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## Household Notes.

**NATURAL BEAUTY.**—Beauty may be only skin deep, but its potency is not measured by a sounding line. We who are plain may scoff at the idea of employing means to develop the best that has been given us in the way of grace, but it would be interesting to know just how many or how few will scorn to be guided by the hints on health and beauty here given with the assurance that, by a strict adherence to them, a great share of what nature has so lavishly bestowed on some may thus be coaxed from her by her less favored children. In the morning the first thing should be ten minutes' exercise which will bring all the muscles into play—preferably with Indian clubs. Then the bath, cold, tepid or warm, which ever best suits your constitution; and the soap must be above suspicion, as there is nothing worse for the skin than a soap not absolutely pure. At breakfast, too, be guided in your diet by what experience has taught you is best. A glass of water should begin the meal; then fruit—either an orange or an apple in winter; in summer there is a variety to choose from. Some sort of meal, with cream, might follow, and then a small piece of meat with bread and coffee. If possible, go for a walk; but if there is housework to do, do it (as you should always take your walk) with head erect and chest expanded, breathing deeply. This deep breathing is, at first, hard to master, but once the knack is learned its benefits quickly follow. A graceful carriage is bound to result. Keep the organs of the body in good sanitary condition or your beauty will be but short-lived. Let there be as much outdoor exercise as possible if you would keep your health and thus ensure beauty. The other meals should be wholesome but not too rich, and eaten sparingly rather than with repletion. Before retiring, eat an apple or two and drink a glass of pure water to aid digestion, reversing the order of the morning. Try this regime for a few months and see if it does not conquer many ills of the flesh. Lastly, cast worry to the winds and cultivate cheerfulness. Nothing was ever prevented or rectified by worry, so why will you double your cares by taking them with you everywhere and all the time? Be content if you cannot be gay, and thus avoid wrinkles.

**SALT AS A CURATIVE.**—An excessive use of salt on food is injurious to the digestive and other organs of the body, causing scurvy and other scurvy diseases. But it has some curative properties which should be known. For the reason that it is cheap and always at hand, the curative qualities of salt are not appreciated as they should be. We gather from an exchange that if used persistently enough it will cure nasal catarrh. A weak brine should be made and sniffed up the nose. One of the most effective remedies known for sick headache is to place a pinch of salt on the tongue and allow it to dissolve slowly. In about 10 minutes it may be followed by a drink of water. There is nothing better for the relief of tired or weak eyes than to bathe them with a strong solution of salt and water, applied as hot as it can be borne. Salt is most excellent for cleaning the teeth. It hardens the gums and sweetens the breath.

**LITTLE CONVENIENCES.**—To misplace a kitchen fork or spoon may burn to a cinder the most carefully prepared dish. The convenient holder lost from its nail may burn the cake or ruin the pie and incense the cook. A cook table, full of drawers, where flour, spices, rolling pins and cake cutters are kept, with bake pans hanging over it, will save you miles of travel and hours of time. A small shelf near the stove, kept for extra salt and pepper, will save you 50 miles of travel in ten years. Only for one day count how many times you go from cook table to stove,

seasoning various dishes, and you will see what this means. In finding places for kitchen utensils study every time to place them where it will take the fewest steps to reach them.

**CLEANING LACE.**—Occasionally a piece of fancy work on the lace order does not show soil enough to justify sacrificing its lacy newness to the process of washing. If such work is laid away for a week in a heavy book between blue tissue paper, having had rubbed into the soiled places calcined magnesia or pipe clay, it will come out cleaned and brightened by the process. This is a good way to treat Battenberg and point lace work which has become dingy or yellow.

**WHEN YOU CAN'T SLEEP.**—This is a sure cure for insomnia: Push away your pillow and lie flat upon your back with your muscles relaxed. Slowly draw in the deepest breath possible, hold it for four seconds then slowly expel it until your chest and abdomen have collapsed. Repeat this until you fall asleep.

