

## Household Notes.

TIGHT BOOTS .- Relief may be quickly had from the pinching boot or shoe by expanding the leather with hot water. Moisten a cloth with very hot water, and, after wringing, lay it over the offending while the shoe is on the foot. Rarely is more than one such application required.

IRON GRATES and other metal furniture may be preserved and kept bright when out of use by painting with a thick paste of fresh lime and water. Use a fine brush and smear the lime on as thickly as possible over all polished surfaces. Even if a house be closed the iron work will be safe without further attention.

ABOUT CARPETS. - Many fine carpets are prematurely worn out by injudicious sweeping. Before sweeping an expensive carpet the floors should be thickly strewn with tea leaves, which attract the dust. Tes leaves may be used also with advantage upon rugs and short piled carpets. In sweeping thick piled floor coverings, such as Axminster and Turkish carpets, the broom should always brush the way of the pile. This simple precaution will keep the carpet for years, while with careless sweeping dust will enter the carpet and soon spoil it.

CLEANING GLASS .- Decanters or dulled glass bottles may be made literally as bright as new by cleansing with raw potatoes and water. Scrape the raw potatoes into the bottles fill with cold water and allow this cleansing solution to remain in them far several days.

PRESERVING EGGS. - In the ummer months, when eggs are very cheap, it is a simple matter to store them for use in winter, when they are likely to become a luxury. Take a large earthen jar with a wide mouth and place alternate layers of salt and eggs clear to the top. thick layer of salt should cover the whole. The jar should have a stone and be kept in a dry, cool

HAIR BRUSHES may be best cleaned with ordinary soda and hot water. Take two brushes, free them from any hair there may be in them, dip them in the soda solution and rub them vigorously together for a bout a minute. Rinse in clear wat-Dirty combs should be soaked in the same solution till all the dirt will readily brush out.

UTENSILS. - Kettles which be come "furred," i.e., coated on the inside with a hard mineral deposit, should be cleaned by boiling ordin-ary whiting in them for two hours. piece of marble be kept in the kettle at all times it will very largely prevent the accumula- wrestling with itself, to draw from tion of this mineral deposit or fur.

THE LAMP.-What object of household care causes so much annoyance as the lamp? Vet the most refract. ory chimney may be controlled with a little intelligent care. Keep al. openings in the lamp perfectly clear and free from obstruction, both inside and outside, to insure periec: In cutting the wick re move all the char from it, leaving a thin line of black. Be careful to cut it evenly, slightly rounding it at char off with a soft cloth than to cut it with a knife or scissors.

CLEANING SILK .- The best preparation for cleaning salk consists of grated potato and cold water. Add one large potato, grated, to one stand a day or two before using.
Use only the clear part of the water. Merely dip the soiled silk into it and hang it up to dry.

WINDOWS .- The cleaning of windows may be greatly facilitated by first dusting them with whiting. Sew some whiting in a small linen ag and rub the whole window and ledges. Rub this off with a rough cloth and polish with chamois. Another plan is to rub the glass with a chamois, dampened with whiting and polish with soft cloths.

THE SPONGE.-To keep a sponge rom becoming sour or slimy soal it frequently in strong borax or soda water. After each immersion wing it out thoroughly and afterward hang up to dry in the sunlight.

WALL PAPER.-Dirty wall paper n ay be made to look as fresh as now by painstaking use of bread First brush it over in cron.bs. straight lines with a soft broom, covered with a clean, soft cioth. Next cut a very stale loaf of liead into slices and go over the paper very lightly, always in a downward direction. Do not clean more then a yard at a time, always worling one way and leaving no marks he-

### BARY'S OWN TABLETS

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Children take these Tablets as readily as candy, and crushed to a powder, they can be given with absolute safety to the youngest, weak-You can get the Tablets est infant. from any dealer in medicines, or post paid at 25 cents a box, by writing the Dr. Williams' Medicine Co. Brockville, Ont., or Schenectady, N.

RULE AND DUTY.

