GIVE THE BEST THAT YOU HAVE.

The woman, who is always complaining that her efforts are not appreciated and that she has no place in the world, is usually the one who has done but little to earn the gratitude of her fellow man. If she would forget herself and still e earnestly to do good to others she would soon cease to care so much for ap Nine cases out of ten, she is intensely selfish and few people are more to be pitied than a selfish woman. This misery she inflicts on others is slight compared to her own | going to get well. sufferings; and it is so difficult to make her see that she, and not the a physician's prescription. world, is in fault. The ministry of woman is one of self-sacrifice; and in proportion to her cheerful acceptance much as you can eat. of it, will she attain to her greatest happiness. Every woman can be useful and beloved, if she wishes to be No surroundings are so hopeless pany and a clear conscience. which her going would leave a dreary Let the one who is unhappy and who finds fault with circumstanfor her, let her try to rescue some you want to get well. one else from sadness; let her give her heart and soul to some useful work, and in the moment that she ceases to think of self, will she commence to live the full and beautiful life that God intended all women should live, when He placed upon their shoulders the royal mantle of suffering. Let her be kind, unselfish and loving and she will soon find others the same way to her; for after all the world is not so cold and unappreciative as it seems; and in the words of the old song: "Give the best that you have and the best will come back to you.

RENEWING YOUTH.

What a strange, changing thing is the mind of a boy! It is seldom at rest. Even in dreams, action shows itself, and fun, having a good time, hairbreadth escapes and heroic encounters, continue the quest begun with the day. The mind of a boy! Who can fathom it? Only God. Here in after years, weaves a subtle rhyme of his boyhood's days—attempts to To lead our souls from troubled ways live himself again, and calls the work From darkness to the light above. live himself again, and calls the work a poem. But at best it is far, aye, very far, from all he knew in his longing days of loving youth. Yet the world, all eager for its past best self, enters into the soul-work the poet leaves, and sees in it the dream of other days .- James Riley.

RECIPES.

Bacon With Batter .- Ct some nice acon into slices about two frankness and free inches in length. Have ready a good batter made with eggs, milk and See that the pan has about two tablespoonfuls of boiling fat in quacity and flippant jesting. Put the bacon in, give it one fry, then pour in the batter, enough books, good friends and good humor. to screen the bacon. When it is a golden brown, take it up and lay up-on a paper before the fire to drain and it will rise, then serve.

Beet Salad .- Boil and skin a number of deep red beets and cut into eternity. Mix together four tablespoonfuls of olive oil, a half teaspoonful of salt, one-quarter of a teaspoonful of pepper and one tablespoonful of vinegar, stirring until the latter is well blended. Sprinkle this over the beets and set aside in a cold place for an hour or more. Pick over a bunch of watercress, discarding tough stems and withered leaves. Fill the salad dish with alternate layers of the cress and beets, pour over another portion

food chopper. Add a scant tea nygiene. spoonful of salt and 14 ounces of flour. Make a hole in the center, pour in a half cupful of cold water and gradually, but quickly, mix to a firm paste, adding more water as Roll out half an inch floured board. Thoroughly butter a quart bowl and line it with the paste. Leave it an inch above the bowl, then trim and use the trimmings for the top crust. Fill with peeled and sliced apples, heaping them in the center of the bowl; add sugar according to the acidity of the apples, with grated nutmeg or other flavoring and a teaspoonful of butter and a half cupful of water. Wet the edges of the paste, fit on the cover and pinch the edges securely together. Place in a steamer and steam continuously for three hours. Serve with hard sauce.

GUARD THE TONGUE.

Much unpleasantness might be avoided if that important organ, the tongue, was ruled by a wise head and

all she knows and she endeavors to less consumptive.

find some other topic of interest be
13. Drinking of milk of tuberculosis sides her own or her neighbor's pri- cows, especially by children. vate affairs. Confidence that is too freely given is apt to be betrayed and is the cause of much regret. then there is the hasty reply, thoughtless word, the jest, or wit, that hurts,-all forming the little discerdant notes that put life sadly out of tune. Some women possess out of tune. Some women possesse
the charm of saying commonplace
the charm of saying commonplace
"A hundred times more so," her things in uncommon place ways. They place a value on little things, and steer clear of what is disagreeable. They are always popular, for like a happy light bursting through the shadows they scatter sunshine wherever

HOW TO MAKE DECEASED LUNGS HEALTHY.