## WOMAN'S WORK

**OFTEN LEADS TO BREAK DOWN IN HEALTH.**

**Severe Headaches, Loss of Appetite, Dizziness, Palpitation of the Heart and Other Distressing Symptoms Follow**

Woman's cares about the household are many and often worrying, and it is no wonder that the health of so many give way under the strain. To weak, tired-out, depressed women everywhere, the story of Mrs. Geo. L. Horton, the wife of a well known farmer living near Fenwick, Ont., will come as a message of hope. To a reporter who interviewed her on the subject, Mrs. Fenwick said: "Yes, I am quite willing to give my testimony to the great good Dr. Williams' Pink Pills have done me, as my experience may help some other sufferer. A couple of years ago my health began to give way, and I suffered from anaemia, with most of the depressing symptoms of that trouble. I became much emaciated, had distressing headaches, and a very poor appetite. At first I thought the trouble would pass away, but in this I was mistaken, as I continued to grow worse. My heart began to palpitate violently at the least exertion; my rest at night was broken and finally a bad cough set in, and I was scarcely able to do a bit of work about the house. An aunt in England who had been ill had written me that Dr. Williams' Pink Pills had restored her to health, and I determined to give the pills a trial. After the use of a few boxes I noticed a distinct improvement in my condition, and after using the pills for a few weeks more the trouble had completely left me. I could sleep well at night, the cough left me; the headaches that had made me so miserable vanished, my appetite returned, and I could again perform my housework with ease. I shall always feel grateful for what Dr. Williams' Pink Pills have done for me, and strongly recommend them to other ailing women."

Dr. Williams' Pink Pills have accomplished just such good results in thousands of other cases among ailing men and women, and sufferers from any of the numerous ailments resulting from poor, watery blood who will give these pills a fair trial will soon be on the high road to health and strength. Imitations are sometimes offered by unscrupulous dealers, who care more for their own profit than for their customers' health. Be sure that the full name, "Dr. Williams' Pink Pills for Pale People," is found on the wrapper around every box you buy. If your dealer does not keep these pills send to the Dr. Williams' Medicine Co., Brockville, Ont., and they will be mailed post paid at 50c. per box or six boxes for \$2.50.

## Notes for Farmers

Director William Saunders of the Ottawa Central Experimental Farm, and Mr. Frank Shutt, chemist, were at Berlin, Ont., last week in connection with the sugar beet works in that locality. In the laboratory many important tests have been made of varieties of beets to ascertain which is best adapted to the production of sugar.

The work of preparing the grain bulletin is progressing rapidly in the directors' office. Nearly all the returns have been made from the branch farms and a large number from the farmers who received grain samples last spring.

The pea weevil was an important topic at the late meeting of the Entomological Society of Ontario. The chief address on the subject was that of Dr. James Fletcher of the Central Experimental Farm. The Dominion Entomologist emphasized the importance of the subject, especially as the pea is one of the most valuable crops in the country. He referred to the diminution of acreage devoted to the raising of peas as something tremendous. The life history of this insect he said, was thoroughly known, and the treatment recommended had been proved effective. The plan for dealing with seed peas was to place them in tight compartments, adding an ounce of bisulphide to each hundred pounds of seed peas. Professor Lochead, of Ontario Agricultural College, commented on Dr. Fletcher's address, reiterating many of its points and suggesting that the Government should employ a small corps of men to look after fumigation in selected localities, so as to practically extinguish the pest in the districts chosen. The value of peas as a feed for pigs was shown by one speaker who said that pork produced by peas was worth 50 cents per hundred more than that produced by corn.

The following resolution was moved by Dr. Fletcher and seconded by Professor Lochead:

That the Entomological Society of Ontario requests that the superintendents of Farmers' Institutes have the matter of the pea weevil brought prominently before all meetings during the coming season.

That from discussions at the Entomological Society the discontinuance of the cultivation of peas for two years is not the best remedy for preventing injury by the pea weevil. But rather the making known as widely as possible the nature of the pest, the extent of its injuries and the best remedy. That if object lessons could be given in the country showing the way to fumigate peas and the advantage of it a material help would be given to reducing the injuries of the weevil.

Treatment for the San Jose scale was gone into by Inspector Fisher. While kerosene and crude petroleum were used with good results, in some cases lime and sulphur were more advantageous. This combination was safe, effective and economical, and was a remedy for fungus disease. The proportions are a pound of lime and half a pound of sulphur to a gallon of water. The mixture needed two or three hours' boiling, and must be used while warm. Trees should be treated every year. The society tendered a vote of congratulations to the Minister of Agriculture for the success attending his efforts to find a remedy for the San Jose scale.

