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RANDOM NOTES For Busy Households.

HEALTH TALKS .- The care and ticatment of children was the subject of the health tal which was given in the basement of St. Anth-ony's Church last week by Dr. Ldward Semple, under the auspices of the Local Council of Wome). speaker drew attention to the great importance of the proper treatment of the child in his earliest years, upon which depends, not only his welfare for the time boing, but also much of his success in later life. The bath was the first point taken up, of which Dr. Semple gave many usein hints in regard to the temperature of the bath, its frequency, the er to better purpose. quality of soap used, how to conquer the child's objections. In case of children suffering from lack of vitality, a cold douche was often found invigor-ating. The sleeping conditions were of importance. The temperature of the room should be well regulated. The child should be allowed to tunble about freely, without having its motions impeded by tight clothing. As soon as the child was old enough he should take a systematic and regular course of gymnastics. This had an excellent effect in producing regular action of the functions. creasing the appetite, etc. Deformities were often remedied by exercise. The most common deformities were

spinal curvature, gaused often by bad posture in writing or studying, and hip disease the syncotoms of which were an unwillinguess to run which were an unwillingness to run pains, first felt in the knee, Richets was a children's uscuse which was increasing in Montreal. Ir was a result of improper feeding, and usually disappeared when the food was modi-The important subject of proper feeding was treated at some length. Up to the ago of seven or eight

months, the infant should take nothing but milk. At eleven months some artificial food might be added. A little later the child neight receive broth, fresh-boiled e.g. bread and butter, and a little pounded ment on alternate days, with mashed lotato and gravy. In the number and regularity of feedings, the child must be a law to itself. As a general rule, food every two hours was sufficient for an infant, the intervals growing longer as the child becomes older.

PEANUT BUTTER .- Last week we referred to the report that a new factory has been put into operation for the manufacture of butter frem peanuty. For a year or more a firm of Kokomo has been working on a process of making butter from the peamit to compete with the product of the farm cow, and by the use of the Spanish nut, grown in the Philippines, they have succeeded in producing the desired article. At the present price of the Spanish nuts, the butter can be sold at i5 cents per pound, and when the Philippine Islands become an American possession, with no import duties, the cost will be less. The process of manufacture is no secret. The nuts, after the hulls are removed are carefully hand-They are then roasted in a large ro-tary oven. Again they are gone over by the hand for the removal of as she was called—had washed at that." oil in the grains giving it the appearance and consistency of putty as it leaves the mill, except that it is more of an orange color. By the adn to a more pliable state, the butter is complete, no other ingredient, not on salt, being used. It never graves mand and keeps in any climate. It and soo-pound tin cans and scaled The new butter is already in great demand at sanitariums and health reserts. It is used for all purposes for which ordinary butter is used, including shortening and frying. Physicions pronounce it more healthy than the cow butter and it is much less expensive. By the addition of more water a delicious cream is made, and if desired it can in the same way be reduced to the consistency of milk. The new butter factory is located but a few rods from large dary barn, and is running in opposition to it.

ABOLISH THE KITCHEN.—There are few finor sights in Philadelphia than a great stretch of two-storey houses erected by building associations for working-people, says Robert Ellis Thompson, in the Saturday Evening Post. But there are also few more striking evidences of poor ecphony than the erection of a kitchen in the rear of each of these small houses wherein the mistress spoils her good looks, her health and her temper: nor is this the only bad ecabout the arrangement. Through our unscientific methods of obtaining heat from coal much more than half the heat is wasted, and by the method of buying supplies in the the method of buying supplies in the small fragments needed for each fainily, the cost is made necessarily

In the two chief cities of Norway, Christiana and Bergen, these difficulties have been entirely overcome. Co-operative kitchens furnish food so good and so cheap that no workman can afford to have cooking done at home. He could as well afford to have his clothes spun and woven at home. At the same time the Norwegians have devised a plan for corrying food to any required distance without loss of heat. Even in Paris the workman has what is called a "Norwegian kitchen," consisting of two thicknesses of tin with felt between

of conkerting the ordinary substances of our food into food at once pala-table 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 pairtes much more than is good for our stomachs. Cookery must leave the house, as

other trades have left it, that the home-maker and house, mistress may be free to do her proper work in it. Once it was crowded with spinning, weaving, chandlering, laundering, and what not, all of which is of the past; or is becoming so. Coolery is the last to go, but go it must, that woman may have a chance to set her-self to finer tasks, which call for her tact, her sympathy, her appreciation of the finer shades of existence. She must couse to be cook or boss of the cook, that she may be wife and moth-

