TH' TONGUE.

"The boneless tongue, so small and Greek.

hords. sword.

The Persian proverb wisely saith: "A lengthy tongue, an early death."

Or sometimes takes this form inhead.

whose speed, "qutstrips the The Chinese say, steed."

While Arab sages this impart: "The tongue's great storehouse is and strong. Standing on the left the heart."

From Hebrew wit this maxim sprung:

his soul."

Sold only in sealed lead packets, ne-

ver by peddiers or in bulk.

EXTERMINATE THE HOUSE FLY. Screen all food and keep flies away

from it. Keep the streets clean. Keep stable manure, breeding place for flies, in a vault or pit or screened

inclosure and sprinkle its surface with chloride of lime. Quickly cover up food after a meal, and bury or burn table refuse.

Keep damp cloths near meat dishes, milk jugs and other food receptacles. Burn pyrethrum powder in the house. It will kill most of the flies, and those it does not kill will fall stunned when they may be swept up and burn-Sticky fly papers are a secondrate palliative.

Remember that the exposure of any kind of refuse near a dwelling furnishes a breeding place for flies, and if which is really a cake, either food is exposed the flies will deposit germs upon it.

Recognizing the danger of the house cream or a meringue on top. Chicago department of health is pre- milk biscuit shortcake, which is really paring to wage a determined warfare more tender than that made with against the pest this summer.

the surest way to eradicate the evil half teaspoonful of salt and mix well. is to educate the people to a sense Add three tablespoonfuls of butter of the almost unlimited possibilities and chop fine, using a silver knife.

filth, the insects transmit the seeds sour milk. of deadly disease as surely as the add a tablespoonful of sugar and one

typhoid fevel, dysentery, tuberculosis, turn out on to a floured board. The smallpox, scarlet fever, measles, dough should be soft enough to roll diphtheria, intestinal diseases in chil- easily. dren, and other contagious maladies. quickly into two thin sheets. These Dr. Brehn, writing of the matter, may be baked separately in well

commonly called the fly, is such as butter between and baked in one tin. to make it an object of repugnance to Bake in a very hot oven. When manner of filth, usually table sweep- of ripe berries washed, crushed and McGuckin-Leigo (contralto), Phila- His joys and His glory in paradise ings, or the offal and garbage in our sugared. This should have been done delphia alleys and streets. It feeds upon the before beginning the dough, so that decayed substances of garbage neaps, the sugar will have time to draw Modern Materialism; five lectures by the Tuto for the beatification of the It is a natural disseminator of dis- out the rich juice of the berries. Cov- the Rev. Francis P. Duffy, D.D., Pro- Venerable Gabriel and on the miracles ease and purveyor of filth.

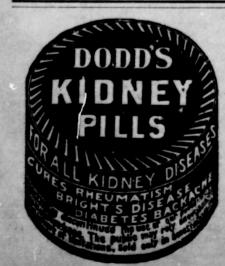
flies don't get the typhoid themselves place the second cake on top and covgerms from typhoid patients and then sauce, swim around in milk or walk over jelly or ice cream or sugar or meat or butter, with its mouth and legs! smeared with disease germs and filth. Then, true to its familiar habits, it! will walk over the face of the nearest human being. Ifruit salad

with a certification of absolute purity prevents the odor from arising.

Suppose there is a case of diphthebeing aware of the fact. The empty been fed is placed outside the door. and take the germs of the disease in-

it can gain entrance. Not long ago the health department traced the spread or typhoid directly to flies. The disease was brought in milk from a certain farm near Chica-Investigation was made of the farm, and it became evident that the germs could not have been propagated there, for there was a well 280 feet down and the water was absolutely The dairy was perfectly clean. But in the next farm it was discovered there was a case of typhoid. Germs of the disease had been carried by the flies from this farm to the clean dairy and lodged in the milk. And a great

Holloway's Corn Cure is a specific for the removal of corns and warts. We have never heard of its failing to remove even the worst kind.



STRETCH YOURSELF.

