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HOUSE AND HOUSEHOLD.

Fish Cooking.

To those who would enjoy the full and delicious flavor of fish in their perfection a few words as to the selection of the fish will not come amiss. Fish must be fresh and in season to be palatable. When selecting them at the market see that the eye is bright and the gills of a bright red color. The flesh should be firm and yet be very elastic to the touch, and, above all, there should be no disagreeable odor. If these marks are reversed the fish is unfit for food.

If in very warm weather the fish has been kept too long chloride of soda will restore it to an eatable condition—that is, if it is not too far gone. But fish thus treated will not be equal in quality to the fresh article.

There are many kinds of fish that are now in season, and there is no food more wholesome or delicious, and the prices are reasonable, except for salmon. Those that are now in the market at prices ranging from 8 to 18 cents per pound are as follows: Haddock, bass, bluefish, fresh mackerel, sea bass, weakfish, porgies, perch, sheepshead and striped bass.

The fish should be carefully gutted after scaling and thoroughly cleaned. Every appearance of blood should be carefully removed, particularly that which lies in the space between the back-bones. The fish should be cut open almost to the tail. This is seldom done properly unless cleaned by the dealer, for the common cook is very likely not to slit it far enough. The dealer is very apt to wash the fish too much, thus robbing it to a greater portion of the delicate flavor.

It should not be handled a particle more than is absolutely necessary, and never left in the water a moment after it is washed. After washing dry it with a towel or hang it up to drain. Some kinds of fish are firmer in the flesh if salt is placed under the gills and they are allowed to hang a few moments before cooking.

In boiling any kind of fish salt should be put in the water, and if salt sea water can be had they are of even better flavor. After the water has come to a boil allow it to simmer and take the scum from the water as fast as it rises. Another way is to soak the fish in salt and water for five or ten minutes before boiling. By this method salt need not be put in the water, and there is comparatively little scum on the water. The fish should be about half covered by the water and when it boils cover with a lid and allow it to simmer. It will be firmer and much better flavor than if it is drowned in water.

A quarter of an ounce of saltpetre in the water will make the flesh of the fish very firm.

Study Your Child.

Your child is a book more puzzling and interesting than any novel you ever read. Study it faithful page by page as it turns the leaves of development. If a child imitates quickly and is very lively, it is most likely inclined to be passionate. It is your duty in such a case to be gentle and firm, and when it is violent to calm it by drawing its attention from the cause of excitement. Scolding, frowning or strong opposition will only increase its violence; for it will immediately imitate all these actions. Neither must you laugh or seem amused by its childish rage; but on the contrary, look grave and sorrowful. If the child loves you (and it will love you if you have treated it rightly), the expression of your countenance will have a great effect upon it. The faults of passionate children are often confirmed and strengthened by the anger of their parents. I have heard it recommended to allow a child to scream till it is tired and that thus it will cure itself; but I am sure such a plan only confirms the evil.

If, on the contrary, the character of a child is silent, and it is slow in noticing or imitating, it will very likely whine and fret. With such a disposition, keep it constantly in action by talking to it, playing with it, and directing its observation to the things about it; and, after awhile, encourage it, by every means, to find amusement for itself. Such a disposition will require more activity on your part than the quick, lively child, but less watchfulness. It will require to be aroused to exert both its mind and body, while with the active child it will perhaps be necessary to find amusement that will keep it quiet. With all children, however, proper amusement must be found, or they will be either mischievous or stupid.—*Old Homestead.*

A Mother's Love.

No matter how times may change, and we by force of circumstances are compelled to change with them, there is one sentiment that stands firm and true through all the ages, a bright point of light amid the shifting blackness of earth's sweet trials—a mother's love. It matters not that babyhood has long since been left behind; it means no diminution in the protecting tenderness in that mother heart that we have passed the age where physical help is needed to guide our tottering infant feet, dry our childish tears and sympathize with our little sorrows—we do not change to her. Life's greater and fuller troubles that roll like overwhelming billows upon the struggling man or woman are still to the dear faithful heart the worries of her baby or girl.

