currant juice.

Hygienic Cocoa

COWAN'S

to their patients. It builds up and second year, and as far as its effect strengthens the system. It is a perfect food as well as drink.

Society Directory.

LADIES' AUXILIARY to the Ancient Order of Hibernians, Division No. 1.— Meets in St. Patrick's Hall, 92 St. Alexander Street, on the first Sunday, at 4 p.m., and third Thursday, at 8 p.m., of each month. President Sarah Allen: Vice-President, Statia Mack; Financial Secretary, Mary McMahan; treasurer, Mary O'Brien; Recording Secretary, Lizzie Howlatt, 383 Wellington street.-Application forms can be had from members, or at the hall before meetings.

A.O.H.—DIVISION NO. 2.—Meets in lower vestry of St. Gabriel New Church corner Centre and Laprairie streets, on the 2nd and 4th Friday of each month, at 8 p.m. President, Michael Lynch; Recording Secre-Secretary, Thomas Donohue, 812 Hibernian street .- to whom all communications should be addressed; Peter Doyle, Financial Secretary; E. J. Colfer, Treasurer. Delegates to St. Patrick's League :-J. J. Cavanagh, D. S. McCarthy and J. Cavanagh.

A.O.H.—DIVISION NO. 3.— Meets on the first and third Wednesday of each month, at No. 1863 Notre Dame street, near McGill. Officers: D. Gallery, President; P. T. McGoldrick, Vice-President: Wm. Rawley, Rec.-Secretary, 78 Mansfield street; John Hughes, Fin Secretary; L. Brophy, Treasurer; M. Fennel, Chairman of Standing Committee. Marshal, Mr. John Kennedy.

A.O.H .- DIVISION NO. 9 .- President, Wm. J. Clarke, 208 St. Antoine street: Rec.-Secretary, Jno. F. Hogan, 86 St. George street, (to whom all communications should be addressed): Fin.-Secretary, M. J. Doyle, 12 Mount St. Mary Ave.; Treasurer, A. J. Hanley, 796 Palace street; Chairman of Standing Committee, R. Diamond; Sentinel, M. Clarke: Marshal, J. Tivnan, Division meets on the second and fourth Wednesday of every month, in the York Chambers, 2444a St. Catherine street, at 8 p.m.

C.M.B.A. OF CANADA, BRANCH 26. -(Organized, 13th November, 1883.)-Branch 26 meets at St. Patrick's Hail, 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 Mondays of each month, at 8 p.m. Applicants for membership or any one desirous of information regarding the Branch may communicate with the following officers :- Jas. J. Costigan, President; P. J. McDonagh, Recording Secretary; Robt. Warren, Financial Secretary; Jas. H. Maiden, Treasurer.

ST. PATRICK'S T. A. & B. SOCIETY 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. S. C. Hallissey. Rev. President: James J. Costiman, 1st Vice-President: W. P. Doyle, Secretary, 254 St. Martin street.

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 Adviser, Rev. E. Strubbe C.SS.R.; President, D. J. O'Neill; Secretary, J. Murray; Delegates to St. Patrick's League: J. Whitty. D. J. O'Neill and M. Casey.

YOUNG IRISHMEN'S L. & B. AS-SOCIATION, organized April 1874. Incorporated, Dec. 1875.—Regular monthly meeting held in its hall, 19 Dupre street, first Wednesday of evesy month, at 8 o'clock, p.m. Committee of Management meets every second and fourth Wednesday of each month. President, Hugh O'Connor; Secretary, Jas. O'Loughlin. All communications to be addressed to the Hall. Delegates to St. Patrick's League, W. J. Hinphy, D. Gallery, Jas. McMahon.

ST. ANN'S T. A. & B. SOCIETY, established 1863. — Rev. Director. Rev. Father Flynn, President, John Killfeather; Secretary, James Brady, No. 97 Rosel 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.

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 F. Fosbre, Recording-Secretary, Alex. Patterson, 197 Ottawa street.

Our Boys and Girls.

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CORRESPONDENCE.

Steamer Vancouver, 11.45 a.m. Mid-ocean, June 7th, 1900.

Mr. Editor,-I have noticed in your paper a children's corner, and I thought some of your readers might be interested in the pilgrims, 1 determined to send you a short letter. As you know, we all assembled in the Cathedral at Montreal to receive the blessing of our Archbishop.

