

RANDOM NOTES For Busy Households.

HEALTH TALKS.—The care and treatment of children was the subject of the health talk which was given in the basement of St. Anthony's Church last week by Dr. J. J. Ward, S.M., under the auspices of the Local Council of Women.

of conkerling the ordinary substances of our food into food at once palatable and wholesome. And science is not likely to do much for us so long as the matter is in the hands of women cooks, who naturally look at the problem from the personal side, seeking to please our palates much more than is good for our stomachs.

PEANUT BUTTER.—Last week we referred to the report that a new factory has been put into operation for the manufacture of butter from peanuts.

"AUNT BRIDGET'S" HENRY.—He was a little mulatto boy about ten years old. There had been a general turning up of noses, and murmurs deep if not loud, when Sister Mary Benedict (as an experiment) had led him into the school-room one winter's morning.

ABOLISH THE KITCHEN.—There are few finer sights in Philadelphia than a great stretch of two-story houses erected by building associations for working-people, says Robert Ellis Thompson, in the Saturday Evening Post.

For pure blood, A bright eye and A clear complexion, A keen appetite, An easy digestion And refreshing sleep.

TAKE Bristol's Sarsaparilla It arouses the Liver, Quickens the circulation, Brightens the spirits and Generally, makes life worth living.

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OUR BOYS AND GIRLS.

HOW BLIND CHILDREN PLAY.—Many people who have good eyesight of their own will be interested to learn how little folks who have no sight at all get on. A writer in "Little Folks," gives an interesting account of their doings.

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dovoutly at seven o'clock Mass; after which he would kneel in front of one of the smaller altars, where, on either side of Our Lady's statue, images of St. Patrick and St. Bridget were enthroned.

A PATHEUTIC ELEPHANT.—For many years the old elephant had borne upon his back the royal crown amount which the Pough lost rajah. He probably did not concern himself as to the right and wrong for which his master fought; he only obeyed his keeper and fed his duty.

TO PREVENT CONSUMPTION. Hard to cure; easy to prevent. Scott's Emulsion nourishes the body. Keeps all the organs and tissues healthy, and the consumption germs cannot get a foothold.

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Society Meetings. Ancient Order of Hibernians. LADIES' AUXILIARY

To the Ancient Order of Hibernians, 502 Division 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.

A.O.H.—DIVISION No. 2. Meets in lower vestry of St. Gabriel New Church corner Centre and Laprairie streets, on the 2nd and 4th Friday of each month, at 8 p.m.

A.O.H.—Division No. 3. Meets on the first and third Wednesday of each month, at No. 1863 Notre Dame street, near Smith.

A.O.H.—Division No. 4. President, H. T. Kearns, No. 32 Dorchester ave. Vice President, J. P. O'Hara; Recording Secretary, P. J. Finn, 16 Kent street; Financial Secretary, P. J. Tomlin; Treasurer, John Traynor.

A.O.H.—DIVISION No. 9. President, H. J. Hummel, 25 Visitation street; Recording Secretary, W. C. McArthur, 25 Visitation street; Treasurer, J. J. Conroy, 25 Visitation street.

C.M.B.A. of Canada, Branch 26. Branch 26 meets at St. Patrick's Hall 92 St. Alexander Street, on every Monday of each month.

Young Irishmen's L. & B. Association. Organized April 1874. Incorporated Dec. 1875. Regular monthly meeting held in its hall, 19 Dundas street, on every Monday at 8 o'clock, p.m.

St. Ann's Young Men's Society. Organized 1855. Meets in its hall, 157 Ottawa Street, on the first Sunday of every month at 8 p.m.

Catholic Order of Foresters. 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.

Total Abstinence Societies. ST PATRICK'S T. A. & B. SOCIETY. ESTABLISHED 1840. Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street.

St. Ann's T. A. & B. Society. ESTABLISHED 1863. Rev. Director, REV. PATRICK FLYNN, Pres. and Secy., JOHN KILPATRICK, Secy.

SAVE YOUR EMPTY BAGS. Users of PROUD'S XXXX Self-Raising Flour who preserve the empty bags and return them to us will receive the following premiums: For 12 six pound bags a beautiful colored picture in a tin-lined gilt frame, 12 inches x 16 inches.

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