# THE CATHOLIC REGISTER

Thursday, Sept. 3, 1903

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Young friend, you're fond c sport and play-In that there's nothing wrong; But, as I love y /u, let me say, Den't be a Loy too long!

You have your name and fame make

Your path to carve or choose-Believe you me, though young you be, You have no time to lose.

An early start in honor's race-O that's the way to win! A late set out, a lazy pace Is very like a sin.

If you but think the matter c'er, You'll come to share my views, And say to me, "Well, yes I see, I have no time to lose.

And don't forget, as on you go, However high you rise, The goal is set, not here below, But far beyond the skies.

I got a hint myself to-day From dear old Father Hughes-

"T.D.," said he, "at seventy-three

You have no time to lose!" -T. D. Sullivan.

## MEDICINAL VEGETABLES.

Cranberries correct the liver. Carrots are excellent for gout. Asparagus stimulates the kidneys.

Water cress is an excellent blood purifier.

Honey is a good substitute for cod liver oil.

Parsnips possess the same virtue as sarsaparilla.

Celery contains sulphur and helps to ward off rheumatism.

Bananas are beneficial to sufferers from chest complaints.

Celery is a nerve tonic; onions also are a tonic for the nerves.

Beetroot is fattening and good for people who want to put on flesh. Potatoes are good for torpid liver,

but should be avoided by gouty peo-Lettuce has a soothing effect on the

nerves and is excellent for sufferers from insomnia

The juice of a lemon is excellent for a sore throat, but should not be swallowed, but used as a gargle.

### FATS DISAGREE WITH DELI-CATE STOMACHS.

Lean foods. cooked, are difficult to emulsionize that an old gentleman across the way, and usually disagree with delicate unable to restrain himself, burst out stomachs. Meats build the muscular into a loud guffaw, and then looked lean flesh, and are not burned to give sheepishly out of the window, as if force and energy unless they are tak- ashamed to be caught doing such an en in large quantities and without unmanly thing. Before another five carbonaceous foods; then they will be minutes he was playing peek-a-boo burned to contribute to the heat and across the aisle with the baby, and energy of the body.

The influence of heat on meat is to

Call &

sponge or washcloth, soap and tooth brush This is the only sanitary way to The rubber lincarry these things. ings of the pockets should be wiped every few days to keep them clean. There should be an evecup, too, and to a small bottle of boracic acid solution (one-half ounce of boracic acid to one-half pint of boiling water.)

This is a most healing and strengthening eye wash and quite harmless. To strained, tired, dust-sore eyes it is very soothing.

In the bag there should be toilet water also and a flask of toilet alcohol. vel-sore feet and strengthening to stiff muscles.

The toilet water of some delicate periume is refreshing when rubbed on the face and hands during a hot, dusty ride.

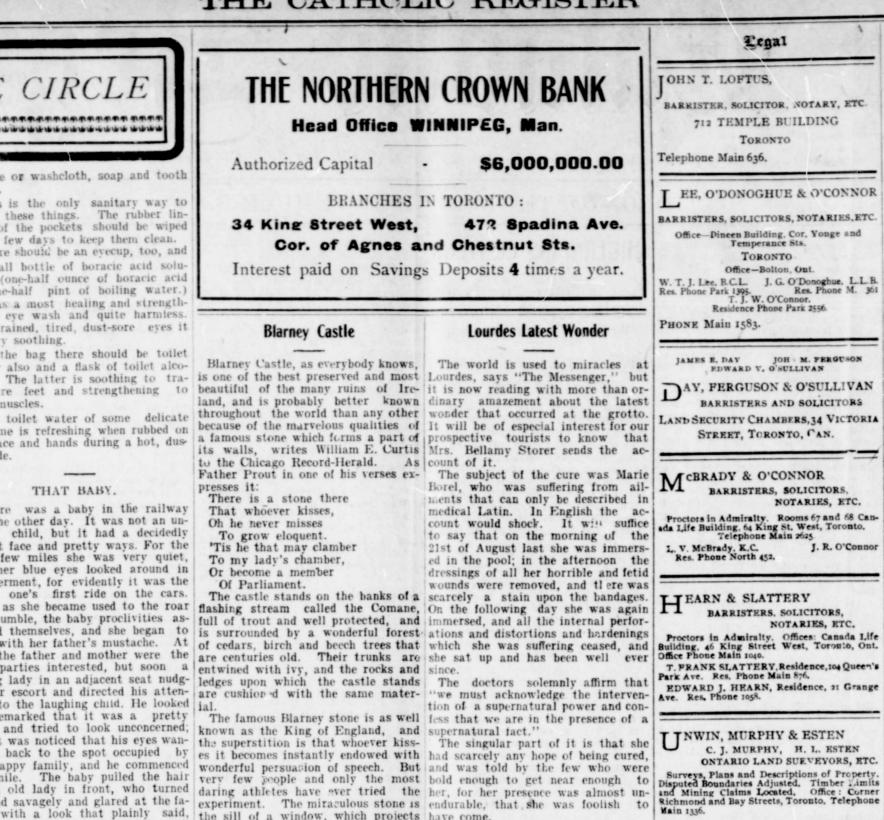
THAT BABY.

