

RANDOM NOTES

For Busy Households.

During a sermon recently delivered by Father Stanfield, in London, Eng., he pointed out the responsibilities of parents. There was (he remarked) a great want of obedience to parental authority among the youths and girls at the present day; they did not realize the meaning of the Commandment, "Honor thy father and thy mother," but set them at defiance. This spirit was often set up by the bad example parents gave their children. Mothers and fathers looked after the bodily needs of their offspring—gave them plenty of food and provided them with good clothes—but neglected altogether their spiritual needs—forgot that their children had souls to save. Hence it was that in London and other places there were thousands of young men and women who never gave a thought to the worship of God, and who would in the end be lost forever. Father Stanfield exhorted parents to realize their responsibility, and, by imitating the example set them by Jesus, Mary, and Joseph, make their homes Christian homes, and their children Christian men and women and good and useful citizens.

Few Catholic women of this city, remarks the San Francisco Monitor, know of the excellence of the work being done in the St. Francis Technical School, Geary and Cough Sts. Under the skilled supervision of six Sisters of Charity over fifty girls are at present being taught every branch of needlework. The pupils range in age from fourteen to eighteen years. When they leave the Catholic Orphan Asylum at the former age, they are transferred to the Technical School where they are given a four years' course in dressmaking, white sewing, embroidery and housekeeping. While the institution is not now entirely self-supporting it could easily be made so if the ladies of San Francisco patronized it more generously.

Since St. Francis Technical School was built in 1886 hundreds of girls who would otherwise have had a hard time winning their way into the world have gone forth thoroughly capable of supporting themselves. Considering the fact that the school has been opened for thirteen years and has an average of seventy pupils, it is gratifying to learn that the Sisters never hear complaints of the incompetence or misconduct of their graduates. In addition to perfecting the girls in needlework it is the intention of the Sisters to open a culinary department, where the pupils may be taught cooking for several hours a day. The mental training of the young ladies is not neglected as the hard working Sisters make an effort to give them a sound grammar school education.

All canned goods should be open several hours, if possible, before they are used. This gives them a chance to become aerated and takes away the rather flat taste they are apt to have. This is especially true of tomatoes. Careful housekeepers do not allow vegetables and fruits to stand in the tins in which they are put up, but have them turned out immediately into a glass or earthen dish.

Mr. Harold Macfarlane tells that there is consumed in the United Kingdom eleven times the quantity of tea that suffices for the average Russian, and four times the allowance of each inhabitant of the United States. If the total quantity of tea consumed in that country every twelve months was to be placed on one scale and the whole British Army (on the peace footing) of 215,060 were placed on the other, it would not counterbalance the tea chest—no, not even if each man on the average weighed 168 pounds. If five more armies of a similar number of men and weight were also thrown into the scale they would have no effect upon the equilibrium of the tea-chest; nor would the beam swing between 65,640 additional men, weighing twelve stone each, joined the six armies already standing more or less at ease on the opposite scale—by that time they would number 1,356,000 men, and the indicator would show that the balance was true. In 1868, of every 100 lb. of tea sold in the United Kingdom, 93 lb. came from China, and only seven from India; whereas, in 1893, 11 lb. of tea came from China, Ceylon (35) and India (54 lb) together supply the remaining 89 lb.

Oilcloth should never be scrubbed, but wiped over with a soft flannel cloth dipped in lukewarm water, or, better still, weak tea. Skimmed milk, too, that is warmed is a good wash, not only brightening and cleansing, but also preserving the cloth. If the cloth is a good one to begin with, the treatment of a coat of varnish once a year will make it wear almost indefinitely.

Before the varnish is applied, the cloth should be washed off quickly with hot soapsuds.

A contributor to an American newspaper in dealing with the problem of domestic service says:—

"What can be done to prevent the mistress and maid living together in enmity? The fault is on both sides, but the remedy is more likely to be applied by the mistress, whose educational advantages may be expected to give her a broad-minded culture and to enable her to use her brains to help the others' hands.

If Thoreau is right in calling the kitchen 'The heart, the ventricle, the very vital part of the house,' surely some careful consideration must go to its management. If the mistress of the house has other work that she thinks is of greater importance, then she must put a woman of brains in charge of it, give her a free hand, and judge her work by its results.

The long hours of the maidservant in private families is a vexing question. My days were more often sixteen hours long than twelve. The absence of social opportunities is a serious objection to the work for those who can do nothing else. It is impossible to return to the customs of simpler times, when the one or two servants were members of the family. The maid would not enjoy the society of the family any more than they would hers. Other working women lock down upon the household servant as though her occupation were a sort of degradation.

My six month's experience has raised more questions in my mind than it has answered; but the interest of women's colleges and clubs is full of promise, and may do much to hasten the day when mistress and maid can work together for the common good.

