

Household Notes

NIGHT PRAYERS.—On the Missouri and Pacific train out of Kansas City a few years ago was a mother and four children—three girls and one boy. They had left Chicago the day before and were on their way to Leadville, where the husband and father had a claim, which was to be their new home. The eldest girl appeared to be about fourteen, and from that age they ranged down to the only boy, a chubby little fellow about five. Their dress and manners showed that they had not been reared in the midst of luxury, but withal they were modest children and scrupulously clean. The mother was thin, her face haggard from the worry of the long trip and the care of her precious little flock for there were seven or eight long hours yet before the journey's end. It was after bedtime when the train left Kansas City, and the children were yawning and scarcely able to keep awake. In fact, the boy, the pet of the family, had closed his eyes and was fast approaching "shut-eye-town," while the next elder tugged at him as she looked appealingly to her mother with an expression that was pitiful. He mustn't go to sleep yet, the others began whispering among themselves, and then the mother as if something exciting had happened, or would happen soon, all of which attracted the attention of the other passengers, who sat in wonderment as they tried to divine the cause of so much whispering and such strenuous efforts to keep the least one awake. They occupied seats in the rear end of the car, holding a long seat which runs along the smoking partition.

Presently the cause of all this excitement was made plain—it was bedtime and they had not said their prayers. Quietly, modestly, without ostentation or display, yes, even timidly, the mother and her children knelt together at the long seat. They made the sign of the cross and said their evening prayers. Just for a few minutes and then they arose, the children were made as comfortable as possible for the night, and soon all but the mother were asleep, while the travelling men with their grips, the business man with his worries and the other passengers paid a silent and mighty tribute to the greatest civilizing agent of all nations—the Catholic religion.—Laudamus in the Denver Catholic.

HUNGER CURE.—Fasting is unquestionably a valuable means of combating disease, says "Good Health." Many diseases originate in putrefactive processes taking place in the alimentary canal. The germs which flourish in the stomach and intestines, find in the undigested food, residues upon which they subsist, and by the aid of which they grow. The withholding of food for a space of time sufficient to starve out parasitic microbes, must be advantageous.

In the condition commonly known as biliousness, manifested by a very foul tongue, loss of appetite, nausea, perhaps vomiting, intense headache, and so-called sick headache, multitudes of germs flourish in the alimentary canal, and hence fasting is an excellent remedy. In cholera, cholera morbus, and in other acute intestinal disorders which prevail during the warm weather, in winter cholera, also in typhoid fever, fasting for two or three days is a remedy of greater value than almost any other which can be applied in these maladies. Appendicitis must also be mentioned as a condition in which the withholding of food is of primary importance; also in stricture of the bowels. Whenever it is necessary to cleanse the alimentary canal, food may be withheld with advantage. In obesity the weight can be reduced more rapidly by withholding food than by any other means.

HOUSEKEEPING is an accomplishment in comparison with which, in its bearing on woman's relation to real life and to the family, all others are trivial. It comprehends all that goes to make up a well-ordered home, where the sweetest relations of life rest on firm foundations, and the purest sentiments thrive. It is an accomplishment that may be acquired by study and experiment, by the young and inexperienced housekeeper generally reaches success through great tribulation.

It ought to be absorbed in girlhood. If girls were taught to take as much genuine pride in dusting a room well, or broiling a steak to a nicety as they feel when they have mastered one of Beethoven's grand symphonies, there would be fewer complaining husbands and unhappy wives. The great lesson to learn is that work well done is robbed of its curse. The woman who is satisfied with the highest perfection in her work drops the drudge and becomes the artist.

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There is no dignity in slighted work; but to the artist, no matter how humble his calling, belongs the honor which is inseparable from all man's struggles after perfection. No mother who has the happiness of her daughter at heart will neglect to teach her the first duties of the household; and no daughter who aspires to be queen at home and in her circle of friends can afford to remain ignorant of the smallest details that contribute to the comfort, the peace and the attractiveness of home. There is no luck in housekeeping, however it may seem. Every thing works by exact rule, and even with thorough knowledge, eternal vigilance is success. There must be a place for everything and everything in its place, a time for everything and everything in its time. Your husband may admire your grace and ease in society, your wit, your school day accomplishments, music and painting, but all in perfection will not atone for an ill-ordered kitchen, sour bread, muddy coffee, tough meats, unpalatable vegetables, indigestible pastry, and the whole train of horrors that result from bad housekeeping; on the other hand, success wins gratitude and attachment in the home circle, and adds lustre to the most brilliant intellectual accomplishments.

