

Household Notes

TEETHING.—The teeth are enclosed at birth in dental sacs which are situated in the gums. The milk teeth are twenty in number. The teeth may pierce the gums without any local disturbance. Frequently, however, just before a tooth crowds through, there is noticed a moderate swelling and redness of the gum overlying it. This condition may be accompanied by a little fretfulness and increased flow of saliva. These symptoms disappear when the tooth has pierced the gum. The two lower central incisors are the first to make their appearance, usually from the sixth to the ninth month. Nursing infants are a little earlier in their teething than those that are brought up on a bottle, as nursing infants are, as a rule, better nourished and further developed than the ones artificially fed. Delayed teething is much more frequently due to rickets than to all other causes combined. If the child has shown signs of poor nutrition from birth, teething is invariably delayed.

Difficult teething is a subject which permits of much discussion and is frequently coincident with some other disease which has been overlooked. About half of the healthy children cut their teeth without any symptoms; in the remainder some disturbance is usually observed. The symptoms commonly seen are disturbed sleep at night and fretfulness by day, so that the child only sleeps half the usual time. There is loss of appetite, coated tongue and a constant disposition of the child to stuff the fingers into the mouth. The bowels are irregular and there is a slight elevation of temperature. Very important to remember is that if food is forced beyond the child's inclination, attacks of indigestion, with vomiting and diarrhoea, are easily brought on.

In the treatment of teething drugs occupy a minor place. Infants are at this particular age in a very susceptible condition, and attacks of indigestion and sometimes diarrhoea are readily excited by trivial causes. Special care should be exercised regarding feeding. The strength of the food should be reduced as well as the amount given. The poor appetite indicates a feeble digestion which should not be over-taxed. All the various devices for making teething easy are a delusion. In a small number of cases lancing the gums is of decided value.

When the child has symptoms which can hardly be accounted for, do not hesitate to consult a physician, as the child may be ailing from something entirely different from teething. Do not believe for a moment that because the child is teething it can have all the symptoms that flesh is heir to. For the diarrhoea there is nothing better than a teaspoonful of the syrup of aromatic rhubarb. When the bowels are irregular, diarrhoea alternating with constipation, a teaspoonful each of castor oil and syrup of aromatic rhubarb acts favorably. Constipated bowels may best be relieved by a teaspoonful of castor oil. This may be repeated the next day if necessary. To a child five to seven months old, in pain and crying, three drops of paregoric may be administered with perfect safety, and be repeated in two hours if necessary. The mouth should be washed out after each feeding with a four per cent. solution of boracic acid, using an old, soft and clean handkerchief.

I would strongly urge to have as little changes made as possible in the habits and feeding of the child. If you have been compelled to feed the child artificially from the start, there is likely no needed change necessary at this time, provided, of course, that you are using a reliable article of infant food.

COLIC.—Colic is one of the most frequent causes of crying in young children. They will not only cry loudly, but sometimes even shriek. Their legs are usually flexed on the abdomen or they will move them up and down. These attacks of colic are usually associated with constipation. Nevertheless, it is also well to know that colic may sometimes be associated with diarrhoea. The origin of all colic is the stomach. Dyspeptic conditions give rise to fermentation of undigested particles of food and result in gas formation. Worms have also been known to cause colic. Colic will frequently result when there is a general loss of tone of the muscular layers in the walls of the intestine.

The treatment of infantile colic is simple when the cause is known. The quickest and simplest method of relieving colic is to give an enema of glycerine and water.

