

The HOME CIRCLE

SUNDAY REST.

General Intention for September, Room... Pius X.

God, who is not only our Master, but also our tender and provident Father, commanded us, by the mouth of Moses, to give to His exclusive service at least one day out of every seven.

Under the Christian dispensation, the Sabbath was changed to Sunday, out of respect for the great event of the Resurrection of Our Lord, which occurred on that day.

With true Catholics the spirit of God's law, and not the letter, vivifies their attitude towards Sunday.

The care of the soul is the primary object of the Lord's day. A secondary object is legitimate rest and recreation for the body.

Unhappily, in these days of feverish activity, many of God's laws are ignored, or have, by man's perversity, been deprived of their early rigor.

If this assertion were true of individuals only, there might be some palliation of the offence; for individuals may remain Christians amid their excesses; they may repent of their sin and return to a better life.

A nation that ignores the law of Sunday rest and sanctification is a nation that does not pray. It is hard to believe that citizens who will not give at least one day out of seven to God, are going to give time night and morning to prayer.

to fix their minds on the things of earth; there is no longer any moral restraint to hold them back from social, commercial, political, personal corruption.

Under these conditions, we can appreciate the anxiety which far-seeing statesmen feel regarding the non-observance of the Lord's day and its effects upon public morality; and we can understand why they try so often to legislate in favor of its observance.

After all, it is the individuals that form a nation. If we work perseveringly on the minds and hearts of individuals, sooner or later our labor will bear fruit on the community at large.

With regard to servile work, the Church interprets her law for us. She tells us that what is forbidden on Sunday is work in which the body is engaged more than the mind, as in the case of the day-laborer.

By means of their direct and specific action on the liver—causing a healthy flow of bile—they regulate and enliven the action of the bowels and insure good digestion in the intestines.

In calling your attention to Dr. Chase's Kidney-Liver Pills it is only necessary to point to their success in the past, for they are known in nearly every home.

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It is not the great sins that mar us. Most people pass through life with no great stain on their reputation. It is the little sin that eats into the character and causes a gradual disintegration of moral fiber.

Sunday, it is in the spirit of the Church to take both rest and relaxation. Moreover, the pleasures of social life are limited for a workman who is absent during the week-days from his family.

Similar considerations may be made with regard to our neighbor. We are social beings who should find our delight in living in peace and good will with our fellow-men.

These are a few of the reasons, founded on the well-being of men and nations, why we should observe the law of Sunday rest.

But there is another reason which should urge us, both individually and collectively, to keep the Lord's Day holy. Of all the precepts of the divine law, that of Sunday sanctification and rest is the one that has attached to it the greatest number of temporal promises, just as it is the one violation of which is threatened with the direst chastisements.

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Father Placian of The Western Watchman, wants to know what becomes of the sons of the Catholic millionaires in New York and San Francisco, where for years they have grown up in great numbers.

Where are all the young Mackays and Kellys, and Crockers and Pchelans and Oliviers and O'Briens and Floods and hundreds of others that we might name? They have dropped out of the Church and dropped into the polluted 'swim.'

It means a restoration of health, strength and comfort where there have been pain, weakness and suffering. It means a removal of the conditions which lead to backache, rheumatism, lumbago, Bright's disease, appendicitis and diabetes.

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It is with gratitude and heartfelt thanks I pen these lines: My wife had lost all control of her nerves and could only speak at times, and was in a very low condition generally.

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ers of steel bridges and office structures have far more to fear from rust than from earthquakes, wind or fire.

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Egg Toast.—Poach the egg in boiling milk; remove when done, and thicken the milk slightly with a little flour smoothed with a small piece of butter.

Potato Cheese Cakes.—Beat well together four mashed potatoes, two tablespoons butter, two teaspoons sugar, one egg, a sprinkle of currants and candied peel, and a pinch of baking powder.

Tomato Scramble.—One cup of fresh tomato, skinned and rubbed through a sieve, five well-beaten eggs, handful of broken crackers; mix well and add two tablespoons of melted butter.

Tomato Omelet.—Make an omelet after the usual recipe. Spread on the outermost half one-half cup fresh tomatoes skinned and strained, sprinkle with salt and pepper, and fold.

Boiled Tomatoes.—Slice large fresh tomatoes, sprinkle with salt and pepper, dip in bread crumbs, spread with butter, and broil. Serve immediately.

Griddle Cake.—One cup flour, one heaping tablespoon Indian meal, one egg. Mix with milk to a thin batter, add salt to taste.

Celery Toast.—Cut the crisp pieces from the heart of a stick of celery into portions of about two inches long, shred very fine, and lay in ice-cold water for two hours.

THE PICKLES TEST. There has been an epidemic of mumps in Denver, and every afternoon brought to the health department a number of children seeking permission to return to school.

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