

Household Notes

FEEDING CHILDREN -The craving for sweets is nature's own voice speaking in the child, and should be satisfied, in moderation, of course.

No two children are alike in their tastes, as every mother with a family well knows; one likes this, another likes that; one will eat as much as an adult at a meal, while another lives on almost a bird's allowance.

What one child can digest and obtain the nourishment it needs from, will mean starvation to the system of his sister; and the quantity consumed by a strong, robust child would kill a more delicate one.

Some children are well and strong on two or three substantial meals a day, eating with relish coarse, homely fare, while another child will rather starve than eat. The poor child cannot help its repugnance; it is the delicate stomach that rebels.

Some mothers pride themselves on never allowing their children to "eat between meals," they think to teach the little stomachs regularity by this means; but fail to take into consideration that one little one eats about half at a meal than the generous allowance consumed by the other, and then wonders why the little one is "not strong," and supplements the meager meals by cod-liver oil and tonics!

There is much, however, that can and should be overcome in children who habitually tease for food, between meals, or find fault with what is set before them at meal time. The wise mother will know when it is just "naughtiness" she has to meet and overrule, or when it is the voice of nature asking satisfaction.

The Germans have a clever proverb which says: "Hunger is the best sauce;" and when one is sure the food is good, and suitable, it is just as well to let the little grumbler go hungry till "hunger waits on appetite."

Insist on the children masticating everything well. Remind them that Mr. Gladstone, England's "Grand Old Man," declared he owed his strength through a long and arduous life to the fact that he masticated every mouthful thirty-two times!

A growing child is eating to build its body, as well as to renew the vital forces. Some children are exceedingly fond of meat, and if they are of quiet disposition, seeming to need stimulating, then it is right to give it to them, and as rare as they will eat it. But children of violent temper and tremendous activity (unless it be nervous activity) should be given meat very sparingly, and always well done.

Always give the child a little lunch to eat during recess at school; the waste caused by brain work needs this help and stimulus.

Another important thing is that children, as well as their elders, needs change in their food. Nothing so soon palls on the palate as a too frequent repetition of the same dish.

Cereals and fruit are good for breakfast, but it is well to change them daily, and it costs no more. Rice, tapioca or hominy puddings are ex-

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cellent, but they can and should be prepared in a variety of ways. Children are fond of jam, and this is good for them, if given in the form of sandwiches; a dish of jam to eat with a spoon clogs the stomach.

Nuts, raisins, figs, dates and good plain chocolate are all good fare; a little box of these make an excellent lunch. Many crackers are unwholesome.

Never stint the milk, and have cream for stewed fruit if you can; it is really condensed nourishment. It is wonderful what beautiful healthy children one finds in many rural districts in this and other countries, who are never allowed one bit of meat.

On the other hand, strong meat juices have saved the life of many a child, whose vitality had fallen almost to the point of extinction.

The writer kept her family of young children on a non-meat diet for three years; they were in excellent health, physically and mentally, all the time.

Expelled Orders To go to Italy.

A large number of religious orders expelled from France have sought refuge in Italy, and it cannot be said that they have been badly received, says the Paris correspondent of the London Monitor and New Era.

The great orders have bought important property in Italy. The Carthusians, for instance, have established themselves at Pignerol, and have just bought the ancient monastery of Lucca, which belonged to their order and which was confiscated by Napoleon I. one hundred years ago, when he dissolved the religious orders in Tuscany.

The French Benedictines, on the other hand, have bought the historic abbey of Pontida, where, in 1167, the Lombard League was formed and where for the first time the cry "Down with the foreigner," so frequently afterwards to be repeated in Italian history, was uttered against Frederick, Emperor of Germany, by the representatives of the city of Lombardy.

That cigarette smoking, when indulged in to excess, has been the cause of much suffering, cannot be denied. That it ruins the sight is certain, for one of the largest ophthalmic hospitals in London refuse to give attention to patients who will not consent to discontinue the habit.

That it is the cause of cancer in the lip is also true, not to say anything of the effect it has upon the heart,

lungs, throat and the general loss of tone in the whole system. But if these are the effects on full grown persons, what harm it does to the growing youth can hardly be calculated. This juvenile cigarette smoking has reached large proportions in this country, and in America so bad has become the habit that stringent laws have been passed in various States which make it a criminal offense to sell cigarettes to children.

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NOTICE.

Notice is hereby given that the parishioners of St. Michael the Archangel of Montreal, will apply to the Legislature of Quebec at its next session for an Act to amend the Education Act, and to permit of the erection of the said parish into a separate school municipality.

NOTICE.

Dame Appoline Pauline, in religion Sister Marthe, Dame Marie-Emilie Auvert, in religion Sister Sainte Theodora; Dame Ellen Royston, in religion Sister Marie de Saint Paul, Dame Elizabeth Mais, in religion Sister Marie du Sacre-Coeur, of Montreal, will apply to the Legislature of Quebec, at its next session, for a charter granting them civil personality under the name of "Les Soeurs de l'Esperance, vouees aux soins des malades," with such powers as are generally given to similar corporations.

NOTICE.

Notice is hereby given that, "La Fonciere, a Mutual Fire Insurance Company, having its principal place of business in the town of Maisonneuve, in the District of Montreal, will make application to the Legislature of the Province of Quebec, at its next session to have its deed of incorporation amended in virtue of Section 17 of the revised Statutes for the purpose of obtaining the following powers:-

- 1.-To obtain subscription to a capital stock of \$50,000.00 with the privilege to increase the same to the sum of \$500,000.00 divided in shares of \$50.00 each.
2.-To acquire, own and alienate immovables.
3.-To issue insurance policies on the Mutual and the cash premium systems of the Province of Quebec.
4.-To transfer its principal place of business to the City of Montreal in lieu of the town of Maisonneuve.
5.-To issue insurance policies on either the Mutual or cash premium systems in towns and cities, as the Board of Directors might decide.