The ceremony was very impressive, division or inch denoted the lapse of indeed, and though, I am not familiar with the French language, I understood enough to appreciate the Archbishop's remarks, especially to

his priests. Saturday morning was rather unpleasant, but in the haste to go to the good steamer that was waiting for us, each sought their respective cabins, and tried to make themselves as comfortable as they could. Wellthe day passed quickly, and we found ourselves at Quebec, where many of the inhabitants of that most interesting city were assembled, as I sup-

pose, to receive the pilgrims. The evening was balmy, the crescent moon and attendant stars shone brightly. Our very attentive direct-or. Mr. Rivet, had provided carcaleche, to drive the pilgrims to the Ursuline Chapel, the oldest in the devotion to the Sacred Heart on this

continent. The benediction was solemn and The music, such as only readdress given by a distinguished to-day occupies a position of trust. and we left the sacred edifice comforted, to return to the steamer and continue our journey. The parting at than merely being polite. Some ex-Quebec was very cordial, cheering. waving of handkerchiefs, and good stupid and awful bores. It is not wishes, which was responded to by the pilgrims, singing 'Bon soir mes manner which people who understand amis, bon soir.'

sembled in the space allotted to us ways have agreeable voices. o-day is Trinity Sunday. Heart, and we shall do our best to for the person whose very speech is remember our different English-speak-barbed with a sting.—The Gentlewoing parishes as well as our citizens man. in general. I must not say too much lest I take up too much space, and as this is my first attempt at writrors to be forgiven.

A PILGRIM.

PATIENCE. - Patience is a very even at home, and must be waited on, otherwise they will show an inclination to grumble and pout. Such conduct ill-becomes a Catholic child. and parents should do all in their power to see that their children are taught this virtue. It will be a safeguard to them in times of trial, a

sad:

O do not falter by the way, But on in Patience Only for a while minutes, meanwhile heating the su-For Life is night and Deam a dawn- gar in a shallow pan in the oven. It ing day.

not doing things which they are obliged, ering of melted paraffine is a sure to do, that they had "no time." preventive of mold. Such an excuse is a deliberate falsehood, for the time was spent in something that was useless, and then the "manufactured lie." King Alland in 871 (eight hundred and sevthat a moment lost can never be recovered. Alfred wished to divide the day into equal portions, in order to set aside a certain space of time to objects he had in view.

This was not an easy task, as clocks were at that time nearly un known in Europe, and quite so in England. It is true that in fine weather, the flight of time could be marked, in some degree by the course of the sun, but in the night, and

COOD NEWS comes from those who take Hood's Sarsaparilla for scroinla, dyspepsia and rheumatism. when the sun was hidden by clouds. there were no means of judging.

The bing, after much reflection and many experiments, ordered a certain candles of equal length and thickness, which, being lighted one after the other, as he found by experience would last from midday to midday. On each of these candles he marked twelve divisions or inches, so that he knew nearly how the day was goand to have our banner blessed to be ing. as the consumption of each canpart, or about four hours, and each

By these means the good King Alfred obtained what he desired, an exact admeasurement of time; and the improvements which took place during his reign show that both the king and his people had learned to appreciate its value. Dear reader, remember these little verses :---

'Look on your watch, and there you may survey

How gliding life steals silently away And, mindful of its short determined

Improve the flying moments as they race."

STUDY DURING VACATION. -The young folks should remember ringes, omnibuses and the historical that a little study during vacation time is absolutely necessary. No boy or girl should let a day pass without city, and the first to establish the employing, at least, two hours of it to some branch of knowledge. I once knew a young man who, during his vacation time, took up the study of shorthand, and at the end had acligious ladies can render, the short quired a perfect knowledge of it, and

AGREEABLENESS. - There is a easy to tell wherein lies the charm of and illustrate the art of being agree-Sunday morning the pilgrims as- able radiate. For one thing, they alas a chapel. Here, too, we could charming woman ever spoke with a think of the Stable of Bethlehem and harsh voice or with uncultivated the manger, as a sort of manger was phrases. The art of being agreeable over the temporary altar used by the which is so delightfully comprehend-priests to offer the Most Holy sacri-ed and exhibited by some men and fice, and I think not even in the grandest cathedral were more fer- be acquired by others, involves unvent prayers offered, nor the Pente- selfishness, among other things. One costal hymns sung with more fervor, must be mindful of others if they Of course, our French-Canadian com- would be agreeable. There is a breezganions did the most of the singing, iness about the charming person that ing, prayers in French at 3.30, in overpowers one with kindness, never which we all join: prayers again at ignores one who has any claims at 8.15, followed by prayers in English all upon her consideration (be it that with the special prayer for the inten- of guest or servant), keeps cool under tions of those who asked our pray- trying circumstances, and is enthusiers. Last evening we had a very nice astic over enthusiasm justifying instruction on devotion to the Sacred events. Agreeable people always say Heart, by a distinguished D. D., the right thing in the right place. whom we have the good fortune to have with us. To-day, Friday, Mass as usual, and Holy Communion with the ordinary prayers of the day, and a familiar instruction on the Good expense of kind things. a familiar instruction on the Good expense of kind things: these are pilgrims to the shrine of the Sacred society does not care much or long

