

September 29, 1900

"S TIRED"
Frequently Produced by
CATARRRH
OF THE
NERVES.

These make half of the... They may seem special the mat-drag along weak... The tainted and the entire nervous spring of...
remedy after temporary benefits and medicines... nor will Catarrh of the only way. Kill germs. Otherwise ensure to return... fully repeated until very patience, it is "all imaginable" say... "and the discouragement of the exhaustion of the...
rule already doing have strength for... morning exhaustion and dread-ness...
need the tenderest condition is far pain. Yet it can be cured... it try once more... he will do it for...
tell you I "stop" will make you feel so I WANT to work... I try once more... of the most com-plaint of the NERVES.

THE SECRETS OF HAPPINESS.

All how many there are looked away in the treasury of life! All are anxious to possess them. All alike eagerly strive to reach the favored spot, but alas! too often in their haste forget the keys, though they hang in the easy reach of all. Useless, then, indeed, without them is it to attempt to enter the gate of success. The dearest, the best treasures we have on earth are those we love, and for them we are willing to offer any sacrifice within our power to help them over the rugged paths of life. Oftentimes we ask ourselves the question, What shall we do to help our friend? And sweetly through the mist of uncertainty comes a voice, bidding us on the altar of that friendship unlock the tabernacle of Heaven's blessings, first by the golden key of prayer, and in faith and in silence watch them dropping into his life as the pearly dewdrops falling over the sleeping earth. Who can doubt that he errs fatally who fails to build by prayer a strong foundation against the ills of life, or against the time when, perchance, he is called upon to make a great, a noble sacrifice for loved ones.

READING ALOUD.

A mother should take great pains to teach her children to read aloud distinctly and pleasantly. Much time and money are often expended in cultivating the voice for singing, and yet quite as much is wasted in the following manner. I have seen many children in Ireland who would publish indecent papers in Dublin position of seeing all as into the hands of those who have no patriotic respect is divinity. Among those who control "The In-the-British Linotype" Louis Stuyvesant, Robert Worthington, M.P., for College, Mr. Rochfort, Mac-Bourchier Hawksley, National member.

THE CHARACTER OF NATIONALITY.

The individual is the character, because he is a thing of person, a group of individual, as in a family, origin and common that group, from the influences and inter-ference a certain com-plaint is a character which respects is similar and when that to a multitude of National character, consists in a habit of thought, habit, ancestral origin and life and interest. The "s" strike

CATHOLIC

possess a copy of Student's Manual and Prayer... seasons of the Ecclesi-astical Year. Compiled by a Professor of Moral Theology, Grand Seminary, Canada.

THE NEGATIVE OF LIFE.

There is a negative side of life which, though not its most pleasant phase, is a very necessary one. When

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that your blood is rich and pure. The best blood purifier, written and analyzed by... BE SURE.

Our Boys and Girls.

TWO LITTLE BOYS.

A bad little boy, with a cross little face,
Came slowly downstairs in the morning;
Of fun or good nature he showed not a trace,
He fretted and cried without warning;
He'd not touch his breakfast, he would not play;
If you spoke, he just answered by snarling;
He teased his pet kitty, and all the long day,
He really was "nobody's darling."
A good little boy, with a little bright face,
Came down in the morning time singing,
And indoors and out, and all over the place,
His music and laughter went ringing.
He ran grandpa's errands, his orange he shared
With Sue, and he found mamma's thimble,
To do what was asked he seemed always prepared,
And in doing it equally nimble.
These two little boys who were wholly unlike,
Though they live in one house, are not brothers,
That good little boy and that bad little tyke.
Have not two kind fathers and mothers,
But there are two tempers and only one boy.
And one is indeed such a sad one
That when with the good one he brings us all joy,
We ask, "Was he really the 'bad one?'"
—The Outlook.

much pleasure may be given by the person who reads aloud in a pleasing manner. No attempt need be made at elocution, as the word is ordinarily understood; distinct utterance and proper emphasis, so as to convey easily to the mind of the hearer the meaning of the sentence read, are all that is necessary. To be able to read aloud is a most satisfactory accomplishment.

