

GREETINGS FROM HEAVEN.

(By Father Cheerheart.)

There never was maiden but one in this world Since it grews 'neath the hand of its Maker,

To whom were the secrets of Heaven

partaker; Twas she on whose vision bright Gabriel loomed

With a glory that well might entrance her;

visage embloomed her answer.

To maidens to-day comes no angel of and often even in kind. But the in-

favor, Yet many whose pleadings are word-Hear a whisper of heavenly savor;

Not Gabriel's self, but his Lord, 'tis who calls, "In thy heart I would have thee infold Me!"

Thrice blest whom that greeting with rapture enthralls, And who answer, "Thy handmaid behold me!"

MASSAGE.

(Western Watchman.)

popular of late years, both as a form a sweet fallacy, and reminds us of inch thick. it is as old as civilization itself.

means "to knead or handle; to press of kindness. The least kind action cupful. Then add one-quarter of a band and wife, for son and for daugh derstood as connected with the bath; weakest kindness can lift a now independently used and as medi- many persons and lays many persons moving the cinnamon before serving. cally understood it is a procedure under obligations. conducted without the bath.

fresh them. And we know that Tel- once, but to many persons in one. lieved so firmly in the infallibility of Faber. massage that he insisted upon it for his patients and by making use of it himself, it is thought, prolonged his life to 100 years.

With those who are not suffering from physical ills may feel but little interest in the curative powers of beauty. That you cannot burn the massage, there is one point which apmatter and in increasing the activity provide necessary moisture and nourichment for the skin.

the face in warm suds made with some fine, pure soap and without drying, apply massage cream liberally. Then comes the most important part, which is the rubbing. Always rub the cheeks, temples and forehead upward and backward, unless the wrinkles follow these directions and the general rule is to rub in the opposite direction of the wrinkles. After the saged, wash again in warm, soapy water and proceed with a second massage the same as the first. Repeat the process several times, then wash with warm water and a soft cloth. Dry with a bit of old merino underwear and do not rub as you would tapeline disappear. The fortunate pos- sorbed. It will be necessary to stir with a towel, but gently dab the face

When the face is undergoing the mark the measure directly upon the sticking to the bottom of the pan. massaging, fine particles of a soft wood. as little alkali as possible in the soap a string is not long enough pull off which it is to be served form a pile says:

of the metal ends of two laces and fastfresh and sweet, as any rancid fat is en those two ends together. very injurious.

sealed packets.

More Terrible Than War!

More terrible than war, femine or pestilence is that awful destroyer, that hydra-headed monster, Consumption, that annually sweeps away more of earth's inknown to the human race.

the careless, as the irritation upon the delicate mucous membrane causes them to back away with an irritable tickling of the throat. When the irritation settles on the mucous surface of the throat, a cough is the result. To prevent Bronchitis or Con-sumption of the Lungs, do not neglect a cough however slight as the irritation preading throughout the delicate lining of the sensitive air passages soon leads to fatel results. If on the first appearance of cough or cold you would take a few

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way Pine Syrup contains all the life-giving properties of the pine trees of Norway, and for Asthma, Croup, Whooping Cough and all Throat and Lung affections it is a speci-Be sure when you ask for Dr. Wood's Norway Pine Syrup to get it. Don't be umbugged into taking something else

Miss Lena Johnston, Toledo, Ont... writes: "I have used Dr. Wood's Nov must say that nothing can take the place sof it. I would not be without a bottle of in the house."

| Making numerous other remedies, and is cally paste, a tablespoon- erful influence on the liver and kidneys, restoring them to healthful action, inducing a regular flow of the saucepan and let simmer for half secretions and investment of the saucepan and let simmer for half secretions. way Pine Syrup for throat treubles after

KINDNESS.

