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## THE TRUE WITNESS AND CATHOLIC CHRONICLE.

# A pure hard Soap IRPRISE MAKES CHILD'S PLAY SOAD

# Household Notes.

THE APRON .- It is about 40 years since the popularity of the a-pron began to wane. At that time no woman's wardrobe was complete without an assortment of aprons for all sorts of occasions. A black silk apron was the acme of elegance and propriety, and any nondescript gown could, by the addition of the black silk apron trimmed with a few rows of black velvet ribbon, be dignified and adorned to the utter satisfaction of the wearer.

An apron had rather a wide field of usefulness when you consider that it not only preserved and embellished a new gown, but it also concealed the defects, and added dignity to an old one. An apron was always The best dress was kept en regle. clean by its use, and the daintiness it represented all the feminine traits. It was a regular banner of the home. To its strings the children were tied. "Tied to his mother's apron strings!" Contemptuous expression of subordination. And yet so much sentiment attached to it! Whoever was tied to his mother's apron strings was comparatively safe was in his mother's lead. Mother's apron! The baby was rolled in it. Childish tears were dried with it. The little boys used its strings for reins, and the little girls played and trailed its ample folds that nothing be wasted, for waste is hem, real ladies in waiting wickedness. The wise and careful behind them, real ladies in waiting to an imaginary queen.

Those were ante-new-woman days Knitting and needlework were feminine occupations. It was previous to the day of higher education for wo-It may sound far-fetched to men. say that home sentiment waned with the decline of the apron.

ABOUT SLEEP.-Most persons who have lived to be old have been good sleepers, but this does not mean that they have been long sleepers. A good sleeper is one who sleeps well. He may sleep long enough in six or seven hours to answer all his needs and it would be folly for him to lie in bed three or four hours more. As a rule, long-lived persons have been early risers because they have been good sleepers. By "good sleep" is have something to say about meant sleep that is sweet, sound and refreshing; the body recuperates wholly. Those who love to rise early are generally of this sort. They have strong wills and good health to begin with. Late risers are often invalids, or persons of bad habits, idlers who are never free from other vices besides idleness. The nervous exhaustion which keeps a man wake ful throughout the small hours requires sleep late in the morning. This exhaustion is invariably due to one of several life-shortening influ-ences, especially anxiety, or indiscre-tion in diet or drink.

Early rising is thus rather one efof certain favorable influences. fect another result of which is longevity, rather than a cause of longevity. To turn a delicate man out of bed every morning will not prolong his life unless he hus slept enough. Preventing a weakly person from sleeping more than four or five hours nightly would not cause him to live to be old, but would tend to shorten his life. Early rising does not mean the time by the clock. The word has a relative significance with reference to the time of going to bed. A person who re-tires to rest four hours after midnight and gets up at 10 a.m., may be strictly regarded as an riser." Thus early rising is synony mous with short s'eeping, which means rapid recovery from fatigue, itself a sign of bodily streangth. Early rising, as a practice, may be cul tivated by all persons in good heafth. It is excellent as moras discipline, and eminently healthy as matter of fact. Most persons will ent three meals daily. When a man gets up late, those meals will prob-ably follow each other at too short intervals, and be eaten too rapidly to be wholesome. When he is an earto be wholesome. When he is an ear-ly riser it will probably be other-wise. He can enjoy a good brear-fast, and when his other meals are due he will be ready for them, and with a good appetite, which is itself one of the signs of health.

help the working man with a waste ful wife; a woman who, according to the old adage, tosses the income out of the window with a teaspoon, faster than the good man can put it in with a shovel. It is one thing to spend money and another to waste it. And yet how few girls are taught the most simple rudiments of the management of money. That is, girls brought up in the quiet of the comfortable home, until they step, by way of the marriage altar, into a home of their own. Girls who are forced out into the world to earr their own living, usually learn the value of money; and even these some-times make wasteful wives. because having been scrimped for money all through their girlhood, when they come to handle a man's income, even though it be a moderate one. they

