

RANDOM NOTES FOR BUSY HOUSEHOLDS.

The problem of higher education for women is being agitated in Germany in a rather surprising form.

The daughters of the poorer classes in France and of the bourgeoisie are usually famous cooks, and make a science of marketing.

The English girls, too, need training in domestic economy, and educational authorities there are recognizing the need.

Cooking schools have multiplied in the United States during the last few years. Comparatively few girls receive any systematic training in household matters either in their homes or in their schools.

My readers, says Emily Rayner in the Irish World, may not agree with me in classing laundry work among the arts, but those who have sent fine clothing to a careless washerwoman, and had their flannels shrunken and faintly colored fabrics faded, must admit that the knowledge of the proper methods of doing such work is very desirable.

This plan answers equally well for all woolen garments, shawls, blankets, etc., and the work is easy. When all the dirt is not removed in the first water wash in another prepared the same way. Try it, ye housewives who are tired of having your flannels filled up and ruined by washing in the ordinary way.

Medical men in London, Eng., in particular, have never, as a whole, taken so much interest in the study of consumption as now. The movement for its prevention has received a great impetus from a meeting recently.

Following the gift from Messrs. Werber, Belt & Co. of \$100,000 toward the sanatoria fund, Lord Iveagh an Irish nobleman belonging to the wealthy Guinness family, has donated \$1,250,000 to the Jenner Institute in aid of the scientific research bearing on the cause, nature, prevention and treatment of disease.

The way for a young man to proceed to find out what is his groove, says a well-known contributor to magazines, is to do everything which

THINK about your health. Do not allow scrofula taints to develop in your blood. Take Hood's Sarsaparilla now and keep yourself WELL.

he undertakes with might and main—be it blacking boots, cleaning the sidewalks, or keeping accounts. Not to please his employer, but to please himself. Keeping tab upon himself every day, and never allowing anything to go from his hands that he could make any better.

To the advice of a New York health board official that in these days of the prevalence of grip one should keep warm, dry, and clean might be added a further caution against reckless eating, remarks a writer in the N. Y. Post.

The first and most efficacious measure when a preliminary sneeze or other

humorists still make their jokes about the ambition of every woman to spend her hours on a shopping tour, but the actual truth of the matter is that the majority of women could do it unspcakably and plan for it as a railroad trip, conserving energy and time against its serious drawbacks.

The Treasury bureau of statistics at Washington, issued a report on Saturday, which shows that the American people are becoming a nation of coffee drinkers.

The United States now uses more than double the quantity of the berry used by all of continental Europe, and buys more than half the coffee grown.

The tea importation for the calendar year will be about 58,000,000 pounds, while last year upward of 90,000,000 pounds were imported.

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er symptom warns the victim that a cold is impending, should be "Science Siftings," to restore the quick warm blood through every vein and so by heat instantly contract the little chill.

Hot-water bags of rubber are invaluable, but few homes boast of more than one, or possibly two. In sickness it frequently happens that the patient is chilly and needs warmth in more than one place at a time, or a bed needs a thorough and quick heating.

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are durable and safe if treated with proper care. When they are filled, if set in a pan containing a little warm water boiling water may be poured into them without cracking, and if the water is allowed to run over the cork will suck tight in its place with no fear of leakage.

The dressmaker in Paris, is not, except in rare cases an artist; he is a business man employing artists and trained artisans on a large scale, engaged in a commerce that returns a very profitable per cent.

The first and most efficacious measure when a preliminary sneeze or other

There are various classes of "cranks" in the world. Some there are who sleep in a room with windows open when the temperature is below zero; but none amongst them can compare with the one who hails from the land of the Russian Bear, known as Prof. L. Sugarman, who is attracting attention at Little Falls, for the reason that he takes a daily bath in the icy waters of the Mohawk River.

His usual hour for bathing is between 8 and 9 o'clock in the morning. He goes to the river bank, and, standing on the snow and ice in his bare feet, begins to undress. Under his clothes he wears a pair of bathing trunks. His clothes off, he walks

A PLUNGE AMONG ICE CAKES.

