

A pure hard Soap.

SURPRISE SOAP

MAKES CHILD'S PLAY OF WASH DAY

Household Notes.

USEFUL HINTS.—Use the white of an egg for a burn. It forms a coating which excludes the air.

A good remedy for catarrh, it is said, is the free use of boracic acid as snuff.

As a laxative stewed or baked apples are excellent. As destroyers of flatulence they are unequalled if their use is persisted in.

It is said that if the feet are well soaked in warm water at night and then the corns rubbed with castor oil these troublesome excrescences will disappear.

If you awaken in the night coughing and cannot stop, get a small portion of powdered borax and place it on your tongue and let it slowly dissolve, and it will almost instantly stop the cough, as it will also relieve an ulcer in the throat.

Whether only an extremity or the entire body is affected the treatment of freezing is the same. In all cases avoid a sudden change of temperature. If a person is found overcome and benumbed with cold and you take him at once to a fire or warm room, you are likely to kill him. Take him only to a sheltered place or shed, which still feels very cold to you. It will be amply warm to him. Remove any wet clothing and rub the body till dry; wrap him in a dry blanket and give him a stimulant, such as hot, strong, coffee. Remove to a somewhat warmer room and raise the temperature very gradually.

For tender feet, soak in two quarts of cold water to which an ounce of powdered borax is added and rub dry with a towel.

IMPORTANCE OF WATER.—Water is such a cheap and common thing that most of us ignore many of its benefits; we wash the outside of our bodies with it, but we forget to wash the inside sufficiently. Many persons, especially middle-aged women, fall into a state of chronic poisoning simply because they have neglected to take enough pure cold water to dissolve and wash out the impurities in their systems. Although water should not be used to wash down the food to save chewing, experiments show that gastric digestion is accelerated when the contents of the stomach are slightly diluted, so that if little fruit or other food containing large quantities of water is taken at a meal it is well to sip a glass of water during the meal. Two glasses between meals and one the last thing at night and the first thing in the morning are necessary. The stomach should not be required to hold more than a quart of food and drink at one time, but during the day at least a quart of water should be consumed. Never drink nor use in cooking, water that has stood for any length of time in vessels or pipes or that comes from a leaden or zinc lined cistern. Water containing organic matters can be filtered through sand and charcoal, but boiling is the simplest method of purifying water suspected of impurity. No animalcules are found in pure water, and none are known to exist that are not destroyed by boiling. While the foods and beverages we consume contain more or less water or the elements that compose water, there is nothing that can quite take the place and do the work of pure water in the physical economy. If girls would early form the habit of drinking water in abundance every day they would avoid many disorders that destroy health and good looks.

A COUGH MIXTURE.—Children can often be induced to take "mother's" cough mixture when they pull very faces over a physician's prescription. Most housewives have some old and tried cough mixture recipe by which they set great store, but should there be some among us readers who do not possess such a recipe, I would suggest their adoption of the following mixture, which will be found very soothing to the throat and chest: Get three large,

fresh lemons and boil them in already boiling water for about seven minutes; then, when tender, slice them very thin, put the slices in a bowl together with a pound of best moist sugar, and set the bowl on the stove for some hours, so that the contents may almost be said to have distilled. Then take the bowl from the fire and let the contents cool for half an hour. Lastly, stir in a tablespoonful of oil of sweet almonds, and give a teaspoonful of the mixture at a time when the throat is irritated.

RELIEVING PAIN.—When a patient is not confined to the bed, it may be well in a case of throat trouble to use cloths wrung from hot water, but under no consideration is it safe to use water about a patient in bed, notwithstanding the belief of many in the efficacy of hot water as a cure all. It is heat not moisture, that quiets pain. Wet cloths retain heat only a brief time, but they do something else—they dampen the bedding and the patient's clothing, to his great danger. Often the dampening produces serious cramps, causing excruciating suffering, and those in attendance, thinking the cramps are a part of the illness, keep up the wet cloth treatment instead of hastening to change the wet clothing for dry. There have been cases where death soon followed such treatment. Nothing proves better than a good dry heat to quiet pain. Hot water bags and bottles are excellent if perfectly tight. Hot sand bags also are good to place beside the body and limbs. A relay of hot plates, wrapped in woolen cloth, will do wonders in giving relief to a patient. In any case of serious bowel trouble it is well to follow up the relays of hot plates, lightweight earthen or better still, because of their lightness, are the tin plates such as are used by bakers, being always careful that they are as hot as can be borne, and not too hot, and wrapped in cloth. This remedy will allay inflammation and pain to a wonderful degree. It is also excellent in rheumatism of the hip, knee or ankle. A frequent change of hot plates, well wrapped in woolen and placed beneath or over the suffering joint as the patient lies in bed will bring great relief. Hot woolen blankets greatly assist in pulling a patient through serious neuralgic pains. Another great help in the sickroom is found in the use of wool cloths smaller than blankets. These are made by cutting one or more thick wool blankets into four or six pieces each. Do not flinch at cutting up a blanket. Consider that the object is to get the sick one restored to health. The price of a pair of blankets would go but a little way on a doctor's bill, and these wool squares will last for years for use in the sick room. They can be cleansed and put away from moths between whites.