The occasions for kind actions are

nanifold. No one passes a day with-

out meeting with those fortunate opportunities. They grow round us even while we lie on a bed of sickness, and the helpless are rich in a power of kindness toward the help-Yet, as is always the rule with Who was made in God's counsels kindress, the frequency of its opportuning is rivaled by the facility of its execution. Hardly out of twenty At his "Hail, full of grace," was her difficulty the exception. When kind- ly for two hours. But "Behold me, God's handmaid," ble and how self-rewarding is the rice and serve hot. sacrifice. We always gain more than we lose. We gain even outwardly, ward gain is invariable. Nothing for-To announce to them Heaven's high feits that. Moreover, there is something very economical about the generosity of kindness. A little goes a ong way. It seems to be an almost universal fallacy among mankind, which leads them to put a higher rice on kindness than it deserves. Neither do men look generally at what we have had to give up in order served. to do for them what we have done. They only look to the kindness. The manner is more to them than the The sacrifice adds somethe whole. The very world, unkindly t is as old as civilization itself. however, confers upon kind actions greased pie plate.

The word massage, which is derived a real power. The amount of kind- utes. Measure the

HOW TO KEEP YOUNG.

Let no woman who values her good appearance neglect sleep. Sleep the advent queen. A fair quota of restful sleep is one of the greatest aids to peals to the majority of women and candle at both ends is an old adage, that is facial massage. It is quite as and, like most old sayings, worthy of beneficial to the face as a Turkish consideration. If you stay up late at bath is to the body and serves much night you cannot to the advantage of wing waste health and good looks, rise early in of the sweat and oil glands which lines, wrinkles, and a tired look to the face when you wish to remain young and blooming. If your face is The following is the proper method getting a tired, worn, worried, and of massaging the face: Gently bathe weary look, with black rings under your eyes, you are overdoing it. Go through the items of your day, and see what it is that is producing that effect, and alter it at once. Keep yourself interested in your pursuits.

> HINTS TO THE HOME DRESS-MAKER.

face has been gently, but firmly mas- eighths of an inch will be found more and serve very cold. convenient to manipulate than paper Macaroni with Apricots .- Bring to lee's Vegetable Pills, and serve to front of the machine will also be a half pound of macaroni (which has few pills so effective as they in their great convenience, as every woman been previously boiled) and allow to action. knows the annoyance of having the simmer until the milk is well absessor of a pyrographic outfit might frequently to keep the macaroni from

corresponds to the waste matter that strings for any aind of bags and re- of the juice to the milk and macaro- Goldwin Smith either to specify his is rubbed from the body during a quire no bodkins to put them in. ni. Cover the pan well and set back objections to the Catholic Church or Turkish bath. Use rain water if ou white laurdry bags, and colbags or white laurdry ba will answer. There should be ored ones for clothespin bags, etc. If cool. In arranging on the dish on the New York Sun, Msgr. O'Hare

little boys' trousers try cutting a over it. shoe-string in three-inch pieces and The finest tea grown in the world is the standard of quality used in preparing "Salada" Tea. Sold only in should be with the loops turned toward the leg; then turn the loops up

ers used in fasteners to hold papers is the weapon, use it. together. Two placed along a seam, moving the one in front of the other, as reached, does away with basting, saves time and thread and obviates that tedious part of the work, removing the bastings. Placed at the prothers many times, as a slight fullness "It is only a cold, a trifling cough," say may be adjusted easily upon a plain surface by these little holders. A box will last indefinitely.

RECIPES

Ham Fritters .-- Hard boil two eggs for half an hour, then shell and mash to a fine paste. Mix with an equal quantity of boiled chopped ham and ound to a paste; add a high seasoning of salt and pepper and the yolk of one raw egg. Cut stale bread thin slices, put together in sandwiches with a thick filling of the paste, then trim off crusts and cut in pieces two by four inches in size. Beat together two raw eggs and mix with a quarter of a cupful of milk, a pinch of salt and sufficient sifted flour to make a drop batter. you would save yourself a great deal of unnecessary suffering. Dr. Wood's Nordeep, smoking hot fat and fry golden brown. Drain for a moment on soft paper and serve spread on a dish; do not heap on one another.