On every hand one hears of the neglect to say "Thank you," remarks a writer. I wonder sometimes if some people really know how little of what comes to them is by favor and courtesy. The vast majority of things, which come to us come by favor, by courtesy. And we should recognize this. No act of kindness, however slight, should go unnoticed. A "thank you" is a simple thing to say; it requires but a few moments to write it, but it often means much; it means everything sometimes to the person receiving it.

A woman who had had many sorrows and heavy burdens to bear, but who was noted for her cheerful spirits, once said in explanation:—

"You know I have had no money. I had nothing I could give but myself, and so I made the resolution that I would never sadden anyone else with my troubles. I have laughed and told jokes when I could have wept. I have always smiled in the face of every misfortune. I have tried never to let anyone go from my presence without a happy word or a bright thought to carry with them. And happiness makes happiness. I myself am happier than I would have been had I sat down and bemoaned my fate."

What should be the normal length of sleep? The question has been often put, and Sir James Sawyer has just answered it in a work on longevity. He says that sleep should occupy a third of the twenty-four hours. Although this figure is not at all exaggerated, it must be noted that some of the greatest workers of our time never devoted eight hours to slumber. Thus, Sir James Legges, professor of Chinese at Oxford University, who died at the age of 82, rose every morning at three o'clock, and never slept more than five hours. Brunel, the famous engineer, worked twenty hours a day for the greater part of his life. Lord Heathfield, while commander-in-chief of Gibraltar during the four years' siege of the fortress, never took more than four hours' repose. He lived to be eighty-four.

A well known scientist in his old age had to sleep at least four hours a day, but it seems that in his youth two hours were quite sufficient. He consequently maintained that it was a great mistake to think eight hours a day necessary for sleep. Little rose at eight a.m., and while his bedroom, which served also as a study, was being arranged, went downstairs with a number of books, having learned from the Chevalier d'Aguesseau to turn idle moments to account. It was while waiting for his bed to be made that he is said to have composed the preface to his dictionary. At nine o'clock he sat down at his desk till luncheon; at one p.m. he resumed his work and sent off his proofs to the Journal des Savants, to which he contributed regularly from 1855. From three to six p.m. he worked at his dictionary; at six o'clock he dined, and at seven o'clock went back to his desk till three o'clock in the morning; often continuing his studies in summer time till sunrise. Little lived to the age of eighty.

These instances show at least that longevity is not incompatible with short sleep.

BAD PLACE FOR COOKS.

A vegetarian would have a rare treat in Hilo, for the people eat no meat and little fish. They subsist upon nuts and fruits and the rarest of vegetables.

Tomatoes which we are accustomed to think an European delicacy, are beautiful and abundant in these islands, and are so highly flavored that they need no seasoning.

The same is true of cauliflower, asparagus and other delicate vegetables. The harder ones, beans, peas, and radishes are considered too coarse. Then, besides these, there are quantities of other vegetables that we do not have in this country.

Fruit is so plentiful that it costs nothing and can be had for the picking.

A soldier can live without a cook, for his food is prepared for him by nature's own hand.

SPECIAL FUNERAL CARS.

A most timely and desirable innovation is about to be inaugurated for the convenience of Catholics of the city who have occasion to provide for the interment of the remains of departed relatives in the new Calvary cemetery. Through the kind co-operation of Mr. Everett and the railway authorities with the cemetery managers, a special funeral car will be placed in service within the next two or three weeks for the accommodation of funeral parties.

The advantages of this system which is in vogue in many of the large European and some American cities are obvious. The first and perhaps the most important of these is the reduction of expense in this connection. As ordinarily conducted, funerals involve a great deal of useless and unnecessary expense to those who cannot afford to be extravagant at any time, and least of all in the circumstances commonly attending the demise of relatives. Another very desirable advantage resulting from the innovation is the maximum of physical comfort afforded mourners and friends in the performance of the last sacred duty to the departed. It is far more conducive to alleviation of that mental anguish inseparable from such occasions, to be quietly and rapidly transported in a comfortable car over smooth rails to the place of interment, than jolted over rough city pavements in slow going "hacks." This feature commends itself especially during the inclement seasons when under existing conditions a journey to and from the cemetery is attended with such acute discomfort.

The funeral car that is being constructed for service between the city and Calvary, will be divided into two compartments appropriately arranged and fitted up for their respective uses. The forward part of the car will be partitioned off for the remains, the other section will contain seating accommodation for members of the funeral cortege. The cost from the public Square to Calvary will be ten dollars, which is very moderate considering the nature and the quality of the service.