LEARNING AND RICHES.-A rich man, it is said, once asked a learned ing for a paper. I shall expect all er- man what was the reason that scientific men were so often to be seen at the doors of the rich, though rich men were very rarely seen at the doors of the learned—"It is", renecessary and important virtue for plied the scholar, "because the man the young to practise. We too often of science knows the value of riches, see children who are very impatient, and the rich man does not always know the value of science.

HOUSEHOLD NOTES.

RHUBARB JELLY. - Should no: succor in danger, a light in times of be made earlier than June. Cut. not darkness, and the bright star which break, the stalks from the roots. will guide to felicity hereafter. "In wash and slice, add a very little your patience you shall possess your water, cook until soft, and strain through cheese-cloth, squeezing lightly. For every pint of juice allow a "Listen again, my soul, thou art too pound of granulated sugar. To every quart add the juice and rind of half a large lemon. Boil briskly fifteen should be very hot, but not scorched. Skim out the peel, add the sugar. THE VALUE OF TIME. -Time is stir, and when it boils briskly, turn given us by God to make good use of into jelly glasses, set on a folded it. How many there are who employ their time without either profit water. All jelly should be exposed to to themselves or others. How often the sun twenty-four hours, protected do er hear children give us excuse for with mosquito netting. A thin cov-

STRAWBERRY. - Pick the berries before they are overripe, hull and they were compelled to fall back on put them into a preserving kettle and set it on the back of the stove. Heat fred, who ascended the throne of Eng- slowly until the juice is drawn out. but be careful to remove the kettle enty-one), and who like, Charle- before it in the least thickens. Pour magne, by his magnnimity and wise into a colunder or sieve, and shake government, acquired the title of the gently to separate the juice. Weigh, Great, was a faithful and prudent return to the kettle, and when hot economiser of time, well knowing strain through cheese-cloth, and boil hard for twenty minutes. Take the kettle or pan from the fire, and add a pound of cut sugar to a pound of juice. Break the sugar in pieces and the accomplishment of the different stir it in a little at a time; when dissolved, return to the fire and boil until a little, when dropped on a plate, will stiffen. Keep in a cool

> GOOSEBERRY. - Take common wild gooseberries under ripe, cover with water and cook soft. Strain and observe the above directions, using "pound for pound" of sugar.

dry place.

PEACH. - Use one part very sour Reports agree that HOOD'S CURES apple juice to two parts peach juice,

and make like other jellies. The skins of blood peaches make a delicious

CURRANTS. - A very nice jelly is made by using half red and half white currant juice. Remove the defective fruit and leaves; heat slowly, crush and strain. If a small quantity is strained, the bag may be squeezed without detriment to the product but should be washed often. Heat the sugar; use pint for pint, and treat as quantity of wax to be made into six directed for rhubarb jelly, boiling twenty minutes before the sugar is added. Currant jelly should be made on a sunny day.

JAM. - Currants and gooseberries are very nice spiced to eat with ment or game. Dissolve four pounds of sugar in a pint of vinegar, boil and presented to the shrine at Paray-le- dle marked the expiration of a sixth skim, add five pounds of fruit, two tablespoonfuls of powdered cinnamon and half a tablespoonful of ground cloves. Cook rapidly half an hour. stirring often that it may not scorel to the kettle. An asbestos is a great help in making jam.

> RED AND BLACK RASPBERRY. -Take equal quantities of each, put a few in the bottom of kettle with a tablespoonful of water, heat, and crush, add a few more, and so on un til all have been used. Weigh, and allow three-quarters of a pound of sugar to each pound of fruit. If a small quantity, cook twenty-five minutes, add the sugar, and cook fifteen minutes, or until a little dropped on a plate glistens and no moisture is seen round the edge. Jam requires constant surveillance during the process, as it burns quickly if left without stirring.

> CURRANT AND RASPBERRY. --This is made like current and gooseberry, but with no vinegar or spice. using one part currents and two parts berries.

PLUMS AND APPLES. — Plums make a too rich jam if used alone. Cook in a little water; add a like great deal more in being agreeable quantity of stewed sour apples; rub through a sieve; allow three-quarters of an hour over a moderate fire.