Gentle massage during an attack of colic with warm sweet oil or

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melted vaseline will feel grateful and comforting to the crying child. The oil may be warmed by holding the bottle in a kettle of warm water and then pouring a small quantity on the abdomen. The distended abdomen should then be gently, but thoroughly, kneaded. If the colic has originated from fermentation of food in the stomach then we must have recourse to drug treatment. For this purpose give one teaspoonful of aromatic syrup of rhubarb every three hours. For a child under one year of age use half a teaspoonful every three hours. After the bowels have thoroughly moved, one grain doses of salol every three hours for a few days in conjunction with light diet will prevent further fermentation of food. Mothers should be very chary of paregoric during an attack of colic. The thing to do is to remove the offending cause from the stomach or bowels. If this be not done you may keep on giving paregoric and you will not cure or permanently relieve the colic. Remove the cause and you will cure the condition. Should the child be in great pain then paregoric may be a temporary soother, but do not neglect a free purgative. — The Housekeeper.

OUR BOYS AND GIRLS.

THE FRIAR'S GRATITUDE. — It was in 1299, on Saturday, the 28th of June, the vigil of St. Peter and St. Paul, toward six o'clock in the evening, that a poor friar slowly ascended the hill that led to the castle of Giebisstein, some half a league from the town of Halle. Having reached the courtyard, he rang the bell of the drawbridge. The steward looked out.

"Friar, what is it you want?" "A few pieces of copper," answered the old man.

"We have treasures, but not for you, Begone!" said the steward, and went away.

The friar rang twice, and the butler looked out.

"Friar, what do you want?" he asked.

"A bit of black bread."

"We have none but white, Begone!" and the butler went away also.

The friar rang thrice. The cup-bearer came running.

"Friar, what do you want?" he asked.

"A cup of water."

"Our cellars are full, but our wells are dry. Begone!" and the cup-bearer ran away as quickly as he had come.

The poor friar, worn out with fatigue, hunger, and thirst, walked away slowly. Half way down the hill he sat down to rest and breathe the fresh air of the evening. Without knowing it he prayed aloud: "My God, Thy children have not shown me hospitality; no doubt unknown to their master. Lord, bless the master and the servants also."

Just then a handsome knight passed that way and heard the words. He stopped and asked, "Good Father, you are weary."

"A little, my son."

"Have you asked the hospitality of yonder castle?"

"I asked a few coppers of the steward, a piece of black bread of the butler, and a cup of water of the cup-bearer. But they all said 'Begone!' and so I went."

"Father, you blessed them as you came down hill; bless them once more as you go up. I am Marculf, lord of the castle. Lean on my arm. We shall be there sooner."

When they reached the castle the master called his servants: "Steward," cried he, "bring gold for the good friar; butler, prepare food; cup-bearer, fetch wine. You merit anger and dismissal, but I will pardon you for the sake of this holy Father."

Kindly, almost affectionately, Marculf satisfied every want of the venerable pilgrim. The old friar wept tears of gratitude. It was long since such consideration had been his lot.

"Sir Marculf," he said, "I am nothing but a poor monk, but, perchance, there is some way in which I could serve you. Can you tell me of none?"

"There is none, good Father, unless it be, indeed, that you can move the fair Duchess Wilfrida to listen to my wooing. I love her dearly, but she will have none of my suit."

"The friar's eyes lit up. 'Is there a rival for her hand, Sir Marculf, whom she favors more?'"

"There is. Count Ludovic, of Freiburg."

"A weak and hard-hearted knight," murmured the friar, so low that Marculf did not hear it. "Why should Wilfrida marry him?"

The friar himself had been on a pilgrimage to the Holy Land, and Wilfrida was but a little child when he had last seen her. Yet he doubted not that the kindness of her parents dwelt in her heart, nor that he himself would be well received at the castle of her father. Truly, she would be a lady fair and worthy to marry Sir Marculf. Nay, she should not marry Ludovic, for if she favored him, it was but the inexperience of a girl deceived by the superficial attraction of his handsome face.

"Sir Marculf," the friar said then, "mount your horse on Saturday next and take with you but one squire. At seven o'clock you will come to two pathways leading off the main road to Halle, and close to an oak with a double trunk. At the same moment, I think, I can promise you that Wilfrida will come out of the wood with two of her ladies. You will dismount, salute her and ask leave to follow her. She will consent, and you will see the rest."

