garnish with little bunches of chervil.

##### APRICOT GATEAUX.

Cut a loaf sponge cake into thick slices, and with a sharp cutter (measuring 2 1/2 inches across) stamp out as many rounds as are required; then, with a very small cutter remove a little piece from the middle of the rounds, and place half an apricot, which has been bottled in sweet syrup, on each of them; put a rose of stiffly-whipped cream on the apricots and a crystallized violet on the top of the cream. The syrup from the apricots should be used for the fruit salad.

##### PEACHES WITH JELLY.

Measure the syrup from a bottle of preserved peaches, and heat it in a saucepan, with sufficient sugar to sweeten it, then dissolve a packet of concentrated orange jelly in it, adding water, if necessary, to make up the required quantity of liquid, and color it a pretty, clear red with carmine. Pour some of the jelly into a flat dish, which has been lightly rubbed over with salad oil, so that it is about half an inch deep, and put it aside to get cold. The remainder of the jelly should be used when cool to fill the middle of as many peaches as are required. When the jelly in the dish is set cut it out with a leaf-shaped cutter of suitable size, and place one of the peaches on each leaf, then slip a warm knife, with a wide blade, under the jelly and transfer the peaches separately on to ice plates; put a rolled wafer on each, and a little piece of fern as a garnish, and place them between the various dishes on the refreshment table.

##### How to Preserve Furniture.

Leather furniture needs constant and intelligent care to keep it from drying out and tearing into shreds or turning to powder. In the first place, don't be afraid to apply a little soap and water to it to wash off the dust and dirt. Use soapy water on a sponge and a paint brush to get into the folds of the leather and the crevices. The soapy water will darken the leather but only temporarily. When the leather is dry here is a preparation that will do it good. It's simple—just one part sweet oil and four parts benzine. The oil will darken the leather a little, but it will soon dry in and leave it the original color. The surplus oil may be removed by rubbing. Rub into the grain of the leather. This treatment four times a year will preserve both the life and the elasticity of your leather furniture covering.

#### What is Worn in London.

London, April 19, 1910.

The gown which I will describe this week is one of the latest models for an afternoon gown which is likely to see the light at the Royal Academy private view in a fortnight's time. The scheme of coloring of the dress was taken from that delightful little flower the pansy, a harmony of mauve and purple, brightened with a touch of gold. The under-dress was a perfectly plain fourreau of mauve satin foulard, a material which is daily becoming more popular as summer draws nigh. Over the satin skirt fell a long, straight tunic of deep, vivid purple nixon, which was longer at one side than the other and was bordered all round with a deep fringe of purple chenille and amethyst crystal. Some way above the fringe the purple nixon was embroidered with a wide design in fine gold thread which gleamed like the golden heart of the pansy among its purple and mauve petals. The gleam, however, was attenuated by a second tunic of the finest black mousseline de soie, which was draped at one side and just reached to the upper edge of the purple fringe, leaving it uncovered. The bodice was treated in the same way, mauve satin being covered with purple nixon and black mousseline de soie, only a more emphatic note was given by the gold embroidery which edged the draped fronts being left uncovered as a border against the vest of cream net and lace, which was finished according to the prevailing fashion, with a turn-down collar. The sleeves were cut in modified kimono fashion and reached just over the turn of the elbow, where they were finished with a band of the gold thread embroidery; and the scheme of coloring of the dress was explained, as it were, by the bunch of purple pansies tucked into the folds of the bodice at one side. The accompanying hat was of black chip, huge in size, and crowned with shaded purple ostrich

feathers and a single deep damask rose, this flower being one of the great favorites with Parisian milliners for the moment.

Flower-coloring schemes, such as in the pansy dress, are much to the fore at present; and, indeed, where could we better go for instruction in color combinations than to Nature? And how long we Western nations are in learning her lessons in comparison to the Orientals! It is only within the last twenty years that the outside that we have learned the exquisite beauty gained by the conjunction of green and blue, a combination our mothers and grandmothers would have shrieked at; yet Nature was showing it to us every day in green trees against blue skies and green fields framing streams which reflected the blue above. It is a little humiliating to find that as far back as we can go in Oriental art of any kind, this natural and exquisite combination of color finds place. However, if it is never too late to learn; and the present-day designer of frocks seeks his or her inspiration in the garden, and especially at the sweet-pea hedge, which as a teacher of all kinds of loveliest color-combinations cannot be surpassed. The fuchsias, too, are not forgotten; their superb and daring blend of crimson and purple has been copied in several glorious evening frocks made of superposed chiffons, with either a foundation of deep green to recall the calyx of the flower, or a touch of this color on the bodice amid the shifting purple and crimson draperies. Everything at present is veiled, no color stands alone on its merits; and certainly this fashion can claim to be original, for never before were these mysterious, elusive, indescribable effects of coloring thought of as regards feminine dress.