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here until he became thoroughly acclimated. He believes that the outdoor baths are beneficial to him. They have a tendency to harden the flesh and he never has colds. Prior to taking up the system of outdoor bathing he was troubled with catarrh. Since then his catarrh has left him. He has not had a cold since he began bathing. The sensation experienced when going in the water, he says, is not one of coldness, but he feels a pressing sensation until he is fully immersed. On coming out of the water, as soon as he places the bath robe over him all feeling of coldness is gone, no matter how cold the atmosphere. He does not use a towel after coming out of the water with the exception of carefully drying his hair. He is very plain in his habits, eats only substantial food and drinks nothing but hot and cold water. He never uses tobacco. He weighs 215 pounds and is the picture of good health.

DEATH OF CHARLES RYAN OF GEORGETOWN.

Mr. Charles Ryan, Collector of Customs, died suddenly at his home on John street, Georgetown, recently.

He had been in his room reading, and about 8 p.m., his daughter went to his room and noticed that his head had fallen back as if in a sleep. She called him, and receiving no answer she became alarmed, and, calling in a neighbor, it was found that he was dead.

Charles Ryan was born in the county of Wexford, Ireland, in 1830. About the year 1848, he came to Canada and settled at Napanee, where he taught school for about three years. From there he went to Belleville, where he learned telegraphing. When the G. T. R. was constructed he was appointed to the position of operator at Guelph. In 1859 he was appointed in charge of the Georgetown station, in which position he remained until 1896—37 years. A little over a year ago he was appointed Collector of Customs at Georgetown. In the year 1848 he married Catharine Dalton, who died about a year ago. Their three children, Mr. Chas. Ryan, in the office of the Toronto Street Railway; Miss Annie Ryan of the Georgetown Public School staff, and Miss Ryan are universally esteemed.

For twenty years he was a member of the local School Board and did much to elevate the educational standard in his district. A life-long member of the Roman Catholic Church here, his influence and support will be missed for some time to come. The tribute offered his remains by his fellow-townsmen today, was in keeping with the high esteem in which he was held while living. A large concourse of people followed the hearse to St. Joseph's church, where a very eloquent and instructive sermon was preached by the Rev. Father Feeney. The pallbearers were Messrs. John Langan, James Barber, Wm. McLeod, James Bobble, James Hickey and T. J. Wheeler. Visitors from a distance were Mrs. R. Disette, Mrs. T. Lamb, Miss Dalton, Mr. S. Ross, of Toronto; Mr. and Mrs. J. Cummings, Mr. and Miss Lee, Woodstock; Mr. John McGrail, Mrs. McCann, and Col. G. W. Allan, Acton.

(The deceased was a brother of Martin Ryan, who many years ago was the Montreal Telegraph and Canadian Express agent in Guelph.)—The Guelph Mercury.

MODERN IAGOS.