Curried Sweetbreads .- Slice two large onions and two tart apples, put them in a saucepan with three ounces this. of melted butter, and set over the fire to cook until brown. Mix a tablespoonful of rice flour, and the same Dandelion are known to exert a pow-amount of curry paste, a tablespoon- eriul influence on the liver and kid-

-THE CROWN BANK OF CANADA-

That which is the hardest to win is the mest worth winning. If you have deprived yourself of some pleasure in order to save money, that money will be more valued by you than any gift money you may receive, and you will think twice as long before spending it.

Easiness is the rule, and sweethreads. Let simmer very gent-

Olive and Radish Salad .- On a platter arrange two light cup-shaped lettuce leaves for each person and these leaves put a border of radishes cut in thin slices, and in the center put a tablespoonful of shredded olives. Cut through the olives lengthwise to one teaspoonful of salt, one saltspoon-

Cherry Roly Poly .- Sift together two cupfuls of flour, one teaspoonful of baking powder and one-quarter of thing, but only a small proportion of a teaspoonful of salt. Rub in with the tips of the fingers one tablespoonas it is, looks at kindness through a ful of flour. Mix with milk to a soft glass which multiplies as well as dough, turn out on a floured board Although massage has become very magnifies. I call this a fallacy. It is and roll out in a long sheet one-half

> to ourselves kind actions done to smallest size of tapioca and soak in quart of milk. Drain the tapioca, add cred meaning. stiff broth. Mix and stir for two to its decrees.

kind actions does one call for any- a wire sieve, return to the saucepan thoughtlessness is the presence of the thing like an effort of self-denial on with a pair of blanched and chopped priest at every marriage and the opportunity allowed him to ascertain Serve on a heat- beforehand whether there are preness does call for an effort, how no- ed dish and garnish with a border of existing impediments to the marriage, and to give to the parties who are to be married such salutary counsel as will fit them for the worthy reception of the sacrament, and to secure to them the plentitude of its spiritual graces.

> The circular also says: "To the Christian the marriage conthe stone in long thin slices. Mix tract can never be a mere natural engagement between man and woman. ful of pepper, six tablespoonfuls of ruled by laws adopted by their own oil and three of vinegar at the table freedom, nor is it a mere social or ciand pour it over the salad as it is vil contract, made binding only through civil enactments, lasting only so long as those enactments order i to last

"In the teaching of Christ the mar-riage contract is indissoluble. Human laws cannot dissolve it. The church in its spiritual supremacy, cannot dissolve it.

"The cessation of the contract, the Spread with one quart remarriage to another, of husband or of medical treatment and as a means that apparent fallacy which leads of pitted cherries, sprinkle over two of wife, renders fatherless or motherof eliminating wrinkles and preserving a beautiful and youthful complexion, silanimities of our love. This fallacy, Pinch the ends together and lay on a dissipates in their souls the sanctity Steam forty min- of the home. Divorce breaks up the Measure the juice drained from home, which God had intended as the both from the Greek and Arabic ness bears no proportion to the effect the pitted fruit and and to make one sanctuary of love and safety for hus-With the French it is un- is taller than the hugest wrong. The cupful of sugar and one teaspoonful of ter. It undermines civil society, which heavy corn starch dissolved in a little wat- in its vital construction is an organic but while the Turkish and Roman weight. It reaches far, and it travels er. Drop in a small piece of stick aggregation of families, finding in the baths include simple massage, it is swiftly. Every kind action belongs to cinnamon and cook ten minutes, re-stability of the family its own stability, in the purity and integrity of the We appropriate Tapioca Custard .- For this use the family its own purity and integrity.