> quarts of sugar to two quarts of blackberries and one quart of apple

> TOMATO JAM, - Scald, peel and slice the tomafoes. Use two pounds of sugar to one of tomatoes, boil together until well thickened, then add

small pieces, add the sugar, and let ner oats. stand several hours, or until the juice

of the straw. Experiments were conslowly half an hour, skimming and ducted this year to try and find out stirring; then finish with fifteen minwhether the effects of the clover utes' rapid boiling. would last longer than one year. Those plots were all ploughed to-QUINCE. - Delicious quince jam wards the end of the season and after is made of quinces and sour oranges. thorough cultivation in the spring. Cut the quinces into small pieces, and they were sown with Mensury barbook with them in a quart of water ley. During the summer, when the two-thirds of an orange peel. When crop was growing, it was still quite tender, remove the peel, add the sli: easy to discover the lines that had ed oranges and sugar, and cook been occupied by the plots where clotwenty minutes. Use seven pounds of ver had been growing, in the greater Physicians' Prescriptions. quinces and two pounds of oranges vigor of the barley, although it was with nine pounds of sugar. not so manifest as it was in the first year when the oats were growincrease in the grain in the oat plots | Canada are recommending had been 28 per cent., the increase in the barley in the second year was 29 per cent., and the gain in the straw was 35 per cent. This shows that the effect of the clover was very beneficial at least up to the end of the upon the grain was concerned it was fully equal to that of the first year The straw, however, did not in-crease to the same extent. In the first year the yield of the four plots which had been sown with clover, gave in straw 78 per cent, more than the four plots that had no clover, whereas this past year the increase of straw in the case of barley was only 35 per cent. The point ${f l}$ wish to em-

each six pounds of cherries, and half right up to the time of harvest, when

a pound of sugar for each pint of it was found that the average pro-

more than the average of those plots

the grain. There was also an increase of 78 per cent. in the weight

phasize is, that the effect of clover

upon the grain the second year has

an increase in straw, we would ex-

pect this part of the crop would be

of the clover was so well maintained

the second year in regard to the pro-

Another set of experiments was

tried during the season with clover.

At a session of the Select Standing | been equal to what it was the first Committee on agriculture and colon- year. As the presence of a good supization, held at Ottawa. Professor Ply of nitrogen in the soil tends to Wm. Saunders, director of the Dominion experimental farms, reported on relatively less the second year, but it some of the work which has been was a surprise to find that the effect carried on during the past season at the experimental farms.

Last year I submitted to you the duction of grain. results of some of the tests made with the ploughing under of clover. cessively polite people are densely of a pound of sugar to one pound showing the beneficial effect to the In a field of four acres of oats, there

of mixed fruit. Cook three-quarters subsequent crop by the ploughing un- were two acres which had barley der of green clover. In 1897 eight the previous year sown with clover plots of one-tenth of an acre each 10 pounds of seed per acre, and the were laid out at the Central Farm, clover had been ploughed under. There BLACKBERRY JAM. - Is preferred four of which were sown with grain was half an acre after pasture grasses by many if half the quantity of and seeded with clover in the pro-stewed apple is added. Use two portion of ten pounds per acre, and enother half acre after pasture portion of ten pounds per acre, and enother half acre after pasture the other four were sown with grain grasses with clover, and one acre afwithout clover. After these plots ter a crop of Brone grass. These were harvested, the clover grew very were ploughed under and the field vigorously, and by the end of Octo- was sown last spring with one vaber on those four plots which had riety of oats which were sown on the been sown with clover, there was a same day. The results were as fol-heavy growth of clover to plow unlows: The acre after Brome grass one tablespoonful of white ginger, der. The other plots on which no gave 33 bushels and 8 pounds; the the juice and peel of two lemons, for clover was sown were treated simi-balf acre after pasture grass without every three pounds of tomatoes. Cook larly to those on which clover was clover gave 36 bushels 16 pounds. Menday, Tuesday and following days is most refreshing. The agreeable perpassed as usual. Mass in the morning, prayers in French at 2.20 in overlanguage one with highest that the half acre after pasture grass with highest pasture grass with highest property of the proper the same kind of grain, so that the ver ploughed under gave 43 bushels test was in every way a fair one. In 25 pounds. These results show that RHUBARB. — Allow "pound for 1898 the whole of these plots were pound." Cut the stalks in rather sown with one variety of grain, Ban-either after barley or when grown with one variety of grain, Ban-either after barley or when grown with one variety of grain, Ban-either after barley or when grown with one variety of grain, Ban-either after barley or when grown with pasture grass, the difference I reported to you last year that averaged 10 bushels of oats per acre is extracted. Turn off the liquor and the results of that sowing were such in favor of the land that had been boil until it thickens, put in the as to demonstrate in a very clear and treated with clover, on the whole rhubarb and let simmer until done. | marked way the great benefit of the area of four acres. CHERRY. — Weigh the cherries because of the grain and in its vigor of growth.