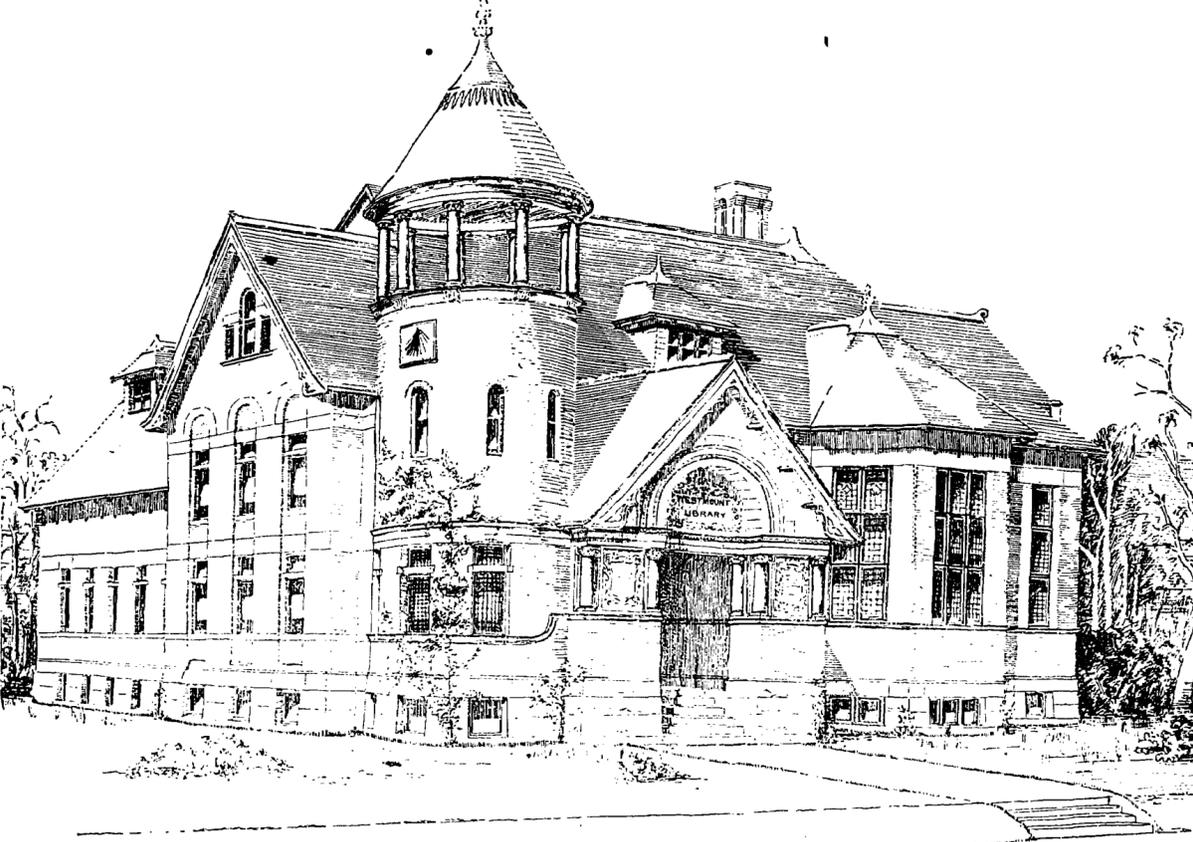
There are many Iagos at the present day, said Mr. Jos. Macaulay, in a lecture before the Catholic Club, of Belfast, whom one may meet with everywhere engaged in diligent efforts to advance themselves in life by trading upon the weaknesses of men more honest. They get the ear of the influential, because they have the trick to be "trimmed in forms and visages of duty," and to throw "but shows of service on their lords." All men are prone to flattery, and readily give ear to those that speak highly of them, rather than to the men who would not so stoop to curry favor. So will they ever have for a time an advantage over better men, and occupy lucrative appointments that better men should fill. But only for a time. In the long run truth and honesty will prevail; the scales will drop from the eyes that were blinded and deceived and the villainy will be punished. It is as certain as death.

It is said that ball bearings were invented by John Wyatt, an Englishman in the year 1760.

MADE ON HONOR.

Advertisement for Singer Sewing Machines, featuring the Singer logo and text: 'SINGER SEWING MACHINES', 'SIMPLE STRONG', 'SILENT SPEEDY', 'SINGER SEWING-MACHINE CO. OFFICES IN EVERY CITY IN THE WORLD.'

DR. FR. DE SALES PREVOI, SPECIALIST. Diseases of the Eyes, Ears and Nose. CONSULTATIONS—9.00 a.m. to 12 p.m.; 7 p.m. to 8 p.m., at 2499 Notre Dame street. 1 a.m. to 4 p.m., at 402 Sherbrooke street.



PUBLIC BUILDINGS AT WESTMOUNT.

"The Emerald" in referring to the question of Irish national organizations providing suitable homes for themselves in leading cities on this continent, makes the following pertinent remark:

They refer particularly to the A. O. H., which in the United States and in Canada is making great strides of progress. It says:—

"One quality lacking in the Ancient Order of Hibernians is the desire to have buildings of their own in which to meet in. To our knowledge there is but one division in New Hampshire that has a building that can be called their own and that is the division in Somersworth. Division 1 of Manchester has valuable real estate and in all probability will erect a new hall in the course of a few years. If due consideration was given this subject and the amount of money paid out each year for hall rent was reckoned it would be found that it would take from eight to fifteen years at the most to pay for a building that would meet all the requirements of a division. A little less living on pay, glory and more energy would prove a good nerve tonic."

