

YOUTH'S DEPARTMENT.

TAKE A LOOK AT YOUR FRIENDS.

A dry eye means a hard heart.
Brown eyes are the most kindly.
Voltaire had the most typical foxy face.

A pouting upper lip indicates timidity.

Black eyes are the most rash and impetuous.

An open mouth is a sure sign of an empty head.

Large ears are found on the heads of coarse people.

Coarse hair always indicates coarse organization.

Very full cheeks indicate great digestive powers.

A projecting under lip shows malignity and avarice.

A double chin is invariably a sign of a lover of the table.

Pointed noses generally belong to meddlesome people.

Blue eyes belong to people of an enthusiastic turn of mind.

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BRUSH YOUR HAIR, GIRLS.

Brush and brush your hair, if you want to get that lovely gloss that society girls are so eager for. Give your hair 200 strokes every night before jumping into bed. Don't be afraid of brushing it too much. The more you brush the more gloss you get. If your eyebrows are thin brush those too, with a tiny brush, and if they don't curve to suit you, get a tiny comb and train them in whichever direction you wish them to go. Brushing keeps them in good shape, and it is so much easier to brush than to trim them. Besides, if you do not understand how to trim them properly, you are apt to look funny until they grow out again.

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IF I WERE A GIRL.

I would take care of my health by living out-doors as much as possible, and taking long walks in the sunshine. English girls understand how necessary this is for good complexions and cheerful spirits. Wear simple clothing, that you may climb mountains and breathe freely.

I would secure the best education. Go to college by all means, if it is possible. Read good books, and thereby become intelligent.

I would cultivate cheerfulness. Discontent soon shows itself in the face. If you have some disappointments, so do others. If you are cramped for money, be thankful that your lot is no worse than it is. Learn to make the best of things—an unhappy woman is a perpetual cloud in a home—a fretful girl has few friends and the number lessens year by year.

I would say kind things to others, especially the girls. A girl who makes unkind remarks about other girls would better be avoided by young men—she will not make an agreeable companion for life.

I would learn how to be self-supporting; especially in this country where fortunes change, it is wise for a woman to be able to care for herself. Helpless women are not a comfort to others, and usually not to themselves.

I would try to be polite everywhere. True courtesy is more winsome than a pretty face or a fine dress. Be appreciative and sympathetic, and you have two keys which will unlock almost all hearts.

I would learn self-control. To know when to speak and when to be silent; to have hateful things said about you, and be able to answer pleasantly; to have people confide in you, and be wise enough to keep it locked in your heart; to be in poverty, and not to be soured by it; to meet temptation, and be strong before it; to be strong enough to perform any labor or duty that needs to be done—all this shows a noble mastery over self.—*Jenise Miller.*

THE FIRST SANCTUARY.

Where Columbus Erected the First Church in the New World.

While the people from all parts of the world are celebrating the discovery of America, the Catholics should not forget that when Columbus stepped from his boat, the first altar on the soil of the new world was raised, and, as Thomas Harrison Cummings says in the Catholic World, "Christianity and civilization

were born in the same cradle and at the same moment in the western hemisphere."

The fact that the first house that Columbus erected in this country was a church is not stated in the general history, but the fact cannot be disputed and the remains of the old church still exist. When the little fleet landed at Santo Domingo in 1493, Columbus sent a commission to make a survey and prepare a site for a city. A place was found about eight miles from Cape Isabella and then, as Dr. Chanca, the physician of the fleet wrote to the authorities at Seville, "In Columbus' estimation, the service of God surpassing all other considerations, the first edifice that was erected should be the church. It was finished with such activity that, on the sixth of January, 1494 a High Mass was celebrated." So that one hundred and twenty-six years before the fugitive members of the Congregational Church landed at Plymouth Rock, one hundred and ten years before those of the Anglican Church came to Jamestown, thirty-five years before the word Protestant was invented, this church was erected, and the Gospel announced to the New World by zealous missionaries of the Roman Catholic faith.

A few years ago the attention of Rev. John O'Brien, the editor of the Sacred Heart Review of Boston, was called to the spot and he promptly decided to rescue it from oblivion. The ruins of the old church was found and the work of building a chapel on the old foundation is now being pushed forward as rapidly as possible. The cost of the new building will be about \$6,000 and it is expected that it will be ready for dedication on January 6, 1894, just 400 years after the dedication of the first church of Columbus.

Devotion to the Holy Face.

In the March number of the "Annals of the Holy Face," is found the report of a wonderful cure attributed to the power of The Holy Face, we translate the narrative, as follows.

"Friday, the 10th of February the Duchess de Cheveruse attended the nine o'clock Mass at the Oratory, in thanksgiving for the miraculous cure of her grand-daughter. Afflicted with meningitis, and given up by the physicians, the young girl had lost consciousness. She remained in that condition thirty two hours. Her last words had been to ask for the prayers for the dying. Suddenly, to the consternation of the attendants, the patient rose to a sitting posture, said that she was cured, and asked for a drink of water. The Duchess and her household could not believe the evidence of their senses. There was no gain-saying the fact. The young girl was suddenly cured, but how could the fact be accounted for? We believe that it must be attributed to the devotion to the Holy Face. The Duchess is one of the most zealous propagators of the devotion; she has had erected a chapel in its honor."

