[New York Freeman's Journal.]

The twenty second annual convention of the Catholic Young Men's Union was begun on Tuesday afternoon in the Maditon Square Garden Music Hall, this city. The majority of out of town dele gates arrived in the city on Monday and vesterday and delegates continued coming up to the last few minutes.

shortly after 9 o'clock the members of the Archdiocesan Union of Catholic Young Men's Societics, headed by the orphan Band, numbering fifty boys, from the Church of the Immaculate Virgin, in Lafayette Place, paraded to the place of meeting in the Madison Square Garden and escorted the delegates, representing the union from all over the country, to St. Patrick's Cathedral, where a High Pontitical Mass was said. The celebrant was Bishop Farley; assistant celebrant, the Rev. Father Wall; deacon, the Rev Father Kiernan; sub deacon, the Rev. Father Bogan; master of ceremonies, the Rev. Henry T. Newey. The Rev. Michael J. Lavelle delivered the address, in which he counseld peace and harmony among the delegates during the progress of the conventi in and carnestly hoped that the results sought for would be attained.

During Mass Archbishop Corrigan, in full pontitical robes, occupied the throne. In the sanctuary were the Rev. Fathers Longilin, Tuomey, Donnellan, Dunkirk and Walsh, all of Philadelphia; the national president, the Rev. Malachi Cunnion, and the Rev. Daniel Cunnion, president of the local unions. At the conclusion of the Mass the delegates marched back to the place of meeting in Madison Square Garden.

Mayor Strong was not present to welcome the delegates, but he sent his private secretary, Job Hedges, to tell the young men that the weather prevented him from venturing out, and in his stead to give them welcome to the

The delegates having taken up their places the business of the convention was opened, National President Malachi Carnion, who formally opened the convention, returned thanks on behalf of the delegates for the welome conferred upon them. Then followed the appointment of committees on credentials, press, go I of the order, resolutions and on amendments to the constitution.

His Holiness, Pope Leo NiII., was made the recipient of a message from the meeting, which contained assurances of lovalty and affection.

The following Committee on Credentials was appointed: John F. Murphy, of Newark: James J. Brady, of New York, and Father McGuire, of Brooklyn. Letters of regret at not being able to attend the convention were read from many friends and sympathizers.

SAD NEWS.

The proceedings at this point were in terrapted by a report from Terre Haute. Ind, that the Rev. Father Gerald M. Wilson, O.M.C., first vice-president of the National Union, had died, and a tele gram of condolence was immediately sent to his friends. Reports were then read from the delegates to the various Charles H. Butler of Washington, D.C., who, with Willis J. Smith, are the only two colered delegates to the convention, received hearty cheers when they took the platform. They represent the Knights of St. Augustine, which is the only recognized colored Catholic organization in the United States.

M.J. Dwyer, editor of Donohoe's Magazine and representing Boston, Mass, read a paper on the "Catholic National Union and Press."

BANQUET AND RECEPTION.

In the evening a reception and banquet were given the delegates at the rooms of the Catholic Club, 120 West out street. This evening there was a rally of all the Catholic societies of the city, at which Archbishop Corrigan presided, and delivered an address.

Probably one of the most important matters which came before the convention was the amalgamation of the Catholic National Union and the Young Men's Institute. The union's stronghold is in the East, while the institute is mainly a Western organization, having started in California ten years ago. Efforts to bring about such a consolidation have been going on for some time.

A NATIONAL RALLY.

When Archbishop Corrigan ascended the platform of the Grand Central Palace at 43d street and Lexington avenue shortly after 8 o'clock on Wednesday evening, he was cheered by 5,000 Catholic young men. The Archbishop simply bowed his acknowledgment of the compliment, and took the chair reserved for him among the other gentlemen.