Next Saturday Marculf met Wilfrida at the oak with the double trunk. Marculf dismounted, saluted her and asked leave to follow. She consented. By evening they arrived at the pilgrim chapel of our Lady of the Lady's Hermitage. The next morning, at daybreak they both sought the foot of the altar. A friar approached.

Marculf was surprised to see in him the same one he had received hospitality at Giebisstein a few days before.

The friar took Wilfrida's hand and led her to Marculf, and placed her hand in the young lord's.

"My children," he said, "you are worthy of each other. It is the will of God that you should be betrothed, marry, and be happy. You may have sorrowful moments, no life is free from them. But have confidence. The hours of trial will pass and you will again be blessed."

Marculf raised the lady's hand to his lips in reverent joy. Great, indeed, had been the return which the humble friar made for a little hospitality.

Marculf and Wilfrida were married, but they had their hours of trouble. For Ludovic, rankling with disappointment, married Radegonde, a proud and jealous woman, who ever fed his hatred against Marculf by her own envy of Wilfrida. One day, Ludovic finding that Marculf and his hunting party had unwittingly trespassed on Ludovic's territory, he fell upon them with armed men and took Marculf prisoner. He kept him for a year, while Wilfrida mourned in tears and sorrow.

Then one evening, at the toll of the Angelus, an old pilgrim came to the dungeon door. He was a saintly man who had just returned from a second pilgrimage to the Holy Land with tales of wonder, and relics and precious gifts.

The keeper of the dungeon was a good-natured man, and he allowed the holy pilgrim to visit the captive and console him.

As soon as they were alone the pilgrim cried, "Marculf, my son, embrace me."

"You, Father?" cried Marculf, in a transport of joy.

"Yes, my son, it is I. I have come back from the Holy Land once more, and have heard your affliction from the Lady Wilfrida. Then he unrolled a rope from around his body. "Take this, fasten it to this iron bar and

descend. A boat waits you hidden by the reeds of the stream."

"And you, good Father?" "Oh, they will let me pass out even as I came in. Meet me once more with the Lady Wilfrida at Our Lady's Hermitage."

When he regained his freedom, Marculf found that the hand of God had struck Count Ludovic with infirmity. Helpless and crippled, he sued for peace, and at the altar of Our Lady, Marculf had the joy of having his enemy vow peace and reconciliation. The old friar received their vows, and on the morrow he died, after having been able to bless over and over the life of one who had shown him a passing kindness.—San Francisco Monitor.

A BATCH OF EXCUSES. — To show that a teacher's life is not altogether dull and uninteresting, we quote the following letters said to have been received in the Philadelphia public schools during the session that closed in June last:

Teacher: If Louis is bad, please lick him until his eyes are blue. He is very stubborn. He has a great deal of the mule in him—he takes after his father.

Miss Brown: You must stop teach my Lizzie fysical torture she needs yet readin and figors mit sums more as that, if I want her to do jumpin I kin make her jump.

Miss: My boy tells me that when I trink beer der overcoat of my stumback gets too thick. Please be so kind and on't interfere in my family affairs.

Teacher: What shall I do mit Charley? Me and my man can't nothing make of him. When we want to lick der little imp he gets her bed far under where we can't reach him and must put a hook on der bed room door to hold him for his liking. Please soak him in school sloop as often as you got time.

Teacher: Please excuse Henry for not coming in school, as he died from the car run-over on Tuesday. By doing so you can greatly oblige his loving mother.

Miss Blank: Please excuse my Paul for being absent, he is yet sick with Dipterry and der doctors don't think he will discover to coidge his loving aunt Mrs. —. I am his mother's sister from her first husband.

Dear Teacher: Please excuse Fritz for staying home he had der measles to oblige his father.

Teacher: Please excuse Rachel for being away those two days her grandmother died to oblige her mother.

Miss: Frank could not come these three wks. because he had the amonia and information of the vowels.