THE WASTEFUL WIFE .- Heave

fancy it is limitless, until perhaps brought up by some short turn of adversity. It is one of the virtues necessary to a good wife to know how to spend money to the very best advantage. Many a woman huvs whatever she wants, without giving a thought :to its extravagance, whether she could as well do without it, or whether she could get it at another place for a better price. It is not stinginess that is advocated. There is just as much difference between being stingy and being careful as one can well imagine. It is not always a consider-ation of close economy that is involved, it is the exercising of care

housewife knows the value of a dollar, and what it should buy. She sees to it that foods do not spoil on her hands for want of proper care, that rust does not eat up her plated ware-if she is not fortunate enough to have pure silver - that moths do not get into her carpets, etc., etc. The wasteful woman neglects all these things, and then, when she has to replace them, wonders where the money all goes to. If every woman in a small home would practice religiously small economies, she would be the better prepared to rule over a large home if it should ever become her lot to have one. Every-" Take one knows the old saying. of the pence and the dollars care will take care of themselves," which would make a most excellent motto for the wasteful housewife. We will the wasteful and selfish husband in an early issue.

CATHOLICITY IN NORWAY.

It is reported that the Holy Fa ther will soon grant an Episcopal See to Norway, owing to the growth of Catholicity in that country.

CHRISTIAN BROTHERS' BOYS.

The result of the competition for the Bristol city scholarships, annual-

Notes for Farmers. KEEPING STOCK. - This is another frequent cause of loss. If a farmer has more horses than are required to carry on the work of the farm, he should selt those he does STOP THE LEAKS .- In order to pay, farming should be conducted in does not yield enough milk or butter

be received, not only for the money invested in the land, stock and im plements, but also for the labor and usually furnish some surprising recares of management. Every farmer should, by a simple system of book keeping, keep careful check of his receipts and expenditures, so as to know exactly which of his farming operations are yielding him a profit, which are conducted at a loss, and which are causing him merely to "mark time." A little figuring of tions should be carefully compoundthis sort may reveal to him a number of little leaks which almost imperceptibly drain away the profits that should reward his labor. In these days of fierce competition it is only by keeping down the cost of production and preventing all waste that farming can be made successful. Some sources of loss are here given which will readily suggest others.

LACK OF SYSTEM .- One of the the hay they care to eat-a practice chief leaks on many farms is the loss of time and energy because the management is not carried out on any definite system. A study of any old and successful business will show that success has been largely due to methodical and systematic way of doing things. System may be carried too far so as to become merely mechanical but as a general proposi-tion it may be said that after a well defined plan of action has been determined on it should be rigidly carried out. As mere knowledge is gained, or new ideas acquired, it will be necessary to make changes in the rout ine, but no changes should be made without due deliberation. All work should be carefully planned in advance and all tools and implements gotten ready so that there may be no delay when operations actually begin.

USE OF TIME. - All men em ployed on the farm should have well defined duties to perform so that their time may be used to the best advantage. A good system provides for the feeding of stock at regular hours each day. When they become accustomed to the regularity of f?eding they thrive much better than if fed at different hours on each succeeding day.

CARE OF IMPLEMENTS .- A very ommon source of loss is found in the neglect of expensive farm implements and tools. These are left ly-ing in the fields where they have been used subject to all the inclemencies of the weather which are much more destructive than actual use. Small tools are frequently lost, and larger implements rust and rot. There should be a place on every farm where implements may be kept under cover, and none should be left outside when not in use. A workhop should also be provided in connection with the toolhouse so that during rainy days or other slack periods, implements may be painted and necessary repairs made. Much time is lost by farmers, during busy seasons such as seeding, having and

harvest, because a bolt or some other small part has been lost, and a trip to the blacksmith shop or

not need, if a figure at all reasonable can be obtained. The cow which the same way as other business en-to pay a good profit on her keep terprises. A suitable return should should be disposed of, and her place filled by another-a few weeks use of the scales and Babcock tester will sults in this direction. IMPROPER FEEDING. - To se cure maximum profits it is sary that stock should be fed intelligently for the object in view. Ra-

ed in order to secure a proper proportion of albuminoids and carbohy drates or as it is called, a proper nutritive ration. Animals should be selected for early maturity and fed so as to be ready for market at an early age. The nearer maturity an animal comes, the greater becomes the cost of growth. Again money is lost by failing to provide green crops for feeding during the summer droughts incident to this country Horses in many cases are given all

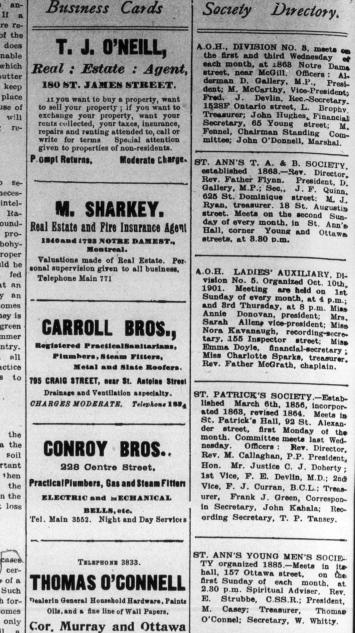
not only wasteful, but injurious to the animals as well.

