

## Our Boys and Girls.

### YOUNG HEADLESS.

Young Headless is a boy  
Who lives in every town,  
His name? 'Tis sometimes Johnnie  
Smith,  
And sometimes Johnnie Brown.  
Young Headless goes to school  
When he can find his hat;  
At home he lives to play at ball  
When he can find his bat.  
Of mittens, one is gone;  
Of rubbers, two or more;  
And on the very coldest day  
He never shuts the door.

The hammer's always lost,  
The saw left on the ground;  
And when he wants his button-hook  
It never can be found.

To buy a piece of beef  
You send him to the shop;  
He loses all the change he had,  
And brings you mutton chop.

For all these careless things,  
And more than I could name,  
Young Headless always feels quite  
Sure  
He never is to blame.

His father would despair,  
But that this thing is true;  
That forty years or so ago,  
He was Young Headless too.

LOOK AHEAD.—A very good motto  
for our boys and girls to follow  
is:

"Look ahead." No person ever ac-  
complished anything who did not  
look into the future and hope in the  
future. No people ever became great  
who did not look to the future. The  
common man, from whom nothing  
great can come, is always satisfied  
with the present day and the pre-  
sent hour; the builders of nations, the  
apostles of religion, always look be-  
yond the present. They see the beau-  
ties of possible victory and they are  
entranced at the sight. A new life  
comes to them; great deeds are ac-  
complished.

ABOUT COMFORTS.—The great  
evil among our young folks is that  
they lavish too much care on them-  
selves while they seem to forget the  
doing of a good deed to another. It  
is this forgetfulness and coldness in  
time of need that makes the world  
miserable, lonesome and hard to  
travel. It is another pang in the hearts  
of the lonely and deserted ones,  
which forces them to cry out: "Have  
we no friends left even to do one  
good turn for us?" The following ex-  
ample might be profitably read on  
the subject:

A little girl and her brother were  
on their way to school one winter  
morning. The grass on the common  
was white with frost, and the wind  
was very damp. The two children  
were poorly dressed; but the little girl  
had a kind of cloak over her which  
seemed to have outgrown.  
As they walked briskly along, she  
drew the boy closer to her and said:  
"Come under my coat, Johnny."  
"It isn't big enough for both, sis-  
ter."  
"Then I will try and stretch it a  
little."  
And they were soon as close to-  
gether and as warm as birds in the  
same nest.  
Now, why can't we all stretch our  
comforts a little? There are many  
shivering bodies, and sad hearts, and  
weeping eyes in the world, just be-  
cause people do not stretch their  
comforts beyond themselves.

TWO WAYS OF OBEYING.—  
"Bessie, dear, I want you to come  
to the house and nurse Baby Paul  
for a while," mamma called from  
the window.  
"Oh, dear!" Bessie pouted, im-  
patiently, throwing down her hoop  
angrily. "I never have a nice time  
that I don't have to stop and mind  
baby. I think it's too bad."  
Baby did not find his little nurse  
very patient and pleasant that after-  
noon.  
He put his chubby fingers in his  
mouth and cooed and laughed in his  
sweetest fashion, but Bessie would  
not play with him, and presently he  
began to cry so hard that mamma  
had to lay aside her work and soothe  
him.  
Just about the same time Bessie's  
cousin was called away from her play  
to nurse her little sister. Though  
she was just as fond of play as Bes-  
sie was, she laid aside her toys  
cheerfully and frolicked with baby  
till he was in the best of humors.  
When mamma was ready to take ba-  
by, she kissed her little daughter and  
said: "You have been my dear little  
helper this morning, Mame."  
Which way of obeying was the  
right way?