The mother never realizes that the years have changed her little one into a strong, helpful adult. She knows he needs her, and she it is of all the world that can comfort as no other comforter, and counsel as no other adviser. She reads the heart; the world judges the actions. She feels where others may condemn. She in a word is "mother," and what more can be said? The day will come when those tired hands are folded, never more to toil for the child of her heart; when those loving eyes are closed, never more to open in glad surprise at the coming of one most dear, and the world will go on, but never quite the same to the one who has laid away in the grave that dear one who understood the trials, who smoothed the aching brow, who looked not upon the little mistakes with the cold, cruel search-light of worldly wisdom, and condemned unkindly and unthinkingly those actions that she could interpret in a far different manner.

Does not the memory of that love stimulate to better deeds and nobler ambitions? Does not the heart cry out in the lonely watches of the night for just one more look at the face long since passed from our sight, and are there not times when even in the midst of the hurry and heat of the day we sigh for those other times, perhaps before the world smiled favorably upon us, when little comforts and grinding toils seemed hard to bear, but which now appear but the airy trifles of the imagination? For then indeed we were blessed, though we realized it not—we had our mother.

The tender binding love of mother and child is the one that lives. There is no diminution; selfishness and sordid considerations have no place in such an affection, and though lovers prove fickle, friends change and friends are false, one can always look to mother for an abiding love, whether in her living, breathing care and affection, or in the sacred memory of her devotion in those days before she passed away forever.

YOUTH'S DEPARTMENT.

PAPA'S LITTLE BOY.

A Story Explaining, Perhaps, Why Fathers Become Prematurely Gray.

Charming as is the merry prattle of innocent childhood, it is not particularly agreeable at about one o'clock in the morning, when you are "dead for sleep." There are young and talkative children who have no more regard for your feelings, or for the proprieties of life, than to open their peepers with a snap at one or two o'clock in the morning, and seek to engage you in entertaining discourse of the sort:

"Papa!"

You think you will speak to the imperative little [illegible] that silence is your part with so persistent a [illegible] repetition of these words [illegible]:

"Papa!"

"What?" [illegible]

"I want a drink of water."

"Yes."

"Some."

"Yes. I heard [illegible] what I said. Why [illegible] water."

"[illegible]"

"What [illegible]"

"[illegible]"

"What [illegible]"

"I [illegible]"

"[illegible]"

"I [illegible] what you say [illegible] boy [illegible]"

"I don't want [illegible]"

"What [illegible]"

"I don't [illegible]"

"I want a drink [illegible]"

"What [illegible]"

"I want a drink, [illegible] a whole [illegible] water."

"With a little [illegible] would sound [illegible]."

"Papa!"

"Can you remember [illegible] stories now?"

"I can, papa."

No answer.

"*Papa!*"

"What?"

"Is you afraid of the dark?"

"No," drowsily.

"I isn't either, papa."

"What?"

"I want a drink."

"No, you don't."

"I do, papa."

Experience has taught you that there will be no peace until you have brought the "drink," and you scurry out to the bath-room in the dark for it, knocking your shins against everything in the room as you go.

"Now, I don't want to hear another word from you to-night," you say, as he gulps down a mouthful of the water he didn't want. Two minutes later he says:

"Papa?"

"Look here, laddie, papa will have to punish you if—"

"I can spell 'dog,' papa."

"What?" nobody wants to hear you spell it at two o'clock in the morning."

"D-o-g—dog; is that right?"

"Yes, yes; now you [illegible] and go to sleep instantly."

"Then I shall be a good boy, won't I, papa?"

"Yes! You'll be the best boy on earth. Good night, dearie."

"Papa?"

"Well, *what?* What now?"

"Is I your little boy?"

"Yes, yes; of course."

"Some mans haven't any little boys; but you have, haven't you?"

"Yes."

"Don't you wish you had two, three, nine, eleven, twenty-six, ninety-seven, *hundred* little boys?"

The mere possibility of such a remote and contingent calamity so paralyzes you that you lie speechless for ten minutes, during which you hear a yawn or two in the little bed by your side, a little figure rolls over two or three times, a pair of heels fly into the air once or twice, a warm, moist little hand reaches out and touches your face to make sure you are there, and the boy is asleep, with his heels where his head ought to be.—*Chicago Inter-Ocean.*

SAINTS OF THE MONTH.

