

RANDOM NOTES

For Busy Households.

Prof. Robertson, speaking at Toronto last week, regarding foods and their proper uses, gave some practical hints.

In speaking of various foods as they conformed or did not conform to the scientific standard required, Prof. Robertson said that wheat and oatmeal were not in themselves the best of foods. However, oatmeal and milk as a breakfast dish conformed to the scientific standard. The trouble with oatmeal, however, was that very few people would learn how to cook it, so that it was not suitable for everyone. Still this was a coming dish, because it satisfied and supplied what no other dish seemed to, even if it was not always easily digested. Prof. Robertson explained how to properly cook oatmeal. The less stirring it received the better. The oatmeal should be placed in boiling water, left perfectly still and allowed to cook for one hour.

Wheat was not a good food alone, because it did not contain enough fat, and Prof. Robertson laid down the principle that the small boy should be allowed to butter his bread on both sides, if he wanted to, that is if the butter was good. No food, he said, was better for the brain than butter. Beans alone were too gross, but with pork made a well-balanced dish. Rice, in the opinion of Prof. Robertson, would make large, fat but wooden people. The difference between the Anglo-Saxon and the Chinaman was the difference between rice and wheat, oatmeal and animal foods.

Prof. Robertson is a great believer in the effect of foods on the nerves and temper. Rice, sugar and cream he considered a delectable manufacturer of ill-temper. But rice made into a pudding with skimmed milk and flavored without sugar was a good dish for a boy, and a satisfying pudding.

Referring to beef as a diet, Prof. Robertson said that the leanest beef of the poorest kind was almost as digestible as the choicest cuts, when well cooked. It should be cooked for a long time at a low temperature, when it could be made well flavored and tender and nourishing. Milk he considered all digestible, and gave to the bones something that nothing else seemed to give. The lecturer strongly recommended fruits, not so much for their nutritive qualities as for the influence they exerted on the organs that took up the food, and a fruit diet, he considered, would make the Canadian people more comfortable and better nourished.

Prof. Robertson pointed out the waste in some of the foods, it being 10 to 12 per cent. in beef, 18 in mutton, 14 in eggs, and all the way from 30 to 90 in chickens. He said that three-quarters of a pound of beef at 10 cents, one quart of milk at 5 cents, or five ounces of oatmeal at 2 1/2 of a cent, all had the same nourishing qualities, and he considered that no more excellent work could be done than to make this knowledge available to the masses. One quart of milk and five ounces of oatmeal would give more nourishment than three times the money spent in meats.

In Canada one-half the earnings of the people were spent on food, and if such fact could be given the people that they would have to spend only 35 per cent. of their earnings this way, then much good would be done. He thought it would be an admirable idea for the ladies to arrange talks with poor people, so to let the latter know how to get the best value for their money.

A despatch from London, Eng., says:—

Watts is painting a picture to be exhibited in London, showing the cruelty of pillaging birds' plumage millinery. It will represent an altar with heaps of feathers, over which bends an angel of compassion with one of Dante's lines, "Birds of God."

It is generally assumed that California is the greatest fruit state in the union, but the official figures show that the Missouri fruit crop exceeds that of California in value by \$2,500,000. The apple crop of Missouri is alone valued at \$12,000,000. The value of the state's total crop is \$19,500,000.

Dr. Baumgarten, in a recent talk to mothers in Berlin, in regard to the care of children said:—

Put them to sleep at seven, and two or three times a week wake them at ten, put them in cold water and then back into bed.

The doctor says children will sleep the better for their dip.

The following story of the remarkable recovery of a child of Mr. Joseph Uryeas, of Berlin, is given in the

following despatch to the Toronto Globe:—

The child became ill a day or two ago, and at 2.30 in the afternoon its tiny form lay apparently lifeless. Its limbs were rigid and the pallor of death was on its countenance. The remains were prepared for burial, and the father was about to go for a priest to arrange for the funeral. Friends who had come to sympathize with the family, prevailed upon him to wait until morning, and he sat up all night with the remains of his child. About 3 o'clock in the morning he heard a tiny gasp for breath, and bending over the inanimate form, he saw the color come slowly to the pallid lips and the tiny fingers quiver as the grasp of death was being shaken off. Returning life came slow but sure and at 3.30 the little one was in its parent's arms, as well as ever.

