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BEST FOR WASH DAY.

BEST FOR EVERY DAY.

Household Notes.

ABOUT THE EYES.—A writer in an American daily newspaper says:—The easiest way to tell whether glasses are needed or to find out if they are anything like right is to hold the finest print about sixteen inches off and right in front of the eyes, with a good light falling on the print from behind. Keep both eyes open during the test, and cover first one eye and then the other with a card to see if the print looks exactly alike to each eye. If it does, there is as yet nothing wrong enough to pay any attention to. After the fifth year this test will show the slightest imperfections. If one under thirty finds the print unlike or is unable to read with comfort, something is badly wrong. The complicated tests all have their places, but this test is given to the general practitioner, and is about all that he needs to find out just what is wrong. A man may see the print alike with bad eyes or wrong glasses; he may read with comfort with bad eyes or wrong glasses; but he cannot see the print alike and read with comfort unless the eyes are about right or made so by glasses. The cheap glasses in the stores suit about half of the people. They do no harm and cannot be improved upon if this test shows nothing wrong.

About one old person in four uses but one eye in reading. This is because of wrong glasses. The best oculists often spend hours in testing the eyes of the young and then fail to get the right glasses. As for the eyes of the aged, they are usually gone over in a perfunctory and stereotyped way and given a pair of magnifiers, and these suit only about half of them. The other half have astigmatism, together with unlike eyes. While eye imperfections may not cause as much pain to the aged as to the young, they interfere far more with the proper use of the eyes after middle age than before. The eyes of the young are hard enough to fit, but the eyes of the aged are even harder if there is the least astigmatism or difference in the size of the two eyes. Reading is the chief and about the only comfort that most old people get out of life, and no doubt early dotage often comes from not being able to keep the mind active by reading. The routine way of testing the eyes of the aged is a great evil, for most of them can read or see about as well as ever if they only get the right glasses. Many do this with peddlers' glasses.

In farsightedness the eyeball is too small or too short; in nearsightedness, too long or too large, and in astigmatism it is imperfectly rounded. Astigmatism causes more eye trouble and interferes more with reading than all other troubles put together. People who have every kind of mysterious eye trouble when properly examined are usually found to have astigmatism. It causes blurring of the print, pain in the head and eyes, nervousness, fretfulness, etc., and is most apt to give trouble when the focussing muscle gets weak from sickness, overwork, etc., or when the crystalline lens gets hard from age. Astigmatism is such a difficult imperfection to properly estimate that glasses have not as yet benefited astigmatic eyes anything like as much as they should have.

Imperfections, especially nearsightedness and astigmatism, are apt to be more pronounced in one eye than in the other, and, worse still, are usually so badly mixed up that a glass which fits one eye would injure the other, the eyes being so unlike. Many with unlike eyes, united with astigmatism, require a pair of spectacles that would fit nobody else.

A few have eyeballs so imperfect that they are deformed and the focussing mechanism is powerless to make the sight good even for distance. Such eyes require the thickest and heaviest glasses, and these have to be worn nearly all the time.

ABOUT MARKETING.—The fundamental rule of marketing, writes

Martha T. Wentworth, in the Chicago "Inter-Ocean," is a knowledge of meats, and this cannot be thoroughly learned from books. Practical knowledge obtained through the senses is the only guide to be trusted, and books can be dispensed with better than the information obtained from a man who knows his business and explains the different cuts of meat as they lie before him.

Beef is the meat standard in all families except those where flesh of animals is a luxury to be enjoyed once a week or so. No matter how high the price may soar, beef is chosen in preference to other meat. It does not agree with all people; it should be shunned by those afflicted with rheumatic tendencies, but habit has made it first among flesh foods and first attention it surely deserves.

Good beef is recognized by fineness of grain and color. It is bright red, mixed with white fat, not yellow. Unless there is a good quantity of fat, the meat is sure to be tough and unsatisfactory. There are several cuts in beef to be mastered, and, beginning with a roast, the first choice is the rib or sirloin, one, two, three, or four of the middle ribs for the former, according to the size of the family. For a small family a single rib, with the bones removed, rolled and stuffed, will make a nice roast at a small cost.