By the Editor of the Home and School Magazine.

ST. CATHERINE OF GENOA, W., Sept. 15, 1447-1510.—St. Catherine was born at Genoa, in Italy, in 1447. Her father was viceroy of Naples. In her tender years she combined great simplicity and love of prayer with most heroic practices of self-denial. In spite of her earnest desires to enter religion, she was obliged to consent to marry one whose profligate life made her life a most brutish one. After ten years he died, but not until he had repented for his sins. She immediately devoted herself to the service of the sick in the great hospital of the city, and her fasts were incredible. She found time to write some treatises on pious subjects. After a tedious and painful illness, she died, Sept. 14, 1510.

ST. JANUARIUS, M., Sept. 19, 305.—This Saint, whose name is so associated with the city of Naples, was born there, and became Bishop of Benevento in Italy during the persecution of Diocletian. Arrested while visiting the martyrs in prison, he with them was condemned to be torn to pieces by wild beasts, but none of the savage animals could be provoked to touch them. The holy men were then beheaded. After the persecution, the body of St. Januarius was removed to Naples and since then the liquefaction of his blood has been one of the most wonderful miracles attested by scientists. The blood, preserved in two very old glass vials, is congealed and of a dark color, but when brought in sight of the head, it melts, bubbles up, and on the feast motin. flows on either side. St. Januarius is also regarded as having saved Naples from the consequences of the eruptions from Mount Vesuvius.

ST. MATTHEW THE APOSTLE, Sept. 21. He was a Galilean by birth and a tax-gatherer or publican by profession. Our Saviour saw him seated in his Custom-house and called him to come and follow him, and he made the sacrifice and obeyed. The vocation of St. Matthew happened in the second year of the public life of our Saviour. After our Lord's ascension, he preached in Judea for several years. Just a little before the dispersion of the Apostles, St. Matthew wrote his Gospel, to satisfy the wants of the Jewish converts, and hence he describes the human generation of Christ. St. Matthew preached the Gospel in the East where he suffered martyrdom for the faith.

ST. JEROME, C. D., Sept. 30, 329-420.—This most learned of all the Latin Fathers was born at Stridonium in Pannonia, which was a part of what is now known as Hungary. After receiving at home, an instruction in piety and literature, he was sent to Rome, where he studied under most famous men, and while there he acquired knowledge but lost piety. He travelled through Gaul, and at the University of Treves he determined to turn to God. He went to Rome where he was baptized. He retired into a desert between Syria and Arabia where he spent four years. Ordained priest in 377, he soon became engaged in controversy with the heretics. In 380 he went to Constantinople to study the Scriptures under St. Gregory Nazianzen, and thus prepare for his work on the Scriptures which has made his name famous. Pope Damasus commissioned him to revise and correct the Latin version of the Gospels, and he afterwards translated the Old Testament, and the rest of the New Testament, and the first of Latin Vulgate. He died in 420.

"Tired All the Time."

[illegible] Hood's Sarsaparilla [illegible] Try it.

Hood's Pills [illegible]

Oliver Wendell Holmes wrote the "Autocrat of the Breakfast Table" at 15.

If you are troubled with dyspepsia try Carter's Little Nerve Pills. Dyspepsia makes you nervous, and nervousness makes you dyspeptic; either one produces your miserable, and these little pills cure both.

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DRY.

WEAR A PAIR OF OUR

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BOOTS,

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HAVE
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IRISH NEWS.

A boy named Donoghue was drowned near Ballinskelings, recently, while fishing.

Mr. Robert F. Olpherts has been appointed a resident magistrate for the county Meath.

A petition has been lodged on behalf of Mr. J. R. Cox (Nationalist), against the return of Mr. W. K. Redmond for East Clare.

Next Thursday, Sept. 8, the new College of the Immaculate Conception, Sligo, will be formally opened.

A man named Warren, his wife and three daughters are seriously ill at Armagh, have been poisoned by partaking of a fowl bought in the market.