There was a baby in the railway car the other day. It was not an unusual child, but it had a decidedly bright face and pretty ways. For the first few miles she was very quiet, and her blue eyes looked around in wonderment, for evidently it was the little one's first ride on the cars. Then as she became used to the roar and rumble, the baby proclivities asserted themselves, and she began to play with her father's mustache. At first the father and mother were the only parties interested, but soon a young lady in an adjacent seat nudged her escort and directed his attention to the laughing child. He looked up, remarked that it was a pretty baby and tried to look unconcerned; but it was noticed that his eyes wandered back to the spot occupied by the happy family, and he commenced to smile. The baby pulled the hair of an old lady in front, who turned around savagely and glared at the fa-

ther with a look that plainly said, 'Nuisances should be left at home. But she caught sight of the laughing eyes of the baby and when she turned back she seemed pleased about some-thing. Several others had become interested in the child by this time business men and young clerks, old ladies and girls-and when the baby hands grasped the large silk hat of meats are stomach-digested her father and placed it on her own Fats, after they have been head, it made such a comical picture

every one was envying him.

The ubiquitous young man, ever on make it more indigestible; hence, we should use the simplest and lightest methods of cooking. To fry a beefhad failed to He everybody. The brakeman looked in the baby. from his post on the platform and The paper boy found no smiled. custom till he had spoken to the baby and jingled his pocket of change for up his ticket, so interested was he Chopping tough meat before broiling playing peek-a-boo. The old lady in front relaxed, and diving into her reticule, unearthed a brilliant red pippin and presented it bashfully to the Chopped meats may be little one, who, in response, put her All meats should chubby arms around the donor's neck



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D. C. MAYHUE self over the edge of the wall by I. C. R. Publications Are Appreciated

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the superstition is that whoever kissthe sill of a window, which projects have come.

the tower, and it is not only difficult, mised that if she got well she would but dangerous to attempt to reach it. give her life to God and the poor. A' slip would send you head first to She is now, about to enter a religious the ground 120 feet below. The only order of nursing Sisters. way in which it can be done is for

the person who tries to support himstraps from the top, and with his face upward, draw himself across un- Some idea of the manner in which til his lips can reach the stone. Al- the attractions of the Intercolonial most everybody that visits Blarney Railway have been exploited during

ST.

order.

steak is to spoil it. Tender meats should be broiled, roasted or baked; this also applies to poultry. White meats should be thoroughly cooked, red meats slightly underdone; this does not mean raw, but just done; her edification. The conductor caught the coloring matter of the blood the fever and chuckled the little one charged and the albumen coagulated. under the chin, while the old gentle-Boiled meats are easily digested pro- man across the aisle forgot to pass viding they are properly cooked. will make it agree more easily with the delicate stomach providing hot butter or a rich sauce is not poured over it. broiled or baked. be quickly cooked at first until sear- and pressed her rosy little mouth to ed on the outside, or sufficiently co- the lady's cheek. It brought back agulated to prevent the escape of the juices, then finished slowly.

Ducks, geese and turkeys are digestible than chickens on account of that, as if to catch a falling tear. the greater amount of fat they contain mingled through the Jean flesh.

#### HELPFUL HINTS.

will keep away mice.