The person suffering from tuberculosis should be careful to destroy his sputum. He should not soil his hands, handkerchief, clothes or anything about him with his expectora-In case any of these should become soiled, they should be cleaned and disinfected at once. He should not swallow his expectoration; should not associate with other per-

rest, amusements, exercise and all the details of daily life, including the expediency of going to a sanatorium, or adopting sanatorium regime in your

3. Don't spend 1 cent for advertised cures, for they never cure. 4. Take the four cures:

The air cure. The food cure. The rest cure.

The mind cure. 5. Sleep well, don't worry, keep out of doors. Be confident that you are

6. Don't take any liquor except on Eat plenty of meat, milk, butter, eggs-all you want, and want as

8. Avoid the frying pan and its products.

9. Keep regular hours, good comthat she can not find some good to do or make a place for herself, from get well; let all other duties be se-

condary 11. If your work involves long hours, prolonged and severe mental ces bravely accept her fate; and, if exertion, stooping position, inhaling she believes there is nothing in life of dust or noxious fumes, leave it if

A popular idea used to prevail that all teas were pretty much alike, but "Salada" Tea is proving a pleasant surprise to thousands of particular tea-drinkers. Sold by grocers every-

THE LIGHT WILL COME.

Be brave, dear heart, and so not fear, Though heavy clouds hang all around With faith and trust thou'lt find ere of herself.

Life's brighter days will soon be painting-yourself?'

If we but pierce the clouds that The brighter vision from our sight,

God's life is shining e'er above;

We'll sail upon life's rising tide.

And soon escape the old-time woes That held our lives in bondage so, And made our troubled, aching hearts Such wretched misery oft know. and the e, perhaps, a poet, dreaming The light will come dear one, and we panion. Shall see the glory of God's love

-Martha Shepard Lipp ncott. THREE THINGS.

Three things to love-Courage, gen tleness and affection. Three things to admire-Intellect,

dignity and gracefulness. Three things to hate-Cruelty, arrogance and ingratitude.

Three things to delight in-Beauty. Three things to like - Cordiality,

good humor and cheerfulness. Three things to avoid-Idleness, lo-Three things to cultivate - Good

Three things to contend for-Honor, country and friends. Three things to govern-Temper,

tongue and conduct. Two things to think of-Death and

DISEASES OF THE LUNGS. The following is taken from Amy E.

Pope's Home Care of the Sick: Consumption is not a very fatal dis- are apt to forget that they are of That was the cause af Ireland's misease. The majority of those attacked only comparatively recent date. As for tune. She was too good for this recover. More than in any other dis- a matter of fact this year marks the world. Irishmen were too honest, and ease the outcome of a case of tubercu- centenary of their adoption. The often made themselves the tools of losis is in the hands of the patient. Marchese MacSwiney has just brought designing fellows. In this respect he The development of consumption is out a book, in which he describes the spoke in regard both to the inside caused by errors in our ways of liv- occasion on which the present colors and outside of Ireland. He wished ing; some of these are nature's er- were introduced. In the year 1808, prosperity would come to Ireland; not of dressing and garnish with quarter-ed hard-boiled eggs and a few halved and some of circumstances when the French troops were occupy- the prosperity which made people forand some our own personal errors. ing Rome, the general in command, get the difference between Sunday Medical experience has shown that Miollis, incorporated the pontifical and Monday, that leads to the divorce English Apple Pudding.—Take all we can easily overcome the adverse troops in the French army, and left court, or sets up one class against anskin and strings from a half pound chances of nature and circumstances them still to wear the old Papal color, but real genuine Catholic prosof meet suct and put it through the if we correct our personal errors of ors of gold and purple. Pius VII., perity. The best foundation was to

How to make healthy lungs deceas-this incorporation, and to avoid con-fusion gave to the Papal soldiers the parents, and those who neglected that

1. Exposure to dust containing now familiar colors of yellow and duty were the greatest enemies of 2. Drinking excessive amounts of

3. Loss of sleep, worry and confine-4. All forms of dissipation and ex- ors.

5 Unwholesome and improperly cooked food 6. Meals at irregular hours 7. Work ug or living in a vitiated troops of Italy were not to wear the

or dusty ; tmosphere. 8. Prolonged hours of work. Se-8. Prolonged hours of work. Se-the French point, instead of re- ing in Ireland," he said, "and too vere and prolonged muscular or men- ceived back his rights, instead of re- ing in Ireland," he said, "and too ial exertion. Work requiring a con- suming the old colors, he retained many newspapers, and too much made

ial exertion. Work requiring a constrained or stooping posture. 9. Exposure to extreme heat, nox- which are those in use at the present all hold our tongues, because we are ious fumes, injurious dust, dampness. day.

