

The HOME CIRCLE

THE SOULLESS SOUL. With her good-night kiss, when the nights were cold, I remember a tale that my old nurse told...

I fear the quaint tale, with its moral a deep. But little troubled my childish sleep, but often now, when I hear the wind, both tale and moral I bring to mind...

DIETETICS AND OUR CONVENT SCHOOLS.

We are told that among some oriental nations the physician is paid so much a year to keep the family in good health rather than to cure the ailing...

But one might ask, "What has this to do with our convent schools?" It has all to do with them, that is with boarding schools, and unless the question is taken up and given serious consideration by our teaching Sisters...

Was Weak and Run Down WOULD VERY OFTEN FAINT AWAY

Mrs. J. H. Armstrong, Port Elmsley, Ont., tells of her experience with MILBURN'S HEART AND NERVE PILLS.

middle of the term on some pretext or other, and the good Sisters never knew the reason; but the mother considered a predominance of pork in the meat diet of sufficient seriousness to justify her in taking the child away from the school...

YOUR COMFORT MEANS TOIL TO THOUSANDS.

Suppose these people who say that they owe the world nothing were obliged to make all the comforts and luxuries they enjoy! How long would it take them to produce even a lead pencil, a sheet of writing paper, a jack-knife, a pair of spectacles, a pair of shoes, or a suit of clothes...

A CHEERFUL NATURE.

The value of a sunny woman, scattering happiness and good cheer wherever she goes, is beyond any appreciable value. A cheerful nature and smiling face are attracting magnets, whereas a gloomy or sad face repels and drives away friends.

IN THE KITCHEN.

Tomato Omelet.—Take three eggs and one large tomato. Beat the yolks and whites of the eggs separately. Chop the tomato, add to the yolks and add the whites just before cooking. Season with salt and pepper. Heat a saucpan, put in a piece of butter and when hot pour in the omelet and cook for two or three minutes. Fold over, turn out on a platter, garnish with parsley and serve very hot.

Apple Custard.—Take four apples, pare, quarter, and cook as for sauce, leaving little juice. A few minutes before removing from the fire stir into the apples the following mixture: One quarter nutmeg, grated one large tablespoonful butter, the yolk of one egg, and sugar to taste.

Rhubarb Shortcake.—Wash the rhubarb, but do not peel it. Cut into inch pieces. Put two cups of this with one scant cup of sugar in a double boiler and steam until the rhubarb is tender and the sugar dissolved. Add the juice and chopped rind of one lemon. Dissolve one teaspoonful of soda in a cup of sour cream. Mix one teaspoonful of cream-of-tartar and one-half teaspoonful of salt with two cups of flour. Stir the cream into this, and if not stiff enough to roll out, add a little more flour.

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THE GRADUATES.

June, the month of roses, brides and graduates, has produced its usual this year, for during the past month hundreds of brides have left the parental roof to begin a home of their own, and thousands of girls have bade adieu to Alma Mater and with congratulations and floral display, stepped from school room into the workaday world, where there is little dreaming and much practical labor.

The Nobility of Confession

Confession is often alluded to as a mark of weakness in the Catholic character, and its institution as destructive of manly dignity by encouraging humble dependency. Yet the world, if it were honest, should confess that it is not the weakness which the sacrament is accused of engendering that holds it from acknowledging and accepting the holy tribunal, but rather the self-denial, the self-sacrifice, the strength of character that the confessional demands.

The Cross-Cut Path

There is a certain fascination to every energetic young man in perilous journeys through unknown lands where a single stroke of the pick may reveal a great heap of yellow nuggets. With dreams of sudden fortune his imagination is stirred, and

Blue Ribbon Tea. This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 254, Montreal, entitles the sender to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea. To MRS. ST. TOWN

tions, each of us must earn the proverbial bread and butter, it seems ridiculous that many of our best years are wasted and we awaken to the fact, often when too late, that all that glitters is not gold.

And speaking of brides, does it not grate on one to learn of the willful extravagance of some of our young Catholic women these days. If a bud (and, honestly speaking, the girls who graduate from our Catholic boarding schools and academies are the very worst), I say if one of these young girls marries her ideas take on a wide range and the meager salary her hubby earns, the more she desires to outshine her neighbor, entertaining, etc., is her sole idea of what a good wife should be.

Some persons have periodical attacks of Canadian cholera, dysentery or diarrhoea, and have to use great precautions to avoid the disease. Change of water, cooking, and green fruit, is sure to bring on the attacks. To such persons we would recommend Dr. J. D. Kellogg's Dysentery Cordial as being the best medicine in the market for all summer complaints.

Legal 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 congenial to study.

St. Joseph's Academy ST. ALBANS TORONTO. The Course of Instruction in this Academy embraces every Branch suitable to the education of young ladies.

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