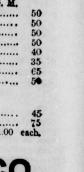
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day, and our souls reanimate them; and we, perfect in body and soul, erj y eternal life; it is its continuance and the prepara-tion for the ecomplete erj yment of the glortour resurrection of the body. This is glortour resurrection of the body. This is why it is often called the "bread of the glortour resurrection of the body. This is again is a pleaded what could we think of any other power which He will use in our resurrection. Tet as the Resurrection from the dead of Christ is the foundation of the faith, and the Sacrament of the Altar is the pleage of our Resurrection, so the Church, in the sage in our mids go to Holy Com-munion; bids us cathe food of the faith, as the Sacrament of the Altar is the pleage of our Resurrection, so the Church, in the safe in our mids go to Holy Com-munion; bids us take the Body of Christ, the pleage of our Resurrection. Tet, as the Resurrection from the dead of Christ is the foundation of the faith, as the Sacrament of the Altar is the pleage of our Resurrection. Tet, as the Resurrection from the dead of Christ is the foundation of the faith, as the Sacrament of the Altar is the pleage of our Resurrection. Tet, as the Resurrection from the dead of Christ is the foundation of the faith, as the Sacrament of the Altar is the pleage of our Resurrection. Satther for which God of heaven, bids us take the Body of Christ, that by feeding on Him we may be made like thim, that by such a union we may be made one body with Him and thus be raised to that state for which God destined us when we were created. For these rea sons the Church commands us to make our caster duty every year under pain of the taster duty every year under pain of mortal sin. The Sand-Bac.—One of the most con-venient articles to be used in a sickroom

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MAY .\$2, 1806

SECOND SUNDAY AFTER EASTER.

DOUGHNUT-One-half pint of sugar, one-half pint of milk, two eggs, one tea-spoonful of soda, one and one-half tea-spoonfuls of cream of tartar, and sait and spice. Fry in hot lard.

"He that eateth My Flesh and drinketh My Blood, hath everlasting life and I will raise him up in the last day."-St. John vi., WAFFLES-One quart of sweet milk, warm, four eggs, a piece of butter the size of an egg, one teaspoouful of salt, teacup of yeast, flour enough to make a stiff byt-ter, let it rise three hours ; bake in waffle irona. Me Brood, hath ever lasting life and 1 will refer bind up in the last day."-St. John vi., by Have you made your Easter duty, my friend i No? Why not? When are you going to do it? Do you think that because the Church has charitably ex-tended the time for fulfilling the precept in this country, that you can keep putt-ing it off until the last minute? Sad it is indeed to be in such a state of mind, but you will be received. Better far come now; near to Easter is the best time. Some one will asy to me, "I have no time just now; in a few weeks I will come." No time! What is time for? I is it made to fritter away in an endless round of frivolity? I is it made to waste in the heaping up of a mass of wealth, with which to benefit no one, not even your-self? I is time merely given to man to work and make a living in? No! No! Time, my brethren, is given us for but one and for only one purpose. It is given us that in it we may prepare for eternity and heaven. The man who doesanything else with his time is a sluggerd. Tell me not you have no time. Duty is duty, and time even at the cost of some sacrifice. Remember if you put off this duty, which you can now easily make, death hasy come upon you unawares, and find you with this duty unfulfiled. How will you fare, then, you who have been putting it off for so long? There is furger of the Church

TEA CARE-Oas half cup of butter, one-half cup of sugar, three eggs, one and one-half cups of milk, three cups of flour, two teaspoonfuls of cream of tartar, one spoonful of saleratus. Bake about half an hour.

PLAIN CAKE.—One cup of butter, one cup of sugar, one cup of molasses, one cup of milk, one teaspoonful of soda, two teaspoonfuls of cream of tartar, two eggs, one pint of chopped raisine, one nutmeg, flower enough to thicken. Bake slowly.

TAPICA PUDDING-Soak three table-spoonfuls of tapica two hours; cook in a quart of milk, yolks of four eggs, stirred in with one cup of sugar; cook one-half hour. Beat the whites of the eggs to a stiff froth, add one-half cup of sugar; put over the top in large balls.

RICE PODDING WITHOUT EGGS. —Butter the pudding dish, wash a cup of rice, put in the bottom, then a cup of sugar, a small cup of raisins on top of that, eight cups of milk, and a piece of butter. Grate a little nutmeg over the top. Bake slowly two hours without stirring. For sauce stir white sugar and butter together, or butter alone is good.