10. Certain occupations-stone-cut-ting, file-grinding and dusty occupations generally. 11. Contracting diseases which ag- and robust by counteracting anything nothing." gregate or predispose to consumption that causes ill-health. One great His Grace concluded by administer-

-measles, whooping cough, grippe cause of disease in children is worms. and pneumonia. a prudent heart.
The sensible woman does not tell 12. Exposure in the room of a care

MARY LAUGHLIN'S ART.

"And what," asked the guest, after the first excitement of meeting was over, and the two old friends had set- Sidney, Australia, visited his native "and place in the County of Wexford he retled down for a "good talk," what has become of Mary Laughlin? ceived a cordial welcome and in

hostess answered promptly.
"What is she doing? Has she be- had manifested it unmistakably, and come a famous artist, as you expect- he asked them all to give a cheer for The last thing that I heard de- old Ireland finitely was that she took the first prize at the academy, and you look-ed for great things from her."

The other woman smiled the slow smile of one whose thought wanders back through memoried years "Mary Laughlin is greater than we lusty salvoes of cheers. ever dreamed," she said. "For six

years she has been painting dinnercards and favors. "Painting dinner-cards?" They are exquisite dinner-cards."

the friend declared, whimsically. "They are all the rage."
"But dinner-cards! Helen Andrews,

a fourth of the entire population; but Australia loved freedom and equal what do you mean?" should not associate with other persons who have the disease and are careless about their expectoration, for by carelessness on his part or that of others he may be reinfected.

2. Employ an intelligent physician.

What do you mean? What do you mean? What we want of you mean? What are said, gent in Australia, self greater than her art. The year that she was to go abroad her sistence to ask of the Pope and the King. As ter's husband died, leaving her with an Irishman he proposed the toast of

Head Office WINNIPEG, Man. \$6,020,000.00

Authorized Capital

BRANCHES IN TORONTO: 34 King Street West, 472 Spadina Ave.

THE NORTHERN CROWN BANK

Cor. of Agnes and Chestnut Sts. Interest paid on Savings Deposits 4 times a year.

them too, so Mary came to the res- he proposed seven

"But-her genius!" the other wo-man cried. "What a cruel sacrifice!" Mary's friend smiled again. "Wait until you see Mary," she said.

They saw Mary a few days later. From being an impulsive girl, she doubt, but the completeness of her than the diadems of kings." victory was shown by her success unenvious recognition of the success of her old comrades at the academy. She talked much of them-of the one who had won fame as a portraitpainter, of the two who had become well-known illustrators, and of many others. And all the time she talked the guest was conscious of the exquisite atmosphere of the simple little home. She had not meant to speak of it, but the question came in spite

'Don't you ever long for it- the Mary Laughlin's steady eyes met

her quietly. "I was narrow," she said. thought art was the one thing in the in 1794. world. I was in danger of missing but glad.

the silence but once.

The Papal Colors

(Sacred Heart Review.) white as the Papal colors that we true and right.

To MRS.

This coupou cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 2554, Montreal, entitles the scuder to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea (

who was then Pope, protested against rear up their children to be pious

white. It is a sign of the tyranny Ireland and of every other nation.

that the French then exercised over Eighty per cent. of the people of Rome, that their officers, irritated by Australia did not get a Christian edu-

this change, forced the remaining Pa- cation, and were it not for the Irish

pal troops to take off the new col- it would be 99 per cent. They had

the Marchese, led to an interchange of the virtue of her women and the

pal Government and the French, children, which was the first basis of

new colors. After the downfall of learn to spare words and multiply the French power, when the Pope regood deeds. "There is too much talk-

the new ones of yellow and white, of every little difference. We should

Help your children to grow strong for Ireland, let him 60 it and say

Remove them with Mother Graves' The streets leading from the station

Worm Exterminator. It never fails.

Archbishop Kelly Suggests Less Talk

and More Work.

thanking the people, said:

When the coadjutor Archbishop of

The warmth of his welcome exceed-

The assembled townfolk, young and

old, responded enthusiastically, and the sentiments, the faith of old Ire-

land and love for the land that bore

us, which his Grace also asked them

to honor, were received with equally

Referring to the acknowledgment

made in the address of the Irish Aus-

tralian support of the Home Rule

movement, his Grace reminded them

that the Irish in Australia were but

treatment for all (hear, hear).

of diplomatic notes between the Pa- solicitude of parents towards their

which ended in an order that the Catholic civilization. (Applause.)

