

RANDOM NOTES FOR BUSY HOUSEHOLDS.

ABOUT CONSUMPTIVES.—The Boards of Health in large cities are widely circulating the following information, which everybody should certainly know and observe.

Consumption is a disease of the lungs, which is taken from others, and is not simply caused by colds. A cold may make it easier to take the disease. It is caused by germs which usually enter the body with the air breathed. The matter which consumptives cough or spit up contains these germs in great numbers—frequently millions are discharged in a single day. This matter, spit upon the floor, wall or elsewhere, dries and is apt to become powdered and float in the air as dust. The dust contains germs, and thus enter the body with the air breathed. The breath of a consumptive does not contain the germs and will not produce the disease. A well person catches the disease from a consumptive only by in some way taking in the matter coughed up by the consumptive.

Consumption can often be cured if its nature be recognized early and if proper means be taken for its treatment. In a majority of cases it is not a fatal disease.

It is not dangerous for persons to live with a consumptive, if the matter coughed up by the consumptive be at once thoroughly destroyed. This matter should not be spit upon the floor, carpet, stove, wall or street, or anywhere except into a cup kept for that purpose. The cup should contain water so that the matter will not dry, or better, when possible, the cup should contain carbolic acid, in a 5 per cent. watery solution (six teaspoonfuls in a pint of water). This kills the germs. The cup should be emptied into the closet at least twice a day, and carefully washed with boiling water.

Great care should be taken by consumptives to prevent their hands, face and clothing from becoming soiled with the matter coughed up. If they do become thus soiled, they should be at once washed with soap and hot water. When consumptives are away from home, the matter coughed up should be received in cloths (or in paper cups made for this purpose), to be at once burned on returning home. If handkerchiefs be used (worthless cloths, which can be at once burned, are far better) they should be boiled for at least half an hour in water by themselves before being washed. The use of cloths and handkerchiefs to receive the matter coughed up should be avoided as much as possible, because it really dries on these, becomes separated and scattered into the air. Hence, when possible, the matter should be received into cups. Paper cups are better than ordinary cups, as they, with their contents, may be burned up after being used. A cheap and convenient form of paper cup for this purpose may be purchased at many drug stores.

It is better for a consumptive to sleep alone, and all his personal cloths and bed clothing should be boiled for at least one-half an hour separately from the clothing belonging to other people.

If the matter coughed up be properly destroyed, a person suffering from consumption may frequently not only do his usual work without giving the disease to others, but may also thus improve his own condition and his chances of getting well.

Rooms which have been occupied by consumptives should be thoroughly cleaned, scrubbed, white-washed, painted or papered before they are again occupied. Carpets, rugs, bedding, etc., from rooms which have been occupied by consumptives should be disinfected, or better yet, destroyed.

CONCERNING COFFEE.—A coffee lover who enjoys his beverage without abusing his fondness for it had this to say recently concerning its successful making:

"Coffee is undoubtedly a poison if it is taken too freely, but well made and used in moderation by a healthy person, it should do no harm. I have experimented with my coffee until I think I have perfected the process. To begin with, the French drip coffee is the only healthful and proper way to make the drink. Any kind of a coffee pot that embodies this principle will make the coffee perfectly, if used with one or two of my inventions. They are not patented. The most essential part of the whole proceeding is the fineness of the coffee. Any grocer will give you double-

ground coffee, but that is not enough you must ask for and insist upon pulverized coffee. It can be had, and your grocer will get it for you if you bring pressure enough to bear. Unless the coffee is pulverized the choice flavor cannot be extracted by the drip process. But with the coffee so fine, a new difficulty presents itself. Through many of the drip coffee pots the fine dust will pass, making the liquid cloudy. This may be remedied in one or two ways. One way, and a good one, is to put a layer of absorbent cotton in the perforated vessel with raw coffee. Other cotton contains a little grease that gets into the coffee liquid unpleasantly. Better, however, than the cotton pad is a piece of ordinary blotting paper. A circle is cut to fit just above the perforation, the coffee placed in it, and the boiling water poured over. When this process of percolating is gone through with, a clear, delicious, and wholesome drink is assured."

