

# *HOME CIRCLE*

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DON'T GIVE UP. (By Phoebe Cary.) If you've tried and have not won,

Never stop for caying; All that's great and good is done Just by patient trying. Though young birds, in flying, fall,

Still their wings grow stronger; And the next time they can keep Up a little longer. Tho' the sturdy oak has known

Many a blast that bowed her,

She has risen again and grown Loftier and prouder. If by easy work you beat, Who the more will prize you? Gaining victory from defeat,

FATHER VAUGHAN'S ADVICE TO HUSBANDS AND WIVES.

That's the test that tries you.

Let the man in love beware. To be madly in love may mean not to be in love at all. It savors of passion, and there is no more cruel and cowardly traitor than passion. Let a man send it to the rear of all his affections. It is the privilege of a woman to act with impulse and feeling -a man's duty is to ignore feeling for reason.

When a man tells you he is in ecstatic love, he is not far from hysterics. All that is symptomatic of fever, under which a man, not being normal, has no right to commit himself to a girl for life. Let a man remember why he is marrying; not to enjoy himself, not to make himself eternally happy here, but to realize himself, to build a character, to play the man and to do some good, leaving the world better for his mission in it. Let a man choose not the showy, flighty, smoking-room girl, but one in whom he can find not a to grow till the end.

is superior. But I say man is the worst offenders. Mothers do all may be sweet and free from harm. ference. attempt to check the flowing tide of will soon drop the surface of politeher that she must keep her home in expect to smoke all over the house. beautiful order and must not neglect | A reasonable, practical woman will

cuses, and don't keep him waiting byterian. while you are putting on things. Above all, I would say, never, never scold. Never cry! These tricks of women often win for them what they want; but they kill a husband's

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### CHOOSING AN OCCUPATION.

Most parents are inclined to urge their boys into professions, law or medicine. Now, there is no man on earth who has more respect for law and medicine than the writer, hence what he says here is not intended to reflect on either of those high and honorable professions.

Both are overdone-filled to overflowing. Besides, a large part of those now in the practice of law and medicine arn't making their salt. Far out your gladness without reserve, cup of dry bread crumbs, buttered the success of the good press, so that better off would the bulk of them be, Shed it in the home, on the street, particularly those who were not on the car, in the store, everywhere half cups of milk or water, one-third enemy is wielding with such skill mines or mills, in forests or on burdened with young men who barely exist. Had wise women or men adthey were boys, to go in for engineering of some kind, for a technical career, they would be infinitely better the secret of right living. off to-day. Only a very few men are fitted to be great lawyers or great doctors.

In the field of engineering it is not | People talk of "getting over" necessarily hard for a boy to build up great sorrow-overleaping it, passing a career. Of course, to be a great it by, thrusting it into oblivion. engineer is to be a great man, and to Not so. No one ever does that- at be supremely great in any profes-sion, trade or calling, one wants to by the feeling of grief. The only bring to it exceptional abilities. It way is to pass through the ocean of won't do to go into engineering simply because of a belief that it mility and faith, as the Israelites pays. It pays, it is true; but only passed through the sea. Then its to men who make themselves fairly very waves of misery will divide good masters of a particular line, and become to us a wall on the right One thing to be said in its favor is side and on the left until the gulf this: It is not full, any branch of narrows before us, and we land safe it, to overflowing. The demand is always far ahead of the supply.

This is true for all kinds of industrially trained men. The technically trained man was never so necessary as now, never so well paid, never so much wanted or needed. Classes in rushed across the platform and jumptechnical institutes hardly ever graduate-that is, they hardly ever ap- The rear-end brakeman, who was pear in public on commencement day, standing by, reached up just as the in state universities at least- they

tered for a three-year course, are train that way again." coaxed into mills and mines by the "Thank you," said the old man, end of the first or before the end of the second year. In accepting these positions boys make a serious mister the next train, isn't it?"

Thank you, said the old man, calmly. "Thank you for your thoughting ful kindness. It is three hours till ing for a calm mood will bring good appetite, without it there is poor diappetite, without it there is poor diappetite.

world more good in the end, by remaining the full term. do I advocate then?

What kind of an engineering course would I recommend? That is hard to Not a mine on earth that is worth working or ever will be worth working is going to get away from the mining engineer. Hence, 1 can see plenty of room and good pay for engineers in the world's mines. Not a river on earth will escape the electrical engineer. We want electricity for heat, and power and light. here is a field full, full up, of opportunities. Not a forest on earth but will be worked for its woods. slowly gliding by, slowly gathering There is chance for various kinds of speed. Finally the last car appear-There is chance for various kinds of speed. engineers-wood, railroad, constructive, bridge engineers.

be wanted in the pulp mills. Not a long practice, he started to step mafarm will be run in the years ahead of us unassisted by the engineer. Not a factory, furnace, steel, iron or any plant will be run without an engineer. Besides the engineers, we need technically trained blacksmiths, carpen-

ters, masons, etc. Do boys know said the old gentleman, with a smile. that chemical engineering is to be a "You saved my life, I have saved big field, is a big field now? Do yours. Now we are quits." they know that the boy who is master of textiles is in demand? There is no end to the need; the supply is very limited. The boy who can do good work and is willing to do it is have two loaves of bread sell one and wanted-wanted everywhere.

to go to work is first to find out from heart and soul grow hungry, and from the boy himself, what he is best the larder is full. fitted for, and then get him to con- homes where the lilies are entirely centrate on that. The boy who will crowded out by the loaves; where master any branch of engineering will not have to wait a week for a good place.—Prof. J. C. Monaghan.