Irish Industrial Revival

A mass meeting was held in Carnegie Music Hall, New York, on a recent Sunday evening, under the auspices of the Irish Industrial League of America, for the purpose of showing sympathy for and to pledge support to the movement for the revival of Irish industries, the plan and scope of which was described by representatives of the Irish Agricultural Society.

Justice Morgan J. O'Brien presided at the meeting and the work of the society was described by Rev. T. A. Finlay, S.J., vice-president of the society; R. H. Anderson, its secretary, and the Rev. J. O'Donovan.

Justice O'Brien, in introducing Father Finlay, said that for years Ireland had helped to build up this country with her men and women and the question now was: Would America refuse to build up Ireland when the opportunity was at last offered as a result of the Irish Land Bill? Continuing, he said: "Never has there been such an opportunity as the present, and any man who, ten years ago, would have predicted the change that has come in the life of Ireland would have been called a dreamer. I venture to assert that never in the history of any nation has such progress been shown as that made in Ireland recently, for she has practically created a new race out of the old and has shaken the dust off the ages, and is regaining the position she had in the past—among the first races of men."

Father Finlay began by reading a letter which he received recently from the Apostolic Delegate, praising the movement and expressing the wish of the church that Ireland, which had sent her sons and daughters to the corners of the earth, might now keep them at home. The letter evoked great applause. Father Finlay said that the organizers of the movement, which include some of the best men of Ireland of all creeds and parties, had become convinced that unless industry were promoted in Ireland the Irish race must leave the country or perish.

"Half the population has been lost to us, that which has done so much for you has greatly impoverished us. The stream is still flowing, and 40,000 emigrated to this country last year, of whom 80 percent. were between 18 and 35. This drain of brain and muscle is difficult to estimate. This year the number will be close to 50,000. Expressed in money, this loss of population in a year might be put at \$30,000,000.

"While regretting this loss, we cannot in fairness ask them to remain in Ireland and be only half clothed and half fed. The only way of keeping them lies in the creation of industries with increased remuneration for the people. At the same time we have decided that the foreign capitalist shall not have a place in our industrial growth, and we have not invited foreign capital, although some have deplored this fact. This foreign capitalist, if he created industry in Ireland, would be the master of our industrial life. If we teach our people how to labor intelligently the capital will come of itself."

Father Finlay said that foreign capitalists who had set up dairy plants had been invited either to sell their plants to the society or have them become old iron, and that most of them had sold out. Their plants are now run by parish societies. As a result of these co-operative societies Irish butter, which had been driven out of the English market, now has been restored at the highest prices. The saving to the farmers in agricultural implements through buying by wholesale has been \$10,000,000 alone.

As a part of the society's plan, Father Finlay said co-operative banks have been started in parishes which make loans to farmers without exacting any better security than their word. This has enabled them to purchase improved machinery. There are now 2,000 of these banks. Co-operative lace making societies have been started in parishes, and in one year the girls in one parish, who worked in the fields all day, made \$15,000 worth of lace.

Our Catholic American exchanges dwell upon a recent address delivered by Rev. John J. McCoy, permanent rector of the Church of the Holy Name of Jesus, Chicago, in which he dealt with the question of representation in municipal affairs. One journal says of the address: It embodied such a resolute and faithful spirit as ought to be behind the cause of decent and honest municipal government everywhere.

GOVERNMENT OF AMERICAN CITIES.

Father McCoy said in part:—The object of this meeting I take to be the furtherance of the public good, as earnest and honest men see it. It is not to attack any man, nor to serve the ambitious of any man, but to turn the light on every man's record, who asks our civic favors, and let him stand or fall on his own achievements. We are not to concern ourselves with political affiliations, but only with men's characters and their capacity for public affairs. If I were assured that this organization could be made a cat's-paw or were likely to degenerate into a cabal of self-comforting pharisees, or would die after eating up some one man or body of men, or some one measure of public conduct, I would not bother with it five minutes; but, on the other hand, if men of high repute in our city clasp hands with me, and looking into my face speak fair words and manful and promise to stand with us for the public weal, day in and day out, this year and the next, and the years after that, so long as need appears, then, gentlemen, I am with you heart and soul for the city's redemption.

We have a work to do, to keep every man on duty faced front all the while. The good will welcome us, and we must give full meed of credit, wherever due; but we must never be afraid to say that a wrong is a wrong, no matter who the doer of it may be. We may hope to awaken the public conscience; we may hope to call recall men to a right conception of the glory and dignity of their citizenship; we may hope to make them take it as a disgrace to be thought to have a low aim, or to be moved by any passion but honorable ambition to be of those, who shall lift our city's fair fame as high as any other in the commonwealth.

