

RANDOM NOTES FOR BUSY HOUSEHOLDS.

FOOD ADULTERATION.—We all know how destructive the adulterated liquors of our day are. It is almost unnecessary to state that in the vast majority of cases the liquors sold in hotels, saloons, and especially in drug-shops are mere poisons of a deadly character. Hence so much of the havoc made by indulgence in liquor upon the human constitution; hence likewise the alarming multiplication of suicides and cases of insanity. But not only in liquors is there a vile system of adulteration at present; even the delicacies of the table and often the necessities of life are so adulterated that they constitute so many kinds of slow poisons. In this regard we will quote a few remarks of United States Senator William E. Mason, of the Senate Committee on Manufactures, which for six months has been gathering evidence relative to the adulteration of food stuffs. We might remark that much of what the Senator has said concerning the United States finds equal application in Canada. Amongst other things he said:

"The United States is the only country that does not protect the consumer of food products. We have not even any laws to prevent the importation of food-stuffs the sale of which is prohibited in the European countries that produce them. For instance, the off-scourings of coffee known as 'Black Jack' cannot be sold in Germany, but is shipped from Germany here by the ton and mixed with our coffee."

"The countries which prohibit the use of preservatives in beer, ale and porter (and such preservatives are usually acids dangerous to the public health) permit their brewers to ship such stuff to this country."

"This Senate Committee is investigating two classes of adulterated foods. First, that class which is dangerous to the public health, and second, that class of foods adulterated to cheapen the cost and sold to defraud the consumer."

"In the first class are the goods that have been adulterated with preservatives such as jellies, jams, etc. These are generally made of glucose and acids, too strong and dangerous to go into the human stomach."

"The other class is those foods in which cheapening adulterants are used. For instance take these crackers. (The Senator was lunching at the Imperial on crackers and milk). They may be made of wheat flour, as they are supposed to be, or they may be made of corn flour, a by-product of the glucose factory, which is ground and bleached after all the gluten and sugar have been extracted from it."

"Or look at this black pepper. The evidence given before our committee by the men who grind it shows that it is adulterated from 50 to 80 percent, with cocoanut shells."

"This butter may be better or it may be something else. This milk may or may not be pure; that depends upon the laws of the local authorities."

"This is supposed to be red pepper, but our evidence shows in many cases that it is adulterated with starch and that aniline dyes are used to give it the necessary color."

"In fact the amount of adulteration carried on in this country is simply appalling. It was shown before the committee that the flour of the country has been adulterated with flourine, or corn flour, and that thousands of tons of white earth have been used by dishonest millers. I introduced a bill which compels all makers of adulterated flour to get a Government license and stamp their product with Government stamps. Since the passage of that bill over twelve thousand barrels of flour have been confiscated. But a more important result is that it has increased the reputation of our flour abroad, with a consequent increase of exports of 5,000,000 barrels."

Almost every line of this applies here, and now that so many of our Canadian industries are becoming recognized in Europe, it is of paramount importance that our standard should be maintained at the highest and that every species of adulteration should be treated as an offence against the law of the land.

OUR FARMERS' COLUMN.

POULTRY RAISING.—In our last issue we gave a portion of Mr. A. G. Gilbert's evidence before the Select Standing Committee on Agriculture and Colonization during the last session of Parliament at Ottawa. As we stated, Mr. Gilbert is the poultry manager of the Central Dominion Farm, and he has been successful in various sections of the country, bearing witness to the importance

ABOUT THE CARVER.—A carver likes to flourish his blade over the steel before he begins to slice a joint or fowl, but this flourish makes a man who knows smile, as it is of little or no value. "A flat file, not too fine that may be had for ten cents, puts," says this expert, "a finer edge on a carving knife than the most expensive steel sold."

CHEAP MATCHES.—It is a curious sort of economy that makes housekeepers buy cheap matches and ignorance or carelessness that prevents them from teaching every member of their household how to use them properly. The really safe matches are those that can be lighted only on the box, and these should be used. Every child should be taught that a match must never be thrown away while burning, and never shaken to extinguish; it must be held still in the fingers and blown out. Many valuable lives have been lost and property destroyed from the careless use of matches. An unlighted match dropped on the floor may be as dangerous as a loaded revolver. Matches are so common that their danger is overlooked, but the statistics of every fire department in the country will attest to their deadliness unless carefully used.