TELLING LIES.—The habit of ly-  
ing is very common with our young  
folks. It is a rare thing now to find  
a truthful boy or girl. Some of them,  
no doubt, think they are smart and  
clever when they can manufacture a  
good one, and they often boast after-  
wards of their smartness. This bad  
habit makes confidence, and takes  
away honor, confidence, and respect.  
Remember no person will trust a liar  
much more have any respect for him  
or her. Young readers read carefully  
the little example, and be as truth-  
ful as the little boy mentioned.  
"Tell what you know about dogs,  
their likes, dislikes and some other  
things they have done," was in ef-  
fect the order given by a public  
school teacher to her class a short  
time ago, and the boys set diligent-  
ly to work to record the achieve-  
ments and characteristics of their  
special pets—all but one boy, and

he was discovered to be gazing out  
of the window at the brick walls of  
the adjoining building. "Have you  
finished your composition, John?"  
asked the teacher. "No, ma'am,"  
was the answer. "I can't write any-  
lies." "Suppose," you write about  
I haven't any dog, and I won't tell  
some other boy's dog," suggested  
the teacher, and thus having a way  
to avoid offending his conscience,  
the boy wrote a composition that  
was up to the average of the rest  
of his class.

LATE HOURS.—Last week in  
the talks of special paragraph was  
another source of evil to the young  
is out late at night. There is no  
necessity to be found roaming around  
at certain hours of the night drink-  
ing words of evil. Parents are too  
indulgent in this respect. Boys and  
girls have enough of school work to  
do at night, and they should be re-  
sponsible for the purity of the streets.  
"Evil communications corrupt good  
manners," is a wise and  
true maxim, and one that not only  
our young should ponder over, but  
their older brothers and sisters, as  
well as the parents of a large num-  
ber of our children.

THE REQUIREMENTS OF  
HEALTH.—The requirements of  
health can be counted on the fingers  
of one hand. They are good air,  
good food, suitable clothing, cleanli-  
ness and exercise and rest. The first  
two requirements affect the blood,  
and as the blood circulates all over  
the body, every part of the body, in-  
cluding the brain, is affected. Fresh  
air affects the purity of the blood.  
The freshest air is our of doors, and  
it is the duty of every one to spend  
a certain amount of time in the open  
air. Good food is not necessarily ex-  
pensive food. Exercise and rest  
should alternate, and balance each  
other. It is quite possible to take  
too much exercise, and this side of  
the question must be guarded against,  
just as carefully as the other. Rest  
should be taken after exercise, and  
the young should not overdo or over-  
tax themselves at sports as this is  
a very dangerous thing, and one  
that may ruin them physically for  
life. "Everything in its time and  
time for everything" should be care-  
fully adopted by all young folks.

WHAT A KIND ANSWER DID.—  
Many of the young are too fond of  
giving sharp, impudent and suppo-  
sed "smart answers." There is noth-  
ing gained by such conduct, on the  
contrary, there is a big loss placed  
to your account. The following ex-  
ample teaches a good lesson.

A worthy old colored woman was  
walking quietly along a street in  
New York, carrying a basket of ap-  
ples, when a mischievous sailor, ap-  
pearing, stood against her and en-  
deavored to upset her basket, and then  
began to laugh at her expense. She  
laughed at his expense. She merely  
picked up the apples without resent-  
ment, and, giving him a dignified  
look of sorrow and kindness, said,  
"God forgive you, son, as I do."  
That touched a tender chord in the  
heart of the jack-knave. He felt self-  
condemned. Throwing his hands into  
his pockets, and pulling out a lot of  
loose change, he forced it upon the  
old black woman, exclaiming, "God  
bless you, mother, I'll never do so  
again."

A BEAUTIFUL FATHER.—"Tell  
your mother you've been very good  
boys to-day," said a school teacher.  
"Oh," replied Tommy, "we haven't  
any mother."  
"Who takes care of you?" she  
asked.  
"Father does. We've got a beauti-  
ful father. You ought to see him."  
"Who takes care of you when he's  
at work?"  
"He takes all the care before he  
goes off in the morning, and after he  
comes back at night. He's a house  
painter; but there isn't very much  
work this winter, so he is doing la-  
boring until spring comes. He leaves  
us a warm breakfast when he goes  
off, and we have bread and milk for  
dinner, and a good supper when he  
comes home."