A Doctor of Business Concerns.

A newcomer in the ranks of modern experts is the business "methodizer" or "system expert." His specialty is to systematize the work in a manufacturing concern, to lop off useless expenditures, and so to increase production and lessen cost. Mr. M. Martin Kallman, himself a "system expert," writing in "The Saturday Evening Post" (Philadelphia), concerning the old and new way of keeping accounts, says:—
"The distance which the eye and hand must travel in posting from the regulation day-book to the ledger is so great that the operation involves a distinct act of memory, while under almost any of the recognized modern methods the memory act is eliminated and posting becomes simply copying figures at close hand. Science always makes for accuracy and an increase of practical results, and it is therefore clear as to which method of accounting is more worthy to be called scientific."

"Little more than a year ago a methodizer was called to introduce his system into the counting-room of a large mercantile establishment. He found a force of six men devoted exclusively to posting the 20,000 accounts which the ledgers contained. To-day under the modern system recently adopted one man does all the posting and works at the task only three hours a day!

"The new systems provide for a series of duplicates so that the sudden destruction of a set of ledger records can be almost instantly replaced. The importance of this feature of latter-day methods was recently brought home to me when the head bookkeeper of a business house to which I had been called maliciously destroyed five ledger records—no doubt to cover speculations. Under the modern systems this would have been practically impossible.

"Often I am asked: What will the best modern systems save a large business? This is difficult to answer, but there is one manufacturing establishment of enormous proportions, having many branches, which has saved \$100,000 a year in its pay-roll and time-keeping department alone through this modern agency.

"It must be a small business, speaking in the metropolitan sense, which can not be saved \$5,000 to \$10,000 a year through the introduction of a first-class modern system devised by a 'methodizer' of recognized standing in his profession."

Minna C. Smith, writing in "The World's Work" (December) on the same subject, tells of a "production engineer"—the term she uses—who by changing the course of the material in a manufacturing concern through its various processes, reduced the handling of sixty tons of weight from fifty-one times a day to thirty-seven times, with a resultant saving that surprised the president and directors. The same expert was requested to rearrange the schedule of wages in a steel-mill. He regulated it "not by tonnage alone, but by groups of steel products according to quantities and shapes; the resultant rates increased the productive capacity of the mills from fifty to forty per cent., decreased the cost of production, and increased the wages of the men." The writer describes how an expert methodizer organized an electric equipment factory which was growing so fast that its managers did not know how they stood in the matter of expenses and could not keep in touch with the general routine day by day. She says:

"The expert asked questions and was given full details. He was introduced to every official, every head of department, every clerk; and he asked each one for typewritten suggestions. He found that the huge physical growth of the factory had overtopped its intellectual and nervous organization. The organization needed a clear definition of duties and responsibilities in the various offices—a more highly organized faculty. The specialist reported a special system, unified, yet so flexible that the work in any department can now be expanded or contracted without affecting the general plan. Thirty-one departments of the executive and operating force were ordered, instead of fourteen. There could henceforth be no clashing of authority, no men receiving one order from one department and another order from another. All communications about the general organization were authorized to appear in executive orders from the president of the company, who is also general manager. The names of all officers or heads of departments were put at the head of every executive order, and each head of a department was made responsible for notifying his associates, who in turn were made personally responsible to him. A series of executive notices was posted insuring order of a high degree and making certain the prompt return of all reports and data. One man was made responsible for all the accounts of the company, so that uniformity might be developed in recording all the performances of the plant. The authority for giving orders was centralized. Provisions were made for definite recording of orders for material; and complete and accurate means of communication within the factory were insured. An accurate system of labor records for all employees was effected, insuring the charging of material and labor expended in the course of production. Centralization of authority stopped overlooking. The control of incoming and outgoing material was given to the same central authority. The nervous system of the electric equipment factory was toned up. The factory is making its product much more rapidly than before, and despite the growth of the business the heads of the concern can now keep in touch with all its details."