ROUGH WORK.—Rough work needs often to be done in this world. Some of the young folks imagine that all work is easy, light and pleasant, such is not the case. Before the way is made smooth very often the roughness have to be gone through. One thing don't lose sight of, no matter what work you wish to do, rough or pleasant, you may and can be a gentleman all the same.

A CHURCH DUTY.—A very good pointer for our young folks is how to make a proper genuefaction. How very painful it is to see some Catholics, upon entering the church, trying to genueflect. If they could but see how ridiculous they appear in the eyes of others, they would even at once to do it properly and reverently. To genueflect is to bend the right knee to the floor. This is an acknowledgment on your part of our belief in the Blessed Sacrament, of God's superiority and our dependence. To genueflect properly is to be pleasing to our Divine Lord; but it can hardly be termed aught but mockery to give an indescribable bow we see so frequently in our churches. Remember, it is Christ, you salute; try to be as polite towards Him as you are towards His creatures. Be as anxious to please Him in your salutation as you are to please man. Genueflect properly and reverently.

A FEW DON'T'S.

- (1) Don't be jealous of your neighbor's success in school.
- (2) Don't be a tale-bearer. Whatever happens in the school, don't bring it home and add some lies to it. This is a point that scholars should pay particular attention to, as it is very often the means of causing a great deal of trouble.
- (3) Don't form the habit of being frequently late at your work.
- (4) Don't be a coward in time of danger.
- (5) Don't get others to do your work in school for you, as this leads to idleness, carelessness, and ignorance.
- (6) Don't get into the habit of worrying about trifles.

KINDNESS REWARDED.

A young mechanic passed daily over London Bridge. Occasionally he tossed a penny to a beggar who held his sign toward the end of the bridge in sunshine and in storm.
One day the mendicant stopped the mechanic and said to him: "I am going into the country. You have been kind to me, and I want to make you a present. There is a fortune in this little piece of paper. I am a Waterloo soldier, and I got the paper in the army. Follow the instructions faithfully and you will be rich."
That paper was the original receipt for "Day & Martin's" blacking.
R. J. LOUIS CUDDHY.

HOUSEHOLD NOTES.

TRUE FRIENDSHIP.—A lady may stand behind the counter, be mistress in her own home, or busy all day at a desk, but what matter what her position in life, she never swerves, and unconsciously she always impresses those who are around her with the fact of her gentleness and her simplicity. The lady gains her strength not from riches, not from her high position, not from great learning, but from good common-sense. Any one of us may learn this if we will take a good model and copy it. No lady is free and easy in her manners. She does not, however, go to the other extreme and become stilted, but she tends rather to quietness and to a slight reserve. When she takes a friend, she proposes to keep her. She does not become intimate with you after twenty-four hours' acquaintance, but you in the place of a confidante in forty-eight hours, and in a week's time tire of you. The lady knows you first merely as an acquaintance, and then, if she finds you interesting, or if she thinks she can in any way be of use to you, she permits you to come gradually into her life, and between you may grow up a friendship that may last through life even unto death. Nothing is so positively injurious to a woman as the intense friendships that are born in an hour and die in almost as short a time. They tend to foolish confidences, and very often to actions that are regretted for one's lifetime. A lady, no matter how much she may like you—who you are a pleasant acquaintance or a friend—does not call you by your first name unless you ask her to. She is wise enough to know that friendships are preserved by a little hedge of propriety; that more friendships are killed by too much freedom than by too much regard for good manners. It is the woman who is not a lady who tells of her private life, of her acquaintances and of her pleasures, for the benefit of an amused crowd.

life is young it seems to be surrounded by a vast shadowy world in which dreams are like realities and realities are like dreams. In time there comes a further conception of what living on this practical earth means, boundary lines become more clearly defined, while the positive side is being learned, a lesson in negatives is also taught, and the latter is by no means an easy or a pleasant lesson to learn.

USELESS FOREBODINGS.