"Then he tells us stories, and plays  
on the life, and cuts out beautiful  
things with his jackknife. You ought  
to see our father and our home,  
they are both so beautiful!"  
Before long, the teacher did see  
that home and that father. The  
room was a poor attic, graced with  
cheap pictures, autumn leaves and  
other trifles that cost nothing. The  
father, who was preparing the even-  
ing meal for his motherless boys,  
was at first glance only a poor be-  
grimed laborer; but before the  
stranger had been in the place ten  
minutes the room became a palace  
and the man a magician.

His children had no idea they were  
poor, nor were they so with such a  
hero as this to fight their battles for  
them. This man, whose grateful spir-  
it lighted up the otherwise dark life  
of his children, was preaching to all  
about him more effectively than was  
any man in priestly robe and costly  
temple.  
He was a man of patience and sub-  
mission to God's will, showing how  
to make home happy under the most  
unfavorable circumstances. He was  
rearing his boys to be high-minded  
citizens, to put their shoulders to  
the wheel, and not be burdens to so-  
ciety in the days that are coming.  
He was, as his children had said, "a  
beautiful father" in the highest sense  
of the word.—Weekly Bonnet.

R. J. LOUIS CUDDEHY.

### Household Notes.

A CORN PUDDING made from a  
very old recipe bears well the test of  
modern cooking standards. It re-  
quires two dozen ears of corn, well  
filled out but young. Grate or cut

from the cob and pound the ker-  
nels, or a part may be pounded and  
a part grated. Add three or four  
crackers, pounded, one quart of milk,  
five eggs, four tablespoonsful of su-  
gar, and a little salt. Bake one hour  
in a moderate oven. This is to be  
served as a vegetable course, and to  
be eaten with butter. It is not easy  
to give a sure rule for corn pudding,  
because much depends on the condi-  
tion of the corn. If it is young and  
very milky not so much milk is re-  
quired; old corn needs fewer eggs and  
perhaps no cracker. Eggs and crack-  
ers are added to stiffen, milk to soft-  
en. Old corn makes a stiff pudding,  
young corn a softer one. Judgment  
and experience will therefore best  
regulate the amount of milk, eggs,  
and cracker. After the season of  
fresh corn is passed, canned corn  
may be used; if choice warranted  
brands are selected, the result will  
be as satisfactory as though fresh  
corn were used.

RAT PEST.—The approved method  
of ridding a kitchen of rats is, ac-  
cording to cooking-school experts,  
to starve them out. This statement  
must be literally construed and  
means closely covered boxes and bar-  
rels, no crumbs nor particles of any  
food, raw or cooked, left about on  
closet shelves or in any other place  
accessible to them. This treatment  
persevered in will bring about, after  
a short time, the desired result.

KEROSENE ON CARPET.—If you  
spill kerosene on the carpet, don't  
leave it to "evaporate." Cover the  
place an inch deep with bran or  
cornmeal and set enough hot irons  
to cover the spot. Let stand until  
the irons are cool, then sweep off  
the meal, and usually there is no  
trace of the spot. If there is, repeat  
the operation. Unless the oil is re-  
moved the dust settles into it and  
makes a bad looking place in the  
carpet.

TO WHITEN FLANNEL.—To  
whiten flannel when yellow may be  
done by putting the flannel into a  
solution of hard soap, to which  
certain ammonia has been added.  
Take 1½ lbs. of hard soap, 50  
lbs. of soft water, and two-thirds of  
a pound of strong ammonia. A  
shorter process is to place the gar-  
ments for a quarter of an hour in a  
weak solution of bisulphate of soda,  
to which a little hydrochloric acid  
has been added.