LEONARD & LORANGER, Attorneys for the petitioner.

Professional Curran & Curran Barristers and Solicitors. SAVINGS' BANK CHAMBERS, 180 St. James Street, Montreal.

R. F. QUIGLEY, Ph.D., L.L.D., K.O., ATTORNEY, BARRISTER and SOLICITOR, Member of the Bars of New Brunswick and Quebec. Brossseau Lajoie and Lacoste, Advocates and Barristers-at-law. PLACE D'ARMES, Montreal.

C. A. McDONNELL, CHARTERED ACCOUNTANT, 180 ST. JAMES STREET, Montreal.

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NOTICE.

Public notice is hereby given that les Cure et Marguilliers de l'Oeuvre et Fabrique de la paroisse de Tres Saint Nom de Jesus de Maisonneuve, in the County of Hochelaga District of Montreal, will apply to the Legislature of the Province of Quebec, at its next session, for a bill to give to the Trustees of the parish of Maisonneuve, certain special powers in addition to those granted to corporations of Trustees by the general law, and more especially to incorporate Trefle Bleu, William Richer, Hubert Desjardins and M. Gustave Ecrement, trustees-elect, and the Cure of the parish, the last named being ex-officio, under the name of the "Trustees of the parish of Maisonneuve," with powers to erect a Church and Sacristy, and to borrow for those purposes a capital sum not exceeding \$125,000, and to arrange the conditions of the said loan which is to be paid within a period of time not exceeding fifty years; and to be authorized to levy annually on the immovable property of the Catholic Free-holders of the parish, a sum not exceeding twenty-five cents in the hundred dollars of the value of the immovables affected. Such annual assessments will be based on the Municipal valuation roll of the Town of Maisonneuve, and also to fix the time and place of payments; to provide for all vacancies of trustees; to ratify the obligation assumed by l'Oeuvre et Fabrique de la paroisse du Tres Saint Nom de Jesus de Maisonneuve, to pay annually to the said Trustees the sum of \$2,500.00 to assist in the payment of the above mentioned buildings.

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Society Directory. ST. PATRICK'S SOCIETY.-Established March 6th, 1856, incorporated 1863, revised 1894. Meets in St. Patrick's Hall, 92 St. Alexander street, first Monday of each month. Committee meets last Wednesday. Officers: Rev. Director, Rev. M. Callaghan, P.P. President; Hon. Mr. Justice O. J. Donerty; 1st Vice, F. E. Devlin, M.D.; 2nd Vice, F. J. Curran, B.C.L.; Treasurer, Frank J. Green; corresponding Secretary, J. Kahala; Recording Secretary, T. P. Tansey.

ST. PATRICK'S T. A. AND B. SOCIETY.-Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, at 8.30 p.m. Committee of Management meets in same hall on the first Tuesday of every month at 8 p.m. Rev. Director, Rev. Jas. Kiloran; President, W. P. Doyle; Recording Secretary, J. Kahala; Recording Secretary, T. P. Tansey.

ST. ANN'S T. A. & B. SOCIETY, established 1868.-Rev. Director, Rev. Father McPhail; President, D. Sallery, M.P.; Sec., J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer, 16 St. Auguste street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8.30 p.m.

ST. ANN'S YOUNG MEN'S SOCIETY organized 1885.-Meets in the hall, 157 Ottawa street, on the first Sunday of each month, at 8.30 p.m. Spiritual Adviser, Rev. Father Flynn, C.S.S.R.; President, R. J. Byrne; Treasurer, Thos. O'Connell; Rec.-Sec., Robt. J. Har.

G.M.B.A. OF CANADA, BRANCH 26.-Organized, 18th November, 1873.-Branch 26 meets at St. Patrick's Hall, 92 St. Alexander St., on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Monday of each month, at 8 p.m. Spiritual Adviser, Rev. M. Callaghan, (Vice-Chancellor, F.J. Sears; President, F.J. Daroey; Rec.-Sec., F. J. McDonagh; Fin.-Secretary, Jas. J. Costigan; Treasurer, J. H. Feeley, Jr.; Medical Adviser, Drs. H. J. Harrison, B. J. O'Connell and G. H. Merrill.

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NOTE: If the English-speaking interests, they would generally Catholic papers work.

CATHOLIC SCHOOLS. "The Catholic Times," are the porch of Churches, not in me but in fact."

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LENTE MISSIONS. judge by the attendance of our parish Churches, entitled to the honor bears in Catholic ranks Mary."

PARLIAMENTARY. Trustees of the Irish Fund have addressed at the Irish people for a support which they wards the maintenance Parliamentary Party.

CATHOLICS SET AS. land, as in Canada, and in States, Irish Catholics submit to injustices against prejudices. The of Dublin, in a recent array of suffering in Ireland. It gives salaries of the official by the Provincial Bank. On the general staff then cooing to this statement testaments, with an aggregate salary of £4500, and no Catholics are on the managerial staff of the Provincial Bank, with a salary of £22,050, and Catholics, their aggregate salary, £510. The tellers and include seventy-five Protestants, their total aggregate salary of £1625. Although three hundred and two as against twenty-nine Protestants are £190 Catholics, £126 7s. In branches of the Bama Catholics on the staff, can be discovered there been a Catholic on at least the branches. Yet in the rity of cases the support mainly Catholic.

WAR NEWS.-Since our although an entire week past, there has been little the situation in the Far true that the daily press has columns of news; but it is unconfirmed, other portions evidently cooked up to suit and desires of the dependents, while none of it taken with assurance, for much contradiction comes heels of assertion. As far as news goes of character there is none of