This, the second day, was the occasion of the rally of the Catholic societies of New York in honor of the visiting delegates to the convention of the Catholic Young Men's National Union. The hall was packed to the doors. The main floor was reserved for the different clubs, while the galleries were crowded with spectators. Several bands of music were in attendance. As each club filed into the hall, waving their colors on high and singing marching songs, there was great

enthusiasm and excitement. The following societies took part in the affair, which was in every way a pronounced success :- St. Bernard's, St. Francis' De Sales, Catholic Young Men's Association, St. Agnes' Union, Cathedrai Club, Fabian Club, St. Andrew's Lyceum, St. Elizabeth's Union, St. Patrick's Lyceum, St. Mary's Literary Society, Holy Rosary, St. Francis', St. Peter's, St. Jerome's, Holy Cross, St. Janues' and Dobbs Ferry Lyceums, the Harleni. St. Stephen's, Mount Carmel and Tatian clubs and the Loyola and St.

Monica's unions.
It was one of the largest and most representative gatherings of Catholic young men ever witnessed in New York. The greatest enthusius prevailed The greatest enthusiusm prevailed throughout the evening, and the differcut speakers were repeatedly cheered.

Addresses were delivered by Rev. Father McGurl, the newly elected national president; Charles A. Webber of Brooklyn, Rev. James F. Loughlin, D D., of Philadelphia; Michael F. Dwyer of Boston, and Rev. Malick A. Cunnion and Judge Joseph F. Daly of New York. National music was rendered by the bands and national airs were sung by the audi-

State Senator Thomas F. Grady and Rev. Father Doyle, the Paulist missionary and temperance advocate, had been the principal speakers at the morning Bession of the convention in the Madison Square Garden Concert Hall. The former read a paper on the "National Union and the Clergy." It was well received by the convention.

their work in the cause of religion and humanity. Father Dovle represented the Catholic Total Abstinence Union of America.

"I come," he said, "as the represen-Your motto, ' For God and our neighbor.' is our aim; your cause is our effort. I bid you success."

Rev. Dr. James F. Loughliu, of Philareported that the treasury of the Union was in a prosperous condition.

The question of amalgamation with he Young Men's Institute was postponed for another year. The advocates of this scheme are hopeful of success in the future. They say that it means the eventual merging of all Catholic young men's societies of the country into one and claim that the proposition has the approbation of Cardinal Satolii and the nerarchy of the American Church.

Committees for the ensuing year were appointed at the morning session as fol-

Constitution-Dr. W. F. Laftes, Washington : C Carroll Meyer, Philadelphia ; J. M. Cassidy, Albany; C. A. Webber, Brooklyn; Rev. R. J. Krefe, New York eity; Charles A. Hammerstein, Indiana; D. P. Towney, Boston; T. P. Flanagan, Chicago; T. J. Ryan, Newark, Organization—T. George, Fitzpatrick,

Newark: J. D. O'Connor, Boston: William J. T. Marphy, Indiana; J. Grady New York city; G. F. Mufligan, Chicago-Rey, Joseph S. Kelly, Philadelphia; P.N. Phillips, Brooklyn; Pnil, T. Daly, Albany.

Resolutions-George W. sunderland. Philadelphia; John N. Robinson, Brooklyn: Rev. Dr. Wall. New York city John J. Cleary, Indiana; M. J. Dwyer. Boston: Father Murphy, Chicago: Charles H. Butler Wasnington; Rev. B. M. Bogan, Newarko

The convention adjourned sine die on Thursday, and the delegates were the guests of the New York Union on an excursion up the Hadson.

BE SURE YOU ARE RIGHT

And then go ahead. If your blood is tion to be hourishing, with a national merves weak, you may be sure that membership of about fifty thousand. Charles H. Butler of Washington, D.C., Thomas A. When you need. Hend's and only Hood's. This is the medicine which has the largest sales in the world. Hond's Sarsaparilla is the One True Blood Paritier.

> Hoon's Pitts are prompt, elli ient, always reliable, easy to take, easy to

ST. ALBERT, N.W.T.,

Receives a Souvenir of the World's Fair.