What a vast proportion of our lives is spent in anxious and useless forebodings concerning the future—either our own or that of our dear ones! Present joys, present blessings slip by, and we miss half their sweet flavor for want of faith in Him who provides for the tiniest insect in the sunbeam. Oh, when will we learn the sweetest trust in God that our children teach us—we, who are so un-just, so faulty, so irritable, so un-pitiful, so loving, so forgiving? Why cannot we, slipping our hand into His each day, walk trustfully over that day's appointed path, thorny or flowery, crooked or straight, knowing that evening will bring us sleep, peace and home?

CARELESS COOKING.

The difference between trained and ignorant cooking is the difference usually between digestibility and dyspepsia. For example, the careless cook, in melting butter, will allow it to cook, converting it into a most harmful food, warranted to give heartburn. For this reason butter ought never to be used in frying. Its action on fish or shellfish is particularly bad. In its place a little pure olive oil is very much to be preferred. Similarly, it is better, if an egg is to be boiled hard, to put it into warm water and let it simmer for fifteen minutes; the yolk will then be a dried powdery ball, instead of a hard kernel that no amount of mashing will reduce to a powder.

TO RETAIN THE JUICES.

Meat, which is to be boiled, should be plunged into a saucepan containing boiling water for about eight minutes; this will harden the albuminous matter and prevent the juices from seeping while the meat is being cooked. At the end of the time

a little cold water should be poured into the saucepan to lower the temperature, and the meat should be allowed to simmer until it is done. When roasting meat, the pores should be closed by placing it in the hottest corner of a quick oven for ten minutes, then remove it to a moderate heat and let it cook for the required length of time.

GRAVIES AND SAUCES.—"A golden rule for gravies and sauces," says an expert cooking teacher, "is that wherever flour is used the liquid, whatever it may be, must be cool when added. Flour and butter or meat fat is the base of gravies, over which the ignorant kitchen maid pours boiling water. The sure result is poor, lumpy gravy. Straining will take out the lumps, to be sure, but will not take away the raw taste from the uncooked flour. In making tomato sauce the juice should be slightly cooled before it is poured over flour and butter, and cool milk should be used for white sauce."

HOUSEWORK AND BUSINESS.—There is no better training for business than that which a girl, rightly taught, can get from household and domestic work of all kinds, including sewing. The "work" of business consists mainly of details. To oversee and manage these details so as to bring about from their combined action a profitable result is to be successful in business. The girl who becomes an expert in a complex and exacting business. Should it become necessary for her to exert herself in another occupation in order to earn her living, she will find in any business she takes up that her mastery over the details and general combination of one enterprise is of great help in enabling her to grasp the affairs of another.—Woman's Home companion.

SLOW STARVATION.

THE CONDITION OF THOSE AFFLICTED WITH INDIGESTION.

Flatulency, Sick Headache, Offensive Breath and Eructations, Irritability and a Feeling of Weight on the Stomach are Among the Symptoms.
Dyspepsia, or indigestion, as it is also frequently called, is one of the most serious ailments that afflict mankind. When the stomach loses its craving for food, and the power to digest it, the person so afflicted is both mentally and physically in a condition of wretchedness. The symptoms of the disorder are manifold, and among them may be noted, a feeling of weight in the region of the stomach, sick headache, offensive breath, heartburn, a disagreeable taste in the mouth, irritability of temper, disturbed sleep, etc. The condition is in fact one of slow starvation of the blood, nerves and body, and on the first symptoms treatment through the use of Dr. Williams' Pink Pills should be sought. Mr. William Birt, a well known blacksmith at Pisquid, P.E.I., is one who suffered for years, and relates his experience for the benefit of similar sufferers. Mr. Birt says:—"For some years I was a victim of indigestion, accompanied by nervousness, palpitation of the heart and other distressing symptoms. My appetite was irregular, and what I ate felt like a weight in my stomach; this was accompanied by a feeling of stupor or drowsiness, and yet I rarely enjoyed a night's sound sleep. When I would retire a creeping sensation would come over me, with pains and fluttering around the heart, and then when I arose in the morning, I would feel as tired and fatigued as I did before I went to bed. It is needless to say that I was continually taking medicine, and I think, almost everything recommended as a cure for the trouble. Occasionally I got temporary relief, but the trouble always came back, usually in a still more aggravated form. All this, of course, cost a great deal of money, and as the expenditure seemed useless I was very much discouraged. One day one of my friends, who had used Dr. Williams' Pink Pills with much benefit, advised me to try them, and I decided to do so, thinking nevertheless, that it would be but another hopeless experiment. To my great gratification, however, I had only been using the pills a few weeks when I felt decidedly better, and things began to look brighter. I continued taking the pills for several months, with the result that my health was as good, and my digestion better than it had ever been. One of the most flattering results of the treatment was my increase in weight from 125 pounds to 155 pounds. It is more than a year now since I discontinued the use of the pills and in that time I have not had the slightest return of the trouble. We always keep the pills in the house now, and my family have used them for other ailments with the same gratifying results."
These pills may be had from any dealer in medicine, or will be sent post paid at 50 cents a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

