

.....The HOME CIRCLE

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.

- 1. Don't spend 1 cent for advertised cures, for they never cure. 2. Take the four cures: The air cure. The food cure. The rest cure. The mind cure.

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.

THE LIGHT WILL COME. Be brave, dear heart, and so not fear. Though heavy clouds hang all around.

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 soon escape the old-time woes That held our lives in bondage so. And made our troubled, aching hearts Such wretched misery of know.

THREE THINGS. Three things to love—Courage, gentleness and affection. Three things to admire—Intellect, dignity and gracefulness.

RECIPES. Bacon With Batter.—Cut some nice streaky bacon into slices about two inches in length.

DISEASES OF THE LUNGS. The following is taken from Amy E. Pope's Home Care of the Sick: Consumption is not a very fatal disease. The majority of those attacked recover.

English Apple Pudding.—Take all skin and strings from a half pound of meat suet and put it through the food chopper.

How to make healthy lungs deceased: 1. Exposure to dust containing germs. 2. Drinking excessive amounts of alcoholic liquor.

GUARD THE TONGUE. Much unpleasantness might be avoided if that important organ, the tongue, was ruled by a wise head and a prudent heart.

Help your children to grow strong, and robust by counteracting anything that causes ill-health. One great cause of disease in children is worms.

HOW TO MAKE DECEASED LUNGS HEALTHY. The person suffering from tuberculosis should be careful to destroy his sputum. He should not soil his hands, handkerchiefs, clothes or anything about him with his expectoration.

MARY LAUGHLIN'S ART. "And what," asked the guest, after the first excitement of meeting was over, and the two old friends had settled down for a "good talk," "and what has become of Mary Laughlin? Is she still as wonderful as ever?"

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no means and four little children. She could not support them and care for them too, so Mary came to the rescue. To make name and reputation great enough to support them by paintings would have taken years, and money was needed at once.

"But—her genius!" the other woman cried. "What a cruel sacrifice!" Mary's friend smiled again. "Wait until you see Mary," she said. They saw Mary a few days later.

The King dutifully, though none the less sincerely, but as an Australian he proposed it enthusiastically. "The English flag with us," he said, "is a flag we can love, for under its fold there is protection for all classes alike, and it is Australia's own fault if she be second to any nation in the world in the material progress and domestic happiness."

The Papal Colors (Sacred Heart Review.) We are so used to the yellow and white as the Papal colors that we

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are apt to forget that they are of only comparatively recent date. As a matter of fact this year marks the centenary of their adoption. The Marchese MacSwiney has just brought out a book, in which he describes the occasion on which the present colors were introduced.

That was the cause of Ireland's misfortune. She was too good for this world. Irishmen were too honest, and often made themselves the tools of designing fellows. In this respect he spoke in regard both to the inside and outside of Ireland. He wished prosperity would come to Ireland; not the prosperity which made people forget the difference between Sunday and Monday, that leads to the divorce court, or sets up one class against another, but real genuine Catholic prosperity.

Archbishop Kelly Suggests Less Talk and More Work. When the coadjutor Archbishop of Sydney, Australia, visited his native place in the County of Wexford he received a cordial welcome and in thanking the people, said: "The warmth of his welcome exceeded anything he had anticipated. They had manifested it unmistakably, and he asked them all to give a cheer for old Ireland."

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