Words

rectory.

DURT, C. O. F., nd and fourth onth in their ours and Notre-c. O'Connell, C. cretary.

CIETY - Estab-1866, incorpor-1864. Meets in 92 St. Alexan-Monday of the meets last Wed-Rev. Director, P.P. President. st Vic?, T. J., F. Casey; Leary: Corres-F. J. Curran, Jecretary, T. P.

NO. 2.— Meets
St. Gabriel New
e and Laprairie
and 4th Friday
p.m. President,
5 St. Catherine
riser, Dr. Hugh
re street, teleRecording-Semohue, 312 Hiwhom all combe addressed;
cial Secretary;
surer. Delegatesague:— J. J.
cCarthy and J

Wednesday of 3 Notre Dame-Officers: AlM.F., PresiVice-President; Rec.-Secretary. et; L. Brophy (sphes, Financial) ag street; M. Standing Comnell, Marshal.

MEN'S SOCIE-Meets in its
creet. on the
ch month, at
Adviser, Rev.
.; President, D.
y, J. Murray:
trick's League:
'Neill and M.

A. & B. SO-he second Sun-h in St. Pat-Alexander St., v. Father Months of the state o

DA, BRANCH 5th November, sets at St. Pat-Alexander St., of each month. s for the trans-re held on the lays of each Applicants for one desirous of ig the Branch-rith the follow. J. Curran, B. J. McDonach. y: Robt. War-etary; Jno. H.

B. SOCIETY.
Rev. Director.
President, D.
J. F. Quina.
street; M. J.
3 St. Augustin
e second Sunin St. Ann's
and Ottaws

Liquidator

BY JOHN WILKINSON.

strength on the wash-board. Looking into the blue eyes that met hers she reddened—stopped her washing, and looking steadfastly at the questioner, answered, "And what else would I be?"

"Will you kindly tell me when you will have services evening services?"

Mrs. Dorsey resumed her washing, and, as she drew the garment back and forth slowly on the washboard, said—all the time looking at her work: "Be on your guard, Miss. The one ye are taking the place of was told to go when it was found out on her that she was a Catholic. Himself here is good enough, but "sey're not all that way—there's a minite on the Boord an' he's minite on the Boord and he can be and the later the bar was fred with the same low voice Mary Golidlight in fairy tales. Little did she dream that her name should one day shine among the brightest of them. Her little brother, Rodrigo, was her constant companion in her play. Do you wonder what the play and games of a child saint would be? Teresa used to attempt to follow the example of the holy people about whom she read. One day she and Rodrigo had been reading of the Christian martyrs.

"Oh! how I would love to die for out one... Lord," said Teresa.
Rodrigo was fired with the same ardor. They talked together of their desires, and they determined to become martyrs.

But to give their lives for their faith they must leave father and mother and go far away. There was no persecution of Christians in their own land. They must go to the land of the Moors and there secure the circum-of martyrdom.

No one must know af their purpose. One bright morning, soon atter, they prayed devoutly together, then quietly left their father's garden. They walked on quilekly, hand in hand, praying as they went. On the bridge over the river Adjust they must their uncle. He wondered to see the two little ones alone so carly in the day and seconnelly so, latent on their scrain, whatever it might be. He asked them where they were going.
They told him of their desire, and invited him to become their disciple and go with them. Great was poor little. Teresa a disappointment when

THE SE OFF. CHARLES RESERVE. AND THE SECONDARY CONTROLLED BY A

sailor, who feelingly told Mary Goulding the decision of the School Board. He was still speaking of it, and that while she might teach that day, still he hoped she would notfor the sake of her own dignity, when the door-bell rang and the servant announced Rev. Mr. Naylon, Meeting the captain and Miss Goulding in the parlor, he said that the events of last night had hurried him to the final step. Next Sunday he would announce to his congregation his determination of entering the Catholic Church. The bigory that was outside it and pressed around it had forced him to this. He had hoped to live in the religion of his parents, to preach it, and, occupying a middle ground, offer when occasion would admit, an equal chance to all. But the hollowness of the self-styled "defenders of our institutions" had been at last brought out so bare, had shown him that as long as he believed in the Catholic Church, now was his time, when it was weak and its believers were being wyonged, to be instantly and without further hesitation a postulant for admission to her fold.