The necessary arrangements can be made through the undertaker. This is a matter of immediate concern to every Catholic family and individual in the city. The efforts of those through whom the innovation is to be introduced will be gratefully appreciated when the admirable features of the new arrangement have been practically interested.—Catholic Universe.

NINETY PER CENT.

Of the people are afflicted with some form of humor, and this causes a variety of diseases. The reason why Hood's Sarsaparilla cures when all others fail is found in the fact that it effectually expels the humor. Scrofula, salt rheum, boils and all eruptions are permanently cured by this great medicine.

Hood's Pills are the best family cathartic and liver tonic. Gentle, reliable, sure.

A despatch from San Francisco, to the New York "Sun" says:—American residents of Chee Foo, province of Shang Fung, China, have sent a petition to the San Francisco Chamber of Commerce, begging that a steamship load of corn be sent immediately to relieve the distress in the province. They say that fully two-million Chinese peasants are threatened with actual starvation owing to the Yellow River flood, which is declared to be the worst in the history of China.

MRS. HENRIETTA BRENNAN.

She Had Nearly Every Complaint Common to Her Sex, and Felt She Must Die, but Her Health Now is Perfect—Story of Her Recovery.

Some of the best doctors are found in hospitals. They are called upon to treat many different diseases, and they undoubtedly do great good to suffering humanity. But they seldom understand the diseases of women. The same thing is true of regular practicing physicians. They do not have time to study the causes of female weakness. They are apt to be mistaken and treat the sufferer for the wrong complaint. The case of Mrs. Henrietta Brennan shows this. The hospital doctors could not help her. They failed to see that her troubles were located in the distinctly feminine organs, and that is why they did her no good. Read this letter from Mrs. Brennan herself:—

"I am now and have been for several years a sick nurse in the city of Montreal, Canada. For eleven years I suffered from nearly every complaint common to my sex. Four years ago I became so run down that I was unable to do my work. I suffered from bronchitis, constipation and kidney complaints, and during five years spent much of my time in bed. I have been under the care of several physicians, and received hospital treatment. I was nervous; could not sleep at night; was a dyspeptic, and suffered from rheumatism. I felt I must die. I heard of Dr. Coderre's Red Pills, and began taking them. After taking four boxes I experienced much relief. I kept it up until I was strong enough to do all my work." (Signed.)

MRS. HENRIETTA BRENNAN,
8 Roy St., Montreal, Canada.
Women and girls ought to know that they can't be cured by ordinary medi-



cines. What they need is a medicine made by a most skillful specialist in female diseases. Dr. Coderre's Red Pills for Pale and Weak Women is that kind of remedy. It won't do men any good, but it will prove a great blessing to women. It will cure every ailment of girl, bride, wife, mother and grandmother. The ailments which it never fails to cure are leucorrhoea or whites, falling of the womb, nervousness, sleeplessness, headache, backache, bearing-down pains, the blues, thin blood, irregular menses, bad digestion, cold hands and feet and general weakness. If you suffer from any of these troubles

don't delay about curing yourself with these pills. The cost is small and the pills are easy to take.

Some cases may be difficult to cure, but every case can be cured if our advice be followed. Full advice is given free by mail by our specialists to all who write us. Do not hesitate about writing. All correspondence confidential. If preferred, call for personal consultation at our Dispensary, 274 St. Denis St., Montreal. No fee whatever charged.

When you go to the drug store for Dr. Coderre's Red Pills, look out for imitations. Many worthless pills are colored red and offered to women on the plea that they are "just the same" or "just as good" as Dr. Coderre's Red Pills. Don't believe it. It is false. Nothing on earth is equal to the genuine. Imitations are sold by the dozen, the hundred or in 25-cent boxes. Do not take them. Dr. Coderre's Red Pills are always sold by honest druggists at 50 cents a box—fifty pills in a box. Six boxes for \$2.50. Or you can send the price in stamps, or by registered letter, money order or express order to us. We mail them all over the world. No duty for you to pay. Dr. Coderre's Red Pills at 50 cents a box last longer and are easier to take than liquid medicines sold at \$1. And the Red Pills cure.

A great doctor book for women can be had free by all. Send your address to us on a postal card, and we will mail you free of all cost a copy of "Pale and Weak Women." Address all letters to the Franco-American Chemical Co., Medical Dept., Montreal, Canada.

THE ANGLO-SAXON.

A YANKEE OPINION.

The fad is new, this Anglo Saxon fad.

What matter if it makes some people glad.

And makes the dogs of war to wag their tails,

And cause our minister hobnob with Wales.

I scout the thought so common now-a-days,

That sun and moon, and all the stars—

And all that's bright on earth, both land and sea—

Were made to suit a Britisher's idea.

In these United States from East to West,

The A. S. man shows well, but not the best,

The Gael and German are a mighty power;

And must be counted in the present hour.