A young man was speaking of theatre-going the other evening, and said he hated to go in after the curtain had gone up, says "The Paulist Calendar." It would be good if some of you would feel the same way in regard to coming in time for Mass. It seems strange that the person who would feel uncomfortable at the thought of missing part of a play or of a dinner would feel no concern at losing part of what he knows to be the greatest act of worship on earth—the sacrifice of Mass.

If you have a business appointment with some one which means advancement to you, which puts money in your pocket, I take it you are there on the minute. If you are taking a pleasure trip, and you must catch a certain train or steamer, I take it you are there some minutes before. And here you have an appointment, made by the Church of Christ, and you know it makes it for your spiritual advancement if you do your part and yet you are careless and negligent.

Nay, rather going to Mass should be regarded as a visit of pleasure, not as a task imposed, for should we not be glad of a few minutes' converse with One whom we profess to love above all things on earth?

These days of ferment and startling changes in the financial world, says a writer in the New York Post, bring to us many thoughts of those to whom the hours bring great accessions of wealth, which the majority of men do not reach through toilsome years. From morning until evening, from the going forth to his labor until his return, means in the present state of our country riches or poverty to the head of many a household, and the strange old Arabic tales of genii, and those creating spirits, who with a word endowed men like princes, seem to become realities among us. It has even been told us that a man went to his rest at night richer by five millions of dollars than when he arose.

The characters of men and women must be indeed well poised, the purposes of life must have been surely settled on immovable foundations, if they can bear these transitions with noble calmness and not exalt their possessions above themselves.

So soon as a husband and wife begin to estimate their value in the community by their good fortune, and regard their home as more precious because of its added splendor, they have stepped downward. To say that they have not more influence because they have more wealth would be to try to contradict both common sense and the evidence afforded by every passing day. Of necessity a man is of more consequence because of his power, and surely money is power in a sense that nothing else is.

It is here that its tremendous force as a test of what lies at the root of a man's or woman's life comes to the front. What are they going to do with what they have acquired?

Here it lies in their grasp, this great engine with which to alter their own and their neighbor's destinies; their own wishes and purposes are the great levers which will set it in motion; is it to move forward on some great mission of good, is it to carry them in ever widening fields of noble endeavor, or is it to be merely a huge vehicle to bring magnificence and luxury into their own dwellings, and set them on a pinnacle whence the envious shall look at them with hard and critical eyes?

Can we not hope, remarks the same authority, for a soon-coming epoch in our history when gentlefolk shall feel free to live after the traditions of their youth and dispense with the hospitality of their quiet, beautiful homes without regard to what baits are maintained in the palace over the way? To say that to live in such a city must cost so much seems to admit the thralldom of one's spirit, and

direction of one's home to a form of foreign usage. Why cannot we administer our domestic and social life after an individual and noble plan, which had no more binding rule than conformity to generous fellowship with men and women we care to cultivate, be they rich or poor, and an obedience to the laws of high breeding and good taste?

The time surely cannot be far off when we shall meet in fine houses some one besides the so-called "smart set" of the newspapers, when the decorous beauty of a well-ordered and bountiful meal is not encumbered by a service so costly that you cannot get the expense of it out of your mind, and where the dress of the hostess is an evidence of her individual taste and discernment of what is harmonious and fitting.

When a man becomes boastful and a woman arrogant because of the plethora of gold in their places of security, it is not to be supposed that they have succumbed to a small trial of their stability and greatness of mind. In our country it is like coming within the clutches of a many-armed octopus to be known to be rich. Custom has seemed to decree that, given a certain income, a man must do certain expected things; as a rule he will disappoint the world if he does not immediately "hang out his banners on the outward walls," and proclaim:—

"See, I am worth so many thousands a year, and therefore I shall live in such and such a fashion."

All honor to those who, keeping their own counsel and putting the restraint of principle upon their lives expand as a maturing flower does in God's bright sunshine whose larger power shows itself in the enriching of home with only such paternal things as educate and beautify, whose hospitality reaches worth and genius and struggling manhood, and whose influence flows silently into narrow homes and secretly loosens the bondage of poverty from households for which the sternest toll cannot provide!