GOOD AND BAD SOAP.—There is a good deal of nonsense according to this same authority, about the use of soap. Any good soap that is manifestly not made of rancid oils is efficient and harmless if it is properly used. Almost no soap will ever chap or roughen the hands if the latter are thoroughly rinsed in clear water. Not one person in a dozen washes his hands properly, because of the neglect of this important part of the operation. Another point about soap is that where it is used it cakes the cake should be rinsed before being returned to the soap dish. Dirty soap dishes and cakes of soap with crusts of suds upon them can be found in many otherwise neat homes. The best soap dish for cleanliness and economy is a rubber one. This is quickly scoured out every morning, and there is no fear of its clinging to a moist cake of soap and dropping to crack or break an expensive marble bowl, as metal or china may. Powdered soap in a shaker is the most sanitary and economical kind in use in a family. A further desideratum for the washstand is powdered pumice-stone in a common salt shaker. A dust of this on the fingers when washing will quickly remove ink and other stains.

SMALL HAND TOWELS for use in the average family are to be recommended, says a writer in the New York Post. Many housekeepers take great pride in their store of towels, each a yard long and three-quarters wide, more or less, but this is an imposition on the washerwoman unless an elaborate establishment is kept up. For the average family, where one, or, at most, two girls do the work of the household, it is obviously unfair to increase the weekly washing in this way. No towel should be used by any one more than once, certainly never by two persons; if the family supply is in the shape of small towels, perhaps twenty by twelve inches in dimension, this rule can be enforced without burdening the laundress unduly. As a rule these small towels, are apt not to be of as good quality as housekeepers like, but any dealer will have them made to order for any customer at a trifling increase of cost.

The kitchen roller-towel should be abandoned, and in its place plenty of small cheap towels provided. It is a good plan to have those intended for kitchen use banded with a certain color, which will insure their always being kept for that service. Add too, to the equipment in the kitchen and in the family bath-room a nail-cleaner, attached to a clean and fastened conveniently near the wash-bowl. To care for her nails is the last thing that occurs to the average kitchen-maid, but this hint brought to her notice every time she washes her hands will, after a while, be taken by even the most careless of maids. These nail-brushes and chains can be had of dealers who supply the state."

question of Poultry Raising. Some of these letters we published last week; we now add a few more to the list, and also give Mr. Gilbert's own deductions from experiments, experience, and results.

Mr. Gilbert continuing read as follows: Another Nova Scotia letter, from Mr. W. H. Woodworth, of Barrington, who says, "I have sold 1,200 birds treated

MRS. HENRIETTA BRENNAN.

She Had Nearly Every Complaint Common to Her Sex, and Felt She Must Die, but Her Health Now is Perfect—Story of Her Recovery.

Some of the best doctors are found in hospitals. They are called upon to treat many different diseases, and they undoubtedly do great good to suffering humanity. But they seldom understand the diseases of women. The same thing is true of regular practicing physicians. They do not have time to study the causes of female weakness. They are apt to be mistaken and treat the sufferer for the wrong complaint. The case of Mrs. Henrietta Brennan shows this. The hospital doctors could not help her. They failed to see that her troubles were located in the distinctly feminine organs, and that is why they did her no good. Read this letter from Mrs. Brennan herself:—

"I am now and have been for several years a sick nurse in the city of Montreal, Canada. For eleven years I suffered from nearly every complaint common to my sex. Four years ago I became so run down that I was unable to do my work. I suffered from bronchitis, constipation and kidney complaints, and during five years spent much of my time in bed. I have been under the care of several physicians, and received hospital treatment. I was nervous; could not sleep at night; was a dyspeptic, and suffered from rheumatism. I felt I must die. I heard of Dr. Coderre's Red Pills, and began taking them. After taking four boxes I experienced much relief. I kept it up until I was strong enough to do all my work." (Signed.)