CHERRY of the cherries because of the grain and in its vigor of growth.

CHERRY of the cherries because of the grain and in its vigor of growth.

CHERRY of the cherries because of the grain and in its vigor of growth.

In another field where potatoes had never magnetic or agreeable people. them and boil until the juice is near—One could see exactly the area that sown with clover, and another porwith a keen sense of the ridiculous. It evaporated: add half a pound of had been covered with clover by the tion alongside had not been sown have our usual prayers to-night. All one cannot always forbear to speak sugar for each pound of fruit. Add stronger growth on these plots, and with clover, the increased vigor of seem to feel the privilege of being critically of the foibles of others, but also a pint of red currant juice for this unusual vigor was manifested growth of the vines after clover of remarkable, when compared with the six rows alongside which had been cropped without clover; the plants were much larger and healthier and retained their foliage longer. When the crop was dug there was found to be a difference of 28 per cent, in the weight of potatoes in favor of the land where the clover had been used. I do not think, gentlemen, there is any subject at the present time that is more important to the farmers of

the Dominion than this one of the ploughing under of green clover to influence and increase the subsequent crops. As we all know, the farming community are a little difficult to move in such matters; but when once they feel sure of their ground they are quite ready to adopt any practice which will be to their advantage; the chief difficulty with all such subjects is to bring them under the notice of farmers. I think we cannot give too much prominence at the oresent time to this important subject the ploughing under of clover. The cost of sowing clover with an acre of grain is so little that almost any farmer when once convinced of the benefit of the practice will resort to it. 10 lbs. to the acre is the quantity we have recommended, and this quantity has been found very satisfactory. The cost of the clover seed will not probably average more than 80 to 90 cents per acre, and as the seeding is done at the same time as the grain it is sown without extra cost.

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There is no such thing. Scott's Emulsion comes the nearest to it, but even that will not cure advanced cases; but taken in time, it will cure this disease.

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Users of BRODIE'S "XXX" Self Raising Flour who preserve the empty bags and reserve the empty bags and reserve them to us will receive the following premiums: For 12 six pound bags as beautiful colored picture in splendid gilt frame, 12 inches x 16 inches. For 24 six pound bags, a larger picture in fine gilt frame 18 inches x 24 inches. Two three pound bags may be sent in place of one six pound bag. BRODIE A HARVIE, 10 x 12 Bleury St., Montreal

People look round at a nice head of hair on the street, so rare has that beautiful ornament become at the present day. Why is this? It certainly is not LUBY'S Parisian Hair Renewer, which is an almost infallible remedy against premature grey hair. Only 50 cents

PLUM. - Weigh, halve, and stone.

spread on large plates, sprinkle over

sugar, using three-quarters of a

pound to a pound of plums, and let

stand twenty-four hours. Simmer

Something that it will please you to hear—if you value life in perfect rythm!—and who does not? Something it will please you to take. That's not hard! Something that will preserve your health or bring health back to you—health is always pleasant. ABBEY'S SALT, which is made from the salts extracted from the juices of Fresh Fruits, will positively prevent Constipation or any of its attendant ills, such as Dyspepsia, Torpid Liver, Biliousness, Flatulency, Unpleasant Breath, Sick Headache, or any of the evils which follow in the train of Constipation. Nothing else as good—nothing else like it! Thousands swear by it. Physicians endorse it. You should use it—at once!

Dr. John Copper New York states:

Dr. John Copper New York states:

Dr. John Hays, Cincinnati, On-

Dr. John Cooper, New York, states:
"ABBEY'S SALT only requires to be known to be appreciated. Those to whom I have recommended it speak very highly of it."

Dr. John Hays, Cincinnati, O., states: "I have obtained excel-lent results from ASSEY'S SALT in cases of Constitution, and believe it is unequalled as a mild and efficient laxative."

ABBEY'S SALT is not only a Spring remedy, but as a remedy for the ills of Spring it is absolutely without an equal. The daily use of ABBEY'S SALT will keep you in good health. All Druggists. 25c. and 6oc. per bottle.

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They are the most reliable Household Medicine known, and