

Random Notes For Busy Households.

Lydia Whitefield Wright contributes the following story to the "Catholic Universe." It is another of the sad results of mixed marriages. She says: "Not long since a friend of the writer was a guest at a house but lately left desolate by the death of its former mistress, who had been called away from the love and devotion of children and husband, from beautiful and luxurious surroundings—all that seemingly could make life happy."

"One day my friend noticed the little, motherless children playing with a book, apparently a Bible or prayer-book. Picking it up she saw to her surprise, that it was a Catholic work of devotion, selected from the best and most approved sources, conforming strictly to the rules of the Holy See in every regard. So curious to know how this Catholic manual came into a Protestant household, she made inquiry of her hostess, grandmother to the children, concerning it, and was told that the prayer-book belonged to her deceased daughter-in-law, the children's mother."

"Yes," she said with emotion, "Annie was a Catholic, and a very sweet, refined girl."

My friend asked if she practiced her religion after her marriage.

"No," the grandmother answered, "she did not. There was no church of her belief here and she never cared to accompany her husband, my son, to his church. Annie was not happy, and I have often thought that it would have been better for her if she had married one of her own faith."

"Did she die without seeing a priest?" my friend asked again. The reply was that she died suddenly and without seeing even a member of her own faith.

"And the children?" my friend questioned once more.

"The children are being brought up in their father's religion," the grandmother replied.

Here, indeed, is a sad picture of the consequences attending the loss of faith. The mother lost it through choice. The presence of that complete and accurate prayer-book would deny the plea of ignorance and the children, by inheritance, their rightful part in the treasury of the Church. And this is ever the case unless prevented by divine interposition—that our mistakes, our dereliction of duty stops not with undoing ourselves, but when we fail we open the breach through which leaps the forces of evil wrecking the hopes, prospects and lives of others.

What it is to gain wealth here, human respect against the loss of faith.

Rev. W. D. Hickey, writing in the "Augustinian" asks:—

Is there no remedy for extravagance? Practically we suspect there is none except poverty for the habit of spending has its root rather in character than in circumstances or in training, but he proceeds to say, there are two or three correctives which if a man suspects himself of the fault, he may possibly induce himself to adopt. One is never to spend anything without considering quietly whether he really desires the thing the expenditure is to buy. Will he care about it the day, after the purchase? He will find nine times out of ten that if he can resist his impulse for twenty-four hours he can resist it altogether; that the value of the money will grow in his eyes and not the value of the thing he thinks so indispensable.

Another corrective is to buy nothing of any sort without paying for it at once. It is the bills which come in twice a year which cripple a man, who will find that if he pays at once the money assumes a new importance in his eyes. Clever tradesmen know this so well that they would rather stand out of their cash, than accept ready money, and even dislike to be paid by check at too short intervals of time. Beyond these precautions there is, we believe, none which men who are extravagant by habit can take unless, indeed, they are of a reflective turn and can compel themselves to remember that all extravagance entails a diminution of power. They have no more moral rights to deplete their purses foolishly than to avoid profitable work which they can do, or to deliberately place their savings in investments which they know to be bad. They would think it sinful to throw silver dollars at sparrows but a great many forms of extravagance are not a bit better than that.

"Insomnia is a self-inflicted curse through the violation of Nature's laws," writes Edward B. Warman in the June "Ladies' Home Journal."

"The cause may be over-anxiety, planning for the morrow, thinking and worrying over the yesterdays and to-days, but no opiate can remove the

cause, even though it may bring sleep. If the cause is merely mental overwork it may be quickly removed by relieving the brain and the excess of blood. Physical exercise is a panacea for about every ailment which human flesh is heir to. Therefore, stand erect, and rise slowly from the heels; descend slowly. Do this from forty to fifty times until you feel the congestion in the muscles of the leg. Almost instant relief follows, and sleep is soon induced. For those who are averse to a little work I would recommend, instead, a bowl of very hot milk (without so much as a wafer) immediately before retiring. The hotter the milk the better for the purpose."

A girl can scarcely be too young to have some idea of the value of money, and a weekly allowance will teach her the pleasure of providing little gifts and knickknacks out of her own pocket. At the age of fifteen or sixteen every girl should have an allowance, out of which she should buy her own gloves, stationery, ribbons, etc. This will teach her the use her pocket money can be put to, and will save her the annoyance of coming to her parents for every penny she spends, and every gift she bestows. As she gets older her allowance should be probationary, and should depend upon the girl's judgment and care in the choosing of her clothes during the period when the first allowance is spent. She must learn that she should keep an account of every penny she spends. This will teach her many things in the handling of money and she will profit by her mistakes becoming wiser through experience.