Mr. F. C. Hare, superintendent of the Dominion poultry fattening stations, is shortly to establish breeding yards where pure bred poultry will be supplied the surrounding districts. Large poultry houses will be erected in Durham and Huron counties in Ontario and Bromie in Quebec. At each 100 Plymouth Rock and 100 Wyandotte pullets will be wintered.

The demand for these excellent kinds of poultry is increasing and the country will develop the poultry industry by affording all conveniences for their distribution.

Next spring the chickens wintered at these stations will be mated with pure bred cockerels and the eggs sold to farmers. Last year eggs were purchased from farmers for the illustration stations and the quality of chickens raised was not uniform.

Farmers may at an advance of about five cents a dozen produce eggs that will give them a rich strain of poultry. In this way the department of agriculture will introduce to the farmers a profitable chicken.

The high prices offered for apples in England and Germany is an inducement to Canadian growers to produce a quality of fruit that would

be acceptable on the foreign market. These high prices should also induce many more into the apple growing business which can be successfully carried on in this locality.

It is learned now that the home crop of apples will be smaller than last year. Reports were circulated early that the apple yield was going to be magnificent. This report exaggerated the condition and there has been an epidemic of rot since. Much of the fruit has become affected with scab, which is such a detriment to the apple that by the time it reaches its destination its value is almost reduced to nothing. It is difficult to protect against disease in apples. An improvement in the general crop may be made, however, by close attention to varieties and treatment of the trees during the summer. The common varieties in this province are Gravenstein, King, Ribston, Pippin, Baldwin, Ben Davis, Greenings, Stark, Nonpareil, Golden Russet, Northern Spy, Spitzenburg, Fameuse, Culvert, Wagner. When fruit men have a stock of apples it pays better to ship the best by sorting the crop till a reliable shipment is selected than to send a large quantity composed of good and bad sorts. Inferior shipments injure the reputation of Canadian fruit and there is no ultimate gain. The British and German market is not appreciated sufficiently in Canada.—Ottawa Free Press.

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Just put into stock a shipment of New Carpet Squares, new colors, sizes as follows: 2x2 yards, 2x3 yards, 3x3 yards, 3x4 yards. Prices from \$2.25 each.

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2,000 pairs New Nottingham Lace Curtains, new fast woven edges, and new designs. Prices from 45c per pair.

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## Society Directory.

**A.O.H., DIVISION NO. 8.** meets on the first and third Wednesday of each month, at 8:30 Notre Dame street, near McGill. Officers: Alderman D. Galloway, M.P., President; M. McCarthy, Vice-President; Fred. J. Devlin, Rec.-Secretary; 1528P Ontario street, L. Brophy Treasurer; John Hughes, Financial Secretary, 65 Young street; M. Fennel, Chairman Standing Committee; John O'Donnell, Marshal.

**ST. ANN'S T. A. & B. SOCIETY.** established 1868.—Rev. Director, Rev. Father Flynn, President; D. Galloway, M.P.; Sec. J. F. Quinn, 625 St. Dominique street; M. J. Ryan, treasurer 18 St. Augustin street. Meets on the second Sunday of every month, in St. Ann's Hall, corner Young and Ottawa streets, at 8:30 p.m.

**A.O.H. LADIES' AUXILIARY.** Division No. 5. Organized Oct. 10th, 1901. Meeting are held on 1st Sunday of every month, at 4 p.m.; and 3rd Thursday, at 8 p.m. Miss Annie Donovan, president; Mrs. Sarah Allen, vice-president; Miss Nora Kavanaugh, recording secretary, 155 Inspector street; Miss Emma Doyle, financial secretary; Miss Charlotte Sparks, treasurer. Rev. Father McGrath, chaplain.