Mothers should not force their children to adopt professions for which they have not the slightest talent, says a mother who has had experience. A mother should ascertain the bent of a child's genius and develop it. This must not be his only education, though, as he himself will incline to and follow up that which is congenial. Children should be taught along the other lines and branches. They may have no talent for music or singing, yet they should take lessons, because it will open up avenues to the soul which would otherwise be closed to art and heart.

"No one can refute this," says a great musical authority, "because singing not only makes one broad-souled, but broad-chested, and gives a certain dignity and softness to the voice, and is altogether healthful. All branches of education should be taken in concert with the favorite one, and thus would be equalized the power of body and soul. Weakness at a point tends to shiftlessness and shiftlessness to wrong."

NO SMOKE OR NO RIDE.

When Patrick Jerome Gleason built the first line in Long Island City and acted as conductor and driver of the car he permitted smoking on the platforms, and until a few days ago that privilege had existed.

Now General Manager Beaton, of the New York and Queens County Co., has prohibited smoking, and there is great indignation among patrons of the street cars.

Mr. Beaton says the order is in response to many complaints, especially from women.

STEEL CARS NOW.

The Carnegie Steel Company of Pittsburgh, has booked contracts for steel freight cars amounting to about \$6,000,000. One order from the Baltimore and Ohio Railroad to-day was for 2,000 steel hopper and gondola cars. The Baltimore and Ohio contract is worth almost \$2,000,000.

The orders show the remarkable change from wood to the metal car as a freight carrier. That the day of the wooden railroad car is passing, railroad men say is evident from the action of the leading trunk lines in specifying that all new hopper, gondola and flat cars for mineral traffic shall be of steel construction.

COMPULSORY BATHS FOR TRAMPS.

Local guardians who have an implicit belief in the compulsory bath as a discouragement to the visit of casuals, says the Leinster Leader, will be interested in a revelation made at a poor law guardian's conference in Southampton this week. It

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was stated that the compulsory bath "so far from checking the number of vagrants seeking relief, had come to be appreciated." In fact, the bath has become one of the greatest inducements that the tramp has to seek admission to the casual ward! He revels in its pellucid waters, and washes himself with an enthusiasm almost unseemingly in the case of one so low in the social scale. It therefore looks as if the English boards would have to abolish enforced bathing, as developing culture amongst tramps has transformed it from a punishment into a most enjoyable luxury! Local guardians, however, have yet no reason to share the alarm of their English brethren. At Mountmellick (where a wise economy occasionally governs the distribution of the water) and other workhouses, a fierce competition between the vagrants, for the delights of the bath is not yet evident. And the casual that one ordinarily encounters on the highways does not exhibit a spotlessness of skin and a spruceness suggestive of a prolonged sojourn in the depths of workhouse water. It has been suggested in England that "tramps should be made as uncomfortable as possible in the matter of accommodation and diet." Irish guardians hardly require to be persuaded to this course. At any rate, none of the tramps seemed to be impressed with the choiceness of the cuisine the downy character of the couches on which they repose, or the softness of the prescribed amount of stones.

LA GRIPPE'S VICTIMS.

THE AFTER EFFECTS MORE DANGEROUS THAN THE DISEASE.

A Well Known Quebec Farmer Suffered Untold Misery for Three Years Before He Found Relief.

The epidemic of la grippe which has swept over Canada like a scourge this winter, has left thousands of weak and despairing sufferers in all parts of the land. Grippe is a treacherous disease. You think you are cured, yet the slightest cold brings on a relapse. Its victims are left in a weakened condition and fall an easy prey to its manifold complications. The blood is left impure and impoverished; the nerves shattered, and heart trouble and nervous prostration are too often the result.