Mr. Owens has been elected a member of the Local Government Board for Strokestown, defeating Mr. O'Farrell by a vote of ninety-six to ninety-five.

Messrs. John Connolly and Patrick Green, on Dundalk, have lodged a petition against the Nationalist member for North Louth, Mr. Timothy H. Healey.

The Rev. Joseph Woods, pastor of Aughnamullen West, died on the 7th ult., at the parochial residence, Billybay, after a lingering illness. He was forty-nine years old.

Constable Thomas McCafferty, of Greencastle, has been promoted to the rank of Acting-Sergeant, on the recommendation of County Inspector Milling and District Inspector Heard.

At the quarterly meeting of the Municipal Council of Dublin, on the 8th ult., Mr. James Shanks, Councillor, was nominated over Alderman Sexton for Mayor for 1893. Mr. Shanks is a Protestant and a Home Ruler.

Denis Cullen, a farmer of Tulla, was engaged in ricking turf in Tiroone bog, recently, when his little daughter, who was playing near by, fell, unperceived by her father, into one of the deep bog holes and was drowned.

The Rev. Peter Kelly was inducted as parish priest of Ardara on Sunday, Aug. 7, by Bishop O'Donnell, of Raphoe. Father Kelly was transferred from Donaghmoyne and succeeds the Rev. Kelly, who has been sent to Ballyshannon.

J. Hennessy, a member of the Royal Irish Constabulary of Kildare, has been promoted to the rank of Acting Sergeant and has been placed in charge of the County Department at Naas. Sergeant Hennessy has been stationed at Kildare for the last ten years.

Mr. Andrew Kidd, formerly District Inspector of the Royal Irish Constabulary, died in Belfast on the 5th inst. He retired in 1882, after nearly forty years' service. He had been stationed, among other places, at Manorhamilton, Newtownstewart and Belfast.

Mr. Edward Smyth, of Drumboony, Carrickmacross, and Miss Mary Jane, second daughter of Mr. Patrick Lorth, P. L. G., of Yellowford Mills, Drumconrath, were married at the Catholic church, Newton, on August 3. The Rev. James O'Brien, the pastor, officiated, assisted by the Rev. J. Duffy.

Petitions have been lodged on behalf of Mr. J. J. Dalton Redmond against the return of Mr. Patrick Fulham Nationalist for the southern division of County Meath, and on behalf of Mr. Pierce Mahoney Redmond against the return of Michael Davitt, Nationalist, for North Meath.

The remains of Mrs. Healy, sister of Bishop Healy of Clanfert, were interred in the Aranmisloirin graveyard, Aug. 4. Solemn Mass of Requiem was celebrated in Gilloway Church at Headford. Among the large number who attended the mass was Bishop Healy, Bishop Lyster, Athenry, and many priests.

Two [illegible] Miss Molloy, daughter of Mr. P. M. Gray of Clones, in religion Sister Mary Michael, Miss Catherine Garon Cosgrave, in religion Sister Mary Bernard, and [illegible] Miss Annie Josephine Wood, in religion Sister Veronica, were professed at the Presentation Convent, Kingscourt, by Bishop Bellingham of Ossory.

A sad accident took place at the town of Moycen Acres, when by a man named Tague [illegible] was killed. He had been driving a horse with a view of the exhibition for sale, when the animal reared and fell back upon him, crushing him and causing injuries which resulted in his death.

Mr. James McLoughlin, eldest son of John McLough, in a well-known merchant of Cavanbeagh, was married to Miss Sarah Doherty, eldest daughter of Mr. Philip Doherty, merchant and mail contractor, and niece of Dr. Charles O'Doherty, Boston, Mass., at the Church of the Sacred Heart, Carndonagh, on Aug. 7. The Rev. John Doherty, Adm., was the officiating priest.

Workmen employed by the Commissioners of Kingstown Township, while engaged in excavating for a sewer in Burdit Avenue, Dandy Cove, on August 2, found the skeleton of a human being buried about four feet under the surface of the roadway. It was evidently that of a full-grown person, and must have been buried when Burdit Avenue—one of the oldest roads in Kingstown—was still a field. Not even the oldest inhabitant of the district can bring to mind any circumstance or clue which would lead to the identity of the remains.