**ST. PATRICK'S SOCIETY.**—Established March 6th, 1856, incorporated 1868, revised 1864. Meets in St. Patrick's Hall, 92 St. Alexander street, first Monday of the month. Committee meets last Wednesday. Officers: Rev. Director, Rev. M. Callaghan, P.P. President, Hon. Mr. Justice C. J. Doherty; 1st Vice, F. E. Devlin, M.D.; 2nd Vice, F. J. Curran, B.C.L.; Treasurer, Frank J. Green, Corresponding Secretary, John Kahala; Recording Secretary, T. P. Tansey.

**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, M. Casey; Treasurer, Thomas O'Connell; Secretary, W. Whitty.

**ST. ANTHONY'S COURT, C. O. F.** meets on the second and fourth Friday of every month in their hall, corner Seignours and Notre Dame streets. A. T. O'Connell, C. R., T. W. Kane, secretary.

**ST. PATRICK'S T. A. & B. SOCIETY**—Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander St. immediately after Vespers. Committee of Management meets in same hall the first Tuesday of every month at 8 p.m. Rev. Father McGrath, Rev. President; W. P. Doyle, 1st Vice-President; Jno. P. Gunning, Secretary, 716 St. Antoine street, St. Henri.

**C.M.B.A. OF CANADA, BRANCH 26.**—(Organized, 13th November, 1873.—Branch 26 meets at St. Patrick's Hall, 92 St. Alexander St., on every Monday of each month. The regular meetings for the transaction of business are held on the 2nd and 4th Mondays of each month, at 8 p.m. Spiritual Adviser, Rev. M. Callaghan; Chancellor, F. J. Curran, B.C.L.; President, Fred. J. Sears; Recording Secretary, J. J. Costigan; Financial Secretary, Robt. Warren; Treasurer, J. H. Feeley, Jr.; Medical Advisers, Drs. T. J. Harrison, E. J. O'Connell and G. H. Merrill.

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In front of the Present vent at Clonmel, Ireland, a life-size statue of which bears the following

A votive offering to Commemorate the Martyrdom of Sister Alice O'Sullivan. Born at West Gate mel, 1836. For some years a this Convent. She died for the Fa Tien-Tsin, China, 21st 1870. Pray for the Don

Sister O'Sullivan was of the late Cornelius O'Sullivan in Syracuse, N.Y., ago. Captain O'Sullivan, is very well known. The Very Rev. Dan van, visiting priest to the speaking Sisters of Charity out the world, is another Father O'Sullivan has quarters near Cork for twenty years, and in 189 don, celebrated the golden his ordination.

Thirty years ago Tient suddenly before the world scene of an awful massacre Chinese rabble of ten dai St. Vincent de Paul, holy tent on the apostolic spreading the Faith. A gentle sisters who had ren titles of home and father daughters of France, Belgium, Italy, and one of Irish Alice O'Sullivan, known gious life as Sister Louise Alice's prents had c Newry, County Armagh, t shortly before her birth. O'Sullivan dying while he was still a mere baby, the left very much to the carvated nurse, and to the tentations of her brothers, than herself. At a very she learned to read, and mitted to indulge her love ing as she pleased, but, beyond exciting her lively tion no great harm was received her early education Mary's Presentation Conv town, Clonmel, a convent gious instrumental in scenous to all parts of the of the nuns who welcomed girl in those happy days vive and speak with deen of their pupil, who when years old showed great ppressed the desire to enter gious life.

At a later date it was d she should become a Sister. Her brother was a missionary, and, no do circumstance in part indu choice of the Congregation Sisters of Charity of St. Paul. A brother of St. V would become, and with this, her father sent her t minican Convent, at K near Dublin, where he t happily under the care of Alice's open and simple and her great piety so imp mistresses that they w gally admitted her to the nity had she desired it. T Priores of the convent, Alice very intimately, when gave her recollections of the ance and character of he fellow replied that Alice w older than most of her co was dark in complexion, in appearance, and posses strong sense of humor, with mature common sense, truest piety. She was teachers and pupils.

It was not necessary fo stay very long at Kingst then came the parting. "C ly she bade farewell to he and her home on the pleas of the Suir, where never ag she roam through the green climb the hills, or feel the "rain-washed" breezes blo her brow. The kindly an affectionate "God save y came so readily from o Irish country people she more see or hear from those known and loved her from fancy; the church where m day and feast she knelt r prayers as a little child, s never enter nor the streets