If sirloin is the choice, have it cut from the chump end, nearer the hind-quarters, for it has a good undercut or fillet, and supplies an extra dinner. There are epicures who will tell you that the rump is the best cut, but they may neglect to add that it is too large to serve whole, and the preference is given to the chump end.

Economy, which rules in large families with slender purses, advises the round, or buttock, because it is cheaper—has no bones and is unusually juicy. But unless it has been hung up for some time it will be found to be rather tough, and that one cannot always know.

Steak has the same grades of quality and price that govern roasts. The other parts of the animal are corned or used for soups, stews, and fancy dishes. They are cheap and nutritious, particularly the parts near the neck, which contain more juice.

Mutton and lamb stand next to beef in importance. The older the mutton the better, and its test is a dark color and plenty of fat. All the joints of a sheep may be roasted, but the saddle is the preferred portion. Its name indicates its location. For boiling the leg and neck are chosen, the loin furnishes chops, and the thick end of the loin, the best end of the neck, or the middle of the leg, supplies cutlets. The breast is corned, and the cheaper portions are made into toothsome dishes with vegetables.

Lamb should be small, pale red in color and fat. Hind or fore quarters, according to the preference, is used for roasting. The hindquarters costs more, but furnishes a larger quantity of meat than the forequarter, where the bones are numerous. Chops are of two kinds, kidney and rib, and they vary some in price. They are equally popular, however, with people, who never consider cost. Boiled leg of lamb is a favorite with some persons who do not like the strong flavor of mutton.

The lean parts of good pork are white and fine the fat firm, and the rind thin and smooth. Reject a piece which will not come up to these requirements, for it is not fit to eat. Spare rib is the choice roast, and that is found about the shoulder, quite far toward the front. The legs are smoked, the shoulders smoked and corned; the feet are regarded as delicacies, and the head is converted into cheese, which is generally relished. Pork is cheaper than beef and lamb, and much harder to digest, by the way.

Less care is taken in the preparation of meat than of any other food. If we stopped to think with what filth it comes in contact before it reaches our homes, we would not forget to wash it, or, at least, wipe it with a dry, clean cloth before the cooking. In some homes meat is bought in quantities and kept some time. Decay is prevented by dusting it with powdered charcoal. There are

authentic cases of the taint in old meat disappearing entirely by a coating of charcoal. It is wise, in hot weather particularly, to keep a lump of charcoal in the larder, as it purifies the place wonderfully.

Meat grows tender and becomes digestible by hanging, but lamb and veal cannot be kept as long as the stronger meats, beef and mutton. It is better to dispense with meats altogether than eat any morsel which is not sweet and wholesome, as scores of persons have learned to their cost. There is a poison in bad meat which works havoc with the vitals and sometimes causes death. The cooking, too, must be directly by knowledge, for underdone veal and pork have been known to cause serious bodily trouble. Beef and mutton do not need the thorough cooking that other meats must have.

Pope Leo To-Day.

Bishop Camillus P. Maes, of the diocese of Covington, Ky., who is protector of the Priests' Eucharistic League, writes as follows to the director-general of the League, in New York, concerning his recent audience with the Pope:

"To-day I had my audience with our Holy Father Leo XIII., and it is under the fresh impressions of the great moment that I send this greeting to the reverend members of the Priests' Eucharistic League.

"For a man ninety-three years of age, the Sovereign Pontiff enjoys wonderful vitality, and his brilliant eyes tell of a physical and moral vigor which men who have attained the Scriptural three score and ten seldom exhibit. His extremely white complexion, enhanced by the white cassock, is well known. Yet there is a subdued glow of health in the noble brow. The withered hands, in constant motion to emphasize the deliberate expression of his vigorous thought, make you forget that the successor of Peter is near the century mark. There is no indication of senility about the Holy Father.

