

Our Boys and Girls.

BE TRUE TO YOURSELF.—No body is more entitled to respect and admiration than the boy who is true to himself—who is useful, makes good use of his time, and is an example for others to follow.

DON'T BE ANGRY.—It doesn't pay to get angry. Anger uses up the nerve forces of the body. So does worry: so does hate. A bad temper worries you out, and makes for yourself countless enemies.

A TRUE GENTLEMAN.—"I beg your pardon!" And with a smile and a touch of his hat Harry Edmond handed an old man against whom he had accidentally stumbled the cane which he had knocked from his hand.

FOND OF MOTHER.—There are a large number of our young folks who are lacking in sincere and true love for their best friend—mother.

HOUSEHOLD NOTES.—SUNLIGHT AND HEALTH.—Many people appear to labor under the delusion that it is necessary to avoid sunlight for fear of spoiling the complexion, when, as a matter of fact, the sun's rays are very necessary to give it the delicate tinting of beauty and health.

OUR FARMERS' COLUMN.—A GIGANTIC BUTTER-MAKER.—There is a Dane in Kansas City, says the "Journal," who churns milk from 20,000 cows daily. It takes him only 40 minutes to churn 1,250 lb. of butter, and he makes 10 of these churnings a day.

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going where mother wishes me to accompany her." "That's a noble answer," responded another clerk.

DOING IT WELL.—"Whatever is worth doing is worth doing well," is a good rule for everything in life. A young man who was a pupil at Rugby school was noted for his bad penmanship.

TWO WAYS OF DOING THINGS.—There are two ways of doing everything. The doing of favors comes under this rule. The one who does a favor willingly, does it twice.

ABOUT COLD FOOD.—Eat all cold food slowly. Digestion will not begin till the temperature of the food has been raised by the heat of the stomach to ninety-eight degrees.

SOUP-MAKING SECRETS.—The secret in soup-making is long, slow simmering. Soups are wholesome and nutritious, and it is to be regretted that their use is not more general.

A PHYSICAL CULTURE teacher gives the following good advice: An erect position is positively necessary for good digestion and perfect health.

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ever, is still used surreptitiously to some extent to written bread, and very largely in making cheap kinds of baking powder. In families where baking powder is generally used great care should be exercised to procure only those brands made from cream of tartar.

ABOUT THE EAR.—That the ear wax is there for a purpose, and efforts to clean it out often result in irreparable injury to the ear.

THE SICK ROOM.—Thoughtfulness for a patient is one of the most essential characteristics of a good nurse. Never ask the patient what he wishes to eat, but inquire of the doctor and out of the hearing of the patient.

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fair in Chicago. He knows precisely when the cream is "riper" for churning, knows just what the flavor and color should be, knows to a grain how much salt to put in—in fact, knows it all.

It is an interesting sight to watch the transformation of cream into butter in the place where Mr. Larson works. The cream arrives in large 10 and 20-gallon milk cans. It is poured from these cans into five immense tanks holding 300 gallons each. In each tank is a metallic coil of pipe, through which is forced water from an artesian well 600 feet deep. While the water is running through these pipes, machinery moves the pipes back and forth in the vat, keeping the cream in constant motion.

There are 43 skimming stations within a radius of 60 miles of Kansas City, which supply this great churn with cream. At each of these stations is a separator run by machinery which separates the cream from the milk, the farmer or dairyman taking the skimmed milk back with him. The separator is a wonderful machine. It performs the office of skimming the milk, only it doesn't have to wait for the cream to rise. It will take the milk within 30 minutes after it comes from the cow, while it is still warm and fresh and covered with foam, and separate every particle of cream from it.

Among some shipments of this butter recently made to persons at a distance was a consignment to President Diaz of Mexico. The Mexican tariff on butter is 10 cents a pound and the express charges are 12 cents a pound, making the butter rather expensive by the time it reaches the city of Mexico.

FINE TREES.—In every neighborhood there are two or three particularly fine trees which people know about and go to see. Usually these are elms, occasionally chestnuts, and more infrequently oaks. Such trees ought to be the pride of any neighborhood, and all such trees ought to be carefully preserved, if necessary, at public charges. It takes a long while to grow such a tree, and a shamefully short while to destroy one. Too many of them have already been sacrificed to trivial whims.

UNPRODUCTIVE ORCHARDS.—According to Mr. J. C. Blair, there are a great many unproductive orchards in Illinois. (In what state are there not?) The reasons given for this unproductiveness may be summarized as follows: (1) neglect, (2) drought, (3) insects and fungi, (4) lack of fertility, (5) improper pruning, (6) non-adaptation of varieties, (7) careless propagation, (8) non-pollination, (9) unfavorable climatic conditions. Aside from the matter of climate, the one charge of neglect would seem broad enough to cover the whole ground. Drought is disastrous because grass or other crops are allowed to rob the orchards of the moisture justly due them. Insects and fungi are damaging because the easy means for controlling them are not used. Fertility is lost through neglect. Pruning is neglected. Study of varieties is neglected. And so on to the end of the list.

PAINT YOUR CHEEKS.—Not with paint on the outside that is easily washed off. Put the color on from within. Scott's Emulsion fills the cheeks with rich, red blood. It is a color that stays too.

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Take Bristol's Sarsaparilla. It arouses the Liver, Quickens the circulation, Brightens the spirits and Generally, makes life worth living.

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J. A. KARCH, Architect, MEMBER P.Q.A.A., No. 3, Place d'Armes Hill.

FRANK J. CURRAN, B.A., B.C.L., ADVOCATE, SAVINGS BANK CHAMBERS, 150 St. James Street, MONTREAL.