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When you go to the drug store for Dr. Coderre's Red Pills, look out for imitations. Many worthless pills are colored red and offered to women on the plea that they are "just the same" or "just as good" as Dr. Coderre's Red Pills. Don't believe it. It is false. Nothing on earth is equal to the genuine. Imitations are sold by the dozen, the hundred or in 25-cent boxes. Do not take them. Dr. Coderre's Red Pills are always sold by honest druggists at 50 cents a box—fifty pills in a box. Six boxes for \$2.50. Or you can send the price in stamps, or by registered letter, money order or express order to us. We mail them all over the world. No duty for you to pay. Dr. Coderre's Red Pills at 50 cents a box last longer and are easier to take than liquid medicines sold at \$1. And the Red Pills cure.

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LADIES' AUXILIARY

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Meets in St. Patrick's Hall, 92 St. Alexander street, on the first Sunday at 4 p.m. and third Thursday at 8 p.m. of each month. President, Sarah Allen; Vice-President, Stella Mack; Financial Secretary, Mary McKelvey; Treasurer, Mary O'Brien; Recording Secretary, Lizzie Howland; 383 Wellington street. Application forms can be had from members, or at the hall before meetings.

A.O.H.—DIVISION No. 2.

Meets in lower vestry of St. Gabriel New Church, corner Centre and Laprairie streets, on the 2nd and 4th Fridays of each month, at 8 p.m. President, Michael Lyons; Vice-President, Thomas Donohue; 312 Hibernian street. To whom all communications should be addressed: Peter Doyle, Financial Secretary; E. J. Colver, Treasurer; Deacons, St. Patrick's League—J. J. CAVANAGH, D. S. McARTHUR, and J. CAVANAGH.

A.O.H.—Division No. 3.

Meets on the first and third Wednesdays of each month, at No. 1833 Notre Dame street, near McGill Officers: D. Gallery, President; P. T. McDougal, Vice-President; Wm. Rawley, R. C. Secretary; 1833 Notre Dame street. To whom all communications should be addressed: J. J. Fennell, Chairman of Standing Committee; Marshal, Mr. John Kennedy.

A.O.H.—Division No. 4.

President, H. T. Kearns, No. 32 Delorimier ave. Vice President, J. P. O'Hara; Recording Secretary, P. J. Tomlin; Treasurer, John Farnes; Sergeant-at-arms, D. Mathewson, Sentinel, D. White; Marshal, F. Geahan; Delegates to St. Patrick's League, T. J. Donovan, J. P. O'Hara, P. Geahan; Chairman Standing Committee, J. Costello. A.O.H. Division No. 4 meets every 2nd and 4th Monday of each month, at 1115 Notre Dame street.

A.O.H.—DIVISION No. 9.

President, H. J. Hummel, 24 1/2 Vinton street. Rec. Secretary, W. J. Clarke, 25 Lyndburn ave. St. Catherine's, to whom all communications should be addressed: Treasurer, M. J. Doyle, 124 Balmoral street; Treasurer, M. J. Hanley, 794 Palace street; Chairman of Standing Committee, R. J. McDonald; Marshal, J. J. Tynan. Division meets on the second and fourth Fridays of every month, in the York Chambers, 244 St. Catherine street, at 8 p.m.

C.M.B.A. of Canada, Branch 26

(ORGANIZED, 13th November, 1885.)

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 following officers:

J. J. McGillis, President, 156 Manoe street; John H. Kennedy, Treasurer, 32 St. Philip street; Robert Warren, Financial Secretary, 2 Brunswick street; P. J. McDonagh, Recording Secretary, 82a Vinton street.

Young Irishmen's L. & B. Association.

Organized April 1874. Incorporated Dec. 1878.

Regular monthly meeting held in St. Ann's Dispensary, first Wednesday of every month at 8 o'clock, p.m. Committee of Management meets every second and fourth Wednesday of each month. President, J. J. O'NEILL; Vice-President, M. J. POWER; all communications to be addressed to the Hall. Delegates to St. Patrick's League, W. J. Kinney, D. Gallery, Jas. McMahon.

St. Ann's Young Men's Society

Organized 1885.

Meets in its hall, 107 Ottawa street, on the first Sunday of each month, at 8:30 p.m. Spiritual Advice REV. R. STEWART, C.S.B.; President, JOHN WHITNEY; Secretary, J. O'NEILL; Delegates to St. Patrick's League: J. Whitty, D. J. O'Neill and M. Casso.

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