ES STREET.

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Our Boys and Girls.

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going where mother wishes me to accompany her.' "That's a noble answer," responded another clerk. "Yes," chimed in a third, "if he always keeps such sentiments, he'll be a good man." Needless to say that the answer of that young clerk was much admired by me, as well as by some others who were listening, and probably brought back a reminder to them, to give poor mother a little outing occasionally. HE TRUE TO YOURSELF.— Nobody 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. Happy
the mother who possesses such a
son, and happy the circle and community in which he lives, if, through
all the temptations, trials and troubles of his younger days, he carries
unstained to the end, the beautiful
garment, "the white flower of a
blameless life." O, that we had
thousands of such characters in our
midst, would the dark clouds of sin
and folly sink into oblivion before
the piercing and embrazoning rays
of good example.

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. When his teacher remonstrated, he replied: "Many men of genius have written worse scrawls than I do; it is not worth while to worry about so trivial a fault." Several years afterward this lad was an officer in the English army, doing service in the Crimean war. An order that he copied for transmission was so illegible that it was given incorrectly to the troops, and the result was the loss of a great many brave men. So you see that it was not a small fault after all. 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 wears you out, and makes for yourself countless enemies. It spoils your looks; and makes you a barnacle to society. You have neither peace with yourself nor with others. Young folks, keep within check this hideous monster, crush its awful heads, and destroy its insane power within you before it leads you to the path of destruction.

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. "I hope I did not hurt

you."
"Not a bit," said the old man.
"Boys will be boys."
"I'm glad to hear it." And, lifting his hat again, Harry turned to join his playmates.
"What do you raise your hat to that old fellow for?" asked Charles Gray. "He is old Giles, the huck-

"That makes no difference," said Harry. "The question is not whether he is a gentleman, but whether I am one, and no true gentleman will be less polite to a man because he wears a shabby coat or hawks vegetables through the streets."

TWO WAYS OF DOING THINGS. 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. It is
hard to ask favors, it is harder still
sometimes to have them granted. The woman who has opportunity does well to help a sister through this weary world—she is building a mansion above. If she puts forth her hands gladly, if she gives kind words with the service, she adds to its building beautiful germs and glorious tressures. A favor done gradingly with the service, she adds to its building beautiful germs and glorious treasures. A favor done grudgingly gains nothing, not even gratitude. If we all knew—not belief, but knowledge—that we had one Father, that all good came from Him, that we were honored when the good came through us, then would we see a brother in every helpless man, a sister in every needy woman. Then should we be glad when our little of ability was called into service, then should we be eager in doing favors, gracious in giving. It is prudent to investigate, but do not overdo prudence. Bo not make a human heart bleed in your desire to be on the safe side. Life is short, it is made up of days, each day has noon and night; our night comes. If we have done well while the daylight shone, we shall bear the darkness bravely. When a sister stumbles, help her to a smooth way, and leave your reward to come when and how it will. What you do matters less than how you do it. Cultivate a gracious, willing spirit, and your manner will be as you are.

we called into service, may be able through the atreets."

ables through the atreets."

FOND MOTHER.— There are are large number of our young folks who are lacking in sincere and true love for their best friend— mother. They'll tell you they fove their mother than the properties of the properties of

### HOUSEHOLD NOTES.

SUNLIGHT AND HEALTH.—Many persons 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. Air is necessary to the first inspiration and the last expiration of our lives, but the purity and activity of the atmosphere depends upon the warming rays of the sun, and our bodies require light for their healthy stimulus. It is well understood that without solar heat there can be no proper vegetable growth, and it is equally necessary for the beauty and perfection of animal development. It behooves us, therefore, to see that our homes are open to the sun's rays and are made as bright and cheerful as pessible, and they ought to freely admit the sunlight. It is well known that disease which has baffled the skill of the physician has been known to yield when the patients were removed from dark rooms to light and cheerful apartments. Light is especially necessary for the healthy growth of children. Too much cannot be said in favor of the "sun bath." In the spring the body needs beauty.

DOMESTIC CLEANLINESS. — On domestic cleanliness demends comfort.

NERVOUS PROSTRATION.—The frequent cases of nervous prostration or utter collapse of the nervous system under which women "go all to pieces," as the saying is, have caused much thought and investigation on the part of physicians.

Certain inorganic substances are well known to cause various forms of nervous diseases which are readily traced to the poisons producing them. Further research leads to the belief that alum is a prevailing cause of so-called nervous prostration, for the symptoms it produces on the nervous system after its absorption into the blood are very remarkable indeed. Experiments physiologically made upon animals by Orilla, Professors Hans Mayer, Paul Seim and others show that alum frequently produces no visible symptoms for many days after its introduction into the body. Then follow loss of appetite and other alimentary disturbances, and finally a serious prostration of the whole nervous system. The most prominent physicians now believe that "nervous prostration" and many affections of the continued absorption of alum into the system.

ever, is still used surreptitiously to some extent to whiten 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. The alum powders may generally be distinguished by the lower price at which they are sold.

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.

That oil should never be put in the ear. as it forms a gummy mass which cannot be washed out with water and serves to catch the dust, thereby clogging up the ear.

That the only proper method of cleansing the ear is by means of a gentle douche of warm water to which a small proportion of soda bicarbonate has been added. Anything which cannot be removed in this way should be referred to a specialist.

That much deafness begins with diving in cold water. Surf bathing is even more dangerous, as a large wave striking the side of the head may even rupture the drum of the ear. These dangers are partly avoided by the use of cotton in the ears while bathing.

That boxing a child's ears may be followed by a rupture of the drumhead and deafness. — Pacific, Health Journal.