"His interest in the progress and welfare of the Holy Catholic Church in America is unabated, and one cannot but admire the up-to-date knowledge of affairs which his numerous questions and his intelligent appreciation of current events betray.

"When, during my audience, I brought the conversation upon the subject of the Priests' Eucharistic League and the Eucharistic works which are now-a-days so large a share in the practical life of the Church, His Holiness was pleased to say that he followed the movement with great interest and with the most paternal solicitude. He spoke glowing words of praise for the clergy, who gave proof of personal devotion to the real presence of Christ in the Holy Eucharist, as well as of zeal in the growth of this Eucharistic kingdom in the souls of the faithful. He emphasized his special affection for the priests who consecrate their lives to the furtherance of the better knowledge of the love of the Eucharistic Christ for souls.

"At my request he gave a special Pontifical blessing to all the members of the Priests' Eucharistic League. Whilst he did so, with a solemnity which awes the mind, realizing the spiritual power of the Vicar of Christ, he pressed his hand on my head at the end of each of the three signs of the cross."

To be happy is no selfish indulgence, no favored condition of torture; it is a duty we owe to others and to ourselves, a state of mind which we should all strive to acquire.

OUR BOYS AND GIRLS.

AFTER BENEDICTION.

They close the door, they close the sight,
Of all that life holds dear to me;
What forms of heaven, the bliss and light,
And makes this earth a heaven to be.

Adieu, my dearest Lord, farewell!
Oh! take with Thee, the heart I give,
That buried in Thy little cell,
That heart for Thee alone may live.

Thy cross, and then Thy presence sweet,
Thus chequered are our moments here,
In Heaven there reigns a bliss complete,
And joy unclouded by a tear.

O! city of supreme delight,
Thy glorious realms when shall I see,
No doors shall then close from my sight,
Or veils conceal my Lord from me.
—From "The Little Messenger of Mary."

A HOME PICTURE.—Under the caption "Life's Fairest Flower," E. V. P., in the "Young Catholic," furnishes the following charming picture of home-life:—

"We had such a happy day, dear papa, at the convent. I almost wished it would never end!"

"What! Never, darling? Never is a long time, my Ione, and thy father and mother could ill spare our little one for ever; but I expect the Sisters will take you altogether some day, and that is quite soon enough."

"Ah! but I couldst never leave thee and darling mother—at least, not while thou both want me at home."

"Thy father and mother will always want thee, my little one, but thou must go often to the good Sisters."

It was a lovely picture that we see, in this opening chapter of our story—a large drawing-room in one of the stately homes of England, on the South Coast; an evening in June. Sitting in an armchair, drawn to the open French window, was a fine-looking man of fifty years, whose hair and beard were as white as snow. Squatting on a rug at his feet was a lovely child of twelve, clad in a white lace frock; down to the pale blue sash at her waist rippled a wealth of dark, curling hair, which her father was lovingly caressing as he spoke.

This was the Squire of Saxenholme—Paul Henry Dunottar—and his little daughter, Ione Marie.

"Here comes thy mother, Ione, and thy Sister friend!"

Rising to her feet, the child ran out of the window across the sunny lawn, to meet two ladies who were approaching—her mother, a fragile looking lady, many years her husband's junior—Margarita Dunottar, and Sister M. Agnes, a nursing Sister, from the village convent.

"Sister is going now, Ione," said Mistress Dunottar. "Go, tell dear father."

Back to the drawing-room the child returned with her mother's message, and Squire Dunottar crossed the lawn hand in hand with his little daughter, and courteously saluting the Sister, he said:

"I have heard of the happy day you have made for my little one,

Sister Agnes, and beg you will convey my grateful thanks to thy Superioress. I would fain have our child enjoy always such happy days; she tells me she wished she had remained in the convent for ever."

"No, no! Not so, dear father!" spoke the child. "I didst but say I could have wished to-day would never end; it was such a happy day!"

"Thy father does but tease thee, Ione, and wouldst as soon be deprived of his life as part with thee."

So talking, the squire and his lady walked to the lodge gates, where the Sister, taking leave of all three, hastened home.