VALUE OF COLD.—Many persons regard the winter season as an unfortunate visitation, says a writer in the St. Louis Globe Democrat. It is considered both uncomfortable to the body and harmful to health. This is an error. Cold is a most potent agent for the restoration and preservation of normal activity on the part of the organs of the human body. It is a wise plan of Providence which gives us a change of seasons. The winter cold comes as a tonic to repair the injuries done by the enervating heat of summer. Summer, it is true, has many wise uses in the matter of health. It induces outdoor life, rids the system of poisons through copious perspiration, and through the scorching rays of the sun destroys germ life. Winter is the great bracer of the system. It stimulates activity in every organ. When cold attacks the surface of the body the blood is set into more free circulation as a means of bodily warmth. It is through the circulation of the blood that the human anatomy is kept in a state of repair. When the food has been digested and converted into liquid form it is taken up by the blood and carried through the system for the purpose of repairing the waste places. When the cold causes increased circulation it also brings about most perfect nutrition. Through the excessive demand upon the system of perspiration quickened circulation causes there is improved digestion. The entire repair machinery is stimulated to renewed industry. The wintry air, as is well known, brings with it a sense of renewed strength and vitality. The restorative power of cold is well illustrated in the case of a dash of cold water in the face of a fainting person. When a person is in a faint there is a practical suspension of life for a time, yet an application of cold water to the face promptly restores circulation and renews life. This same fact is illustrated by the cold face bath on rising from bed in the morning. The Indians who, if not now, in former days, roamed our Western borders, practically without clothing to shelter their bodies, became through long exposure so hardened to the cold that it gave them but little discomfort.

Man's face and hands illustrate how weather-proof the body becomes when exposed to the air. Continued activity in circulation on the surface, caused by the air coming in contact with the skin, tends to nourish and thicken the skin. Thus man's skin grows thicker in winter, just as animals are supplied with a double coat of fur to resist the cold. When spring time returns man's skin becomes thin and the animal sheds its top coat of fur. It would be to the interest of good health if the body were not so heavily clad in winter. The skin, if left exposed to the elements, soon acquires the power of self-protection. It grows robust from exposure. On the contrary, too much protection produces delicacy and diminishes the skin's power to perform its natural work of eliminating poisons from the system. When the sunshine falls upon the body or the air comes in contact with it beneficial results follow. The perspiration is evaporated and removed from the skin. As one coat of perspiration is thus carried away another comes out through the skin's pores, and thus the sun and air aid the skin in ridding the body of its poisons. Heavy clothing interrupts this process.

Man's face and hands illustrate how weather-proof the body becomes when exposed to the air. Continued activity in circulation on the surface, caused by the air coming in contact with the skin, tends to nourish and thicken the skin. Thus man's skin grows thicker in winter, just as animals are supplied with a double coat of fur to resist the cold. When spring time returns man's skin becomes thin and the animal sheds its top coat of fur. It would be to the interest of good health if the body were not so heavily clad in winter. The skin, if left exposed to the elements, soon acquires the power of self-protection. It grows robust from exposure. On the contrary, too much protection produces delicacy and diminishes the skin's power to perform its natural work of eliminating poisons from the system. When the sunshine falls upon the body or the air comes in contact with it beneficial results follow. The perspiration is evaporated and removed from the skin. As one coat of perspiration is thus carried away another comes out through the skin's pores, and thus the sun and air aid the skin in ridding the body of its poisons. Heavy clothing interrupts this process.

It would be to the interest of good health if the body were not so heavily clad in winter. The skin, if left exposed to the elements, soon acquires the power of self-protection. It grows robust from exposure. On the contrary, too much protection produces delicacy and diminishes the skin's power to perform its natural work of eliminating poisons from the system. When the sunshine falls upon the body or the air comes in contact with it beneficial results follow. The perspiration is evaporated and removed from the skin. As one coat of perspiration is thus carried away another comes out through the skin's pores, and thus the sun and air aid the skin in ridding the body of its poisons. Heavy clothing interrupts this process.

FARMERS' COLUMN.

POULTRY RAISING.—Having given our readers the result of various experiments which Mr. Gilbert had made in different sections of the country and the opinions of several poultry raisers on the subject, we had intended passing on to some other agricultural topic; but so much interest has been awakened in this matter by what we have published, that we will give a few more extracts from the official report of the Standing Committee on Agriculture and Colonization.

Under cross-examination by members of the committee, Mr. Gilbert gave the following useful information which we transcribe verbatim:—

"Production of eggs by different breeds, in a given period:

"Q. You might state now the net results.