Teacher: You must excuse my girl for not coming to school was sick and lade in a common dose state for three days.

To decide between love and duty has caused hours of worry to men as well as to women.

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Society Directory. ST. PATRICK'S SOCIETY.—Established March 6th, 1856. Incorporated 1863, revised 1884. 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, J. Kahala; Recording Secretary, T. P. Tansey.

ST. PATRICK'S T. A. AND B. SOCIETY.—Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, at 8.30 p.m. Committee of Management meets in same hall on the first Tuesday of every month at 8 p.m. Rev. Director, Rev. Jas. Killoran; President, W. P. Doyle; Rec.-Secy., Jno. P. Gurning, 716 St. Antoine street, St. Henri.

ST. ANN'S T. A. & B. SOCIETY, established 1863.—Rev. Director, Rev. Father McPhail; President, D. Aillery, M.P.; Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer, 18 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.

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. Father Flynn, C.S.S.R.; President, R. J. Byrne; Treasurer, Thomas O'Connell; Rec.-Sec., Robt. J. Hart.

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, 51 Young street; financial-secretary, Miss Emma Doyle, 776 Palace street; treasurer, Mrs. Charlotte Bermingham; chaplain, Rev. Father McGrath.

A.O.H. DIVISION NO. 6 meets on the second and fourth Thursdays of each month, at 816 St. Lawrence Main street. Officers: W. H. Turner, President; P. McGill, Vice-President; J. Emmet Quinn, Recording-Secretary, 931 St. Denis street; James Scullion, Treasurer; Joseph Turner, Financial Secretary, 1000 St. Denis street.

C.M.B.A. OF CANADA, BRANCH 26.—(Organized, 18th November, 1873.—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. Sears; President, P. J. Darcy; Rec.-Sec., P. J. McDonagh; Fin.-Secretary, Jas. J. Costigan; Treasurer, J. H. Feeley, Jr.; Medical Adviser, Drs. H. J. Harrison, E. J. O'Connell and G. H. Merrill.

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NOTE "A MERRY CHRISTMAS."—Each year a familiar greeting, and with the deepest sentiments that pass from often in the course of days, there may be sound of formal politeness, well to all and that in their happiness. I feel that we are talking daily, by the hand, sentiments that are a breast.

There are thousands of us whom we have never met, whose faces we know not, whose names are unfamiliar to our ears. That we are thorough with each one and that has sprung up a bond of friendship equal to that of us to life-long acquaintance and week out we communicate with each other. We have enjoyed the same ideas, we have lingered over the same stories of life—some hopeful, others dark and gloomy, and thus has come into a fellow-feeling that is to be of one great family.

And so we are all of one family. We belong to the same Church, we enjoy the same life with the same hope, we are in the same love, we are all the same sacrament, we flow down from the same grace, and the same truth, and our common pathway of existence. We are a same great family on earth, and on none Christmas. The Christ, the scene always of the young and old gather to glorify the domestic ties, and those long separated, the sweet association past.

There is the vacant chair that was with us on Christmas day, and whose seat is empty this year. We need upon this picture of death and sorrows that are every Christian heart. As it is in the private life, it is in the great family of the world.

On Christmas Eve we are at the central hearth, a hem shrine, and we will glorify and tribulations. In that family gathering, be one important seat, the other one important and sure gone, for the seat has been taken by the faithful children of the world around the Holy Spirit, knit together at the infant, the principal place, the illustrious Family, the glorious Leo XIII. The place is taken by the Father God sent us to replace the one who has taken to Himself.

We pray and hope that not only a "merry," but "Holy" and a "Happy" for everyone, and that good will may reign by sides, that the Angel of wing his flight far ahead of the homes, and that misfortune may be unknown. With this greeting, pen, and with a sincere realization in our hearts, more repeat the time-honored address them to each who may chance to read merry Christmas to all, on earth to men of good, "Glory to God, on High."

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