Rub hinges with a feather dipped in oil, and they will not creak.

A small bag of sulphur kept in a drawer or cupboard will drive away red ants.

Boil three or four onions in a pint of water, apply with a soft brush to gilt frames, and flies will keep off them

boiled makes them tender.

Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or hard the paint may be. Saturate heart, warm or cold, in that car .- al. the spot two or three times, then wash out in soap-suds.

A little charcoal mixed with clear water thrown into a sink will disinfect and deodorize it.

The odor of sweet peas is so offensive to flies that it will drive them out of a sick room.

A fever patient can be made cool and comfortable by being frequently sponged with water in which a little soda has been dissolved.

Brass-work can be kept beautifully bright by occasionally rubbing will salt and vinegar.

"Salada" Tea when you feel warm. A small piece of lemon will add to its flavol.

## THE "RESTS" OF LIFE.

In our whole life melody, the music is broken off here and there by "rests," and we foolishly think we have come to the end of time. God back on you and decides to keep chicksends a time of forced leisure-same- ens, if the chariot wheels of the unress, efforts-and makes a sudden pause in out of provender, and the gaping of the choral hymn of our lives, and we your empty purse is like the unfilled lament that our voices must be sil- mouth of a young robin, take courage thesis, which remains to be verified. ent, and our part missing in the mu- if you have enough sunshine in your sic which ever goes to the ear of the heart to keep a laugh on your lips. Creator. Now does the musician read the rest? See him beat time with unvarying count and catch up the next note true and steady, as if no breaking place had come in between. Not without design does God write the music of our lives. But be ours to learn the time, and not to be dismayed by the "rests."- John Ruskin.

a flood of remembrances to that withered heart, and a handkerchief was seen to brush first this way and then The train sped on and pulled into the station where the baby, with her

parents, was to leave the car. A look of regret came over every face. The Camphor put in drawers or trunks old gentleman asked if he couldn't kiss it just once; the old lady returned the caress she had received and the baby moved toward the door, shaking a by-by over the shoulder of her papa, to which every one responded, including the newsboy, who empha-

sized his farewell with a wave of his hat. The passengers rushed to the side where the baby got off and watched till she turned out of sight at the other end of the station, shak-A spoonful of vinegar put into the ing by-bys all the time. Then they water in which meats or fowls are lapsed into silence. They missed that baby, and not one of them ascertain its author. In some manuwould be unwilling to acknowledge The little one's presence had it. let a rift of sunshine into every

Guardian.

LAUGH AS YOU GO ALONG.

Do you know that there is absobear the ills of life so well as a good of sacramentaries, ruuals, missals,

There are few of the minor difficul- phim and all the choirs of the celes-

If the clothesline breaks, brigade. Be wise and have a glass of iced or the cat tips over the mana, and the dog clopes with the roast, if the regularly with the trisagion of Isa-children fall into the mud simultane-ias: "Sanctus......" followed by the children fall into the mud simultane- ias: ously with the advent of clean aprons, if the pow girl quits in the middle of the housecleaning and though you

search the earth with candles you find none to take her place, if the neighbor in whom you had trusted goes disappointed plans, frustrated invited guest draw near when you are

> An End to Bilious Headache .- Bili- Latin. ousness, which is caused by excessive bile in the stomach, has a marked ef-

> fect upon the nerves, and often manifests itself by severe headache. This

causes, but the most excruciating of no permanent good. Their use pro-SOME HELPS IN TRAVELING. The ideal traveling bag contains few necessary toilet articles, all light and small. A silk or cretonne covered rubber bag with pockets holds a flat

They Are Not Violent in Action. health and vigor to the system. Some persons, when they wish to is the most distressing headache one cleanse the stomach, resort to Ep-Mrs. Alice Steeves, Springfield, N.S., writes:-"I have used Burdock", Blood can have. There are headaches from sem and other purgative salts. These writes:—"I have used Burdock" Blood Bitters and find that few medicines can give such relief in Stomach Troubles and Dyspeysia. I was troubled for years with Dyspeysia and could get no relief until I tried B. B. B. I took three bottles and because cured, and now I can eat anything without it hurting me. I will recommend it to all having Stomach Trouble. cold, from fever, and from other are speedy in their action, but serve