ARE MANNERS OUT OF DATE? It is a common saying that manners in the old-fashioned sense, are out of little to venerate and to reverence, date. Courtesy is a "back number," for then his love of her will continue a fit accompaniment for fancy dress, in keeping with powder and patches. Man and woman are not in any- Many people think themselves too thing alike. Man, I do not say, is busy to tave time for good manners, superior, nor do I say that woman and women, unfortunately, are the plaints while teething and as this per- later, it is alleged, Thomas forged mind and woman is the heart. He teach their sons to be gentle and mothers should not be without a bot- and upon the death of their father rules by reason, she by the sweetness courteous with all women, at home the of Dr. J. D. Kellogg's Dysentery of her love. He is aggressive, she as well as abroad, and girls seem to Cordial. This medicine is a specific is defensive. He goes forth as the fancy that men will like them better for such complaints and is highly breadwinner to help on the home; she if they are hail-fellow-well-met with spoken of by those who have used it. keeps the fires of love burning, that them, to the sacrifice of oid-world de- The proprietors claim it will cure that he married Elizabeth Edwardes,

To the husband I would say, be dear and sweet and thoughtful to your wife. Bear with her. Never courtesy nor resent the absence of it her talk. Let her talk on while you ness which he felt obliged to assume may listen, possessing your soul in during his courtship. He will back-Remember, a woman needs slide into the casual, unintentionally many safety valves and outlets for rude behaviour which marked his conher temperament. Be patient with duct at home. He will monopolize her and supply her with what she the most comfortable chair; he will needs for herself and for the home. To the wife I have many things to get as a matter of right; he will read say, but especially I would remind the paper all through breakfast, and

to keep a good table. Nothing lu- not break her heart over tais, but bricates difficulties and leads to will tell herself that he means no sweetness so well. There is much of harm, and that his bad manners are the animal even in Christian men. Let the fault of his bringing up. But the her, too, remember, that she must thin-skinned, sensitive woman will be always neat and smart when quite bitterly resent the change in his alone with him, and not merely when ways, and there will be distressing entertaining company. Above all scenes which easily might be avoided things, don't contradict his cherished by the gentle courtesy which thinks statements. Never offer lame ex- and feels for others .- Dominion Pres-

### UPLIFTING THOUGHTS.

We would be appalled if we could have, so one may clean the fruit and see pass before us in vivid panorama only strip off one-third of the skir came to Canada about two years of each banana and with a spoon ago. Until receitly he was employ-losen the remainder from the fruit. ed as a collector for a Winnipeg pubthe wrecks caused in a lifetime by cruel thought. A stab here, a thrust there, a malicious sarcasm, bitter Arrange five or six in a baking pan, irony, ungenerous criticism, a jealous, envious or revengeful thought, hatred and anger, are all going out ter in bits, sprinkle with one tea- Case," as it is facetiously alluded to spoonful of lemon juice. Bake for here. constantly from many a mind on deadly missions.

Servants have actually been made with chocolate sauce or any desired. dishonest by other persons perpetually holding the suspicion that they tive salad is made by using as many were dishonest to the suspected per- lemons as desired. Wash, then cut haps for the first time, and being in halves and scoop out the pulp. Re- Italy are awake to-day to the neconstantly held takes root and grows move the tough inner skin and seeds, cessity of a sound Catholic press and bears the fruit of theft. The old and to the rest add one box of bone- may be learned in a striking manner proverb, "If you have the name you less sardines minced fine, a spoon-from a collective letter of the epismight as well have the game," is ful of French mastard, two hard boil-copate of Lombardy which has just put into action many times. It is ed eggs, chopped, a dash of tabasco been published. Their Lordships, afsimply cruel to hold a suspicious sauce, and a little mayonnaise. Cut ter having dwelt at length on the thought of another until you have a thin slice from the bottom of the terrible injury to faith and morals positive proof. That other person's lemon cup, in order that it may which is being done by the impious mind is sacred; you have no right to stand firmly. Fill each cup with the press of Italy, go on to say: invade it with your miserable mixture; garnish with chopped eggs "But it is not enough to be on thoughts and pictures of suspicion.

Learn to radiate joy, not stingily, cup on a crisp lettuce leaf. not meanly, but generously. Fling Chocolate Bread Pudding.—One full everything in our power to promote "born" to be lawyers or doctors, in as the rose sheds its beauty and gives out its fragrance. When we learn salt, two tablespoons of cocoa, or ruin for faith and morals, the same Law and medicine are both that love thoughts heal, that they carry balm to wounds, that thoughts of harmony, of beauty and of truth vised these professional men, when always uplift and ennoble; that the opposite carry death and destruction from the day before. If not, cook but to-day it is not enough. When a and blight everywhere, we shall learn

### NO "GETTING OVER."

A LIFE-SAVING STATION.

