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THE SOULLESS SOUL. With her good-night kiss, when the nights were cold

I remember a tale that my old nurse And the wind, and the snow, and the sleet o'er head Caused me to quake in my downy

Of a homeless woman and helpless child, Who sheltered themselves from a

snow-storm wild In an empty hut on a barren moor, And forgot not then, in that refuge

A pitying prayer for such as might Be even worse housed from the awful night But still the cold through the old hut

pressed, And the wild-wind worried the poor child's rest, Till the mother at last, though weak and worn.

Found a battered door from its hinges With which she made him a screen so

That comparative comfort upon him just ere to slumber he softly

Behind the shield of the wretched "God pity the ones," he sighed in his bliss, "Who haven't no doors on a night like this.

I fear the quaint tale, with its moral deep. But little troubled my childish sleep,

But often now, when I hear the wind, Both tale and moral I bring to mind, And pity for those who shiver and freeze Creeps to the core of my selfish ease,

Till a vision comes of two outcast poor, In a wretched hut on a lonely moor, And a child's weak voice, in whisper-

ed pray'r Comes to my ears through the starv-

ing air: "God pity the ones" (not a word I "Who haven't no doors on a night

like this!"

DIETETICS AND OUR CONVENT SCHOOLS.

(Western Watchman.)

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; and since we have no such wise precaution in America, the allimportant duty falls in a great measure upon the housekeeper. There are few advances in knowledge that do not bring increased responsibilities in their wake, and when the woman the twentieth century has been made to realize that it is not sufficient for her to understand the cost and nutritive value of food materials, their composition and digestibility, but that she must also know how to combine them in order to secure a properly balanced ration, she will prepare herself for the great task of homemaker or she will shrink from it as she would from any other serious work for which she is wholly unfitted. Already the dim light is flickering across her horizon, and she can no longer find refuge in the comfortable belief that she has done her duty when her table is furnished with attractive, well-cooked food.

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 Sisterhoods the boarding school, with its many and undeniable advantages, will grow less and less in favor in the This may sound vears to come. harsh; but it is the truth, and the school that has a thoroughly competent dietitian in the kitchen need dinarily be called good tables, and ing. growing mind and body; the differ- very hot. ent foods that are needed at different periods of growth, etc., the question assumes gigantic proportions and is it out of place for the mother to before removing from the fire stir ask if the one who is to look after into the apples the following mix- he knows his stipend will be very pose, of good habits, content to bide the vital question of her child's nour- ture: One quarter nutmeg, grated ishment has been properly fitted for one large tablespoonful butter; the the task? Does she know that chil- yolk of one egg, and sugar to taste. dren require a higher per cent. of After the custard has been removed proteids and fats than adults; that from the fire spread over it the white be blamed for. There are too many ous condition. He has, it is true, young children should not be allowed of the egg, which has been beaten the use of tea and coffee; that much stiff, with a tablespoonful of sugar. apparent stupidity, inattention, restlessness and even irritability on the box gelatine in a third of a cup of part of the child is due to exhaustion cold water until soft. Pour on onecaused by too long periods between third cup boiling water, stir until dismeals and a hundred other things of solved, then add one cup orange juice equal importance? The writer knew and the juice of one lemon, the orange

Was Weak and Run Down WOULD VERY OFTEN FAINT AWAY

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

She writes: "It is with gratitude I tell how your Heart and Nerve Pills

'I was very weak and run down, had headaches nearly every day and very often would faint away, in fact, my doctor said that sometime I would never come out of the faint. It was through one of your travelling agents that I was induced to try Milburn's Heart and Nerve Pills and after taking three boxes am glad to relate it has been a number of years since I had a fainting spell and scarcely ever have a headache. Too much cannot be said in praise of Milburn's Heart and Nerve Pills, for in me they have effected a perfect cure."

Price 50 cents per box or 3 boxes for \$1.25, at all dealers, or The T. Milburn Co., Limited, Toronto, Ont.

niddle 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 rom the school. We do not say whether or not she was right; but the instance shows that our convents must conform to advanced ideas this line, and with so many excellent books on the subject and courses of home instructions there is scarcely any excuse for their not doing so, not even that of expense, we consider that a pound of rice at five cents is cheaper than ,a pound of

upon us in a different light. Those connected with the public the most serious drawback to good oorly nourished, and the question has been seriously discussed of establishing school lunches. Let our conyear, try combining a perfect system of nourishment with the high moral training they give and we are almost willing to assert that the

most refreshing. As delightful as a they will reap a sad reward in shame dip in the sea.

THOUSANDS.