The following statement made by Mr. Daniel Clossey, a well known farmer living near West Bromo, Que., indicates the ravages made by the after effects of this scourge. Mr. Clossey says:—"Some five years ago I had an attack of la grippe. The earlier symptoms passed away, yet I continued to fail in health, and I suffered intense pain in my head. I was subject to attacks of dizziness and unless I would grasp something would fall. I gradually grew so weak as to be unable to do any work. My legs and feet were as cold as ice even in the summer months. If I attempted the least exertion my heart would beat violently. For three years I was in this helpless condition and although during that time I was attended by three different doctors, their treatment produced not the slightest benefit. At this time I read the statement of one who had suffered from similar trouble, who was cured by the use of Dr. Williams' Pink Pills, and I decided to try them. The result was simply marvellous. A dozen boxes did what three years expensive medical treatment failed to accomplish—restored me to full health and vigor, and I am again able to do my work about the farm. I honestly believe Dr. Williams' Pink Pills saved my life and I am glad to make this statement for the benefit it may bring to others.

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STATISTICS OF ONTARIO.

The annual report of the Bureau of Industries of Ontario, is a very interesting volume to the farming community. In order to induce the farmers to read and comprehend the facts connected with farming, the Bureau has published a small pamphlet containing the chief figures in the annual report. The following are some of the figures in the pamphlet, the year referred to being 1897:—

Fall wheat.—Yield 23,988,051 bushels; yield per acre, 25.2 bushels; value per bushel, 78.2 cents. In 1894 the yield was 16,512,106 bushels; yield per acre, 21.2 bushels; value per bushel 55 cents.

Spring wheat.—In 1897 there were 323,305 acres under spring wheat producing 4,868,101 bushels or 15.1 bushels per acre; average value per bushel 78.6 cents.

Farm lands.—The cleared land in Ontario has increased by 2,313,524 acres in the past fourteen years. Total land assessed is 23,360,428 acres, of which 8,701,705 acres are in staple field crops, 2,658,245 in pasture, and the total of cleared land is 12,853,081 acres.

Potatoes.—There were 169,333 acres in potatoes producing 16,100,797 bushels, of the market value of \$6,424,218; the yield per acre was 95 bushels, and the value per bushel 39 cents.

Hay and clover.—2,341,488 acres, producing 3,811,573 tons; yield per acre 1.63 tons; value per ton \$7.18.

Horses.—Horses on hand July 1, 1897. Working horses, 436,921; breeding mares 69,940; other horses, 106,809; total 613,670; value \$36,111,805.

Wages.—Per year with board \$144; without board \$236. Per month for working season: with board \$14.29, without board \$21.47.

Cheese factories.—In 1893 there were 635 cheese factories; in 1897 there were 879; and in 1897 there were 1161 factories. In 1897 there were 137,362,316 lbs. of cheese made, of the value of \$11,719,448. There were 66,104 patrons. It took ten pounds and six-tenths of a pound of milk to make one pound of cheese.

Mortgages.—In 1897 there were 12,103 chattel mortgages against farmers to the amount of \$3,933,690.

Population.—The population of Ontario in 1897 was 1,990,977. The municipal taxation was \$6.13 per head and the bonded debt was \$52,915,476 or \$24.84 per head. The total municipal taxation was \$12,206,325.

Cattle.—There were 940,236 milch cows in Ontario in 1897; of store cattle there were 865,406; of other cattle \$76,684. Total 2,182,326. In 1898 there were 965,021 milch cows; store cattle 345,695, and other cattle 963,447. Total 2,215,943.

The Jesuits were the first who raised a crop of wheat in Illinois, and the first who introduced sugar-cane into Louisiana.

The first who worked the copper of Lake Superior, was the Jesuit Father Giles Mezier, about 1675.

Nowadays when women are trying to do everything it is not strange that many things are over-done. It is not strange that there are all kinds of physical and mental disturbances. If the woman who is a doctor, or a lawyer, or a journalist, or in business woman too it might be different; but the woman who knows when she has done a day's work has yet to be born. Usually a woman's way is to keep doing till she drops. Working in this way has manifold evils. The most common trouble resulting from over-exertion, either mentally or physically, is constipation of the bowels, with all its attendant horrors. Dr. Pierce's Pleasant Pellets are the most effectual remedy in the market. They work upon the system easily, naturally. There is no unpleasant nausea after taking them. No gripping—no pain—no discomfort. They are composed of materials that go through the system gradually, collecting all impurities and, like the good little servants that they are, disposing of them effectually.

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