"A. The result of the laying during the three months of the highest prices as follows:—The eight White Leghorns laid 237 eggs; the eight Black Minorcas, 166; the eight Langshans, 81 eggs; the eight Barred Plymouth Rocks, 298 eggs; the eight White Plymouth Rocks, 252 eggs; and the eight Brown Leghorns, 174 eggs; a total for the forty-eight pullets of 1,188 eggs. One point I wish to

draw attention to is this, that during the period mentioned frequently the eight Leghorns, the eight Barred Plymouth Rocks, and the eight White Plymouth Rocks laid sometimes five and six eggs per day. That is very good laying during the mid-winter season. We contend that fifty per cent. of eggs in winter, when the prices are high, is as much as we can count on. But here, by proper food, care and housing we had to frequently five eggs a day, on some days six, and on several days seven eggs from eight pullets, which is remarkably good laying."

"To turn again to the first table there are certain deductions from these experiments that I think worthy of putting on record. In order, that they should go to the farmers throughout the country from the committee. The early hatched Barred Plymouth Rocks laid most eggs when prices were highest, showing the benefit of having the pullets laid early. The forty-eight pullets laid during the six months 855 more eggs than forty-seven hens two years old and over, but the eggs laid by the hens were larger than those from the pullets as shown by the eggs I have here with me. (Samples produced.)

Tired Women

Any woman who has to work feels tired; she worries, her only ambition is to get through with her work and have a chance to rest; but what woman, with her wife's duties, has a chance to rest. She has to work from early in the morning until late at night. She may take a glass of beer, or a stimulant of some kind to keep herself up, but this is only temporary, and she feels worse after the effect is gone. Why not, like all sensible women, take at once the remedy that can cure, the remedy that can give you strength, appetite and blood? Dr. Coderre's Red Pills for Pale and Weak Women are positively the remedy upon which every woman can safely depend. There is no risk in taking it for it has proven to be the greatest friend to women.

The following ladies have been cured by Dr. Coderre's Red Pills, and they do not hesitate to recommend them as the best and cheapest remedy for you. Write them; we give you their full names and addresses:

Mrs. Charles Heesmer, 1263 Elm Street, Manchester, N. H., writes: "I owe my health to Dr. Coderre's Red Pills for Pale and Weak Women, and I recommend them to all sick women. I was very sick, weak, rundown, tired and discouraged, and the use alone of Dr. Coderre's Red Pills have cured me."

Mrs. O. C. Maloney, 194 Regent St., Providence, R. I., writes: "I consider Dr. Coderre's Red Pills the best and cheapest remedy I have ever taken. I have taken only a few boxes and I find myself completely cured of general debility. I suffered everywhere, and had no courage to do my work. I am today, a strong and healthy woman, thanks to Dr. Coderre's Red Pills."

Mrs. John Erickson, 476 Ottawa Street, Grand Rapids, Mich., writes: "Dr. Coderre's Red Pills is the best remedy I have ever taken. I have taken a great many things, but nothing could help me. I was suffering from stomach trouble. My digestion was bad and I had no appetite, consequently I became very weak and my health was failing. I am today, a strong and healthy woman, thanks to Dr. Coderre's Red Pills my health is the very best now."

Mrs. J. C. Stevenson, 608 Howard St., Bay City, Mich., writes: "I am today cured of a severe case of liver complaint brought on by impurity of blood and general debility. I am pleased to say that Dr. Coderre's Red Pills alone have relieved me of my troubles, and it is with sincerity that I recommend them to all sick women."

These cures ought to be sufficient proof that all sick women should resort to this great remedy which is made for them alone, and never fails to cure, where it is given a proper chance. Dr. Coderre's Red Pills for Pale and Weak Women cure female weakness of every kind. No matter how long you have been suffering give this remedy a trial and watch your symptoms disappear one after the other. It is for old and young ladies, married women can take them under any conditions.

If you have been a long time sick and if everything has failed to cure you, we request you to write a full description of your case to our Doctors, or if you wish, come and see them at their offices. Their consultation is free either by mail or at the office. The advice they give will be the best. They treat diseases of woman only and their success is enormous.

If you will send us your address on a postal card we will mail you our Doctor's book, Pale and Weak Women, free.