NO POORHOUSES IN CUBA.

In his account, given to the St. Vincent de Paul Quarterly, of his observations in Cuba recently while assisting in the organization of its public charities, Homer Folks, secretary of the New York State Charities Aid Association, says in telling of his inquiries into the poorhouse system, outdoor relief and organized charity at the last:—"The writer, accustomed to the Anglo-Saxon poor law, found some difficulty in adjusting his mental operations to what was found to be

the fact—that Cuba had never had any of these things; no poorhouses, no outdoor relief, no overseers of the poor. Then there came before him a great deal of suffering was the natural comment of the American. Not at all, was the reply of the Cuban; we had no suffering before the war. The poor were cared for, and well cared for, in the most natural and helpful way possible, by their own relatives, or by friends and neighbors. The orphan asylums were in the large cities and were few in number. They were, as a rule, endowed institutions or church institutions. In either case they were usually under the immediate charge of the religious order of the Catholic Church."

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 a bottle.

OUR FARMERS' COLUMN.

The following notes in connection with the Experimental Farm at Ottawa will be found very interesting:

Mr. A. G. Gilbert, of the poultry department, will start in a couple of weeks on a lecturing tour through Ontario and the Northwest on the same business.

Professor Shutt, of the chemical laboratory, is busily engaged examining soils from the Northwest. He has on hand samples from the Experimental Farms at Indian Head and Brandon. The samples are of a strong rich nature, and they will be tested in the fall and the spring, respectively, to find out if any plant food is lost during the winter months. Mr. Shutt is of opinion that no loss is suffered during the winter. The primary object of the test was to learn how the most moisture could be stored up in the soil.

A sample of soil from New Westminster, British Columbia, is also undergoing a test, and 100 small fruit growers are eagerly looking for the result.

A number of different fodders are undergoing a test in the chemical department, among them eight or ten samples of rape, cut at different stages of growth. The feeding merits of the stalk against the stem will also be found out.

The experimental silo has been completed and filled with clover. This is a difficult fodder to ensile in good condition, owing to its being so rich in nitrogen, which makes it easily decomposed. During the winter as the ensilage is fed, samples at different depths will be tested. In fermentation a change takes place which, if great, lessens the value of the fodder, and when clover is moist this deterioration is considerable so that when clover is ensiled at the proper dryness a great advantage is secured.

Next week a number of pigs, which are rapidly arriving at the proper standard for the British market, will be slaughtered and the quality of their pork as regards softness will be closely examined.

The correspondence in the chemical laboratory is at present very heavy. Enquiries are made regarding qualities of soil, merits of fertilizers and feeding powers of different fodders.

In the piggery department there are 14 pens of young pigs from four to five months old undergoing experiments which will show the fattening powers of different methods of feeding, and also the effect produced on the pig.

In one pen 12 pigs are fed peas, oats and barley in equal parts and as much green rape as they can eat.

In another pen a lot of 12 are fed peas, oats, barley, corn and all the rap pumpkins they can eat.

Twelve more are being fed dry ground corn, 2 lbs. per day per pig, and as much rape as they can eat. A corn alone is found to be a very unsatisfactory feed, although when mixed with other feed it gives a good result.

In another pen six pigs are fed 2 1/2 pounds of corn meal each day per pig.

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