"The pious young girl, in imitation of her father, liked to invoke frequently the Holy Face. She often repeated this verse of the Psalm, "Look upon the Face of thy Christ," which she paraphrased in this touching manner; Lord, look not upon my miseries but look upon me through the Face of Christ!"

The numerous prayers said in various sanctuaries, for the sick girl, her special devotions to Holy Face, constitute the only explanation of the sudden and extraordinary cure that we have just related.

"The Duchess de Cheveruse, full of thanks, living to the Holy Face, after praying for some time in the Oratory of the Holy Man of Tours, carried away with her, some miraculous oil, and intends, as thanksgiving to our Lord, to propitiate more and more the salutary devotion of the Reparation."

Examples such as the one above narrated, and which are of frequent occurrence among the devout clients of the Holy Face, should inspire us with confidence in its powerful protection.—*T. A. B. in N. Y. Catholic Review.*

From Friend to Friend

Goes the story of the excellence of Hood's Sarsaparilla and what it has accomplished, and this is the strongest advertising which is done on behalf of this medicine. We endeavor to tell honestly what Hood's Sarsaparilla is and what it will do, but what it has done is far more important and far more potent. Its unequalled record of cures is sure to convince those who have never tried Hood's Sarsaparilla that it is an excellent medicine.

HOUSE AND HOUSEHOLD.

OLD FASHIONED SEEDCAKES.

These are easily made by any one who has mastered the mysteries of rolling out a cookie. Mix a cupful of butter with two cupfuls of sugar. Add half a cupful of water, three well beaten eggs and two tablespoonfuls of caraway seeds. Put two cupfuls of pastry flour in a sieve with a teaspoonful and a half of baking powder. Stir this in; then add another cupful of sifted flour. This should make a batter almost as stiff as dough. Turn it out on a floured board, sprinkle it with flour and roll it out until it is about an eighth of an inch thick. Cut these cakes out in rather large cookies and bake them in a moderately quick oven. They should be crisp, like an old fashioned gingersnap, and will improve with keeping. If you wish them soft, as some people do, keep them in a stone jar in a cold place; but if you wish them crisp, keep them in a tin box in a perfectly dry but not a hot place.—*New York Tribune.*

HOUSEHOLD HELPS.

Hot water is an excellent remedy for erysipelas.

Never use strong or rinsed butter in seasoning vegetables.

A correspondent asks what to do for a fresh bunion. Try painting it with iodine and wearing a loose shoe.

Headache, toothache, backache or most any joint ache will be relieved by heating the feet thoroughly with the shoes on.

For a disagreeable breath, put a few drops of tincture of myrrh in a tumblerful of water and thoroughly rinse the mouth with it.

Many a man, and perhaps more women, would have been saved from insanity if they had resolutely obtained sufficient sleep.

A white cashmere or chudda may be nicely and easily cleaned at home by using soap-bark, which may be obtained at any druggist's.

In washing black-wool goods before making them over use five cents worth of soap-bark to a pailful of water. Let it stand until cold. Iron on the wrong side.

Housekeepers should caution their maids against the use of kerosene in laundering shirts. The oil is likely to remain in the garment, lending a disagreeable odor not enjoyed by the wearer.

To take grease spots out of carpets, mix a little soap into a gallon of warm water, then add half an ounce of water; wash the part well with a clean cloth, and the grease or dirty spot will disappear.

To freshen black kid gloves, shoes or leather articles of any kind mix a little sweet oil with a few drops of ink and rub it all over the worn and white spots.

TONGUE TOAST.

Mince fine cold tongue enough to fill a cup; add to this a cup of cream and the beaten yolk of egg, and heat in a double kettle. Toast three slices of bread, butter them, and cover with the creamed tongue. Serve hot.—*Detroit Free Press.*

HASH MADE FROM CALF'S HEAD AND PLUCK.

Chop together parts of the head, liver and heart, in the proportion of one-third each. Season with pepper, salt, a little vinegar. Warm in just enough of the liquor in which it was boiled to moisten it. Just before dishing, stir in a little butter. Serve on toast.—*Boston Herald.*

DRIED APPLE JELLY.

Take a quart bowl of dried apples, wash nicely, cover them with cold water, let it boil without stirring till the taste is cooked out of the apple; there is hardly a quart of syrup; strain and add one and a half pints of sugar and boil a few minutes.—*Boston Budget.*

TO PICKLE HAM.

To one hundred pounds of meat allow ten pounds of coarse salt, one quart of syrup, two ounces of saltpetre, one ounce of soda and six gallons of water. Boil well together and skim; when entirely cold pour over the meat and let it stand three or four weeks and then take out and drain before smoking.

In view of what Hood's Sarsaparilla has done for others, is it not reasonable to believe that it will also be of benefit to you?



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