In order to get the best results from Dr. Coderre's Red Pills, women who are constipated ought to take Dr. Coderre's Purgative Tablets, as the Red Pills are not a purgative. The Tablets sell for 25c a box. Read carefully the circulars surrounding each box of our Pills. It is very important.

Dr. Coderre's Red Pills are sold by all first class druggists at 50c a box of fifty pills, or six boxes for \$2.50. We mail them all over the world upon receipt of price. Beware of all red pills sold by the dozen, the hundred pills or at 25c a box, for they are not ours, they are imitations. In the interest of your health do not be imposed upon.

Address all correspondence to

THE FRANCO AMERICAN CHEMICAL CO
 Boston, Mass. office. Montreal, Can. office.
 241 Tremont St. 274 St. Denis St.

Professional Cards.

J. A. KARCH,
Architect.
 MEMBER P.Q.A.A.
 No. 3, Place d'Armes Hill.

FRANK J. CURRAN, B.A., B.C.L.
 ADVOCATE,
 SAVINGS BANK CHAMBERS,
 180 St. James Street,
 MONTREAL.

C.A. McDonnell
 Accountant and Liquidator.
 180 St. James st., Montreal.

Fifteen years experience in connection with the Liquidation of Private and Insolvent Estates. Auditing Books and preparing Annual Reports for private firms and public corporations a specialty.

Loans negotiated on Real Estate. Superintendence of Real Estate, such as Renting, Collection of Rents, and Repairs. Fire and Life Insurance. Valuations made of Real Estate. Personal supervision given to all matters.

TELEPHONE 1182.

Society Meetings.

Ancient Order of Hibernians.

LADIES' AUXILIARY
 To the Ancient Order of Hibernians, 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. President, Sarah Allen; Vice-President, Maria Mack; Financial Secretary, Mary O'Donnell; Treasurer, Mary O'Brien; Recording Secretary, Maria Howlett, 383 Wellington street. Application forms can be had from members, or at the hall before meetings.

A.O.H.—DIVISION No. 2.

Meets in lower vestry of St. Gabriel New Church corner Centre and Laurier streets, on the 2nd and 4th Friday of each month, at 8 p.m. President, Michael Lyman; Recording Secretary, Thomas Donohue, 312 Hibernian street; to whom all communications should be addressed; Peter Donohue, Financial Secretary; E. J. Cullen, Treasurer. Delegates to St. Patrick's League, J. J. Cavanagh, D. S. McCarthy, and J. Cavanagh.

A.O.H.—DIVISION No. 3.

Meets on the first and third Wednesday of each month, at No. 1883 Notre Dame street, near McGill. Officers: D. Gallery, President; P. T. McDermid, Vice-President; Wm. Rawley, Recording Secretary, 78 Mandell street; John Haskins, Financial Secretary; L. Brophy, Treasurer; M. Fennell, Chairman of Standing Committee; Marshal, Mr. John Kennedy.

A.O.H.—DIVISION No. 4.

President, H. T. Kearns, No. 32 Deloraine ave. Vice President, J. P. O'Hara; Recording Secretary, P. J. Ryan, 15 Kent street; Financial Secretary, P. J. Donohue, 15 Kent street; Treasurer, J. J. Hanley, 794 Palace street; Chairman of Standing Committee, R. Diamond; Marshal, J. J. Tinnin. Division meets on the second and fourth Friday of every month, in the York Chambers, 214 St. Catherine street, at 8 p.m.

A.O.H.—DIVISION No. 5.

President, H. J. Hummel, 24 Visitation street; Rec. Secretary, W. J. Clarke, 25 Lyburner ave. St. Catherine street, to whom all communications should be addressed; Fin. Secretary, M. J. Doyle, 18 Belmont street; Treasurer, A. J. Hanley, 794 Palace street; Chairman of Standing Committee, R. Diamond; Marshal, J. J. Tinnin. Division meets on the second and fourth Friday of every month, in the York Chambers, 214 St. Catherine street, at 8 p.m.

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

(Organized, 13th November, 1883.)

Branch 26 meets at St. Patrick's Hall, 92 St. Alexander Street, 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.

Applicants for membership or any other details of information regarding the Branch may communicate with the following officers:

D. J. McGillivray, President, 156 Manoe street; John M. Kennedy, Vice-President, 32 St. Philip street; Robert Warren, Financial Secretary, 23 Brunswick street; P. J. McDonagh, Recording Secretary, 82a Visitation street.