Suppose hese 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 jackknife, a pair of spectacles, a pair of shoes, or a suit of clothes, representing an untold amount of drudgery and sacrifice? There is toil. struggle and sacrifice in everything

you purchase, everything you enjoy. The life-saving appliances alone on our great railroads and steamships and in our public buildings cost un-told millions. How many thousands of people have worked like slaves to make it even possible for you to ride on a railroad or on a steamship, and how many lives have been sacrificed in order to reach the perfection and safety attained by modern trains and steamers, and to enable you to enjoy the comforts and luxuries which they provide!

Wherever you go, tens of thousands of people have been preparing the way and getting things ready, guarding against danger, saving you trouble and drudgery; and yet you say that you do not consider yourself in debt to the world .- Success.

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. Difficulties melt rapidly away under the sunshine of a cheerful nature. A woman who full of gladness is to be envied. She wields a healthful influence which tends for the better and she does not consider that it is a sacrifice of time or effort to be an optimist. world needs more encouragement, more sunshine, more cheerfulness, but it is a helpful note in it that there are, after all, more people in it who are looking for the silver lining than

discord into their surroundings. IN THE KITCHEN.

there are those who are harboring

malice and introducing the element of

Tomato Omelet.-Take three eggs scarcely dwell upon its other strong and one large tomato. Beat the yolks girls who graduate from our catho- of the far North-that realm of buried This is not meant as a re- and whites of the eggs separately. flection upon the fare of all convent Chop the tomato, add to the yolks Some set what would or- and add the whites just before cook-Season with salt and pepper. due allowance should be made for the Heat a saucepan, put in a piece of fact that the tuition in many is mo- butter and when hot pour in the omederate and that all do more or less let and cook for two or three mincharity. However, when we consid- utes. Fold over, turn out on a platwonderful problem of the ter, garnish with parsley and serve

Apple Custard .- Take four apples, pare, quarter, and cook as for sauce, leaving little juice. A few minutes Orange Custard .- Sock one-third of a case where a desirable pupil pulps with a little of the grated rind, was withdrawn from a convent in the and a scant cup of sugar. Strain, then set in a pan of cracked ice to chill and stiffen. As it begins harden, whip to a stiff foam, add the whites of three eggs also whipped until stiff and light, then continue the beating until the mass is stiff enough not to drip. Line a mould with split lady fingers, slices of sponge cake or sections of orange as preferred, turn in the cream and set on the ice. When ready to serverloosen around the edge of the mould with a limber-bladed knife, turn out on a low glass dish and pile a half pint

whipped cream on top. 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-tar- tacks of Canadian cholera, dysentery tar and one-half teaspoonful of salt or diarrhoea, and have to use great with two cups of flour. Stir the precautions to avoid the disease. cream into this, and if not stiff en- Change of water, cooking, and green ough to roll out add a little more fruit, is sure to bring on the attacks. Toss on a well-floured board To such persons we would recommend and pat or roll out until about one- Dr. J. D. Kellogg's Dysentery Corhalf inch thick. Cut and bake like dial as being the best medicine in the biscuits. When done, tear open, but- market for all summer complaints. If er them and arrange on a hot dish. a few drops are taken in water when

serving pour the juice over them.

The Nobility of Confession

June, the month of roses, brides since the most nourishing food is and graduates, has produced its usual not necessarily the most expensive this year, for during the past month even in dollars and cents, and when hundreds of brides have left the parental roof to begin a home of their structive of manly dignity by encourown, and thousands of girls have bade potatoes at 2 cents on account of the adieu to Alma Mater and with confood value, the whole subject dawns gratulations and floral display, step- fess that it is not the weakness ped from school room into the worka- which the sacrament is accused of day world, where there is little engendering that holds it from acschools of our great cities agree that dreaming and much practical labor. knowledging and accepting the holy The brides will have difficulties to tribunal, but rather the self-denial, work is that many of the pupils are overcome, especially if they have the self-sacrifice, the strength of charspent their girlhood years aimlessly and many a tear will be shed in pri- He is not the weakling and coward vate over burned biscuit and overdone who dare to face his accusers and vents, then, which have full control steak. And what a pity! In this age meet their accusations one by one of the child during ten months of the when domestic science schools flour- He who fears is weak; he who flees ish and cook books can be had for a is cowardly. He who, retiring from song, there should be few, if any, poor cooks and housekeepers. And how foolish for mothers to allow intellectual standard will be greatly daughters to grow to maturity without gaining a slight knowledge of woman's chief vocation-housework. When overheated take a glass of Perhaps the girls were self-willed and His faintest whisper, calls himself to iced "Salada" Tea. It will prove would not learn nor listen. If so, and tears, for man is but human, and the old saying, "the best way to YOUR COMFORT MEANS TOIL TO his heart is through catering to his stomach." It sounds harsh, but we know if we have a brother, that the poor man will overlook a bad darn in his socks, providing his steak smothered in onions is done to a turn. And the graduates! For these

Authorized Capital

THE GRADUATES.