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 inveresting account of their doings:

"At the place called Swiss Cottage, in the northern part of London, there is a large and splendid budding called the Blind School. Many of the blind boys and girls of London are sent to this school to be taught to read and write, and to learn some of work, so that when they grow up they may be able to carn about, and the occasional sharp their own living. A visit to this blind school is a very interesting and wonderful experience. When the stuthor of this article went with his friend the photographer, they were shown into a large play ground. A number of girls were playing together, and at first it was impossible to believe that they were blind. Most of them were romping about just like ordinary children with eyesight. They never ran into one another, nor stumbled against corners, so that seemed to see exactly where were going. Several of them they were playing with great enjoyment. girls would wind the rope, slowly and steadily, until another girl would run in and begin to skip. while the rope turned faster and faster and at last the skipper was out of breath. And yet these gir's were blind! How did they manage to run toward the rope just at the right time, and not get entargied, or jump at the wrong moment! That is puzzling for little folks who can see when they, skip."

"AUNT BRIDGET'S" HENRY .--He was a little mulatto boy about ten years old. There had been a general turning up of noses, and nur-murings deep if not loud, when Sis-ter Mary Benedict (as an experim-ent) had led him into the schoolroom one winter's morning just us the bell rang for nine. But when the children saw that he was placed at a desk by himself, not very close to the others; and, later, became assurtomed to his brown face and sweet, melancholy eyes; and, still later, grow to admire his unfailing patience, acked and faulty kera is removed submissiveness, and amiability, all

scoreined grains. The nuts are then put through a mill and ground as the finest flour, the natural lew, and times went hard with the she— a colored person?" lonely pair. She was a Maryland Negress, a splendid Catholic, whom no amount of bribe or persuasion get,' everyone calls her. could ever swerve from her faith; dition of filtrated water, to reduce though the temptations had been many and seducing.

Henry soon became at home with lad! How in the world did you the other children,-joining in their come to get such a cognomen?" sports and being identified with them in every way; though he always pre-tives of Maryland, She belonged to served that humility which warned an Irish family, who were good and him never to cross, through famili- kind to her. And when she was baparity, the dividing line between tized she wanted to be called after "black and white."

The days grew colder and colder, of her mistress, whom she loved very the times harder and harder for Aunt much." Bridget and Henry, He was a pious little boy, of an abiding faith; and many were the prayers sent up from his trustful heart that his grandmother might not be obliged to go to the poorhouse.

schoolroom, he came upon a minia-ture "Lives of the Saints," in which old gentleman glanced down at him, turning the pages here and there, his unobserved from the deoth of a furlife of St. Bridget. After reading it carefully, he resolved upon a plan; and his heart felt lighter all that day for the anticipation of what he had decided to do.

For several mornings after this

For pure blood,

A bright eye and

A keen appetite,

An easy digestion

A clear complexion,

And refreshing sleep.

Every-day Health.

Success in this world is only for the healthful. The disease-worried worker is a failure.

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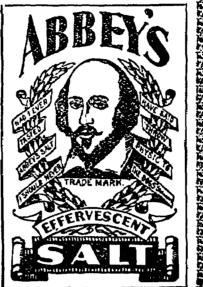
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one of the smaller altars, where, on and ask her to do something for were enthroned.

One hitter cold morning as little fellow passed into the vestibule he was suddenly accosted by an old gentleman with long white hair framing a most benevolent countenance. He was well dressed, and car ried a gold-headed cane, with which he gently touched the boy or the shoulder.

"It's a cold day, youngster" said.

"Yes, sir," replied Heary, "It's pretty cold these mornings."

"I've noticed you every morning for some days past," sai! the old gentleman, as they proceeded together down the steps. "You haven't been long in this neighborhood; ch?" "Yes, sir; but I don't often go to daily Mass. I'm making a novena,

That's why I go every morning now But it's finished to-day." "Oh, that's it! To whom are you making the novena?"