A train was just starting to leave | a suburban station, says The New ed on one of the slowly moving cars. are "pledged" by a mine or mill betails and pulled him off. "There," he said, sternly, "I have saved your is well worth while. Pure water for In some cases technical students en- life! Don't every try to board a

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the brakeman, "but it is better to wait that length of time than to be killed.

The long train, meanwhile, had been This was the brakeman's car, the one for which he had been wait-Besides, the chemical engineer will ing, and with the easy grace born of jestically on it.

But the old gentleman seized him by the coat, and with a strong jerk pulled him back, and held him until it was too late.

"One good turn deserves another,"

#### FEEDING THE SOUL.

The Chinese have a saying: "If you buy a lily." It is not the In making a selection the best way alone that needs to be fed. Mind those who know the boy best, usually many a time they are famishing when There are many there is no room for beauty or ensyment, or even for love, to grow, because of the mad scramble after wealth. Fewer loaves and more lilres-less of the rush after material good, and more time for the gracious and beautiful things God has placed within reach of us all-would make appier and nobler lives.

> iod of their lives is the most critical, any case of cholera or summer com-

> > To MRS. ...

A FEW GOOD RECIPES

Baked Bananas .- The skin contains

twenty minutes in a good oven. Serve

An Attractive Salad .- An attrac-

ered in a pan of boiling water in the

and gradually beat the eggs and milk

into a pint of flour. When well

into greased hot muffin pans. Bake

RULES, FOR EATING.

Do not eat until a plain piece of

Chew all solid food until it is li-

quid and almost or quite swallows it-

quenching thirst has no taste and may

be swallowed immediately.

bread or a dry cracker tastes good.

for half an hour in a quick oven.

may be made without egg.

### Claims Lovat's Title

(Central Catholic.)

John Fraser, claimant to the Lovat estates in Scotland, is camping on the outskirts of Winnipeg, preparing soon to return to England and fight his claim before the Committee Privileges of the House of Lords. He is the son of the late claimant, whose case came up some twenty years ago, but since the death of his father he has discovered evidence, he says, which will affect the case materially. He will endeavor to prove that he is the direct descendant of Alex. Fraser, eldest son of Hugh, ninth Lord Lovat, who was born in 1670.

According to the story told by the Winnipeg claimant, a banquet was held at the bouse of one of the tenants of the Lovat estate at Christ-mas, 1688. Two ons of Hugh, ninth Lord Lovat, were invited to the banquet and spent the evening dancing. Alexander, the elder of the two sons, monopolizing the dances of a Miss Chisholm, daughter of the host. Miss Chisholm was looked upon as "the belle of the ball," and the attentions paid her by Alex. Fraser angered some of the guests, who induced one of the pipers to play the Vis-tag air McThomas, a tune particularly distasteful to the Fraser family. Urged on by his younger brother Thomas, Alex. drew his dirk and attempted to slit the pipes, but in doing so wounded the piper. Telling his brother, who had fled the house, that he Nearly all infants are more or less had killed the piper, Thomas induced subject to diarrhoea and such com- him to hide in Wales. A few months the death certificate of his brother, succeeded to the title and estates.

That Alex. was alive at the time of the death of his father is indicated by a certificate purporting to show the daughter of a Cardigan gentleman, some years after the death of his fa-

John Fraser, the present claimant

lishing house. His eldest son is

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crumbs if convenient, one and one- it may not happen that while the

cup of sugar, one-half salt-spoon of the weapon of the press, preparing

grated chocolate, and one egg beaten weapon of the press should remain light (or a half will do). It will exuseless in the hands of the good.

pedite matters if you have a cup and Preaching, especially catechetical

a half of cocoa or chocolate left over preceding, is excellent, indispensable,

milk, sugar and chocolate together whole population, wrote Cardinal Pie,

chocolate and egg and salt. Fill the and in listening to sermons, reads on

the press.

Dr. Horace Fietcher's four rules fore, to help the Catholic press.

Sip all liquids that have taste, in- move the danger of presenting to the

cluding soups, sodas, lemonades, etc., until all the taste is out of them. It erary food that is not quite sound."

whipped cream or caramel sauce. This strength of an vil press.

considerable pectine, which is well to present claimant, was born.

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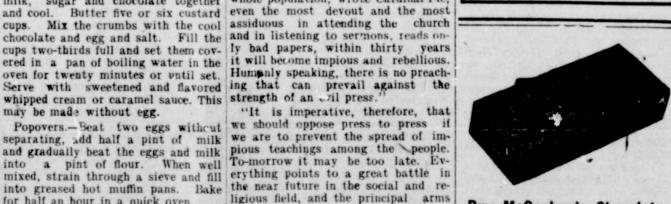
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