Economy is a good thing so long as it stops short of parsimony. True economy is always sensible. For instance an economical farmer tries to buy or produce his cattle food at lowest possible cost, but he never tries to save by giving his cattle only half what they need to eat. Economy is business like, while skinflint parsimony merely grasps at the present without thought of final outcome.

When electric light comes into general use remarks an English journal, it is likely that at least 40,000 less people will die every year in the United Kingdom. This seems a large number. But it is really only a lowering of the death rate by one per thousand. One of the causes why the winter death rate is so high is the unhealthiness of gas, lamps, and candles. A single gas jet consumes as much air as four or five people, and as it also gives off a lot of sulphurous fumes and poisonous carbonic acid, it is easy to understand why we feel sleepy in a gas-lit room. The sleepiness is really a symptom of partial poisoning. But oil lamps and candles are quite as bad, seriously injuring the lungs and predisposing us to consumption and bronchitis. The electric light, on the other hand, consumes no oxygen and does not cast a particle of impurity into the air. Besides it more or less resembles sunlight, and no doubt has some of the same good effects upon the body. So that it is well worth the extra expense, which is saved in doctors' bills and medicines.—Golden Penny.

HOME TREATMENT FOR SMALL ILLS.

Liniment for Chills.—One ounce of gum camphor and powdered borax each mixed with four ounces of olive oil, heated together. Spread on a cloth and apply to the affected parts.

Cure for Corns.—Sliced lemon bound to a corn every night for two weeks is an excellent remedy. A poultice of light bread soaked in vinegar, a mixture of olive oil, tobacco and ammonia or an application of iodine will all be found to give relief from the soreness and pain of corns.

Cramps.—A cloth saturated in turpentine and laid over the affected parts will be found efficacious.

To Relieve Earache.—Mix equal parts of laudanum and tincture of arnica. Saturate a piece of raw cotton or wool in this and insert in the ear.

For Hoarseness.—Take the beaten white of an egg, lemon juice and sugar; for sore throat, mix an ounce of strained honey and a teaspoonful of powdered borax in a cupful of sage tea; dose, a tablespoonful every three hours.

For Blackened Eye.—Apply a cloth wrung out of very hot borax and renew until the pain ceases.

For Hemorrhages.—Bleeding from the nose may be stopped by holding the hands over the head, and applying ice to the back of the neck; from the lungs by taking powdered ice and salt.

Cure for a Felon.—One ounce of asafetida dissolved in hot vinegar, the finger to be held in it for half an hour at a time.

To Check Excessive Vomiting.—Give a tablespoonful of whole mustard seed, and apply a spice plaster to the stomach.

A Relief for Headache.—Apply hot water to the back of the neck, and put the feet in a hot bath at the same time.

For a Stye on the Eye.—Bathe in strong black tea and apply the leaves.

For a Cut.—Cover with powdered rosin, wrap in old linen, and wet in cold water.

For a Sour Stomach.—Take powdered charcoal, or a pinch of powdered borax.

THEIR FAVORITE LESSONS.

The school children of Lyons, in France, were recently asked a very novel question. M. Campy, principal of the High School, thought some time ago that it would be well to obtain from the children a list of the studies which they preferred, and their reasons, and so he sent to the teachers in every school this question:—"What branch of study do you like the best, and why do you prefer it to the others?" and requested them to obtain answers from the children. Prompt attention was paid to his request, and the answers were soon sent to him. Having carefully tabulated them, he described the result in an article, which was published in the last number of the Revue Pédagogique.

Four hundred children in four schools—namely, 200 girls and 200 boys—were asked which of the following five branches of study they preferred—namely, French, history, geography, arithmetic and moral instruction, and why they preferred one to the other. When the answers were handed in it was found that moral instruction was preferred by 210 children, history by 187, arithmetic by 155, geography by 145 and French by 121. Apparently the main reason why moral instruction proved to be the favorite study was because the teachers were accustomed to illustrate their lessons with entertaining anecdotes, which naturally interested the children. And from the children's answers it was evident that the reason why so few of them preferred French, even though it was their native tongue, was because they found the grammar difficult and uninteresting.

The general opinion among the teachers is that the work begun by M. Campy ought to be continued in other schools. They argue that only in this way can teachers find out the real bent of their pupils' minds, and that until they acquire this knowledge they cannot take the proper steps to interest their pupils in the very studies which are distasteful to them.