"You, Mary," he said, turning hiseves, upon the young tasker while

older, her fervor increased. She was ever ready to carry out the lessons learned when a tiny girl.

Her mind was bright and active, her conscience most tender and the power to withstand temptation, gained in her girlhood, something wonderful.

At twenty she entered the Carmelite convent. Sometimes she was called a dreamer, but the works she accomplished tell us that she was one of the world's great workers. Her writings alone, upon subjects rarely considered by women in those days, were enough to fill the time not spent in devotions. But we are told that, besides these, she built monasteries to the number of sixteen.

She has been called "Blessed Ten-

She has been called "Blessed Teresa of the Ardent Heart."
She died on the fourth of October, fifteen hundred and eighty-two, but her festival is observed on October

ner lestival is observed on October fifteenth.

Perhaps some of us remember to have seen, in our prayer books, the seven mementoes of St. Teresa. Would it not be well for us to learn to repeat them? They are:

God only is immutable.
Let nothing trouble you.
Let nothing frighten you.
All things pass away.
Patience overcomes all difficulties.
Those who possess God want nothing.
God alone suffices.
—Teresa J. Kennedy, in the Sunday Companion.

WORK.—The girl who is capable, competent and trustworthy, who is well equipped with a good education and good health, who has a respect for the work she undertakes and is determined to do her best in it, possesses some of the qualifications for success: A good worker loves her wirk and finds pleasure in work well doze. A girl who takes up an occupation in a merely mercenary spirit or because it seems an easy thing must expect discontentment with herself and failure in results. Her heart must be in her work. Whether

pation in a merely mercenary spirit or because it seems an easy thing must expect discontentment with herself and failure in results. Her heart must be in her work. Whether she is an artist, a teacher, a journalist, a stenographer or a trained nurse, whether she is employed in office, shop or factory, she must be sincere, earnest, conscientious, if she would find happiness for herself and appreciation from others. Work which is done with a purely selfish aim will never bring satisfaction. There are many brave, unselfish girls in the world who are aiding their families in many ways, either by contributing to the family purse by their own efforts, or relieving their parents of a strain by supporting themselves, but when there is no need to spend except for one's self, a girl should ask herself how she can help some other persons who are not so fortunate as herself. She should be careful not to become self-centered, self-absorbed or narrow in her ideas.

Household Notes.

THE MILK SUPPLY. - We are daily served up with remarks in many styles regarding the necessity of obtaining pure milk. An American exchange publishes the followng version of how some people sup-

ply the pure article. It says :-

It has been discovered that a "pure milk" company supplying the Chicago county hospital with 300 gallons per day has been "preserving" the milk with formalin—that is, the company has "embalmed" the milk, rendering it non-nutritious in all cases, and poisonous in many. This is perhaps of no interest to people wno got their supply of milk at first hand, but there are many persons to whom it will furnish a useful hint. Those who congratulate themselves that their milk is "so good" because it keeps a long time or does not sour in a thunderstorm will usually find if a test is applied that it has been similarly embalmed. When your nilk is thus unusually "good," you would better at once take it to the health office for examination. It has been discovered that a "pure

PATIENCE HAM.—"One Way to Boil a Ham," is the title used by an exchange under which the following explanatory notes appear:—
The following is the recipe of the famous John Chamberlain of Washington for boiling a ham:
"To boil a ham a la Chamberlin, the night before put the ham in a tub of cold water, fleshy part downward, skin part up. Next morning

BRONCHITIS

may mean a mere cold or a chronic incurable inflammation of wind-pipes.

tient hands of little Rodrigo and Teresa.

Would you like to know how Teresa looked at this time?

She was a wee bit of a girl, with high, broad forehead, delicately arched brows, and her mouth and nose were of the purest Grecian type. When she was pleased, dimples played around her mouth. Her eyes were not the eyes of a child. They were large, earnest, and thoughtful, sometimes full of pity, sometimes joyful, and at all times full of a heavenly peace.

Sometimes when the thoughtful lock came into her eyes, she used to repeat to herself, 'Forever, forever, forever.' 'And Rodrigo, hearing her, would repeat, 'Forever, forever, forever, forever.'