## Pronounced Incurable.

### THE STORY OF MRS. AGNES FORAN OF HALIFAX.

Following Inflammation of the Lungs  
a Severe Cough Set in, and Her Doc-  
tor Said Her Case was Hopeless—  
Dr. Williams' Pink Pills Have Re-  
stored Her to Health

From the Recorder, Halifax, N.S.  
Mrs. Agnes Foran, who resides at  
21 Agricola street, Halifax, N.S.,  
tells a wonderful story of her com-  
plaint, and the restoration to health, after a  
protracted and distressing period of  
extreme illness, and she attributes  
her present happy condition, under  
Providence, to the marvelous quali-  
ties of Dr. Williams' Pink Pills.  
When Mrs. Foran was called upon by  
a representative of the Acadia "Re-  
corder," who stated his mission, she  
cordially welcomed him to her pleas-  
ant home, where in the presence of  
her mother and sister, she freely told  
the story of her sickness and recov-  
ery. She said: "A few years ago I  
suffered a severe attack of inflamma-  
tion of the lungs, and was attended  
by one of the best physicians in the  
city. I pulled through, but I was left  
a complete wreck, so that I could  
not do any work, suffering all the  
time with nervous prostration and  
nervous sound in my head. I also had a dis-  
tressing cough, and for months I  
never knew what it was to have a  
good night's rest. For two years  
my life was a perfect misery to me,  
and under the doctor's orders I took  
emulsion till I was nauseated with  
the sight of it, but all to no pur-  
pose. My life was despaired of by all  
my friends who were assured by the  
doctor that my case was beyond the  
reach of human skill. I was visited  
by the clergy of my church and sis-  
ters of Charity, who were very kind  
and sympathetic and looked upon me  
as one whose earthly race was about  
run. I experimented with all sorts  
of remedies for my cough, but with-  
out avail. My druggist at last ad-  
vised me to try Dr. Williams' Pink  
Pills. Being fairly discouraged, never-  
theless I was persuaded to make the  
trial, when to the surprise and joy  
of myself, family and friends, I be-  
gan to get better, and by the time  
I had taken seven or eight boxes I  
was as well as you see me now." She  
laughingly added, "I think  
you will admit that I don't look  
much like a sick woman." Her moth-  
er, who had been listening to the  
tale of her daughter's long illness,  
added: "It just seems like a dream  
to us all that we once despaired of  
her life, when we now see her the  
pink of health."

Mrs. Foran said that when on a  
visit to England about a year ago  
she contracted a heavy cold and was  
threatened with a return of her  
cough, but she at once got some of  
the pills and by the time she had  
reached New York she was as well  
as ever again. She related a number  
of instances in which she had advised  
persons suffering from chronic  
complaints to take Dr. Williams' Pink  
Pills and always with the best  
results. She mentioned particularly  
a niece of hers living in Boston who  
was run down and in a wretched  
condition of health, but was now a  
healthy young woman who owed the  
fact to the use of the pills. When the  
reporter was taking his leave Mrs.  
Foran said: "I am very glad to have  
the opportunity to testify what Dr.  
Williams' Pink Pills have done for  
me, and you can say that I shall  
never cease to sound their praises,  
and I bless the good Lord that they  
were placed in my way at a time  
when I had not the hope that I  
could live."

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"I disapprove of letters of intro-  
duction," said an elderly New Or-  
leans business man, "and I won't  
give one under any circumstances.  
They are bad form and border close  
on downright impertinence. What  
right have I, for example, to thrust  
a perfect stranger on my friend, John  
Smith, of Memphis or Chattanooga,  
without having at least asked Mr.  
Smith's permission or ascertained  
whether the introduction would be  
mutually agreeable? Then, again,  
such letters always mean either too  
little or too much. Most of us give  
them almost as freely as we give  
good advice, without the least idea  
of incurring any responsibility; yet a  
letter of introduction is, or ought to  
be, an absolute indorsement of the  
bearer, and the recipient would be  
justified in holding the writer strict-  
ly accountable for any abuse of his  
hospitality. I believe this view is  
unsatisfactory, but I must confess I

stopped writing letters of introduc-  
tion myself on account of a little  
contempt that has nothing to do  
with the proprieties of the question.  
It happened in this way:

"A certain friend asked me to give  
a letter to a young Englishman, in-  
troducing him to a former business  
partner of mine, now living in Louis-  
ville. I didn't want to do it, but  
lacked moral courage to refuse; so I  
wrote two letters—one the introduc-  
tion requested and the other a brief  
note to the Louisville man, explain-  
ing the circumstances and saying  
that I didn't really know whether  
the Englishman was a gentleman or a  
horse thief. Two days later I got a  
telegram from my old partner,  
saying that he had received a letter  
of introduction by mail, and was at  
a loss to know what to make of it.  
I had put the two enclosures in the  
wrong envelopes and had given the  
Englishman the private note of re-  
putation."