Mere illumination has the effect of paint, as a perfect illustration acts like a stroke of wit and conversational hits may seem keen simply because they shine with light. A crystal will often give out the same sharp line of light that will flash to you from the edge of a sword's blade.

Every one whose love of Christ is sincere cannot be indifferent to His heart's wish, cannot be unconcerned about the eternal salvation of those for whom He died, and whom He bids us regard as His and our brethren.

The Farmers' Column.

Prof. Robertson, Commissioner of Agriculture and Dairying, made the following interesting statement before the Committee on Agriculture and Colonization in regard to the fattening of chickens. He commenced by referring to the demand for hain and chicken in Great Britain. He said:—

"I found in Great Britain last year a change in the class of food that is in most demand. I found, first of all, that it is no longer fashionable to serve cheese on the tea tables of the people. In farmhouses and towns I found the woman saying that it is 'not good form' to offer cheese to guests; and the grocers and provision dealers told me that was making an appreciable difference in the sales of cheese. I found a growing demand everywhere for lean bacon, ham and well-fattened chickens; and by looking into the preferences of the people, as shown in hotels, railway restaurants and private houses I found that cold ham and chicken were in far more common use than before. These two got together, and are becoming an almost typical fare of the population south of Liverpool.

The trade returns of Canada, show an enormous growth in the exports of bacon. In 1891, the total exports were a little over six hundred thousand dollars, and in 1898, these had grown to eight and a half million dollars worth of pork, bacon and hams from Canada to Britain, a tremendous increase in these few years.

By Mr. McNeil:

Q. Will you kindly repeat those figures?

A. In 1891, the exports were \$632,558, and \$8,092,930 in 1898; for the years ending 30th June, in both cases.

Q. For bacon and hams?

A. For pork, bacon and hams; and for the six months ending 31st December, 1898, the reports were valued at \$5,690,995 for the six months only.

The chickens that are eaten with cold ham in Britain are specially fattened chickens; and as different from common thin chickens as the beef of lean steers would be from fattened flesh; as different in flavor, tenderness and in percentage of edible portion in the total amount that is paid for.

I did not find that the men who fattened chickens in Britain were poor farmers who had no other means of making a living. In Canada there is an idea that it is only poor farmers who do nothing else, who may raise chickens. The people who raise and fatten chickens in England are to be found South of London, between London and the English Channel, on about the richest part of the island, with the finest situation, close to the best markets. These are the men who have developed the chicken fattening industry, not the far-away ignorant incapable and poor farmers, but the men who are in the best positions as to locality and soil of any in the British Isles. Then across the channel, in the North of France also, chicken-raising is carried on; so that in the two parts of the European countries which are the richest, we find chicken-fattening. The business is not for



Thrifty people look for low cost and high value when buying Soap. Surprise is hard, solid, pure Soap. That gives the highest value in Soap. Surprise is the name of the Soap. You can buy it at any grocers for 5 cents a cake.

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the out-of-the-way farmer in Canada alone. I learned also that there is money in the business, and instead of reasoning that out in the abstract, let me tell you in simple narrative what I found when last year I made the acquaintance of a chicken fatterer near Uckfield, who is known as one of the best poultry fatteners in Britain. I had got the name of Mr. Samuel Taylor from one of the leading poultry dealers in London. When I got to his place I found Mr. Taylor was a successful farmer. He had begun life as a farm laborer without capital. When I visited him he had a fine farmstead and was doing a prosperous business. I would not like to say how much money the chicken fattening business brought him in; but I would not be surprised to learn that his annual net balance was over £1,000. This man had begun life as a farm laborer, and by sticking to this business had made money out of it. Chicken fattening is not to be sneered at as a small affair; some of the biggest profits are made out of small things.

Mr. Taylor had on an average four hundred dozens chickens fattening at his place. In approaching his house, I may say that I went down a lane which was lined on both sides with coops, in which there were chickens; and around the stack-yard and in a few open sheds there were some more. The special buildings required for this purpose were cheap and not at all large. Two-thirds of the fattening was done in the open air. Mr. Taylor did not rear one-tenth of all the chickens he fattened. He had a man who went around on certain routes every fortnight, collecting chickens from the farmers who were in a sense his patrons. The farmers and cottagers brought them up to about 30 pounds live weight; and then sold them as they ran. The chicken fatterer collected them and paid on an average one and ninepence apiece for these chickens—12 cents each in our currency. He sent around and collected them from his customers fortnightly. Those who raised the chickens were sure of a regular market and good prices. (To be continued.)