What a strange contrast the child and her parents are to one another—the father so fine and stately, albeit his white hair; the mother so young, and fair, and fragile; and the little one so very beautiful, with large, luminous dark eyes, from whose depths the grace of God seemed ever to shine. Her hair covered her as with a silken mantel being kept back from her brow by a single string of pearls; on each arm, above the wrist, the child wore a bangle of beaten gold; on one the word "Mother" was inscribed, and on the other "Father"—tokens of her parents' love!

It had been said that the Squire of Saxenholme was a disappointed man; as he had no heir to his estates and his great wealth, truly, it seemed as if he had lavished all the love of his great heart on his wife and child. He was passionately fond of his little one; and his fair young wife was his very idol—his pearl of flowers, as he lovingly called her, and she was as good as she was beautiful. All the villagers for miles around could speak of Mistress Margarita's bounteous charity and loving kindness.

Life seemed all roses and sunshine within the gates of Saxenholme; ever so peaceful and happy, with its extensive grounds, and its well wooded park beyond, where could be seen the tame deer and their fawns, watching for their tiny mistress and her cake basket. The Squire's venerable mother was often to be seen seated on the lawn under the shade of an oak-tree, with her little granddaughter at her feet—the child was devoted to her grandmother, Dame Martha, and would spend many hours with the old lady, talking to her on her fingers, as Dame Martha was deaf; but she suffered nothing by her affliction, for the deep affection and sweet tenderness lavished upon her added a charm to the majestic beauty of her old age.

POPE AND BIRDS.—There is nothing about this great man—who is diplomat, statesman, and theologian, and holds the highest position the world has to give—that is anything but human. Elevated from the rest of mankind as he is—"the prisoner of the Vatican," as he has been called—the Pope is human to the core, says a writer in "The Week End." One of the nicest things I have ever heard of him is his love for birds. There were once certain bushes in the immense garden of the Vatican in which the birds love to build better than anywhere else; one day the Pope was being wheeled about in his chair, when he saw two gardeners preparing to prune and reduce these bushes. "The birds' homes must not be touched," he directed; "let the garden be untidy if necessary, but do not touch those bushes." In winter huge sheaves of wheat are fixed to poles in that part of the grounds overlooked by His Holiness's rooms, and he often sits for half an hour at a time watching his feathered friends at their welcome meal.

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NOTES

OPENING OF THE summer vacation end, and within a schools will again be understood, from exp pupils look forward regret to the closing they feel that this pe active liberty should But, whether it be otherwise, it is inevitable that September must commence of another term. We need not last few days-of the ation with advice t would never be needed not refrain from calli tion of parents and the duties of the hou

The first, and all in is to observe punctua the pupils to the scho first day of the term. ways some excuse or longing a few days, o weeks, the already pr tion. Parents are undion that there is not being done during the of the term, and that are just as well-off at the classes are fully o coming year, and t-operation. This is a idea, and frequently p jurious to the pupils' success throughout the parents were to act u impression and all pup detained from attentio quence, the result wou that the classes coul gaized—not in month

Boys more readily un which is explained to t parsons; if a score of run a race—say a mile each of them want o and perfectly ready to the others when the sig

A few moments of dela yards are lost, consec chances of winning ar minimum. It is the s class; a number of boy —commence together a months for a prize, and enters the lists after th started is necessarily If he, or she, is to get portunity of competing, must stop the class w advance of the others, a all over again for the s the tardy one—an inj entire class. Then the the term are those in w pils are graded, their c tested, their classes, a their requirements, ar them. If there are any that whole work has over, at the expense o hours that should be de actual work of the class

Therefore, the one wh attend the school on th imposes very unnecessary tainly annoying duties teacher; he retards the an entire class; and he own prospects in the co success and for final ho marks the entire scho Parents who do not oblig dren to attend from the meisement should not b appointment if their boy fall to secure the much wards that come with th the term. We know of a greater moment that we to parents, at this peric year, than to be punctu their children attend on the opening of the school we have said concerning movement of the term is plicable throughout the