Business Cards.

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GARROLL BROS., Registered Practical Sanitarians, PLUMBERS, STEAM FITTERS, METAL AND SLATE ROOFERS, 785 CRAIG STREET, near St. Antoine Drainage and Ventilation a specialty. Charges moderate. Telephone 1508.

THOMAS O'CONNELL, Dealer in General Household Hardware, Paints and Oils, 137 MCGORD STREET, Cor. Ottawa, PRACTICAL PLUMBER, GAS, STEAM and HOT WATER FITTER, BUTLAND LINING, FITS ANY STOVE, CHIMNEY, Orders promptly attended to. Moderate charges. A trial solicited.

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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. J. Quinn, P.F. President, Wm. E. Doran, 1st Vice, P. O. Shannon, 2nd Vice, T. J. O'Neill; Treasurer, John O'Leary; Corresponding-Secretary, F. J. Curran, B.C.L.; Recording-Secretary, S. Cross, residence 55 Cathcart street.

LADIES' AUXILIARY to the Ancient Order of Hibernians, Division No. 1.—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, Stasia Mack; Financial Secretary, Mary McMahon; Treasurer, Mary O'Brien; Recording Secretary, Lizzie Howlett, 383 Wellington street.—Application forms can be had from members, or at the hall before meetings.

A.O.E.—DIVISION NO. 2.—Meets in lower vestry of St. Gabriel New Church corner Centre and Laprairie streets, on the 2nd and 4th Monday of each month, at 8 p.m. President, Michael Lynch; Recording Secretary, Thomas Donohue, 312 Hibernian street.—to whom all communications should be addressed; Peter Doyle, Financial Secretary; E. J. Colfer, Treasurer. Delegates to St. Patrick's League: J. J. Cavanagh, D. S. McCarthy and J. Cavanagh.

A. O. E., DIVISION NO. 3.—Meets on the first and third Wednesday of each month, at No. 1863 Notre Dame street, near McGill. Officers: Aid. D. Gallery, president; T. McCarthy, vice-president; E. J. Devlin, recording secretary, 1635 Ontario street; John Hughes, financial secretary; L. Brophy, treasurer; M. Fenwick, chairman of Standing Committee; marshal, M. Stafford.

A.O.H.—DIVISION NO. 9.—President, Wm. J. Clarke, 208 St. Antoine street; Rec.-Secretary, Jno. F. Hogan, 86 St. George street, (to whom all communications should be addressed); Fin.-Secretary, M. J. Doyle, 12 Mount St. Mary; Treasurer, A. J. Hanley, 796 Palace street; Chairman of Standing Committee, R. Diamond; Sentinel, M. Clarke; Marshal, J. Tivnan. Division meets on the second and fourth Wednesday of every month, in the York Chambers, 2444 St. Catherine street, at 8 p.m.

ST. ANN'S YOUNG MEN'S SOCIETY organized 1885.—Meets in its hall, 157 Ottawa street, on the first Sunday of each month, at 2.30 p.m. Spiritual Advisor, Rev. E. Strubbe O.S.B.; President, D. J. O'Neill; Secretary, J. Murray; Delegates to St. Patrick's League: J. Whitty, D. J. O'Neill and M. Casey.

ST. PATRICK'S T. A. & B. SOCIETY Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, immediately after Vespers. Committee of Management meets in same hall the first Tuesday of every month, at 8 p.m. Rev. S. C. Hallissey, Rev. President; James J. Costigan, 1st Vice-President; W. Doyle, Secretary, 220 St. Martin street.

C.M.B.A. OF CANADA, BRANCH 26.—(Organized, 18th November, 1883).—Branch 26 meets at St. Patrick's Hall, 92 St. Alexander Street, on every Monday of each month. The regular meeting 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:—Jas. J. Costigan, President; P. J. McDonagh, Recording Secretary; Robt. Warren, Financial Secretary; Jas. H. Maiden, Treasurer.

YOUNG IRISHMEN'S L. & B. ASSOCIATION, organized April 1874, incorporated, Oct. 1875.—Regular monthly meeting held in its hall, 19 Dupre street, first Wednesday of every month, at 8 o'clock, p.m. Committee of Management meets every second and fourth Wednesday of each month. President, Hugh O'Connor; Secretary, Jas. O'Loughlin. All communications to be addressed to St. Patrick's League, W. J. Hinphy, D. Gallery, Jas. McMahon, 4

ST. ANN'S T. A. & B. SOCIETY, established 1863.—Rev. Director, Rev. Father Flynn, President, John Killfeather; Secretary, James Brady, No. 97 Rosel Street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 3.30 p.m. Delegates to St. Patrick's League: Messrs. J. Killfeather, T. Rogers and Andrew Cullen.

ST. PATRICK'S COURT, NO. 95 C.O.F.—Meets in St. Ann's Hall, 157 Ottawa street, every first and third Monday, at 8 p.m. Chief Ranger, James F. Postre, Recording Secretary, Alex. Patterson, 107 Ottawa street.

PROVINCE OF QUEBEC, DISTRICT OF MONTREAL, SUPERIOR COURT, No. 317. An action in separation as to property has this day been instituted by Dame Celina Boyer, of the parish of St. Philippe, district of Montreal, against her husband, Pierre Rié, of the same place, farmer. GEOFFREY & MONET, Attorneys for the plaintiff. Montreal, 8th August, 1900.

August 20 1900



girl as tested it, who has used it if it is not, a pure most satisfactory economical, to try Surprize use to use it.

is a pure hard Soap.

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