"To-day, as never before, war is As early as 1,000 B.C. Homer those we love, and we forthwith pro- water sufficient to cover for several made upon Christian marriage. The speaks of weary war heroes being ceed to love the doers of them. No- hours. For three tablespoonfuls, contract of marriage is stripped of all rubbed and anointed, to rest and re- body is kind only to one person at measuring before soaking, allow one its religious ceremonial, of all its saemachus, Laerter and others were What a beautiful entanglement of the milk and one-quarter of a tea- natural barter of hearts and fortunes, glad to submit to the soothing process of massage who wearied and
worn by overexertion. Herodicus bewe do not do them oftener?—Father

beautiful and one-quarter of a test hastily entered into as the most inboiler until the tapioca looks clear. significant commercial exchanges, to
Beat together the yolks of three eggs be no less hastily burst asunder and Beat together the yolks of three can done-half of a cupful of sugar, add forgotten. Divorce is almost the and one-half of a cupful of sugar, add forgotten. Nations vie with one another three cases. ens, then add the whites whipped to a er in yielding up their statute books Our own America

Tegal

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loops in the back and thee in the ful use in eradicating these affections, in it has failed to substantiate its front. One can make a pair of pants and in protecting mankind from the claims and forfeit its right to be quickly this way and the buttonholes fatal ravages of consumption, and as heard by the human race to whom it re there to stav. Nothing affords more help to those who sew than the small wire fasten- in its early stages. Bickle's Syrup he calls the efforts of Papal auto-

habitants than any other single disease per spaces, a seamstress may save ga-

Then we plant our banner firmly, Gazing with a steadfast eye, On the Star of Hope and Promice, Shining from our home on high. -Geo. F. Gould. Mr. G. T. Veale, Toronto, has received an order to compose music for

Twilight Bells

When the wanderer home returneth,

As the mists of eve are falling,

And the twilight bells are ringing,

Ah, what pleasure in his longings,

And the welcome lights of home.

And I hear the old folks singing,

Singing sweetly through the twilight's

"There's a loving heart to bless him,

Outward bound what rapture thrills

As we strive for wealth and fame.

And an outstretched hand to guide

As he catches just a glimmer

Of the scenes of early childhood,

The twilight bells are ringing,

Fastly gathering gloom,-

Till the wanderer safe returneth

Till the lifted signal warns us

Our endeavors are in vain;

To his Father's happy home.

From you scintillated dome;

Sure Regulators .-- Mandrake and an hour. Take up and strain through gans complete power to perform their

A six-inch steel guage graded to minutes, take from the fire, flavor functions. These valuable ingredients enter into the composition of Parmeenter into the composition of Parme17 Toronto Street Phone Main 2053 FORBES ROOFING COMPANY or cardboard and absolutely accurate, boiling point a pint of milk and two render them the agreeable and salu-A tape measure glued firmly to the ounces of sugar; throw into this one- tary medicine they are. There are A Fair Alternative

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TOWN

The Rt. Rev. Msgr. O'Hare, of Drain all the liquor in a can of apri-Shoe laces make convenient draw cots from the fruit and add one cup Brooklyn, is trying to get Professor

dish and lower with the apricots, lay- to proceed in this discussion by the Instead of working buttonholes in ing the pieces in layers around and methods and laws which govern a discussion of this kind, and befitting the subject, it is a waste of time and an

Bickle's Anti-Consumptive Syrup is abuse of your valuable space. throat and lungs. The fame of the him compare its historical developand stitch across again. Have five medicine rests upon years of success- ment with that idea and show wherea neglected cold leads to consumption, makes its appeal. Let Professor one cannot be too careful to fight it Smith show wherein, in spite of what cracy, Catholicity does not represent

Christianity, either in spirit or in teaching. "On the other hand, if, as he claims, he is in sympathy with Catholicity Church as a system of philosophy and and his only war is with the Papacy as an institution or with the improper (?) development of that institution in the past, then let him unfold a plan of a Catholic ecclesiastical in-

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