Business Cards.

TEL. MAIN 3090.

T. F. TRIHEY,
REAL ESTATE.

Money to Lend on City Property and Improved Farms. VALUATIONS.

Room 33, Imperial Building,
 107 ST. JAMES STREET.

Office, 143 St. James. Tel. Main 644.

JOHN P. O'LEARY,
 (Late Building Inspector C.P.R.)
 Contractor and Builder,
 RESIDENCE: 3 Prince Arthur St.,
 MONTREAL.
 Estimates given and Valuations Made.

LAWRENCE RILEY,
PLASTERER.
 Successor to John Riley. Established 1860.
 Plain and Ornamental Plastering. Repairs of all kinds promptly attended to. Estimates furnished. Postal orders attended to. 15 Paris Street, Point St. Charles.

BRUNSWICK LIVERY, BOARDING AND SALE STABLES. Fine Carriages and Horses for hire. Special attention given to Boarders. 63 and 69, St. Alexander street, Montreal. Bell Telephone 1528.
 D. McDONNELL, Proprietor

J. P. CONROY
 (Late with Paddon & Nicholson)
 228 Centre Street,
 Practical Plumber, Gas and Steam Fitter
 ELECTRIC and MECHANICAL BELLS Etc.
Telephone 9552.....

ESTABLISHED 1864.
C. O'BRIEN
 House, Sign and Decorative Painter
 PLAIN AND DECORATIVE PAPER HANGING
 Whitewashing and Tinting. Orders promptly attended to. Terms moderate.
 Residence 645, Office 647, Dorchester street east of Bleury street, Montreal.

CARROLL BROS.,
 Registered Practical Sanitarians
 PLUMBERS, STEAM FITTERS, METAL
 AND SLATE ROOFERS
 795 CRAIG STREET : near St. Antoine
 Drainage and Ventilation a specialty.
 Charges moderate Telephone 1833

TELEPHONE 8393.
THOMAS O'CONNELL
 Dealer in general Household Hardware, Paints and Oils.
 137 MCCORD STREET, Cor. Of Ave
PRACTICAL PLUMBER.
 GAS, STEAM AND HOT WATER FITTER.
 RUTLAND LINING, FITS ANY STOVE
 CHEAP.
 Orders promptly attended to. Moderate charges. A trial solicited.

DANIEL FURLONG,
 Wholesale and Retail Dealer in:
 CHOICE BEEF, VEAL, MUTTON, Pork
 54 Prince Arthur Street.
 Special Rates for Charitable Institutions.
 Telephone, East 474. 11-G-98

Young Irishmen's L. & B. Association.
 Organized April 1874. Incorporated Dec. 1875.
 Regular monthly meeting held in its hall, 18 Dupre street, first Wednesday of every month at 8 o'clock. r.m. Committee of Management meets every second and fourth Wednesday of each month. President, H. HALL; Secretary, M. J. POWER; Recording Secretary, J. J. O'Hara; Delegates to St. Patrick's League, W. J. Hinchey, D. Gallery, Jas. McMahon.

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 p.m. Spiritual Adviser, REV. E. STRUBBE, C.S.S.R.; President, JOHN WHITTY; Secretary, J. J. CORCORAN. Delegates to St. Patrick's League: J. Whitty, D. J. O'Neill and M. Oasev.

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. Chief Ranger James F. Fossage, Recording Secretary Alex. Patterson, 197 Ottawa street.

Total Abstinence Societies.
ST. PATRICK'S T. A. & B. SOCIETY.
 ESTABLISHED 1841.
 Meets 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 Tuesday of every month at 8 p.m. REV. J. A. McALLAN, Rev. President; JOHN WALSH, 1st Vice-President; W. P. DOYLE, Secretary; 24 St. Martin Street. Delegates to St. Patrick's League: Messrs J. Walsh, M. Sharkey, J. H. Kelly.

St. Ann's T. A. & B. Society.
 ESTABLISHED 1863.
 Rev. Director, REV. FATHER FLYNN, Pres. JOHN KILLFATHER; Sec. JAMES BRADY, No. 97 Rosel Street. Meets on the second Sunday of every month in St. Ann's Hall, corner Young and Ottawa streets, at 8:30 p.m. Delegates to St. Patrick's League: Messrs J. Killfather, T. Rogers and Andrew Gallen.

Have your Job Printing done at this office.