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Society Directory.

ST. PATRICK'S SOCIETY.—Established March 6th, 1856, incorporated 1863, revised 1864. Meets in St. Patrick's Hall, 92 St. Alexander street, first Monday of the month. Committee meets last Wednesday. Officers: Rev. Director, Rev. M. Callaghan, P.P. Director, Hon. Mr. Justice C. J. Doherty; 1st Vice, F. E. Devlin, M.D.; 2nd Vice, F. J. Curran, B.C.L.; Treasurer, Frank J. Green; corresponding Secretary, J. Kahala; Recording Secretary, T. P. Tansey.

ST. PATRICK'S T. A. AND B. SOCIETY.—Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, at 3.30 p.m. Committee of Management meets in same hall on the first Tuesday of every month at 8 p.m. Rev. Director, Rev. Jas. Killoran; President, W. P. Doyle; Rec.-Secy., Jno. P. Gurney, 716 St. Antoine street, St. Hen'.

ST. ANN'S T. A. & B. SOCIETY, established 1863.—Rev. Director, Rev. Father McPhail; President, D. Aillery, M.P.; Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer, 18 St. Augustin street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8.30 p.m.

ST. ANN'S YOUNG MEN'S SOCIETY organized 1885.—Meets in the hall, 157 Ottawa street, on the first Sunday of each month, at 2.30 p.m. Spiritual Adviser, Rev. Father Flynn, C.S.S.R.; President, R. J. Byrne; Treasurer, Thomas O'Connell; Rec.-Sec., Robt. J. Hart.

A.O.H. LADIES' AUXILIARY, Division No. 5. Organized Oct. 10th, 1901. Meetings are held in St. Patrick's Hall, 92 St. Alexander, on the first Sunday of each month at 2.30 p.m., on the third Thursday at 8 p.m. President, Miss Annie Donovan; vice-president, Mrs. Sarah Allen; recording-secretary, Miss Rose Ward, 51 Young street; financial-secretary, Miss Emma Doyle, 776 Palatine street; treasurer, Mrs. Charlotte Bermingham; chaplain, Rev. Father McGrath.

A.O.H. DIVISION NO. 6 meets on the second and fourth Thursdays of each month, at 816 St. Lawrence Main street. Officers: W. H. Turner, President; P. McCall, Vice-President; J. Emmet Quinn, Recording-Secretary, 931 St. Denis street; James Scullion, Treasurer; Joseph Turner, Financial Secretary, 1000 St. Denis street.

C.M.B.A. OF CANADA, BRANCH 26.—(Organized, 18th November, 1873.—Branch 26 meets at St. Patrick's Hall, 92 St. Alexander St., 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. Spiritual Adviser, Rev. M. Callaghan; Chancellor, F.J. Sears; President, P.J. Darcey; Rec.-Sec., P. J. McDonagh; Fin.-Secretary, Jas. J. Costigan; Treasurer, J. H. Feeley, Jr.; Medical Adviser, Drs. H. J. Harrison, B. J. O'Connell and G. H. Merrill.



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NOTE

THE MIDNIGHT the delightful and ceremonies the vites us to take the entire year, the approaches those of Other churches cele of Christ, other co the Christmas boar hold services in the none have the dear crifice of the Midni is something so h solemn Midnight M linked by it, as by influence, to the m past. And especiall the olden hymns ar that we lisped when that tell of the a proclaiming the gr the human race. It as it has been that special Masses all our city church other occasion wh forth in the sole night, and kneeling ing in of a day th the commencement pendous work tha time contain. The Midnight M scrib'd by so many the scenes that acc been pictured by writers, and we are all its enchanting re is no necessity for at an account of w place. Never, however, do brilliantly lighted al plate the immense n Christians participa able sacrifice, than selves the scenes in Land, when over truded the peasant hear the Mass sun priest in some seclu guarded glen. And in our hearts that t the past, and can We are thankful for of religious freedom in this new count unfettered spirit wi went our ways to t votion and there u offering that marks Christ.

It seems to us that springing from suc situations, should st take advantage of the joy, and to prove thereof, by going in ated with an excepti vation, to the Chur Eve. Some go to hear sic; but they are n faith. It is not thus to us there is in the the most sublime a that man can offer t that this evening the filled to their utmos that the devotion o faithful fellow-citiz source and spring o from above.

CHRISTMAS OR The Christmas ordi year have given to th Irish priests, one of said, will be associ Irish parishes. It weeks since that we dwell upon the impo priestly vocations young men of our Ir joined others in the gret that they are n ous. It is, therefo creased joy that we the most promising, and most worthy of

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