A splendid thing for the body is stretching. When you first wake up Can crush and kill," declared the in the morning, take a good, long Stretch the hands as far out sideways as possible. Then stretch "The tongue destroys a greater them over the head as far as you can reach, and at the same time stretch The Turk asserts, "than does the the feet downward as far as you can. Raise the feet and stretch upward just as high as you can, and then lower the feet and legs very slowly.

When you get out of bed, raise your arms over your head, and, standing on tiptoe, see how near you can reach the ceiling. Then walk about "Don't let your tongue cut off your the room while in this position. Stand on the right foot and stretch the right arm forward and upward as high as "The tongue can speak a word, you can, while at the same time the left foot is raised from the floor and stretched outward and downward. This is a fine exercise for the whole body and is especially good for the waist and hips, making them firm

If you have been sitting in the same position for a long time reading, "Though feet should slip, ne'er let studying, writing or sewing and the the tongue." muscles have become tired and cramped, the best thing to do is to get up The sacred writer crowns the whole: and stretch. Stretch the arms "Who keeps his tongue, doth keep wards and outward and forward and backward. Lift the shoulders as high as you can and drop them. Ex-Count the cups and count the cost. pand the chest and breathe deeply, Much is saved by using "Salada" Tea. or, sitting in the chair, stretch the hands upward, lift the feet from the floor and stretch them forward as far as possible, any way so you give the muscles a good, vigorous stretch.

When one is very tired, there is nothing more restful than stretching the muscles and then relaxing.

Pale, sickly children should use Mother Graves' Worm Exterminator. Worms are one of the principal causes P. of suffering in children and should be expelled from the system.

STRAWBERRY SHORTCAKE.

The real old-fashioned strawberry shortcake may be made with sour cream or rich sour milk and soda, or sweet milk and baking powder. Sometimes an egg is added and a tablespoonful of sugar, but it is a far cry from the French strawberry shortcake of hotels and restaurants, sponge or layer, with whole berries between the layers and thick whipped as a disease-carrying agent, the make the genuine old-fashioned sour

At the outset it is admitted that try flour in a mixing bowl with a possessed by the insect in the con- Dissolve a level teaspoonful of soda in a little hot water and stir into a After feeding upon germ-infected large cupful of sour cream or rich When it stops "purring" poisoned arrow of a South American well beaten egg to the milk and turn Indian to the unsuspecting victims - into the sifted flour. Mix well towho most frequently are children. gether with a spatula or flexible knife, Wherever there are flies there is handling as little as possible, then Divide and roll lightly and greased round tins or laid one on top The nature of the musca domestica, of the other with a thin coating of It is bred in all done, separate. Have ready a quart

It is a matter of regret that the with a thick layer of these berries, Seminary, Dunwoodie, N.Y.

HOME HELPS.

back towels having a line of embroid-

Sweetened custards will not thicken

among the attractive new things. All-

over embroidery in delicate spraying

should be boiling.

ly placed and look secure.

ery above the hem.

before the sugar.

It will wade around in milk that may have come a few minutes before ter in which any vegetable is cooking and inside of two hours there will be enough disease germs in the milk to

ria in a large flat building. A child may be infected without the family milk bottle from which the child has result is the flies come around to every flat in the building where

design is used with ruffles of plain or hemstitched lawn. is no place for them. Painted furniture both for house and porch is growing in favor. Gray, olive green and yellow are the colors usually seen. A new act for window curtains has a woven lace edge. Scrims with floral borders are also in vogue. The

demand for stencilled curtains still continues A small piece of butter added to many children died in consequence. macaroni, cereals and peas and beans when cooking will prevent their boil-

CAKE HINTS.

Use only the best materials. Weigh: don't guess.