Sometime ago the C. M. B. A., a powerful quasi-insurance organization, which has taken a strong hold

in all the Catholic parishes of Montreal, appointed a committee to devise ways and means of securing a central location for a building to accommodate the different branches in this district. Evidently the matter has dropped as nothing has been heard about it since the announcement was made in the "True Witness."

Of course there are some of our young men's associations which have small quarters of their own in a few of the parishes, notably among the number, the Young Irishmen's L. & B. A. and the St. Ann's Young Men; but while these may be sufficient for the requirements of these societies, there is an urgent need of a central place of meeting where all the members of the various bodies in the five Irish parishes of this city could meet and not only have greater facilities to transact their business, but to also learn the lesson of the value of social intercourse and unity of aims.

In the Town of Westmount, a mere annex, so to speak of Montreal, with a population of only seven thousand, there is to be found a very striking object lesson of the vigorous and at the same time well directed public spirit of its inhabitants in the two public buildings now in course of erection.

The Town Council during the year has evidently been devising schemes for the good of the ratepayers. With this end in view, it voted a considerable sum of money for the erection of a public library and a public hall.

The illustration given is of the new public library, which is nearing completion, and will shortly be opened. The building is a handsome one. The structure is of red pressed brick, with moulded olive sandstone dressings, and is of red pressed brick, with tie carving.

The library is situated in the west end of the Park, which by the way is a gem, from which it has its entrance near Sherbrooke street. The entrance leads into the delivery room and off here are two spacious reading rooms, with very high ceilings of natural wood. In addition to this, there is a fine stock-room with a capacity of thirty thousand volumes. The librarian's and catalogue rooms lead off the stock-room, and these are all on the ground floor. On the second story large cloak and toilet rooms for ladies and gentlemen are nicely arranged, and there is also a general look-out tower overlooking the western side of the Park. The interior is nicely decorated, and taken as a whole, the building is likely to be a very useful one to the town of West-

mount. Not only will the public have access to a splendid collection of reading books, but the reading-rooms will be supplied with all up-to-date daily papers and magazines.

In close proximity to this building is being erected the public hall, which has been a long felt want. Mr. Findlay is the architect for this also. The building is to cost \$25,000 and it is to be used as a concert hall, also for lodge and literary purposes. Its seating capacity is about a thousand. The material used is somewhat similar to the library, the only difference being some fine stone trimmings. The basement has been reserved specially for a gymnasium, and it is nicely fitted up with plunge and shower baths, together with three hundred lockers. At one end a gallery is erected for spectators. Upstairs there are cloak and toilet rooms, and spare rooms. Applications have been received for the use of the hall, and the Westmount Athletic Association has leased the gymnasium.

What has been achieved in the rising little Town of Westmount through the courageous action of the Council, and at such a small outlay, is well worthy of emulation by our forty or more of English-speaking Catholic organizations.

Losing flesh is one, and a hacking cough is another. If they come together the meaning is a loud and hard one. Scott's Emulsion does some of its best work in some of these cases. It prevents consumption.

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over the snow and ice into the water. He immerses himself at once, and after remaining in the water for a few moments comes out and covers himself hastily with a bath robe. Taking a towel he dries his hair thoroughly and then begins to dress himself. He does not shiver when going to or coming from the water. The other morning the thermometer registered twelve degrees below zero, but Sugarman was at his bathing spot at schedule time. He found that the raceway was frozen over solidly with ice, and that boys were skating over his favorite swimming hole. He secured an axe, undressed himself, and, with the aid of the bystanders, cut a hole in the ice. He plunged in among the ice cakes, and came out smiling. After his baths he takes a brisk walk for about half an hour, and then he is ready for the day's business.

Prof. Sugarman was born at St. Petersburg, Russia, in 1842. He says he began the practice of outdoor winter bathing in his native country when he was eighteen years of age, and kept it up until he came to this country. He gave up the practice

These are days in which exposed water pipes are apt to freeze. It should be remembered that boiling water ought never to be poured down a frozen pipe. Cold water and salt is the proper treatment, and one which will not injure the pipes.

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Advertisement for Coleman's Salt, featuring the text: 'BUY Coleman's Salt THE BEST'.