To be always a man of rule and duty-to follow with fidelity to the end the way of honor-to renew day, without weariness and weakness, the laborious struggle of a soul the sacrifice of the eve the force ne cessary to accomplish that of the morrow-to attach one good work to another, like the link of a chain of which each one is joined to that which precedes it, and supports that which follows it-to accomplish in silence this slow and prolonged im molation of the senses to the spirduty, of passion to law, of self-will to authority, of our own welfare to the general good, of one's whole ex istence to God-this is true perfection of life.-Mgr. Freppel.

# SYMINGTON'S

### **GOFFEE** ESSENCE

GUARANTEED PURP

\* OUR BOYS AND GIRLS. 

### HOME FROM SCHOOL.

a good old place Yes, little mother, I'm here to

Let me hold your hair against my face

And kiss both cheeks in the dear old way, more anxious to be on time, so Just look at me hard-I'm well and

strong; Just feel my arms-they'll stand

the test: I'll go to the kitchen where I belong;

You go to the porch and rest, Now, hear, little mother, you dear little mother.

Sit under the vines and rest

I liked my teachers; I like my books; I had my share of the pranks and fun;

But my heart came back to the sweet home nooks, And rested with you when the day

was done. used to think what you had for

Just what you were doing and how you were dressed: And somehow or other it seemed to

You didn't take half enough rest, You sly little mother, you spry lit-

tle mother. Dear little mother, it brings the

tears Whenever I think what I've let you

You've planned for my pleasure years and vears-It's time I planned a little for you,

So drop that apron and smooth your hair: Read, visit or knit, what suits you

best; Lean back in your chair, let go your

And really and truly rest. You neat little mother, you

little mother, Just take a vacation and rest.

-Eudora S. Bumstead.

HELPING OTHERS.-In a little aburban village near a great city in the far west, great excitement It was the Fourth of July, and in addition to the usual celebrations, another great event was to take place. Not often did it happen that Ringling Bros.' circus favored this one-horse town with a performance, but so fate had de creed, and everyone in town was to he present and see, hear and know all about what was in that wonderful tent, whose sloping white sides inviting appearance attracted The first performance was to begin at 2.30 p.m., and as it was sive tone:

now almost 2 o'clock, flocks of men and women could be seen hurrying in every direction; nearer the cause of motion, crowds of young men in their best Sunday apparel in evidence, walking lazily round the tent. But, by far, the surplus number, both of those eagerly awaiting the opening of the tent and those hurrying to the scene of action, were boys of all sizes and ages. Among the hundreds of these, no one was

sights, than Herbert Harris. He and five or six companions were strolling along a by-street, talking excitedly and giving full vent to their individual thoughts concerning

to have a front seat and see the

the circus.
"We have very little time to get there," said Dick Field.

"Yes; it is just fifteen minutes pass 2 o'clock," chimed in another lad. Herbert, however, had nothing to say, for he was looking up the street where but a few rods ahead of them and coming towards them, was an old woman bent down by a heavy bundle of sticks which she was car rying home.

As she approached nearer, all the boys, save Herbert, began to laugh and make fun of her, calling 'old witch."

Herbert's very blood boiled within him, and his noble spirit revolted at have done. such mean action. Bursting out 6ndignantly, he said:

"Shame on you, cowards, would you like anyone to treat your mother in that fashion? The that dares say another word will feel the weight of my fist."

Calming slightly after this outburst, he looked first at one and then at another of his companions. A moment of silence ensued, and there they stood, shame-faced crest-fallen, writhing under the bitter sting of Herbert's words. But in this short interval a mighty struggle was taking place in Herbert's soul. He could not bear to see that poor old woman, already bent with age, still more bowed down with her heavy burden and suffering from its weight, while it would be so light to his strong, boyish arms. Only a minute, he thought, it would take to carry that bundle home for her-but then, in that minute he might miss some of the circus, that circus he had been longing to see for years. Even this would not be so bad- but the boys-what would they think? Would they not make fun of him, tease him, and call him "Goodie

But his manly little soul rose bove these petty thoughts. thinking of Him, who is ever kind to the lowly, he walked resolutely over to where the old woman stood, thoroughly astonished by the turn

"Let me carry your bundle voice, and throwing it lightly across his shoulder, he trudged off, whist- me to good, and a wicked spirit ling to himself.