WASTE OF MANURE. - In the older settled portions of Canada the restoration or maintenance of soil fertility is already an important question. How desirable is it then that all the manure made on the farm should be saved and used in the best possible condition, without loss from leaching, firefanging, etc.

INFERIOR SEED .- In many cases a partial or total failure of a) cer-tain crop is due to the purchase of a cheap or inferior grade of seed. Such seed is usually badly mixed with foreign seeds, so that the farm become over-run with weeds which not only replace useful crops, but entail vast amount of labor to get rid of. The division of a farm into small or irregular fields often provides numer ous breeding places for weeds in the ence corners, and other uncultivated spots.

NEGLECT.-Another leak which takes money out of the farmer's pocket is neglect in keeping fences and buildings in proper repair. Inferior fences allow his own and his neighbor's stock to injure his crops. and are a source of constant worry and loss of time. The old proverb, "For want of a nail the horse was lost," is very appropriate in such a case. A dollar or two spent for lumber or nails will often result in a large saving of feed and increased comfort to the stock during the winter months. Neglect of a leaky roof is often responsible for heavy losses of grain or fodder, and in the timbers of the buildings. Many a good frame has been ruined by a leaky roof.

LACK OF KNOWLEDGE .- Nearly all the leaks previously mentioned may be set down to carelessness, but farmers also lose because some them think that nothing can be learned from others, and that a new ly offered by the English Technical Instruction Committee, was an-nounced on the 5th inst. Four of the prevented by a little forethought or be, he can still gain ideas from oth-



STREETS.

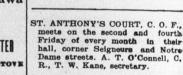
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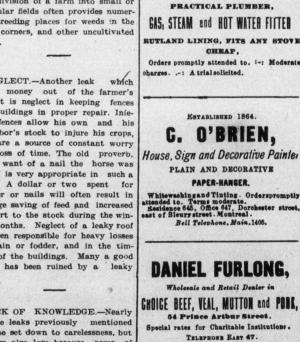
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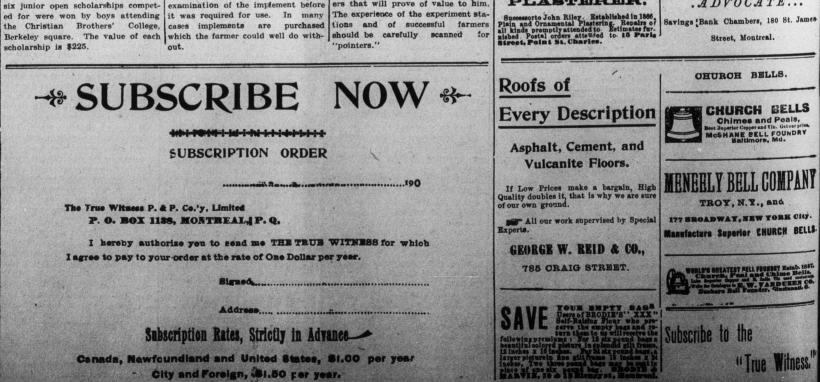
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CRIME CURE SYS National Prison Congr Philadelphia, last mont have come to the conc is the duty of the Star of society, to reform c to make them come of useful members of societ ment of this congress in epigrammatic senten The e people are divide great classes-those in If all men and women ested in prison reform be no prisons. Prison reform is not mers, but for society. The best index to the tions of a country is the





its prisons. The better the convic the more he realizes ith his disgrace.

A man to whom prise grace is not punished 1 ment.

No man is so bad as time when he had th smile of Almighty God. It would be a long s over all the suggestions the plans faid down for criminals into good looks, from the lengthy we have read, that ever system has been tried; tary confinement; of co tary confinement; of con-cells by night and common bor by day; of milder to the majority of cases; of