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A.G.H., DIVISION NO. 3. Meets on the first and third Wednesday of each month, at 1888 Notre Dame street, near McGill. Officers: Albert D. Gallary, M.P., President; Fred. J. Devlin, Vice-President; 1525F Ontario street, L. Brophy, Treasurer; John Hughes, Financial Secretary, 65 Young street; M. Fernal, Chairman Standing Committee; John O'Donnell, Marshal.

ST. ANN'S T. A. & B. SOCIETY. established 1868.—Rev. Director, Rev. Father Flynn, President, D. Gallary, M.P.; Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer, 16 St. Augustin street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8.30 p.m.

A.O.H. LADIES' AUXILIARY, Division No. 5. Organized Oct. 10th, 1901. Meetings are held in St. Patrick's Hall, 92 St. Alexander, on the first Sunday of each month at 2.30 p.m., on the third Thursday at 8 p.m. President, Miss Annie Donovan; vice-president, Mrs. Sarah Allen; recording-secretary, Miss Rose Ward; financial-secretary, Miss Emma Doyle, 68 Anderson street; treasurer, Mrs. Charlotte Birmingham; chaplain, Rev. Father McGrath.

ST. PATRICK'S SOCIETY.—Established March 6th, 1856, incorporated 1863, revised 1864. Meets in St. Patrick's Hall, 92 St. Alexander street, first Monday of the month. Committee meets last Wednesday. Officers: Rev. Director, Rev. M. Callaghan, P.P. President, Hon. Mr. Justice C. J. Doherty; 1st Vice, F. E. Devlin, M.D.; 2nd Vice, F. J. Curran, B.C.L.; Treasurer, Frank J. Green, Corresponding Secretary, John Kahala; Recording Secretary, T. P. Tansey.

ST. ANN'S YOUNG MEN'S SOCIETY organized 1885.—Meets in its hall, 157 Ottawa street, on the first Sunday of each month, at 2.30 p.m. Spiritual Adviser, Rev. E. Strubbe, C.S.S.R.; President, M. Casey; Treasurer, Thomas O'Connell; Secretary, W. Whitty.

ST. ANTHONY'S COURT, C. O. F. Meets on the second and fourth Friday of every month in their hall, corner Seignours and Notre Dame streets. A. T. O'Connell, O. R., T. W. Kane, secretary.

ST. PATRICK'S T. A. & B. SOCIETY.—Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander St., immediately after Vespers. Committee of Management meets in same hall the first Tuesday of every month at 8 p.m. Rev. Father McGrath, Rev. President; W. P. Doyle, 1st Vice-President; Jno. P. Gunning, Secretary, 716 St. Antoine street, St. Henri.

C.M.B.A. OF CANADA, BRANCH 26.—(Organized, 18th November, 1878.—Branch 26 meets at St. Patrick's Hall, 92 St. Alexander St., on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Mondays of each month, at 8 p.m. Spiritual Adviser, Rev. M. Callaghan; Chancellor, F. J. Curran, B.C.L.; President, Fred. J. Sears; Recording Secretary, J. J. Costigan; Financial Secretary, Robt. Warren; Treasurer, J. H. Feeley, Jr.; Medical Adviser, Drs. H. J. Harrison, E. J. O'Connoy and G. H. Merrill.

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NOTES

MIXED MARRIAGES.
Margaret Sangster, writes "Ladies' Home Journal" some very sage advice on danger of mixed marriages. She says: "There can be no happiness when one subject portance must either must be the occasion of argument. Say good-bye to other now, and let you a wife of his own faith. From a purely human point of view, this is perfect common sense. It is an advice based upon centuries. It has been said that 'no church, priest should come souls with but a single word. This is false reasoning. start. If the two souls antagonistic on the very meet the difficulties of life. It is not to be claimed that they are money entirely with each other can readily conceive two opposite sexes and of other. We can also understand while their passion for is at a fever heat, they beyond the immediate even that they care little that should prevail. It meet the difficulties of that the Church, in her raised every possible di to mixed marriages. A other of her rules of principles of teaching has proven the reasonable attitude, so in this instance, displayed a wonderful knowledge of humanity, and wife are obliged 'to disagree,' especially upon mentous a question as the gion, they may conclude life they will have the the disagreement much quently than that of the They may be united legal may imagine themselves accord with each other cannot expect for a real in life or in death. Unless party loses the faith be no compromise. During will kneel, morning and they kneel at all on either partition that must position them; they will go the ways to Church—if they Church; and, after death, sleep apart, not having consolation of knowing same cemetery will contain ashes.
If the impetuous lovers prepared to bid defiance warnings of common prud only have a few years of revealed to them we are that mixed marriages would far between. They 'the veil of the Future is the Hand of Mercy;' some would be a mercy were a it rent.

A MYSTERIOUS INSTINCT.
We are not generally given