"I suppose he read it, of course,"  
remarked some one in the group of  
listeners.  
"That's just what has been trou-  
bling me ever since," replied the old  
merchant: "I don't know whether he  
did or not. He presented it without  
turning a hair, and if he knew the  
contents he certainly made no sign.  
At least that is the report of my  
friend, who was so surprised when  
he ran his eye over the epistle that  
he nearly fell out of his chair. All  
this happened four years ago, and I  
haven't written a letter of introduc-  
tion since. I wouldn't meet that  
Englishman again for a thousand-  
dollar bill, because if I did I  
couldn't know whether to shake  
hands or get ready to fight."

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Dame street, near McGill. Officers:  
Ald. D. Gallery, president; T. Mo-  
Carthy, vice-president; E. J. Devlin,  
recording secretary, 1635 Ontario  
street; John Hughes, financial se-  
cretary, 14 Brophy, treasurer, M.  
Fennel, chairman of Standing Com-  
mittee; marshal, M. Stafford.

A.O.H.—DIVISION NO. 9.—Presi-  
dent, Wm. J. Clarke, 208 St. An-  
toine street; Rec. Secretary, Mo.  
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, 700 Pal-  
ace street; Chairman of Standing  
Committee, R. Diamond; Sentinel,  
M. Clarke; Marshal, J. Timan. Di-  
vision meets on the second and  
fourth Wednesday of every month,  
in the York Chambers, 2444 St.  
Catherine street, at 8 p.m.

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.S.S.R.; President, D. J. O'Neill;  
Secretary, J. Murray; Delegates  
to St. Patrick's League: J. Whitty,  
D. J. O'Neill and M. Casey.

ST. PATRICK'S T. A. & B. SOCIETY  
Meets on the second Sunday of  
every month in St. Patrick's Hall,  
92 St. Alexander street, immedi-  
ately after Vespers. Committee of Man-  
agement meets in same hall the first  
Tuesday of every month, at 8 p.m.  
Rev. S. C. Hallisey, Rev. Presi-  
dent; James J. Costigan, 1st Vice-  
President; W. P. Doyle, Secretary,  
220 St. Martin street.

C.M.B.A. OF CANADA, BRANCH 26,  
—(Organized, 15th November,  
1888.)—Branch 26 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 Mondays of  
each month, at 8 p.m. Applicants  
for membership or any one desirous  
of information regarding the Branch  
may communicate with the follow-  
ing officers:—Jas. J. Costigan,  
President, P. J. McDonagh, Recording  
Secretary; Robt. Warren, Finan-  
cial Secretary, Jas. H. Maldea,  
Treasurer.

YOUNG TRISHMEN'S L. & B. AS-  
SOCIATION, organized April 1874.  
Incorporated, Dec. 1875.—Regular  
monthly meeting held in its hall,  
19 Dupre 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, Hugh  
O'Connor; Secretary, Jas. O'Lough-  
lin. All communications to be ad-  
dressed to the Hall. Delegates to  
St. Patrick's League, W. J. Hin-  
mphy, D. Gallery, Jas. McMahon.

ST. ANN'S T. A. & B. SOCIETY, es-  
tablished 1863.—Rev. Director,  
Rev. Father Flynn, President, John  
Killfeather, Secretary, James Bra-  
dy, No. 97 Rosel Street. Meets on  
the second Sunday of every month,  
in St. Ann's Hall, corner Young  
and Ottawa streets, at 8.30 p.m.  
Delegates to St. Patrick's League:  
Messrs. J. Killfeather, T. Rogers  
and Andrew Cullen.

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