



GOD DOES NOT FORGET.
The world will strip your failings,
And hide the good you do,
And with its sharpest thorns,
The ways you walk bestrew;
You'll toil for men—they'll curse you;
'Twas thus, and thus 'tis yet,
And thus 'twill be forever—
But God does not forget.

The hours of silent grieving
For some one loved and lost,
The hours of self-denial,
'Twere hard to count their cost;
The falling soul uplifted,
The sorrows bravely met—
Are all on earth forgotten,
But God does not forget.

His eye is ever seeking
The wee things done for Him;
And they shall light the shadows
Where Death waits, strong and grim
So lift your burden gladly
Nor flatter, fear nor fret;
For heaven is in the distance
And God does not forget.

DO NOT FUSS.

The best-bred women do not fuss.
They take their gowns and their furniture,
Their jewels and their children
as matters of course. They are unconscious
of their veils and their gloves
and they expect every one else to be
equally so. If they see an intimate
wearing a handsome gown they refer to it
admirably, but they also preface their comment
with an apology. Their differences with their
husbands are not aired, neither the domestic
upheavals caused by the desertion of the cook
on wash morning. The repose of well-bred women
is not the quiet of weakness. It is the calm
of trained faculties, balanced so nicely that
an earthquake may cause a change of color
but will not bring forth a loud cry. Well-bred
women are a boon to the human race. They
help the social and professional world to
maintain a high standard both of morals
and behavior.

COUNTRY BOYS.

It is estimated that fully one-half
the successful men in cities were country boys.
They had the advantage of a boyhood
where the air was pure, the fields green,
the skies clear, and all nature was fresh
from the hand of God.

In the Rambodde district in 1877
the first successful attempt was made to
produce tea in Ceylon. In 1892 Ceylon Tea
was first introduced into Canada by the
'Salada' Tea Co. The excellence of this
brand is responsible for the commercial
success of Ceylon Tea in this country.

CHARACTER.

Character is consolidated habit, and
habit forms itself by repeated action.
Habits are like paths beaten hard by the
multitude of light footsteps which go to
and fro. The daily restraint or indulgence
of the nature in the business, in home,
in the imagination, which is the inner
laboratory of life, creates the character,
which, whether it be here or there, settles
the destiny. Men forget what life is for.
Their conscientiousness takes in only the
flimsy, transient, passing show. They forget
that experience is the only all important
factor. That character is worth more than
all else the world can possibly yield—the
very object of all materials, of all circumstances.
—Our Young People.

THE "JOHN BROWN SONG."

A writer in the Boston Transcript
says the Second Battalion of Infantry
(Boston Light Infantry), Major Ralph W.
Newton, were ordered to Fort Warren
in April, 1861, and were the first troops
to garrison the fort. It was there that a
glee club was formed, and there the
celebrated "John Brown Song" emanated.
The tune is a very old one—old Methodist
camp-meeting. The words were made up
by different persons. Efforts were made
to change it to "Ellsworth's body," etc.,
but that didn't seem to work, and all
hands got back to Brown's. Hall's band
was the first to play it on dress parade
at the fort, and Gilmore's in Boston. The
Fletcher Webster Regiment, Twelfth
Massachusetts, were the first to sing
it through the streets of Boston, and
when they marched through Broadway,
New York, en route for Washington,
at route step, the band playing and the
thousand men singing, the effect was
miraculous. The first notes set for
music were written by Capt. James E.
Greenleaf, who was of the glee club, and
the first publication was by Ditson & Co.
The Boston Light Infantry may rightly
claim the John Brown song.

WHY CONTINUE

Saying that fate is against you.
Finger fault with the weather.
Anticipating evils in the future.
Pretending not being your real self.
Going around with a gloomy face.
Faultfinding, nagging and worrying.
Taking offense where none is intended.
Dwelling on fancied slights and wrongs.
Talking big things and doing small ones.
Scolding and flying into a passion over trifles.
Boasting of what you can do instead of doing it.
Thinking that life is a grind and not worth living.
Talking continually about yourself and your affairs.
Depreciating yourself and making slight of your abilities.
Saying unkind things about acquaintances and friends.
Exaggerating, and making mountains out of molehills.
Lamenting the past, holding on to disagreeable experiences.
Pitying yourself and bemoaning your lack of opportunities.
Comparing yourself with others to your own disadvantage.
Work once in a while and take time to review your energies.
Waiting around for chances to turn up. Go and turn them up.

Writing letters when the blood is hot,
which you may regret later.
Thinking that all the good chances
and opportunities are gone by.

Thinking of yourself to the exclusion
of everything and everyone else.
Carping and criticizing. See the best
rather than the worst in others.
Dreaming that you would be happier
at some other place or circumstances.

Belittling those whom you envy because
you feel that they are superior to yourself.

Wallowing on your pains and aches
and misfortunes to every one who will
listen to you.