Then they would rest from their play and think of God and of His Blessed Mother until the sound of a clock, striking, told them it was time to pray. Then they would kneel and pray for all the dear ones, and the burden of their prayer was always the same, that they might never forget all that Jesus had suffered to gain Heaven for them, and that their lives might be a preparation for the life with the Beloved One through eternity.

Donna Bedfris died when Teresa was only twelve years old. The young saint was so filled with griet that she threw herself before a picture of the Blessed Virgin and besought her to be her mother. St. Teresa tells us in her Hie that her prayer was granted, and that the Blessed Virgin never forsook her in time of need.

Often at night, looking out at the sity studded with stars, Teresa would long for the time when the crystal gates of Heaven would be opened to her. She would ask herself the question. How could she wait? There was only one answer; She must be patient, firemaning her love The quickest relief, for a cold, is also the most effectual balm for the worst condition of wind-pipes and lungs.

It takes the edge off a cold in a night, and relieves it progressively-one forgets it after a little.

An old bronchitis, however, is obstinate. Nothing restores the tissues, when once lestroyed; and an old bronchtis has gradually impared and partly destroyed the lining of hose small pipes between throat and lungs.
Scott's emulsion of cod-liver

il is the balm; it sooths if it

put the ham in a large kettle or pot of cold water to boil. Let the water set hot gradually and continue to cook the ham in a slow boil, scarcely more than a simmer. At the end of five hours take the ham out, throw the water out of the pot and fill it with freek cold water. Put the ham back immediately and let it simmer or boil slowly five hours more. Then add, according to the size of your purse, a gallon of vinegar or a gallon of claret or burgundy or champagne; then simmer or boil for three hours more. Then take the ham off, skin it and put in a cool place. Next morning trim it and eat when you are ready.

"To prevent the ham from tearing or the water suddenly boiling too fast it is always safe to sew a piece of cotton cloth tightly around the ham so as to fit as close as a glove. This will keep the meat firm and guard against the neglect of the cook in letting the water boil too fast."

In the ham in a large kettle or pot of cold water to boil, scarcely with the education of America in what, for convenience, we call Christianity. It is only by the love of man to man, by the absence of greed, or selfshness, arrogance and pride that anarchy is going to be remedied."

Professional Cards.

FRANK J.CURRAN, B. A., B.C.L.

ADVOCATE.

SAYINGS BANK CHAMBERS.

**INMES BANK

BUTTERMILK.—The value of but-ermilk is thus expatiated upon by writer on domestic subjects. He

says :"The virtues of that old fashion "The virtues of that old fashioned and easily procured drink, butternilk, have not been half sung these days. Physicians say that its lactic acid is even more healthful than the citric acid of oranges and lemons. It is credited, too, by those who should know as being of value to a rheumatic patient. It has been found to be both neurishing and fattening as be both nourishing and fattening as well as remarkably easy of assimila-tion. If liked at all, it is undoubt-edly a better drink in summer than many of the carbonated, artificially flavored drinks that are consumed in almost unlimited quantities.

DOMESTIC SERVICE. — The domestic service problem is one which has, in recent years, been an interesting topic for writers of various classes. A vigorous writer, Mr. Goodwin Brown, has been saying some things in print about domestic employment. He finds the chief and its uperable difficulty of the whole situation, which he admits is "strained," to be "that in this country there is no such thing as caste; no one is born to any particular trade or calling," and, "outside of the skilled trades any particular employment is usually a make-DOMESTIC SERVICE. - The do cular employment is usually a make-shift." He does not wonder that demestic service is only undertaken until something better offers, for there is little in the occupation it-self to attract. "An intelligent girl with a common school education."
finds even the factories "preferable
to the care of peevish and misbehaved children, leaving a heavy wash to
attend the door and at the same
time stand behind the lady of the time stand behind the lady of the house and serve the guest at table." He contrasts the situation further and finds nothing occult in the fact that "labor wil go where it is the best paid and where the hours are shortest," and sees but one solution of the domestic-service problem. This is that "wages must be increased to a point commensurate to the hours of service required and the experience demanded. The families who cannot compete with the rich in the payment of wages must combine with other families in co-operative housekeeping, or else

must combine with other families in co-operative housekeeping, or else put up with the misery of having ne'er-do-wells about the house," and the writer finds no reason to assume that "the American home" about which he finds some "twaddle" has been indulged in will be in any danger from the co-operative system.