His companions were dumb-founded and thoroughly ashamed of them- 7. God never stays in any one's selves, but Dick Field, the very one dett If you do anything for Him, most, shouted after him in a deri- or hereafter. I will

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"You big fool; I tell wouldn't miss this circus for ten old cronies with their bundles. Think of that mamma's darling! Been waiting six years to see Ringling, and an old hag's wood for her and miss it. Oh, how good he is!"

Though these words stung Herbert to the quick, the thought had relieved a sufferer and been generous, more than compensated Dick's unkind words. In about ten minutes he reached the old woman's house, and when he had brought the faggots in, he saw at once that for her. He knew if he did it, his last chance to see the clowns would

'After all," he thought, "what is circus compared to the happiness I will experience in giving this good oman the little help that I and would I not like the same done for my own mother?"

So he fixed the fire and left verything in readiness for her to prepare her evening meal. When he had done all this, and was about to go, the old woman put her feeble hand upon his shoulder, and with tears in her eyes, murmured again and again, 'God bless you, my boy." Yet it spoke more of her gratitude than all the eloquence of the world could

gaily, for though he had missed the show, he knew he had done what was right, he had pleased his mother, and most of all, he had pleased his God. So, far more happy was h that night when he went to bed than realized fully then, that the only true happiness consists in giving pleasure and sacrificing self for the interests of others.

A. M. POWER.

A BOY'S RESOLUTIONS - 1 When I awaken in the morning, at once, I'll make the sign of the cross and say, "God sees me!"

2. At morning prayers I'll say "My God, I will live this day for Thee-I offer Thee my prayers, works and sufferings. Whatever I do.

3. At every meal I will make some little act of self-denial — taking a half slice less of bread, or a bit butter, or get along without sugar, or dessert-something of sacrifice to offer Thee, in memory of Thy thirst

4. Whenever I am tempted, I will bless myself, and cry quickly: sus, save me. Lord, let me not sin against Thee, Mary mother, help me, and drive away the evil spirit who tempts me.

5. At night prayers I will think over my failings of the day he said, in a kind, loving make an act of contrition for them 6. I have a guardian angel to urge

tempt me to evil. Will I listen to the angel or to the devil?

whose taunting Herbert dreaded He will do more for you, sure here, making sacrifices for His sake.

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THE TRUE WIT

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EPISC " If the English-speakin, best interests, they would soon powerful Catholic papers in the work.

SWEDENS' METHOD.

Curtis, writing to the C ord-Herald," states that the saloons are closed o which is the universal pa the savings banks remai til midnight on Saturda the plan is not a bad o speaks volumes for the the legislators in the m cles of that country. It on Saturday that the is committed and the mo effects from the saloon a week men are at work a ther the time nor the m quent the saloons; but o they are comparatively for have in hand the money have earned and that t carry home to provide fo The temptation is and they unfortunately few hours the fruits of s hard work, while their children are liable to go naked for a week or mor Here our system is the Sweden; our savings ban ed at a very early hour until midnight. Would Swedish method be worth some of our Canadian such could be done we h least doubt as to the be sults that would insue.

TEMPERANCE ADVAL New York journal says t years ago twenty per cent ployees of the New Yor Railroad were dismissed drinking, and adds that:-"Now only about one

yearly are so dismissed.

ters a decided advance in nion on the temperance of where it comes to ment of men in responsib ing or commercial position We might safely add th strata of society the dri is becoming not only un but even undesirable. T gone when one could this feats of tempe world, if itself. will ploy or tolerate those w strictly temperate. The chance for the drinker, ar

A MEMORIAL CHUI learn that the new St. I vier's Church, now nearly at Sixth Avenue and Car Brooklyn, at a cost of \$2 to have eighty-nine Ame to cost nearly \$20,000. dow will be a memorial t of the Rev. Father Hicke

If the windows of this

Church are to be memori-

parishioners, decidedly th itself will be magnificent

ginning to discover this

to the pastor. SISTERS OF THE HO -From Notre Dame, Ind. that the mother house of of the Holy Cross, St. M the scene of a double cere August 15, the feast of the On that day seven ladies renounced the work religious life and received veil of the noviceship, an four pronounced their fina received the insignia of pr Sisters of the Holy Cross

A PESSIMISTIC VIEW

"Revista Popular," of Spi