We've read the A. S. won at Waterloo,

At any rate they'd raise a phillaloo

If 'twas but hinted that an Irishman,

Or Scot, was there when that big fight began.

"Cock of the North," and bonnie "Garryowen,"

The Anglo-Saxon claims you as his own,

On Khyber's Hills and Egypt's burning sand,

The Gaelic arm smote the savage band.

When Norman William on the English shore,

With sixty thousand French or may be more

Proclaimed the end of Anglo-Saxon power,

'Twas ended then, "What is it at this hour?"

Your greatest, wisest, noblest peers

And men,

Are proud to trace their origin to them,

To those who crossed with William of the sword,

Who conquered Anglo-Saxons and their Lord.

The bloody fields of India and Bhootan,

The Cape, the Crimea, and Inkerman,

The Scot, and Gael, with valor true and rare,

Were the best Anglo-Saxons present there.

But let it not be said I want to lower,

The valor of the Briton or his power,

Or that contempt of any sept or race,

Would tempt me wander from the path of grace.

'Tis truth I say, the Anglo-Saxon fad,

Is but a myth that makes some people glad;

One hundred years ago, who heard the name,

So being a fad 'twill die out like a dream.

FRANCIS D. DALY.

Pensions for Old Professors in Secular Colleges.

Our two oldest universities have taken the lead in a movement which must be generally imitated in the course of time by all the higher educational institutions, and which will render the lot of the college professor or in the next century much more comfortable than it has ever been in the past. The great drawback to the teacher's life has always been that his compensation was too small to allow savings during his active years which would relieve him from anxiety

HINT TO SUBSCRIBERS.

Several of our exchanges have had a word to say regarding the moral responsibility of subscribers to pay their subscription bills. The man who receives from his grocer provisions and does not pay for them knows he is doing wrong. How then can any one receive a newspaper and decline to pay for the same. Sometimes persons will give an order for a newspaper to a solicitor for a year. After receiving a few numbers they conclude they do not want it and coolly order it returned to the publishers. They do not give thought to the fact that the latter have paid a commission on a full year's subscription and consequently lose by their having subscribed for the journal. A word of warning only is necessary to the few who seem to think that all contracts are binding excepting those made with publishers.—Church News, Washington.

PAINS IN THE BACK.

Are Usually the Result of Imperfect Working of the Kidneys—These Can Only Be Restored to Their Normal Condition by a Fair Use of Dr. Williams' Pink Pills.

Mr. Albert Mintie, of Woodstock, Ont., now engaged in the insurance business, is well known in that city and surrounding country. Some three years ago Mr. Mintie was living at South River, Larry Sound District, and while there was attacked with severe pains in the back. At first he paid but little attention to them, thinking that the trouble would pass away, but as it did not he consulted a physician, and was told that his kidneys were affected. Medicine was prescribed but beyond a trifling alleviation of the pain it had no effect. In addition to the pain in the back Mr. Mintie was troubled with headaches and a feeling of lassitude. He was forced to quit work, and while in this weak condition, weak and despondent, he decided to try Dr. Williams' Pink Pills. He purchased a half dozen boxes and was not disappointed with the result. Before they were all used Mr. Mintie was feeling almost as well as ever he had done. The pain in his back had almost disappeared, the headaches were gone, and he felt greatly improved in strength. Two more boxes completed the cure, and he returned to work hale and hearty as ever. Mr. Mintie asserts that his return to health is due entirely to Dr. Williams' Pink Pills, and he still occasionally uses a box if he feels in any way "out of sorts."

The kidneys, like other organs of the body are dependent upon rich, red blood and strong nerves for healthy action, and it is because Dr. Williams' Pink Pills supply these conditions that they cure kidney troubles, as well as other ills which have their origin in watery blood, or a shattered nervous system. Sold by all dealers or sent postpaid at 50c a box or six boxes for \$2.50 by addressing the Dr. Williams' Medicine Co., Brockville, Ont. If you value your health do not take a substitute.

It would be no advantage to say that all the joys of the angelic world could make no joy that could compare, either for quantity or quality, with the single joy of Mary's motherhood. She had many joys besides that although, whether we look forward to her Assumption or backward to her Immaculate Conception, the maternity was the foundation of them all. But, considering exclusively the direct joy of her maternity, it overtops and outshines the entire joy of the angelic creation.

Hood's Sarsaparilla never disappoints. It may be taken for impure or impoverished blood with perfect confidence that it will cure.

Being, without well being, is a curse, and all virtue is lost rewarded and all wickedness most punished in itself.

DR. FRS. DE SAL'S PREVOST, SPECIALIST.

Disease of the Eyes, Ears and Nose.

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1 p.m. to 4 p.m., at 402 Sherbrooke street.

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