CRYING BABIES.

The Cry of an Infant is Nature's Signal of Distress. Babies never cry unless there

Babies never cry unless there is some very good reason for it. The cry of a baby is nature's warning signal that there is something wrong. Every mother ought to get to work immediately to find out what that something wrong may be. If the fretfulness and irritation are not caused by exterior sources, it is conclusive evidence that the crying baby is ill. The only safe and judicious thing to do is to administer Baby's Own Tablets without the slightest delay.

For indigestion, sleeplessness, the irritation accompanying the cutting of teeth, diarrhoea, constipation, colic, and simple fevers, these marvellous little tablets have given relief in thousands of cases and saved many precious baby lives. Do not give a child so-called "soothing" medicines; such only stupify and produce unnatural sleep. Baby's Own Tablets are guaranteed to contain no opiate or other harmless drugs; they promote sound, healthy sleep because they go directly to the root of baby troubles. Dissolved in water these tablets can be given to the youngest infant. Mrs. Walter Brown, Milby, Que., says:—'T have never used any medicine for baby that did as much good as Baby's Own Tablets. I would not be without them."

Baby's Own Tablets are for sale at all drug stores, or will be sent direct on receipt of price (25 cents a box) by addressing the Dr. Williams' Medicine Co., Brockville, Ont.

REMEDY FOR ANARCHY.

Architect.

MEMBER P.Q.A.A. No. 8, Place d'Armes Hill. Bell Telephone No., Main 3576.

Business Cards.

M. SHARKEY, Real Estate and Fire Insurance Agent 1340 and 1723 NOTRE DAME ST ...

Valuations made of Real Estate. Personal supervision given to all business, Telephone Main 771.

TELEPHONE 3833.

THOMAS O'CONNELL Dealer in General Household Hardware, Paints and Oils.

137 McCORD Street, cor. Ottawa PRACTICAL PLUMBER, GAS, STEAM and HOT WATER FITTER.

RUTLAND LINING, FITS ANY STOYE,
OHEAP,
Orders promptly attended to, :-: Moderate
charges. .-: A trial solicited.

GARROLL BROS.,

Registered Practical Saultarians, Plumbers, Steam Fitters, 795 CRAIG STREET, near St. Antoine Street. Drainage and Ventilation a specialty.

CHARGES MODERATE, Telephone 1834

Office: 143 St. James St. Tel., Main 644 Residence: Telephone, East 445.

JOHN P. O'LEARY,

[Late Building Inspector C.P.Ry.] Contractor and Builder RESEDENCE: 1 Waredale Av. Westmon Estimates given ; Valuations made.

CONROY BROS.. 228 Centre Street. Practical Plumbers, Gas and Steam Fitters

BLECFRIC and MECHANICAL BELLS, etc. Tel. Main 3552. Night and Day Service

ESTABLISHED 1864.

C. O'BRIEN,

House, Sign and Decorative Painter PLAIN AND DECORATIVE PAPER-HANGER.

Whitewashing and Tinting. Orders prompily attended to. Terms moderate.
Residence 645, Office 647, Dorchester street, sast of Bleury street. Montreal.

Bell Telephone, Main, 1405.

TEL. MAIN 8090. T. F. TRIXEY, Real Estate.

doney to Lend on City Property and Improved INSURANCE. FARMS. VALUATIONS

Room 33, Imperial Building. 107 ST. JAMES STREET.

LAWRENCE RILEY. PLASTERBER Successor to John Riley & Established in 1888. Isin and Ornamental Plastering. Repairs of I kinds promptly attended to Intimates for ished. Postal order attended to. 18 Parts (rect., Point St. Charles.

DANIEL FURLONG, CHOICE BEEF, YEAL, MUTTON and POOR,

54 Prince Arthur Stree Special rates for Charitable Insti Telerhone, Rass 47.

CHURCH BELLS.



TROY, N.Y., and

WELL, TREET.