THE SICK ROOM .- Thoughtful-THD 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. When the food is daintily prepared and neatly arranged on a tray, carry it to the patient as a surprise. Such trifling acts often help the sick to recover, as they tend to divert the mind, and the anticipation of anew surprise each day keeps him in a cheerful mood. Keep the medicine bottles, glasses and spoons out of his sight and read little cheerful happenings for a short time each out of his sight and read little cheerful happenings for a short time each day. Never allow the invalid to be distressed or worried by any unpleasant occurrence. These and many more little thoughtful acts are a help to the doctor and at the same time medicine for the patient. every particle of cream from it The milk is revolved with tremendous rapidity, the cream coming from one spout in the separator and the milk is dedictioned for the patient.

ABOUT COLD FOOD.—Eat all told food slowly. Digestion will not describe the separator and the milk from another, by centrifugal force. Among some shipments of this butter recently made to persons at a sold food slowly. Digestion will not discovered the second sec

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. Hence the more heat that can be imparted to it by slow mastication the better. The precipitation of a large quantity of cold in the stomach by fast eating may and often does cause discomfort and indigestion, and every occasion of this kind results in a measurable injury to the digestive functions. Ice water drank with cold foods of course increases the mischief. Hot drinks—hot water weak tea, coffee, chocolate, etc.—will, on the contrary, help to prevent it. But eat slowly, anyway.

There is a Dane in Kansas City, says the "Journal," who churns the 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. In one day's churning he turns out more butter than all the housewives of Missouri and Kansas combined. This wonderful Dane is A. M. Larson, butter-maker for the Brady-Meriden Creamery Co. He learned the business in Denmark and is said to be the highest-salaried butter-maker in the United States. The walls of his workroom are covered with butter diplomas, one having been awarded him at the world's A GIGANTIC BUTTER-MAKER .-

ir in Chicago. He knows precisely hen the cream is 'ripe' for churag, knows just what the flavor and lor should be, knows to a grain sw much salt to put in it—in fact, nows it all.

color should be, knows to a grain how much salt to put in it—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. This work is all done at night, and after four hours of the cooling process the cream is reduced to a temperature of 52 degrees. In the six or eight hours remaining before daylight the cream ripens, and in the morning the smooth, satin-like fluid is ready for the great churn. This is an immense barrel 20 feet long and 10 feet through, which is revolved by machinery, churning and working the butter at the same time. After 40 minutes of revolving, the churn is opened and there are 1,250 pounds of butter ready to be packed into cans, wooden boxes and tubs, and to be molded into countless one-pound prints or bricks. Piled against the wall of the churning-room were more than a hundred barrels. "That's salt," said the butter-maker. "We use salt here by the carload. It takes 75 pounds for one churning."

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 thirds in a songestor run by ma-

sas City, which supply this great churn with cream. At each of these stations is a separator run by ma-chinery which separates the cream from the milk, the farmer or dairy from the milk, the farmer or dairy-man taking the skimmed milk back with him. The separator is a won-derful machine. It performs the of-fice 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. The every particle of cream from it milk is revolved with tremer

ter 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. For shipments to tropical countries such as this, the butter is packed in tin cans, which

the moisture justly due them. In-sects and fungi are damaging because the easy means for controlling them are not used. Fertility is lost through neglect. Fruning is neglected. Study of varieties is neglected. And so on to the end of the list. When a man neglects his business at every point it seldom thrives—not even when that business is farming. — Country Gentleman.

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### Society Directory.

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LADFES' AUXILIARY to the Ancient Order of Hibernians, Divisions 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, Statia Mack; Financial Secretary, Mary McMahan; treasurer, Mary O'Brien; Recording Secretary, Lizzie Howlatt, 383 Wellington street.—Application forms can be had from members, or at the hall before meetings.

A.O.H.—DIVISION NO. 2.—Meets in lower vestry of St. Gabriel New Church corner Centre and Laprairle streets, on the 2nd and 4th Friday of each month, at 8 p.m. President, Michael Lynch; Recording Secre-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. H., DIVISION NO. 3.—Meets on the first and third Wednesday of each month, at No. 1863 Notre Dame street, near McGill. Officers: Ald. D. Gallery, president; T. Mc-Carthy, vice-president; E. J. Devlin, recording secrets recording-secretary, 1635 Ontario street; John Hughes, financial-se-cretary; L. Brophy, treasurer: M. Fennel, chairman of Standing Com-mittee; marshal, M. Stafford.

A.O.H.—DIVISION NO. 9.—Presi-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 Ave.; 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, 2444a 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 Adviser, Rev. E. Strubbe C.SS.R.; 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, immediate-ly after Vespers. Committee of Man-agement meets in same hall the first. Tuesday of every month, at 8 n.m. Rev. S. C. Hallissey. Rev. Presi-dent; James J. Costiran, 1st Vice-President; W. P. Doyle, Secretary, 220 St. Martin street.

C.M.B.A. OF CANADA, BRANCH 26, C.M.B.A. OF CANADA, BRANCH 26,
—(Organized, 13th November, 1883.)—Branch 26 meets at 8t, Patrick's Hall, 92 St. Alexander Street, 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. 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. AS-SOCIATION, organized April 1874. Incorporated, Dec. 1875.—Regular monthly meeting held in its hall, 19 Dupre street, first Wednesday of evesy 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 the Hall. Delegates to St. Patrick's League, W. J. Hinphy, D. Gallery, Jas. McMahon, 4

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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 Ran-ger, James F. Fosbre, Recording-Secretary, Alex. Patterson, 107 Ot-tawa street.

PROVINCE OF QUEBEC DISTRICT OF MONTRBAL.

SUPERIOR COURT.

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 Riel, of the same place, farmer.

GEOFFRION & MONEY, Attorneys for the plaintiff,

Montreal, 8th August, 1900.