Floods of literature have been circu-Inted concerning the organization, development and magnitude of the "World's Columbian Exposition." Its story, which now embellishes the pages of American history, will tell future generations with what pomp and magnificence, with what joy and gratitude, the great Republic celebrated the four hundredth anniversary of its discovery by the brave and immortal Columbus.

Souvenirs of the great Exhibition must live in the homes and hearts of the millions who witnessed it; yet, on a visiting tour through the vast North-West, I was agreeably surprised to find that some of these souvenirs had reached even the modest village of St. Albert. Yes, there on the brow of the hill, side by si le with the convent. the cathedral, and palace of Venerable Bishop Grandin, stands an Industrial school, under the efficient direction of the Sisters of

Charity (Grey Nuns), Montreal Visiting the school, I noticed with what tact and industry the institution is conducted. There a large number of Indian boys and girls are trained to all the habits of civilized life. On the occasion of my visit I found the girls busily employed, some spinning, carding, weaving; others sewing, knitting, embroidering; others plaiting straw, while their more expert companions fashioned them into hats. In the adjoining de partment the boys were all occupied; some were busy mending and making boots and shoes repairing harness, etc., but on my arrival, at a given signal, they were all on foot, with brass instruments in hand, and ere I had time to know what they meant, I was greeted with the sweetest music it had been my lot to hear for many years. These children play admirably well, and reflect credit on their devoted bandmaster. This is sufficiently proved by their diploma won for proficiency in music, at the North-

West Exhibition of 1895. I next visited the flower and vegetable gardens of the mission. Much to my surprise I there found a choice selection of plants in full bloom; a plentiful sup-

TIRED MOTHERS find help in Hood's Sarsaparilla, which gives them pure blood, a good appetite and new and needed STRENCTH.



ply of ripe tomatoes growing on the vine, REPRESENTS 75,000 CATHOLICS.

Senator Grady is an old and pominent member of the organization, and takes a member of the organization, and takes a favorest of excellent red currants.

Cauliflowers, cabboges, bests turnips, 22 member of the organization, and takes a deep and active interest in is affairs, carrots, radistics, peas, heaps, onions. He was a delegate from New York. In his paper hespoke of the advantages and henefits of church societies to young warm and bright as the industrious and bright as the industrious are could desire. Laving the men, and praised the Catholic clergy for gardener could desire. Laving the gardener cound desire. Laving the gardens, I was conducted to the Convent parlor and while there shown what I have called a sonvenir of the "World's Fair." A souvenir it is indeed, being no less than a beautiful br nze medal tative of 75,000 Catholics, for that is the eneage! in an aluminium case, awarded membership of our organization, to greet to the St. Albert Industrial School by you and to wish you Godspeed in the the Washington authorities. I next exgreat work you are doing among the amined a han some diplems, likewise young men of our country. Our effort is awarded to the institution; both were directed on similar lines, in that it is a given for school exhibits which had been factor in the uplifting of humanity, sent to the Exposition. The medal and diploma were received through the Department of Agriculture, Ottawa, with the following letter:

"The World's Columbian Exposition delphia, speke on the "Archdiocesan awards having issued from the Wasling-Umons," and Secretary Brady, of Albany, ton authorities and been received by the department, I have the honor, by direction, to transmit to you, under separate cover, by registered medil, a medal and diploma awarded you as a Canadian exnibitor in Liberal Arts.

"(Signed: "A. L. Jahvis, "Sec. Dert. Agriculture.

"St. Albert's Industrial School, "St. Albert, N. W. T." The medal and diploma are rice works

of art, and white admiring their beauty could not do otherwise than highly compliment the incitation that had won such distinguished honors, honors of which the Government as well as every Nor'wester may be proud.

Tue Public Catnolic School, likewise under the direction of the Grey Nuns. was the next point of attraction; it was atter school hours when we reached there, but from the numerous specimens of school work placed for my inspection. I could with judge of the man standard work pursued by the pupils. and congratulate teachers and pupils clike on the success achieved. Here from the North West Territorial Exhi- distinct in the clear jelly. ion; it has been awarded to the St. Affact P. C School for pennanship. These honors, indeed, are justly won-

I belieftate myself on having visited the st. Albert Mission, and on having berne away with me such pleasant recollections of the work dom-work which reflects credit not only on the institudious that crown the hill, but on the community at large

A Tourast.