Dr. Adams' Toothache Gum is sold by all druggists; 10 cts a bottle.

To ease another's headache is to forget one's own.—Abraham Lincoln.

God meant us for musical instruments, and gave to each soul its capacity for some original harmony.—Amber.

Society Meetings.

LADIES' AUXILIARY

To the Ancient Order of Hibernians, Division No. 1.

Meets in St. Patrick's Hall, 92 St. Alexander street, on the 1st Sunday, at 4 p.m., and third Sunday, at 8 p.m. of each month. President, Sarah Allen; Vice-President, Maria Mack; Financial Secretary, Mary McMahon; Treasurer, Mary O'Brien; Recording Secretary, Lizzie Whelan; 108 Wellington street. Application forms can be had from members, or at the hall before meetings.

Young Men's Societies.

Young Irishmen's L. & B. Association.

Organized April 1874. Incorporated Dec. 1875. Regular monthly meeting held in its hall, 19 Depue street, first Wednesday of every month at 8 o'clock, p.m. Committee of Management meets every second and fourth Wednesday of each month. President, F. J. GALLAGHER; Secretary, M. J. POWER; all communications to be addressed to the Hall, Depue street. St. Patrick's League, W. J. Hinchey, D. Gallaghery, Jas. McMahon.

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 Father, REV. F. STUBBS, C.M. Sec'y, JOHN WHITTY; Secretary, J. J. GOSCORAN; Delegate to St. Patrick's League, J. Whitty, D. J. O'Neill and M. Case.

Ancient Order of Hibernians.

DIVISION No. 2. Meets in lower room of St. Gabriel New Church corner Centre and Laurier streets, on the 2nd and 4th Friday of each month, at 8 p.m. President, ANDREW DUNN; Recording Secretary, THOMAS SMITH; 83 Richmond street, to whom all communications should be addressed. Delegate to St. Patrick's League: A. Dunn, M. Lynch and B. Connaughton.

A.O.H.—Division No. 3. Meets the 2nd and 4th Monday of each month, at St. Ann's Hall, 2042 Notre Dame St. Officers: B. Wall, President; P. Carroll, Vice-President; John Hynes, Fin. Sec'y; Wm. Rawley, Rec. Sec'y; W. P. Stanton, Treas.; John Kennedy, T. Ervine, Chairman of Standing Committee. Hall is open every evening (except regular meeting nights) for members of the Order and their friends, where they will find Irish and other leading newspapers on file.

A.O.H.—Division No. 4. President, H. T. Kearns, No. 32 Desford avenue. Vice President, J. P. O'Hara; Recording Secretary, P. Finn; Rec. Sec'y, Financial Secretary, P. J. Conity; Treasurer, John Treacy; Sergeant-at-arms, D. Mathewson, Sentinel, D. White; Marshal, P. Geahan; Delegates to St. Patrick's League, T. J. Donovan, J. P. O'Hara, F. Geahan; Chairman Standing Committee, John Costello. A.O.H. Division No. 4 meets every 2nd and 4th Monday of each month, at 1113 Notre Dame street.

C.M.B.A. of Canada, Branch 28

(Organized, 13th November, 1883.) Branch 28 meets at St. Patrick's Hall, 92 St. Alexander street, on every Monday of each month, the regular meetings for the transaction of business are held on the 2nd and 4th Monday of each month, at 8 p.m. Applicants for membership or anyone desiring more information regarding the branch may communicate with the following officers: D. J. McNeill, President, 156 Manse street; John M. Kennedy, Treasurer, 32 St. Philip street; Robert W. Allen, Fin. Sec'y, 22 Brunswick street; P. J. McElroy, Recording Secretary, 824 Visitation street.

Catholic Order of Foresters

St. Gabriel's Court, 185.

Meets every alternate Monday, commencing Jan 31, in St. Gabriel's Hall, cor. Centre and Laurier streets. M. P. McGOLDRIK, Chief Ranger. M. J. HEALEY, Rec.-Sec'y, 48 Laurier St.

St. Patrick's Court, No. 95, C.O.F.

Meets in St. Ann's Hall, 157 Ottawa street, every first and third Monday, at 8 p.m. Chief Ranger, JAMES P. FORD; Recording Secretary, ALAN PATTERSON, 197 Ottawa street.

Total Abstinence Societies.