Cream, butter and sugar thoroughly Beat volks and whites of eggs separately unless told not to. Sift the flour several times

Stir in the ingredients lightly after he first hard beating of eggs and su-

Be sure the oven is ready. It can wait for the cake better than the other way round. If the oven is too hot, the cake will hurn or crack on the top; if not hot

enough, it will not rise. Always paper the pans. Cut them to fit the pans and grease just the top Bible and Its teachings, to be given of paper, not the pan, except on rim. Have a clean cloth ready to turn the cakes out upon. If they have not been papered and stick, a damp cloth "Ecclesiastical Review." and Probe held for a minute on the botfessor of Sacred Scripture at St. Charles' Seminary, Overbrook, Pa. tom of the pan.

THE CROWN BANK OF CANADA

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inary report from the Chairman, Rev. surrounded by his noble court, to the schedule of lectures for eleven tary of the Sacred Congregation of

torical Significance of the Tercenten-ary Celebration at Quebec, and the cleric of the Congregation of the Pasby the Rev. John Talbot Smith, LL. and proposed for the beatification of D., President of the Catholic Sum- the Venerable John Eudes, Mission-

F. Burke, C'S.P., New York city, on of the two cases. He dwelt on the the Chief Errors of Modernism. Gleanings from the humorous writ- when it was so necessary and saluers, including Mr. Dooley, by William

Oliver, Brooklyn, N.Y. Fourth Week, July 20-24.—Educafive lectures by the Rev. Robert Sch-Worcester, Mass.

Evening lectures on Some Rulers of the Orient, by the Rev. William L. Sullivan, C.S.P., Chicago, Ill. Fifth Week, July 27-31.-Liturgical

Origins; the times, places, material and formulae of Christian worship; five lectures by the Rev. John B. Pet-Church History, St. John's Seminary,

New Saints

Sunday, May 3rd, Feast of the , assigned to the Board of Studies, lie Vatican Palace, in the august pre-Thomas McMillan, C.S.P., contains Grace Mgr. Diomede Panici, citular the following announcements relating Archbishop of Laodicea and Secre-First Week, June 29-July 3 .- His- beatification of the Venerable Gabriel New York and Philadelphia; Lectures val of three miracles wrought by God ary Apostolic, Founder of the Congre-Second Week, July 6-10.-A Tourist gation of Jesus and Mary (Eudists) Trip Among the Bretons and Else- and of the Order of the B.V.M. of

Charity. the Vicar-General of the Passionists with the two postulators, appr ach-Third Week, July 13-17 .- Studies in ing the throne offered their humble Recent Literature; five lectures by the and warm thanks to His Holiness, in the name of their respective orders Evening Lectures by the Rev. Thos. and congregations, for the happy issue importance of the event at a time tary to be able to offer the youth of both sexes and the religious congregations these new exemplars of tion Diging the Renaissance Period; Christian faith, morality and perfection, and he expressed the hope that the two venerable servants of God would beg from Almighty God every blessing on the Supreme Pastor of the Church, Pius X., with new victories

The Holy Father in his brief reply said that amid the tribulations which the Church is undergoing to-day, it was a great consolation to him to be erson, Professor of Canon Law and able to decree, after the juridical and firmly established proofs of sanctity. Brighton, Mass. This course will in- the honors of the altar to the serclude a historical and cultural study vants of God, faithful imitators of of the Feast-Days of the Liturgical Jesus Christ, who as they had been companions of His sufferings and sor-

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don, upon reaching he knew but one Irish word. Six months afterward he was found preaching sermons in Irish Irish and a few weeks later he lectured before notable Gaelic scholars ?. J. MULQUEEN, Prop. in Dublin on the phonetic system of acquiring a thorough knowledge of their beautiful old tongue.

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wickerath, S.J., Holy Cross College,

the seventeenth session of the Catho- Finding of the Holy Cross, in the lic Summer School at Cliff Haven, N. Hall of the Consistory in the Apostois not quite completed. The prelim- sence of the Holy Father Pius X. weeks, from June 29th to September Rites, promulgated two decrees, one known as the Toto, for the solemn Centenary of the First Bishops of sionists; and the other for the appro

After the publication of the decrees,

for the faith and for the cross.