This act of the French, says every reason to be proud of Ireland,

As to class difference, they should

making ourselves the victims of those

who want to keep us under their

ing his blessing to the gathering.

to the House of Missions were gayly

bearing inscriptions of welcome.

decorated with flags, many of them

Blood

Has been in use for over 30 years, and is considered by all who have used it to be the best medicine for

BAD BOWELS

BAD BREATH

red—curing Boils, Pimples, Eczema,

BAD BLOOD

If any man wishes to do good

TOWN.

no means and four little children. She the King dutifully, though none the could not support them and care for less sincerely, but as an Australian it enthusiastically. To make name and reputation "The English flag with us," he said, great enough to support them by "is a flag we can love, for under its paintings would have taken years, and fold there is protection for all classes money was needed at once. So she alike, and it is Australia's own fault began dinner-favors. They are all if she be second to any nation in the together, as they have for world in the material progress and years. The children adore domestic happiness."

The Irish would never, he said, appeal to Australia for either moral or financial support and be disappointed (hear, hear). Some people were inclined to pity Ireland. "Now," he said, amidst cheers, "we Irish Australia boast of Ireland. The first had grown into a woman, strong, lirishmen who came to Australia came poised, self-reliant, joyous. That she with the chains of the felon on them. with the chains of the felon on them, had had her battles no one could but those chains were more glorious

Australia, so far as she was advanced in civilization, owed a great deal to Ireland, and he wished his words would re-echo in Australia, when he would tell them there from

His Grace referred to the martyr--womanhood. I am not only content, dom endured by the Irish in Australia for their faith at that period. He On the way home the guest broke himself, another Wexfordman, was privileged two years ago to conse-"You are right-your Mary Laugh- crate the mother church of Australia. Iin is great," she said .- Youth's Com- This union of faith and love of country rightly entitled the Irish people to hold up their heads among the nations of the world. While other nations had lost their faith the Irish had clung loyally to it and the misfortunes of Ireland were due to her We are so used to the yellow and fidelity to what she believed to

beneath Vinegar Hill that they would have no true civilization in Australia were it not for the Wexfordmen and other Irishmen who were sent out after the Insurrection of 1798 as fel-They were the moneers of the Catholic churches and schools, and amongst whom they all regarded with special reverence Father Dixon of Crossabeg, County Wexford, who was the first priest to celebrate Mass "I in Australia under the British flag

Tegal

OHN T. LOFTUS,

BARRISTER, SOLICITOR, NOTARY, ETC. 712 TEMPLE BUILDING

Telephone Main 636

T EE, O'DONOGHUE & O'CONNOR BARRISTERS, SOLICITORS, NOTARIES, ETC.

Office—Dineen Building, Cor, Yonge and Temperance Sts. TORONTO Office-Bolton, Ont.

W. T. J. Lee, B.C.L. J. G. O'Donoghue, L.L. B. Res. Phone Park 1395. T. J. W. O'Connor. Residence Phone Park 2556.

PHONE Main 1583.

JAMES B. DAY JOHN M. PERGUSON ROWARD V. O'SULLIVAN

AY, FERGUSON & O'SULLIVAN BARRISTERS AND SOLICITORS LAND SECURITY CHAMBERS, 34 VICTORIA STREET, TORONTO, CAN.

CBRADY & O'CONNOR BARRISTERS, SOLICITORS, NOTARIES, ETC.

Proctors in Admiralty. Rooms 67 and 68 Can-ada Life Building, 64 King St. West, Toronto. Telephone Main 2625. . V. McBrady, K.C. Res. Fhone North 452. J. R. O'Connot

EARN & SLATTERY BARRISTERS, SOLICITORS, NOTARIES, ETC.

Proctors in Admiralty. Offices: Canada Life Building, 46 King Street Office Phone Main 1040. T. FRANK SLATTERY, Residence, 104 Queen a Park Ave. Res. Phone Main 876. EDWARD J. HEARN, Residence, 21 Grange ave Res. Phone 1058.

NWIN, MURPHY & ESTEN C. J. MURPHY, H. L. ESTEN ONTARIO LAND SURVEYORS, ETC. Surveys, Plans and Descriptions of Property. Disputed Boundaries Adjusted. Timber Limits and Mining Claims Located. Office: Corner Richmond and Bay Streets. Toronto. Telephone

Architects

C. MAYHUE

CARPENTER AND BUILDER

Jobbing and repair work solicited. Plans and estimates furnished. 237 Victoria Street.