Speculating as to what you would do
in someone else's place, and do your
best in your own.

Gazing idly into the future and
dreaming about it instead of making
the most of the present.

Longing for the good things that
others have instead of going to work
and earning them for yourself.

Enthusiasm, like beauty, is a divine
gift, and yet it can be cultivated. To
the admiration of the wise man, then,
"With all thy getting, get understanding,"
I would add this other:
With all thy getting, get enthusiasm.
It is the salt of life, the transmuting
power that renews and enriches everything
it touches. It gives new heart and
courage to the timid, new hope to the
disheartened, and to the already strong
and courageous increased power for good.

POURING TEA.

There is more to be learned about
pouring out hot tea and coffee than
most ladies are willing to believe. If
those decoctions are made at the table,
which is by far the best way, they
require experience, judgment, and
exactness; if they are brought on the
table ready made, it still requires
judgment so to apportion them that
they shall prove sufficient in quantity
for the family party, and that the
elder members shall have the stronger
cups. Often persons pour out tea who,
not being at all aware that the first
cup is the weakest and that the tea
grows stronger as you proceed, bestow
the poorest cup upon the greatest stranger,
and give the strongest to a very young
member of the family who would have
been better without any. Where several
cups of equal strength are wanted you
should pour a little into each, and then
go back, inverting the order as you fill,
then so, and the strength will be
apportioned properly. This is so well
understood in England that an experienced
poureur of the company are returned to
her before she fills any a second time,
that all may share alike.

RECIPES.

Sliced Buttered Carrots.—Boil the
carrots in salted water, with the cover
off, until tender; when done slice and
peel very thin. Season each layer
with a sprinkling of salt and pepper
and a teaspoonful of melted butter
over the whole, then add vinegar
enough to cover. Serve while warm.

Cream Sago Pudding.—Put one pint
of milk in a double boiler. Wash a
half cup of sago and cook slowly until
the sago is clear and has entirely
absorbed the milk. It must not be
stiff and hard, but firm and tender.
Add a half-cup of sugar. Mix and
stir in the well-beaten whites of three
eggs. Flavor with a teaspoonful of
vanilla and turn into a mold to harden.

Potato Soup.—Wash, pare and boil
three potatoes in salted water until
done. Put one pint of milk, one stalk
of celery and one slice of onion in a
double boiler. Cook one tablespoonful
of butter and one of cornstarch
together, with a little of the milk.
Mash the potatoes, add the milk,
the cornstarch and butter, and let it
boil one or two minutes; add one
teaspoonful of salt and one saltspoonful
of pepper; strain and serve hot.

Oyster Pie.—Make a rich paste with
two cups of flour, one-half cup of
tablespoonful of butter, one teaspoonful
of salt and one-quarter of a cup of
ice water. Cut the butter into the
flour, to which has been added the
salt, and moisten with the water;
take only enough to moisten and add
carefully, cutting and folding. Put
on ice for an hour or so, then roll
thin and line a deep pie dish with
half of the crust. Drain twenty-five
oysters from their liquor, turn into
the pie with one-fourth of a cup of
bread crumbs, one table-spoonful of
butter cut into pieces and one-fourth
of a cup of oyster liquor; salt and
pepper to taste. Roll out the remaining
half of the paste for the upper crust.
Bake in a quick oven for thirty
minutes.

Scalloped Onions.—Peel one dozen
onions of moderate size and boil in
salted water until tender, changing
the water two or three times, according
to the delicacy of flavor desired.
Prepare one cupful of white sauce,
using one tablespoonful of flour, one-
quarter of a cupful of salt, one-
quarter and one cupful of milk.
Drain the onions, turn them into a
buttered baking dish, pour over them
the white sauce and cover them with
half a cupful of fine bread crumbs
mixed with one teaspoonful of melted
butter and a dash of salt. Bake in a
hot oven until the crumbs are browned.

Laked Chocolate Custard.—Put three
tablespoonfuls of grated chocolate in
a saucepan and set over hot water
until it melts. Add gradually one
cupful of milk, stirring until smooth,
and set to one side. Beat together
three tablespoonfuls of sugar and
three eggs, add one cupful of cold
milk, then the contents of the saucepan.
Pour into cups, set in a deep
pudding dish and pour around them
sufficient hot water to reach a little
more than half way up the sides of
the cups. Place in a slow oven and
cook until firm in the center.

HOUSEWIFE SUGGESTIONS.

Sweet apples will cook better and
have a more delicious flavor if a
little lemon juice or pure cider vinegar
is added.
If lettuce is kept for several hours
it should be laid on a wet towel and

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placed on the cellar floor or in the
refrigerator.

Unpainted wood will remain whiter
if scrubbed with cold water and soap.
Hot water and strong alkali will
make the wood yellow.