Alone is good. OX.TATL SOUP.--Take two tails, wash and put into a kettle with about one gallon of cold water and a little salt. Skim off the broth. When the meat is well cooked, take out the bones and add a little onion, carrot and tomatoes. It is better made the day before using, so that the fat can be taken from the top. Add vegetables next day, boil an hour and a half longer.

taen, you who have been putting it off for so long ? There is a reason why it is fitting that every faithful member of the Church should go to Holy Communion at Easter. The Church does not command you to go at Pentecost or Christmas or at any of the other great feasts. But because she wishes to impress on us the special value of the Most Holy Sacrament of the Altar she selects the Feast of the Resurrection as being the doctrine shown forth in this life giving sacrament. So important does she consider this duty that she imposes it under pain of mortal sin. For by the worthy reception of the Body and Blood of Christ, we are made partakers of Him in such a way, that our bodies will be made capable of rising again at the last day, and our souls reanimate them; and we, perfect in body and soul, enjoy eternal life. s half longer. GLOSSED SHIRT BOSOMS.—Take two ounces of fine white gum arabic powder, put in a pitcher and pour on a pint or more of water, and then having covered it, let it stand all night. In the morn-ing pour it carefully from the dregs into a clean bottle, cork and keep it for use. A teaspoonful of this gum water stirred in a pint of starch made in the usual way, will give to lawns, white or printed, a look of newness when nothing else can restore them after they have been washed.

THE CATHOLIC RECORD.

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King Street, Opposite Revere Hense, Has now on sale one of the most mag-nificent stocks of

lish language greets de ear. (Applause.) I would rather stan' heah dan to be buried under a \$10,000 monument. (Cheers) "De subjick ob my address am Senti-ment. What am sentiment? Whar' do we git it, an' what am it worf by de pound when de market am not ober-stocked? I answer dat sentiment am a eort o' lasses an' mush sorroundin' de heart. In some cases it hardens up an' turns to stun, while in odders it thins out until de heart fairly floots in a pond o' sweetness. (Applause.) Sentiment has considerbul to do wid ebery ackshun in our eberyday life. It am bizness when you start out to borry a pan of flour or a basket ob taters. It am sentiment that causes a naybur to lend, instead of de-mandin' spot cash. (Wild applause from Judge Cadaver.) "Bizness acktuates de lazy an' de shift-less to sot out an' beg cold vittles an' old clothes an' dimes an' quarters. Senti-ment acktuates woman to shed tears ober 'em an' stock 'em up wid 'nuff to loaf on fur another month. When we have a kickin' hoss our sentiment am 'pealed to. We argy that the safety of our loved ones requires us to trade dat animile off to some preacher who wants a perfeckly re-liable hoss. Dat's one kind of sentiment. When we buy an excursion ticket to Niagara Falls an' reach de grand cataract arter a thirty hours' sweat on de cattle cars, de immense wate of water 'peals to annodder sort o'sentiment. When we luv we reveal another phase of sentiment. Men we huy an excursion ticket to Niagara Falls an' reach de grand cataract arter a thirty houre' sweat on de cattle cars, de immense wate of sentiment. Men we huy an excursion ticket to Niagara Falls an' reach de grand cataract arter a thirty houre' sweat on de cattle cord de undertaker's bill down twenty per cent. Sentiment writes poetry wid one hand an' tans de backs of de chil'en wid de odder. It guides our thoughts to friends ober de sea, an' sends old clothes to relashuns in Wisconsin. It makes uz shed tears fur de las' forty-eight y'ars, an' I has cum to de conclushun dat it was a wise thing to pu

put up at aucehun along wid a lot of fence posta. I could talk to you fur three straight weeks on dis subjeck, but obsar-vin' dat my half hour am up, I will chop off right heah, an' hope dat it may be my pleasure at some fucher day to meet you agin. Any pusson who wants his for-tune told will find me in de aunty room fur de nex' two hours."—Detroit Free Fress.

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ner. THE SAND-BAG.—One of the most con-venient articles to be used in a sickroom is a sand-bag. Get some clean, fine sand, dry it thoroughly in a kettle on the stove; make a bag about eight inches square of flannel, fill it with dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and will also enable you to heat the bag quickly by placing it in the oven, or even on the top of the stove. After once using this, you will never again attempt to warm the hands or feet of a sick person with a bottle of hot water or a brick. The bag can be used as well for warming the back.— *Herald of Health*. The state of the s

Boys and Girls, Sit Erect.

It is recorded of a certain great phil-osopher that a friend who went to visit him met the philosopher's little daughter before he met the philosopher himself. Knowing that the father was such a deeply learned man, the friend thought that the little girl must have learned something One of the worst habits young people form is that of leaning forward too much while at work or study. It is much less tiresome and more healthy to sit or stand erect. The round-shouldered, hollow-chested and almost deformed persons one meets every day could have avoided all the bad results from which they now suffer had they always kept the body erect, the chest full, and shoulders thrown back. A simple rule is, that if the head is not thrown forward, but is held erect, the shoulders will drop back to their natural position, giving the lungs full play. The injury.done by carelessness in this respect is by compressing the lungs, preventing their full and natural action, resulting in lung diseases, usually consumption. Sit erect, boys and girls, and look the world in the face.

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