To St. Bridget. My grandmothe is called after her, and I thought may be she'd help us because

"Your grandmother is named for "Yes, sir, she's colored for some But her name is Bridget, 'Aunt Brid-

"What's her other name?" "O'Brien, sir. It's mine too." "O'Brien! Why, that's my name.

"Grandmother's folks were na-St. Bridget. And that was the name

"Oh, I see-7 see! Was once slave, I suppose :"

"Yes, sir." They were on the sidewalk now, the boy bravely trudging along his rusty, threadhare clothes, One morning, while dusting the toes almost peeing from the worn

"Would you mind telking me what the novem is for?" he inquired.
"No, sir," answered promptly. "Grandmother used to wash for the Sisters and schme other folks, and we got on well. But she took rheuma-Henry could be seen assisting most tism, and she can't do much any

It arouses the Liver,

Quickens the circulation,

Brightens the spirits and

TAKE

devoutly at seven o'clock Mass; af | more. So we're pretty had off, and ter which he would kneel in front of I thought I'd pray to St. Bridget

> my boy. What did you want her to | Money to Lend on City Property and Improved do ?''

"Just to keep grandmother from think of going there."

Thump, thump, went the old gentleman's cane on the sidewalk; twinkle, twinkle, went the old man's

"My own dear mother's name was Bridget," he observed at length. God rest her soul! She was a charitable woman. Many's the time she took the shawl from her pack to give it to a poor woman. Go home and

tell your grandmother. I'll look after her case—as we're namesakes.' Then he laughed loud and heartily, and Henry found his mirth infecti-

"Where do you live, boy?" he asked, after his merriment had subsid-

Henry gave him the address. They parted at the corner, and the boy went home joyfully to his grandmother.

Mr. O'Brien kent his weird. Aunt Bridget was assisted through the winter to entire convalescence. 110 also took Henry into his warehouse at two dollars a week. That was ten years ago, Henry is twenty years old, and is still in the employ of 'O'Brien Brothers"; though the old gentleman has gone to reap the reward of his many charities. He is carning fifteen dollars a vees new. and takes care of his grandmother in one of the happiest little homes in the world .- Ave Maria.

A FAITHFUL ELEPHANT --- For many years the old elephant had borne upon his back the coyal ensignanout which the Poontin host ralijed. He probably El not concern. himself as to the right and wrong for which his master fought; he only obeyed his keeper and felt his daty done. Finally, the 'mahout,' or ele-phant driver, lay dead under a heap of natives, dead like himself. Before he died he had given the

order to halt. The elephant had a very seant idea of what the fass was all about, but he knew what the word "halt" meant, and meant, he balted. Men ser amed to him and commanded him to retreat with them but he would not budge. Then, they, seeing him so steadfast, took new courage and rallied again and again around the colors held there by tae patient animal, who reemed to listen for his master's voice. From 40

other would be take a command. At length the Wahrattas, his 160 ple, forsook him to chase their beaten foes, and yet he tayed. For three days and nights he held aleft the victorious ensign, and around him lay the dead, his master with them. Then some one hough, the ma-hout's little son, who held out his arms to the great beast and told him to march. The elephant temenhered, and, with his shattered trappings trailing in the same, he slowly tollowed the child.

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Don't run chances of taking whisky

A FAMOUS IRISH BARD.

A movement is on foot in the west of Ireland to erect a stone over the grave of Anthony Raftery, the Mayo bard. There is scarcely an Irish speaker in Connaught of middle age, who has not off by heart decades of Raftery's songs, the originality of thought in which, and smoothness of construction, make him in the opinion of Dr.Hyde, the greatest of all our bards. Only luter his lays have few of

very

later bards. Only a very few of his been taken down from the mouths of the singers; but, judging by them, the poet deserves to be chroaicted in memetry as the one great Gaelie poet of this century. People are accustomed to imagine that the making of Gaelis poetry ceased with Seaghan O'Cullain, author of the "Lamest for Timoleague," who flourished in the opening of the present century. This is a mistake, Gaelic poetry, even up to our own time, has never coused to be made; and latterly quite a new crop has been springing up. Failing a volume of his work, we know of no more feasible way of keeping alive interest in the author of 'Plaineid Mhuigh-Eo," and we trust that the undertaking will be generously supported, especially by the men of Hy-Mainnie, Tirawley, Siol Murraiche, and Cuannamara, where the memory of his exploits still lingers.