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TOWN

and die from it, but instead they are er with the rest of the crushed and Reilly-the man and his work, by Ka- joy to all who claim natural or spirthe most active agents for the dis- sweetened berries or large whole ones therine E. Conway of the Boston Pi- itual relationship with the two sersentination of the disease that is dusted with powdered sugar. Serve lot; the Irish Monks and Their Ser- vants of God, and he warmly congraknown. A fly will wade about in the germs from typhoid patients and then sauce.

known. A fly will wade about in the sauce.

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known. A fly will wade about in the sauce.

Evolution Presumptions; five lectures on all present .-- Rome. Water for cooking all vegetables by James J. Walsh, M.D., LL.D., Fordham University, New York city. Too much vinegat is bad for any Evening lectures on Catholic Prosalad and particularly for a delicate gress in Germany by Charles G. Herbermann, LL.D., editor of the Catho-A small piece of charcoal in the wa-

Prosperity, Panics and Hard Times, A successful room must look like it is lived in. Everything must be right- city Eighth Week, August 17-21.—The for the revival of the language of his History and Literature of the Cre- ancestors has been so distinguished in Hand embroidery is the latest vooles; five lectures by Professor Alcee Ireland. gue in towels, even the plainest hucka-Fortier, Tulane University. New Or-

leans, La. Evening lectures on the Forces and unless the cornstarch or flour is added Factors in American Industrial and Commercial Life, by Professor James White embroidered pillow cases are C. Monaghan, Chicago, Ill. Ninth Week, August 24-28 .- The New Views and the Old Traditions

five lectures by the Rev. Herman J. Ornaments and lamps look best Henset, D.D., Professor of Sacred when securely placed. A small table Scripture, St. Charles Seminary, Overbrook, Pa. Evening lectures on the Friends of Lafayette, illustrating social condi- a moist clime, brought him to Lontions in France, 1789-1808; views of

About the Bible and Its teachings;

a recent trip to Alaska, by Lida Rose McCabe, New York city. Class for Catechists during one week, August 24-28, conducted by B. Ellen Burke, editor of The Helper, a monthly magazine for Sunday School teachers. Tenth Week, August 31-September

4.—Five norning lectures by the Rev. James J. Fox, D.D., Professor of

Philosophy, St. Thomas College, Catholic University, Washington, D.C. Subject: St. Thomas and Modernism. Evening recitals, songs and stories from Dixie Land, by Elizabeth Pat-tee-Wallach, Philadelphia. Eleventh Week, September 7-11. Four Evening Concert Recitals by Professor Edward Abner Thompson,

Boston, Mass., including the musical

drama of Hiawatha and varied pro-

Reading Circle Day, August 11. -

grammes.

Meeting of Trustees and unveiling of men orial tablet in honor of the late Warren E. Mosher, August 12. A striking feature of the session will be a course of five lectures dealing with the recent discussions on the

Evening song recitals by Katherine rows on earth, so are now sharers of he felt this consolation very strongly Sixth Week, August 3-7 .- Phases of in the promulgation of the decrees of er the lower half of the shortcake fessor of Philosophy at St. Joseph's of the Venerable John Eudes; he was sure that the news of the promulga-Evening lectures on John Boyle O'- tion of the decrees would bring great At the end of the ceremony His Holi-Seventh Week, August 10-14.-Some ness bestowed the apostolic blessing

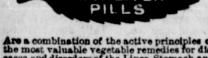
An Irish Linguist

An Irish-Austrian priest of a very Encyclopedia, New York city; interesting kind has just arrived on a visit to Rome, says a correspondent by Thomas F. Woodlock, New York of the New York Herald. He is Dr. Daly, whose success as an organizer

> It seems Dr. Daly has been specially destined from L.s youth for his labor of love. As a young student in the Propagandi College in Rome he learned 12 languages from his brother Levites, among which number were included the Chinese tongue and modern Greek. After his arrival in Australia as a missionary priest his spare

> hours were devoted to the study of the languages. An attack of illness which rendered imperative a protracted stay in

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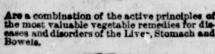


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