M. COWAN & CO.

ARCHITECTS

65 Adelaide St. East, Toronto. Phone-Evenings Park 2719.

The C. S. BELL Co. Hillsboro, C

JAMMS MCHLROY JNO. T. MCELROY, V.S

Open Day and Night

MICELROY BROS.

Landeaus, Coupes, Victorias, Light Livery and Express. Boarding and Sales Stables. PHONE MAIN 848

8 and 10 Duke Street, Toronto

World's Greatest Bell Foundry Church, Peal and Chime Bells Best Copper and Tin Only,

The W. Vandusen Company Buckeye Bell Poundry, Cincinnati, O. Rstablished 1887.

DETROIT **JEWEL**

Gas Stoves and Water Heaters ARE UNEQUALED IN

EFFICIENCY, DURABILITY AND ECONOMY OF FUEL and may be procured for Cash or on

Credit from A. WELCH & SON 304 QUEEN ST. W.

"The Stove Store"

Burdock

Buy McConkey's Chocclates Dine at McConkey's Restaurant

MEMORIALS

GRANITE and MARBLE MONUMENTS

Most Artistic Design in the City PRICES REASONABLE WORK THE VERY BEST

McINTOSH-GULLETT CO., Limited Phone N. 1249 1119;Yonge St

Educational

Loretto Abbey

WELLINGTON PLACE TORONTO, ONTARIO

This fine institution recently enlarged to over twice its former size is situated conveniently near the business part of the city and yet sufficiently remote to secure the quiet and seclusion at congenial to study.

The course of instruction comprises every The course of instruction comprises every branch suitable to the education of young ladies. Circular with full information as to uniform terms, etc., may be had by addressing

LADY SUPERIOR. WELLINGTON PLACE,

TORONTO.

St. Joseph's Academy ST. ALBAN TO TORONTO

The Course of Instruction in this Academy embraces every Branch suitable to the education of young ladies.

In the ACADEMIC DEPARTMENT special action is paid to Modern Languages, Furnaris, Plain and Fancy Needlework.

Pupils on completing their Musical Course and passing a successful examination, conducted by professors, are awarded Teachers' Certificates and Diviouss. In this Department pupils are prepared for the Degree of Backetor of Music of Toronto University.

The Studio is affiliated with the Government Art School, and awards Teachers' Certificates.

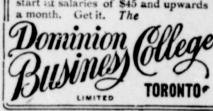
Art School, and awards Teachers' Certificates.

In the Collegiate Department pupils are prepared for the University, and for Senior and Junior Leaving, Primary and Commercial Castificates.

Diplomas awarded for proficiency in Phonography and Typewriting. For Prospecting, MOTHER SUPERIOR

⊅THE ℃ Young Man or Woman ho invests in a Business, Shorthand. Telegraphy or English course at CANADA'S HIGHEST GRADE

is sure of a good start in business life. Cur Booklet tells why our students start at salaries of \$45 and upwards



UNIVERSITY of OTTAWA

CANADA

CONDUCTED BY THE OBLATE FATHERS

Founded in 1848. Degree-conferring powers from Church and State. Theological, Philosophical, Arts, Col-

legiate and Business Departments. Over Fifty Professors and Instructors, Finest College Buildings and finest Athletic Grounds in Canada. Museum, Laboratories and Modern Equipr

Private Rooms

For Calendar and particulars address REV. WM. J. MURPHY, O M.I.,

ST. MICHAEL'S COLLEGE

Federated College of Toronto University.

Junior School prepares for Matricula-

Senior School prepares students for B.A. degree of Toronto University. Thisdepartment stands on exactly the same footing as University College, Victoria Iniversity and Trinity University. The whole course is given in the College. For admission to Senior School Matri-

culation standing is required. SCHOOL RE-OPENS SEPT. 3RD.

Write for Calendar REV. N. ROCHE, C.S.B., President

LOYOLA COLLEGE AN ENGLISH CLASSICAL COLLEGE

Conducted by the Jesuit Fathers. Collaige Re-Opens Wednesday, Sept. 2nd., 1908

For terms and other information

THE RECTOR

68 Drummond Street, Montreal

Mosting

FORBES ROOFING COMPANY

Slate and Gravel Roofing ; Established fifty years. 91 Spadina Avenue Phone Main 53.

TORONTO TERMS: \$1.50 PER DAY

Electric Cars from the Union Station Every RICHARD DISSETTE - PROPERTOR

P. J. MULQUEEN, Prop.

RATES \$1.50 and \$2.00 PER DAY TREMONT

HOTEL Corner OUEEN and YONGE STREETS

TORONTO Directly Opposite Departmental Stores