The Japs did it. They supplied us with the menthol contained in that for private firms and public corporations wonderful D. & L. Menthol Plaster, which relieves instantly backache, headache, neuralgia, rheumatism and sciatica. Manufactured by the Davis & Lawrence Co., Ltd.

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To the Ancient Order of Hibernians,

200 Division No. 1. Meets in St Patrick's Hall, 92 St Alexander street, on the first bunday, at 4 rm, and third Thursday, at 8 rm, of each month. President, Sarah Allen; Vice-President, Statia Mack; Financial Secretary Mary Memban; Treasurer, Mary O'Brion; Recording Secretary, Lissie Howlatt, 383 Wellington street. --- Application forms can be had from members, or at the hall before meetings.

A.O.If.-OIVISION No. 2.

Meets in luwer vestry of St. Gabriel New Churchs corner Centre and Laprairie streets, on the find and 4th Friday of each month, at 8 p.m. President, MICHAEL LYNCH: Recording Secretary. THOMAS DONNHUE. 312 Hibernian street.—to whom all communications should be uddressed: PRYAND DOYLE. Financial Secretary; E. J. COLYND, Trepsurer. Delegates to St. Patrick's League:—J. J. CAVANAOH, D. S. MCCAETHY, and J. CAVANAOH.

A.O.H .- Division No. 8.

Moets on the first and third Wednesdays of each month, at No 1863 Notre Dame street, near McGilli Officers: D Gallery, President; P. T. McGoldrick, Vice-President; Wm Rawley, Rec. Scoretary, 78 Mansfield street; John Hughes, Fin -Secretary; L. Brophy, Treasurer; M Fonnell, Chairman of Standing Committee Marshal, Mr. John Kennedy.

A.O.H.-Division No. 4.

A.G.H.—Division No. 4.

President, H. T. Kearns, No. 32 Delorimier ave Vice President, J. P. O'Hara: Recording Secretary, P. J. Finn, 15 Kent street; Financial Secretary, P. J. Tomilty: Treasurer, John Traynor. Sergeant-at-arms, D. Mathewson, Sentinel. D. White; Marshal, F. Gechan; Delegates to St. Patrick's League, T. J. Donovan, J. P. O'Hara: Gechan; Chairman Standing Committee, John Costello. A.O.H. Division No. 4 meets every in and 4th Monday of each month, at 1113 Notre Dames street

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C.M.B.A. of Canada, Branch 26

(ORGANIZED, 13th November, 1883.) Branch 26 meets at St. Patrick's Hall 928t Alexander Street, on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Mondays of each month. at 8 p.m.

Applicants for membership or anyonedesirous of information regarding the Branch marcommunicate with the following officers: D J. McGillis. President, 186 Mance street: John M Kennedy, Treasurer, 32 St. Philip street: Robert Warren, Financial Secretary, 23 Brunswick street: P. J. McDonagh, Recording Secretary, 828 Visitation street.

Young Irishmen's L. & B. Association.

Organized, April 1874. Incorporated Dec. 1875. Regular monthly meeting held in its hall, 18
Duprestreet, first Wednesday of every month at 8
o'clock, p.m. Committee of Management meets
every second and fourth Wednesday of each
month. Provident, E. ILALLEY; Secretary,
M. J. POWER; all communications to be addressed to the Hall. Delegates to St. Patrick's League;
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St. Ann's Young Men's Society Organized 1885.

Meets in its hall, 157 Ottawa Street, on the first Sunday of each month, at 2:30 pm. Spiritual Advisor.REV. E STRUBBE C.SS. H.: Prefident, JOHN WHITTY: Secretary, J J. CORCORAN Delegates to St. Patrick's League: J. Whitty, D. J. O'Neill and M. Casev.

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Total Abstinence Societies ST PATRICK'S T. A. & B. SOCIETY

ESTABLISHED 1840 Moets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, immediately after Vespers Committee of Management meets in same hall the first Tuesdo-of every month at 8 p.m. REV S. O. HALLISSEY R.v. President; James J. Costigan, 1st Vice-President; W. P. DOYLE, Secretary, 254 St. Martis street.

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