Ten families under notice of eviction from the Campaign Huts on the Congreve estate, Kildare, removed voluntarily to other on August 4. Their reason anticipating the sheriff was to prevent the material of the huts, which were erected at a cost of about £50 each, from falling into the hands of the landlord. The friends of the tenants assembled in large numbers to assist in the work, and before nightfall the huts and the belongings of the tenants were removed to places of safety. All the families were provided with shelter, but some of the older and more helpless people are certain to suffer severely from the effects of this, their second eviction.

Mr. T. F. Kiely, of Carrick-on-Suir, the athlete who recently won the all round championship of Ireland at Ballybrige, Dublin, is just twenty-three years of age, having been born on Aug. 25, 1869, in the home of athletics—Carrick-on-Suir. He stands about six feet two inches, and weighs slightly over 182 pounds. His measurements are: Chest, 42 in.; waist, 30 in.; thigh, 25 in., and calf, 15½ in. He first appeared in the athletic arena in 1888, and since then he has won 150 prizes. At four meetings alone he won thirty-four prizes, namely, at Carrick on Suir, in 1889, nine at Dungarvan, in 1891, eight at Carrick-on-Suir, in 1892, nine, and at Dungarvan in 1892, eight.

The Rev. P. Peeters' Fund.

Mr. Felix Callahan, sr.	$ 5 00
Miss E. Scott, Ottawa, Ont.	5 00
A Sympathizer, Sacombe, Que.	3 00
Mrs. E. Callahan	2 00
Mr. William H. Callahan	2 00
M. O'Shea, Charlottetown, P.E.I.	2 00
Mr. Alex. Hammond	1 00
Mrs. R. Warren, 14 Mayor street	1 00
Mrs. H. J. Ward	1 00
Mrs. M. J. McAndrew	1 00
Miss Mary Dooley	25
Louis A. Lamarch, Kingston, Ont.	25
Henry E. Quinn, Mechanicsville, Conn., U.S.	25
Vincent Lamping, Kempt's Second	2 00
Total amount received up to date, Sept. 6th	$25 77

All contributions for the benefit of this fund to be sent to the Director, Robert E. Callahan, 56 University street, Montreal, Quebec, or to THE TRUE WITNESS office.

WHAT NO PILLOW CAN FIND OUT.—Every man and woman that will read this and act rationally with it may try the experiment and achieve success perhaps beyond their hopes in knocks with cramps and dysentery. Why the little man who has one of these things no pillow can find out, and consequently all should take time by the forelock and prepare for sudden attacks by keeping on hand a bottle of Perry Davis' Pain Killer, which is a safe, sure and reliable remedy against cholera morbus, cramps, colic, bowel troubles and kindred complaints. This medicine can be bought of any druggist dealer, or of the proprietors, the Perry Davis Medicine Co., Montreal.

Isaac Newton, we believe, died of the "Natural Philosophy" when he was 15.

You are [illegible] Lamb's Parsnip Hair Restorer. Why [illegible] Hair Restorer [illegible] Parsnip Hair Restorer [illegible]

[illegible] Prepared by Dr. Lamb's Medicine Co., Toronto.

[illegible] Prepared by Dr. Lamb's Medicine Co., Toronto.

Mr. [illegible] first appeared at 27, [illegible] Principles of Political Economy" at 32.

HOLLOWAY'S PILLS AND OINTMENT.—The most effectual combination for Rheumatism. A dangerous enemy of the complaint is the inflammatory state of the blood, which [illegible] the system, producing the most agonizing pains, showing the need of a proper purification of the blood, and that majority of the mood greatly aggravates these disorders. Holloway's Pills are so powerful a purifier that a few doses taken in time are an essential preventive against gout and rheumatism, but anyone that has an attack of either should use Holloway's Ointment also, the powerful properties of which, combined with the efficacy of the Pills, ensure a certain cure. The Ointment should be thoroughly rubbed into the parts affected at least twice a day, after they have been sufficiently fomented with warm water to open the pores to facilitate the introduction of the ointment to the gland.

Ariosto began the "Orlando Furioso" at 32 and finished it ten years later.

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