When washing pongee silk never
bring it at all. Simply hang it on
the line and let the water drip out.
Iron with a warm iron when dry.

If the sink pipe is clogged remove
the strainer and insert the hose into
it and turn the water on full force.
In almost all cases it cleans the pipe.

Vatican Edition of Plain-Song Book.

We have just received direct from
the publisher, L. Schwann, Dusseldorf,
Germany, three volumes in Gregorian
Notation of the Vatican Edition
containing complete text with a
particular index. The books present
the most beautiful piece of work-
manship of the kind that has come to
our notice. Their imprimatur speaks
their authenticity and their mechanical
make-up is of the most attractive
order. The chant is written in large
plain type, on strong cream tinted
paper and in the clearest of ink. The
initial letters are large and striking,
recalling the marvelous manuscripts of
the monks of old. The binding is in
half Morocco, and the whole is such
as to form in itself a complete fulfilment
of the expectations of Gregorian Chant
and to put within the reach of all an
edition de luxe most satisfying in every
particular.

A Temperance Primer

Bishop Canevin, of Pittsburg, is the
author of a new temperance primer,
says the Catholic News, which will
likely be adopted as a text-book for
the parochial schools of his diocese
and which promises to find a place
in the curriculum of many of the
schools of the country. Among the
important matters affecting the
cause of total abstinence, discussed
the other day at Pittsburg at a
meeting of the executive council of
the Catholic Total Abstinence Union
of America, was the Bishop's temperance
primer. The book, which is intended
for use in the primary departments
of the schools, treats with the moral
and physical results of abstinence.
The manuscript for the book was
submitted to the council by Bishop
Canevin, and it was unanimously
praised. It is likely that the primer
will be adopted at the next national
convention of the union.

New Bishop Honored

Halifax, Dec. 2.—A large number of
people of the diocese of Antigonish
bade farewell to-day to Very Rev. Dr.
McDonald, Bishop-elect of Victoria,
B.C., who leaves Antigonish to-morrow
for Rome, where he will be consecrated
Bishop of Victoria. Bishop-elect
McDonald was presented with an
address by the faculty and students
of St. Francis College, of which institution
he was professor. The Bishop-elect
was also presented with an address
and a substantial gift by the clergy
of Antigonish. In the evening the
teachers and pupils of Mount Bernard's
Convent tendered him a reception. The
address was presented in the form of
an acrostic, the name being "Right Rev.
Alexander McDonald, Bishop of Victoria."

Church Not in Politics

In a recent sermon Rt. Rev. Monsignor
Fox, Vicar-General of the Diocese of
Trenton, N.J., in the course of his
sermon, spoke on Socialism, and said:

"The Catholic Church is not in politics
and does not try to influence her
members' things purely political. But
when a party invades the domain of
morals, it is her duty, as the teacher
of truth and morality, to expose its
dangerous and false teachings. If
Socialism confined its doctrines to
social and political economy and did
not interfere with religion and morality,
the Church would treat it with indifference.
The preachers of Socialism tell their
audiences that the sole object of
Socialism is to improve the conditions
of the laboring classes and do away
with the existing social and economic
trouble. They work upon the passions
of the laboring classes by exaggerating
their burdens and hardships and the
ease and luxury of the rich. They
attribute this disparity of conditions
to a defect in our government and use
it as an argument in favor of their
revolutionary doctrines.

"Political dishonesty, the conflict
between labor and capital and the
hardships of the poor are not the
result of any defect in our government.
The real cause of all the social and
political evils in our country is an
overpowering greed for money. Men
have forgotten God and spiritual
things and are worshipping at the
shrine of mammon. Society cannot
be regenerated by the destructive
theories of Socialism, which would
abolish religion, do away with the
present form of marriage and substitute
free love, take individual ownership
of lands and the means of production
and change our very form of government.

"Society can be purified only by
creating in it through the individual
a Christian conscience."

"To love and be loved," says Sydney
Smith, "is the greatest happiness of
existence."

The Hair and the Scalp—Their Ailments and Cure

For more than a quarter of a century
we have made it the main point of
our business to study the various
causes of thin or premature grayness
of the hair. The causes in every
individual case may be a slightly different
one, for it is said that never are
two cases quite alike. It can be safely
accepted that poor circulation, and
especially dandruff, are responsible
for falling of the hair and the baldness
of sometimes quite young people.
There are other causes, but these
are the principal.

Since recognizing the causes of baldness
we have succeeded in curing a great
many of very advanced cases of baldness
by our newest methods of electro-scalp
massage treatments applied in connection
with our famous compound, "Hairlene,"
and believe this the only treatment by
which thin and falling hair as well as
dandruff may be permanently cured.

This famous Hair Tonic consists of
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compounded by us. It is the only
existing preparation which will cure
successfully the most stubborn case
of falling hair or dandruff. This hair
will strengthen itself rapidly and
permanently by using this tonic. Price
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