Not content with the wonderful color effects they have obtained by placing different transparent colors one over the other, the dressmakers are now doing the same with patterned materials and obtaining most original combinations thereby. The effect, for instance of a duck's egg satin foulard with a running pattern in fine black lines, veiled with a tunic of finest black mousseline de soie edged with a fringe of black and blue silk, the foulard skirt being bordered with a wide band of black taffetas which reappears on the bodice as a finish to the over-blouse of black mousseline de soie, is beyond words charming. Sometimes the under-dress is spotted and the transparent tunic has a running pattern, or vice versa, either or both being delightful if combined with taste. But it can easily be imagined how perfect the taste must be that ordains these combinations, both of color and pattern. The shot chiffons are also called into these exquisite creations with the happiest results, as, for instance, in a dress I saw last week which was in a deep shade of Royal blue chiffon shot with gold. In some lights the foulard seemed to be powdered with gold spots which vanished the next instant in the a mysterious and baffling and veiled with a tunic of Royal blue chiffon shot with gold. In some lights the foulard seemed to be powdered with gold spots which vanished the next instant in the a mysterious and baffling way as the wearer moved; and this harmony of deep blue and gold has a most bewitching finishing touch in the shape of a knot of tender apple-green ribbon on the bodice, its presence alone almost sufficing as a sign-manual of the house it came from.

"The doctor has a neat way," he said, "of hitting off a case."

"There was a Kentuckian—from the bluegrass region, you know—who called to be treated for her nose."

"Doctuh," the Kentuckian said, "what shall I take, suh, to remove the redness of mah nose?"

"Take nothing—especially between meals," the doctor answered.—St. Louis Globe Democrat.

A Yard of flannel is still a yard after washed with

Surprise Soap

Its pure hard Soap—that's why.

Don't forget the name—

Surprise

SURPRISE

Speaker Cannon, at a dinner in Washington, praised a Washington physician.

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#### WHAT THE DOCTOR DID.

Gustave Ulyatt has a little daughter who hasn't been well recently. The other day a physician was called to the Ulyatt home to see her. He examined the child with the aid of a stethoscope. When her father came home that evening he asked what the doctor had said.

"Nothin'," replied the little girl. "What did he do?" asked Mr. Ulyatt.

"He just telephoned me all over," was the child's reply.

#### LITERARY.

She was a charming debutante, and he was a somewhat serious chap. Conversation was rather fitful, so he decided to guide it into literary channels.

"Are you fond of literature?" he asked.

"Passionately," she replied. "I love books dearly."

"Then you should admire Sir Walter Scott," he exclaimed, with sudden animation. "Is not his 'Lady of the Lake' exquisite in its flowing grace and poetic imagery? Is not—"

"It is perfectly lovely," she assented, clasping her hands in ecstasy. "I suppose I have read it a dozen times."

"And Scott's 'Marmion,'" he continued, "with its rugged simplicity and marvellous description."

"It is perfectly lovely," she assented. "And Scott's 'Peveril of the Peak,' and his noble 'Bride of Lammermoor'—where in the English language will you find anything more heroic? You like them, I am sure."

"I just dote upon them," she replied.

"And Scott's 'Emulsion,'" he continued hastily, for a faint suspicion was beginning to dawn upon him.

"I think," she interrupted rashly, "that it's the best thing he ever wrote."

#### BABY CRIED CONTINUALLY.

Station, Que., says: "I believe Baby's Own Tablets the best medicine in the world for little ones. I have given them to my little baby for colic, constipation, and sometimes for breaking up a fever, and I have never known them to fail in giving prompt relief. Before I began the use of the Tablets my baby was very thin and cried continually. Since then she has grown splendidly. I also gave the Tablets to my four year old child who suffered frequently from convulsions, and they made a permanent cure. When I have Baby's Own Tablets in the house I feel safe, and I advise other mothers also to keep them on hand." Sold by medicine dealers or by mail at 25 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.

#### Worth Thinking About.

The very fact that she (the Catholic Church) is able to bring out such hosts of wage-earning men and women who have worked hard through the week, and many of them far into the night, but who are willing in the early hours of Sunday morning to go to the house of God and engage in religious ceremonies is a phenomenon worth thinking about.—Rev. F. K. Fretz, Ph.D., in the Lutheran.

#### Read a FREE Book

about better ceilings. Tells of two thousand designs for every sort of structure from a cathedral to a warehouse—proves why our ceilings cost less. Get the book. Ask our nearest office.

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