34 King Street West,

have a world of pity, especially the looking for a position. Diplomas will count for little and the commendations will be of little avail. Busi- LL.D. ness men want practical workers nowadays and the girl who jumps behind the counter at 15 years of age is generally head of a department by the time her befrilled petted neighbor receiving floral bouquets for reading journeys

To MRS.

to God, ourselves or our neighbor.

extravagance of some of our young

what a good wife shou'a be. The dis- fields.

"I have a daughter in

this neglect of home for boarding

school, is a poor way to fulfill the

precepts our Divine Lord. He meant

that children should be taught at

home, and Home is the place created

for them. Frivolous mothers, who

have spent a few years idling about

academy grounds are the ruination of

hundreds of homes. Our missionar-

ies, our tried and true teachers, both

Sister and lay, were reared at home

and in many instances first saw the

inside of a hoarding school when they

entered the mother house as a novice.

We must get back to the old time

tem which produced the practical fa-

thers, the dearest and best of moth-

ers, whose lives were spent in fulfill-

ing their duties faithfully as God

hundredfold for pastors and teachers

if they strenuously endeavor to keep

down the increasing frivolty of the

age and encourage the old system .-

Some persons have periodical at-

Michigan Catholic.

trouble will be experienced.

Cover with the rhubarb and when the symptoms are noticed no further

meant they should do. Better a

system of house-keeping. The

\$6,000,000.00

472 Spadina Ave.

Confession is often alluded to as a mark of weakness in the Catholic character, and its institution as deaging humble dependency. world, if it were honest, should conacter that the confessional demands the bustle and excitement of his daily occupations, and seeking to please himself in the silence of his room or in the hush of a holy place, in complete solitude with God, that God may speak to him and he may hear account for every transgression of duty, not minimizing iniquity by palliation or excuse, but conceiving wickedness in all its shame and ingratitude, and who proceeds with heartfelt sorrow to place them at the feet of God's appointed ambassador, manfully and humbly pleading for pardon, seeking advice and sacramental strength for amendment, not only displays strength and nobility of character at the height of human pergirls whose coming vacation will be fection, but gives evidence of a pow-spent in trudging from office to store er that has raised him above the human and endowed him with the angelic and divine .- Rev. John J. Kean,

The Cross-Cut Path

There is a certain fascination to is bowing to admiring friends and every energetic young man in perilous through unknown lands an essay, which is usually written by where a single stroke of the pick her teacher. Ah, my dears, there is may reveal a great heap of yellow much to learn in this big wide world nuggets. With dreams of sudden of ours and as with but few excep- fortune his imagination is stirred, and

barrels of gold of which he has read.

Though all admire the ambitious

the surest and nearest highway to

road to riches usually ends in pover-

ty, and the one who has the courage

to remain steadfast and rely upon

thrift and industry is almost sure to

A Sinking, Hollow, "All-

Gone" Sensation at the

Pit of the Stomach.

"THAT IS DYSPEF3IA"

BLOOD

Mrs. Alice Steeves, Springfield, N.S., writes:—"I have used Burdock Blood Bitters and find that few medicines can

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achieve financial success

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tions, each of us must earn the pro- to withstand the temptation of risk-

verbial bread and butter, it seems ri- ing all he has hitherto gained and

diculous that many of our test years joining the mighty army of prospec-

fact, often when too late, 'that all power. He considers the few dol-that glitters is not gold," and it re- lars he manages to lay aside each

quires sound work in the school of month from his salary of slight con-

experience to make us of any benefit sequence when compared with those

And speaking of brides, does it not Thus he is often lured into the short

grate on one to learn of the willful road to wealth only to be deceived.

Catholic women these days. If a spirit and the high courage that

bud (and, honestly speaking, the prompts him to brave the dangers

lic boarding schools and academies hopes-the chance of success is so

are the very worst), I say if one of slight and the probability of losing

take on a wide range and the meager great that it seems by far the surest

the salary her hubby earns, the more and safest way to wealth by close

play generally begins with a church content with one's lot may not in

dress parade the day of the wedding every instance prove the profitable

and the good pastor, disgusted though course, yet it nearly always brings

he may be, is compelled to witness the most happiness.
the "show" when at the same time The poor young man of fixed pur-

scant and he will be forgotten in a his time, who endeavors to please

monetary way once congratulations his employer and who is fairly econare extended. Well, I think our mo-omical, almost invariably finds him-

dern ideas of education has much to self at the prime of life in a prosper-

girls aping the airs of the wealthy, followed the long way around, a way

all because they are daughters of devoid of all the allurements of sen-

struggling parents, who wish to be sation, yet which at last proves

able to say: "I have a daughter in boarding school." And encouraging prosperity. What seems the short road to riches usually ends in pover-

she desires to outshine her neighbor application to legitimate business

these young girls marries her ideas his health, or even his life, is so

wasted and we awaken to the tors requires no small degree of will-

TOWN.

Tegal

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