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RECIPES.

BANANAS WITH FRUIT JUICE.

Pick over one quart of currants, wash, drain and mush them. Sprinkle over them one cup of sugar and let them stand until the sugar is dissolved. Stir occasionally, then squeeze through course cheese cloth, or press through a strainer fine enough to keep back the seeds. Peel tour bananas, remove all the stringy membranes, cut them in halves lengthwise and crosswise. Arrange them in a shallow glass dish and pour the current juice over them. Keep it in a cold place until ready to serve. The flavor of the current juice improves the bananas and the color gives a pretty effect. Do not use the currants without sifting, for the seeds will be quite objectionable in the sauce. Blackberry juice may be used in the same way. A cool, simple dessert like this is more acceptable on a summer day than a hot sturchy pudding served with meringue or whipped cream.

WILD GREEN GRAPE SAUCE.

stems Cut through the middle with a sharp knite and remove the seeds. Then weigh the fruit and allow an equal weight of sugar. Put the cut fruit in a kettle with cold water to show just to the top of the fruit. Let it boil, remove the scum, then sprinkle over it ore quarter of the sugar. Boil again and press the grapes down but do not stir to break them. Then add another quarter SCOTTISH UNION AND NATIONAL INSURANCE CO. OF EDINBURGH, SCOTLAND.

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found them most satisfactory in every expect. Although
last whose was an extremely severe one there we show
roung circulate them at may time a trace are contert about the near may time there are content found in the commendations as I remeasure initial
as well as powerful heaters.

[Sizuad] M. Alt CLAIR, Cor-

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of the sugar, and when it has boiled liveor cight minutes, repeat antil all the sugar is used. Cook slowly until the syrup is thack or will jelly. Turn into small jars or glosses and seal with paper. ris a Ladmired another elegant diploma. When cold the grapes should be quite

AN AMERICAN SCHOOL GIRL

WRITES AN ESSAY ON THE "STAFF OF LIFE."

American Hitenen Bange

" Bread is the staff of life." I suppose I have been leading upon this staff all my life, but have not known until letely how much work and care are necessary to make good, sweet whole-

Bread is made principally from wheat. because wheat is the only grain that has the right proportion of glaten to

and in the Dakotas.

Lore are several kinds of their made M sy jedgle go to the city or town it a wheat. That kind called whole rear this because in the process of This means a loss of time and nearly to the white thour much of the

diff us part is taken out. Sam not to earn his bread by the tof his torow, but I suppose Eve had make and bake it. How I pity the .. and Deborahs and Buths of that o a time, because they had no Minne dis flaur, no Fleischman's yeast nor y roal range to bake in. For I have ad that the Hobrews ground a small quality of wheat every day in small sione mills. The flour was then made into dough in a wooden trough and left to terment. It was then made into cakes and baked. They had several ways of baking their bread. They often pans or stoves inade for that purpose. The bread was good if eaten the same day, but the crust was black and burnt. The Hebrews, in common with other Eastern people, had a kind of oven, which was like a large pitcher, open at the top, in which they made a fire. When it was well heated, they mixed donr and water together and this paste they applied to the outside of the pitcher. Such bread is baked in an instant, and is taken off in thin, fine pieces

like our waters. Miss Hellier, our teacher at cooking school, takes great pains to teach us this important part of our education, and if we do not remember her lessons and those of our mothers, so that when we become housekeepers in good earnest we can make good bread I am sure it will be our own fault. I don't wonder King Alfred burnt the cakes, he had

never been to cooking school. We find that baking bread is a very important part of the process. If you have a wood fire you will have to learn that "Eternal vigilance is the price of all excellence." in bread making as in all other pursuits.

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