ST. PATRICK'S T. A. & B. SOCIETY. ESTABLISHED 1841. Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, immediately after Vespers. Committee of Management meets in same hall the first Tuesday of every month at 8 p.m. REV. J. A. McALLISTER, Rev. President; JOHN W. ALLEN, 1st Vice-President; W. P. DOYLE, Secretary; 24 St. Martin Street. Delegates to St. Patrick's League: Messrs J. Walsh; M. Sharkey; J. H. Kelly.

St. Ann's T. A. & B. Society.

ESTABLISHED 1863. Rev. Director, REV. FATHER FLYNN, President; JOHN KILLFEATHER; Sec'y, JAS. BRADY, 119 Chateaugay Street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 3:30 p.m. Delegates to St. Patrick's League: Messrs J. Killfeather, T. Rogers and Andrew Cullen.

Toilet Articles.

SPECIALTIES of GRAY'S PHARMACY.

FOR THE HAIR: CASTOR FLUID, 25 cents. FOR THE TEETH: SAPONACEOUS DENTIFRICE, 25 cents. FOR THE SKIN: WHITE ROSE LAMOL OCEAN, 25 cts. HENRY R. GRAY, Pharmaceutical Chemist, 123 St. Lawrence Main street. N.B.—Physicians' Prescriptions prepared with care and promptly forwarded to all parts of the city.

MRS. L. EMOND.

Sick Fourteen Years—More Than Half the Time in Bed—
Now She is Well Again, and Tells How Other
Women May Regain Their Health.

The following story is truly pathetic. Fourteen years ago (in 1884) a woman was sick with womb trouble. The trouble went on from bad to worse. Such diseases never did and never will cure themselves. As the days pass the pains and weakness increase. Finally comes the collapse. The patient goes to bed. Here she still grows worse. Finally she drags herself from bed and totters around on her feet in an effort to forget her agonies. She reads in a newspaper about a marvelous medicine. She writes for advice to famous specialists. Then she recovers her health completely. Just think of those needless years of torture! She could have been cured in 1884 just as well as in 1898. But read her own words.

Mrs. L. Emond, 2106 Joseph street, Brighton Park, Chicago, Ill., writes as follows: "I had womb trouble for fourteen years. My left side ached terribly, and so did my heart. More than half of the time I had to stay in bed, but especially for the last two years. My sickness was much worse toward the end, and I could not sleep and could not rest in bed. I spent my nights in walking the floor, trying to forget that I was suffering so much. I wrote your specialist, received a long letter in reply, followed his advice, and today I sincerely thank him. To him I owe my cure, for his good advice and special treatment he sent me, together with Dr. Coderre's Red Pills, completely cured me. I am also glad to give my testimony, in order to help other sick women." (Signed.) MRS. L. EMOND.

2106 Joseph street, Brighton Park, Chicago, Illinois.



This is not a single instance where Dr. Coderre's Red Pills for Pale and Weak Women have brought about a cure for womb trouble. It is only one of thousands. Don't you see in the papers, day after day, the pictures of different women, together with their own stories of recovery? Dr. Coderre's Red Pills cure every kind of female trouble. They are unequalled for the girl as she goes through the period called puberty. They are a positive regulator of the menses. They are an absolute cure for leucorrhoea, or white discharge. They strengthen the delicate supports of the womb and overcome profligacy and bearing-down pains. They banish

headache, nervousness, sleeplessness by giving vigor and tone to the feminine organs. They regulate the digestion and enrich the blood, thus curing pimples, blotches and ugly complexion. The pills are much easier to take than liquid medicines, and they cost only half as much. They can be carried about, and swallowed without attracting attention.

The best way for sick women and girls to do is to write to our famous specialists for advice. This is given absolutely free. No local physician has had so much experience as our specialists. Personal consultation and treatment can be had at our Dispensary, 274 St. Denis street, Montreal.

Dr. Coderre's Red Pills are widely imitated. Beware of all red pills sold by the dozen, the hundred, or at 25 cents a box. They are worthless imitations. Get the genuine at all honest druggists. They have them—always fifty Red Pills in a box for 50 cents, or six boxes for \$2.50. Or you can send the price in stamps, or by registered letter, money order or express order to us. We mail them all over the world. No duty to pay.

Dr. Coderre's Red Pills, at 50 cents a box, last longer than liquid medicines costing \$1. They are easier to take, more convenient to carry, and they cure. Under no circumstances take anything which is said to be "just the same" or "just as good" as Dr. Coderre's Red Pills. It is not so. It is false. There is nothing like them made. No one else knows the formula. Address all letters to The Franco-American Chemical Co., Medical Department, Montreal, Canada.