House and Household.

Those Three Meals a Day.

Philosophize as we will, we must eat in summer as well as in winter. The insummer as well as in winter. The question is: "What can we eat with the question is: "What can we eat with the labor—the lest expense of time and labor—the lest exertion?" To the housewife, lest exertion are the housewife, lest exertion?" To the housewife, lest exertion exer whose means or surroundings compel herto stay in the city during the summer, his question comes home with special

Housekeepers in the city can solve the problem much more easily than those whose lines are cast in the pleasant places of the country house or the homeism, where the store room replaces the market. Unless fresh fruits, salads and regetables, new-laid eggs, cream, spring chickens, and newly-caught fish are part of the daily production of the establishment, summer catering will be a difficult matter to the average housewife.

Canned goods are invaluable resources in emergencies, but they fail to replace fresh food in flavor or nutrition. Still, thehousekeeper who cannot count upon an unfailing supply of the latter, should never allow her shelf of canned meats and vegetables to be empty. There are entain ways of serving canned goods which make up for their lack of flavor, and restore to them the nourishment ast in preserving them. It is not the purpose of this article to give the details f cockery, only to suggest methods of service which shall lighten the labor duringtheextreme heat of summer; but one point is so important in the use of canned goods that it well deserves mention. It sthis; the vegetables which are put up insalted water, such as the various kinds agreen peas, string and lima beans, aspaagus, etc., should be drained and ansed before they are heated, a fresh sace being made for them, or sait. pep-per and butter added to them.

The various oily fishes, like salmon and sardines, should be removed from the can directly it is opened, because the atmosphere, acting upon the oil in connet with the tin, forms an absolutely poisonous combination. This fact exdains the sudden attacks of illness which smediaes follow the eating of canned salmon. Every horisewife should make a note of this, because canned salmon can be so variously used as a white soup after being as laced to a pulp; heated with white sauce or drawn butter as a fish dish; secret cold in small pieces. with jettuce and sustainaise, or comfind with freso touratoes, encumbers or celery, and Spanish enions sileed, with the addition of a plain salad dressing; fried in any of a so side dish, and even made Norwegian fashion, into a pudling. Sandres car, by used as relishes with a fittle lemon-juice; made into a salad with lettrees celery, sliced toma-ses or spanish orden, and a plain French salad diessing; broaded or dipped in Satter and triod, a more than a made into sadwiches, an extra on slices of bread, buttered and breads to in the oven: servel cold, with short encumbers and ket bolles perators, as a fish course : or, them to be removed from the cans un-

serving, or we en part of a can remains, polity or vegetables, they can be used an white or eream soup. Have a vegeele, lettnee, or some such green vegespecially the various acid berries, grapes

or twice a yeek, and then to bake pies, mkes, brallete; to roset or boil a joint of meat, a ham or tongue, or some poulb prepared. Above all, do the hardest and take care to bathe and rest often though to avoid extreme prostration from heat and fatigue, -- Inlict Corson.

Frizzled Beef and Eggs.

Soak a quaretr of a pound of shaved, dried here in a past of boiling water for ten minutes, then drain well. Beat four eggs with a fork. Put a generous tablespoonful of butter in the granite-ware dish and place over the lighted lamp When the butter becomes hot, add the beef, sir with a fork until the slices curl Now place the dish over another of boiling water, and set all over the lamp. and set an over one and did the type, and stir until until they

Creamed Potatoes.

melts, add the flour and stir until smooth and frothy; then gradually add the milk, stirring all the time. Season with one-third of the pepper and salt. When the sauce boils up season the potatoes with the remainder of the salt

Cut fine one pint of any kind of cooked poultry, and cook it for fifteen minutes in a sauce made the same as for creamed potatoes but place the dish over boiling water when the meat is add-

Peas a la Francaise.

Rinse and drain a can of French peas. Put into the chafing-dish a generous tablespoonful of butter, one teaspoonful flour, one teaspoonful of sugar and a level teaspoonful of salt. Place the dish over the lighted lamp and stir until the butter begins to bubble; then add the peas, and cook for five minutes, stirring with a fork. At the end of that time add half : pint of cream or rich milk and cook for ten minutes longer, stirring frequently. Keep the lamp wicks low.

Maxims of a Farmer's Wife.

Experience has taught me these econo nies in materials :

Granulated sugar is cheapest. The best molasses is dear as sugar. Icing and fancy cakes are expensive. Icings made with milk are cheapest. Bake layer cakes in dripping pan and

livide afterward. Good cookies keep best.

Pies are cheaper than puddings. Grated pumpkin will cook while pre saring crust.

A tablespoonful of corn starch counts one egg in pumpkin pies.

Mock mince pies are healthiest.

It takes more time to make knickknacks than substantials.

A pot roast is the cheapest beef if cooked while baking.

Puddings steamed hours take too much

fuel; fuel is worth saving.

Cheap food requiring long cooking is not cheap.

Peas, beans, asparagus and celery cook tender sooner when a little soda is added. Druggists' bicarbonate of soda is

Potatoes keep bread moist. Dampened corn-meal on a carpet pre-

vents dust in sweeping. I make my own dresses and find paper (patterns a good help. Good materials, quiet colors and modest styles serve best, and do not need arequent changing.

in fact, in each duty I try to remember economy is a virtue," but "parsimony

TEMPERANCE

Among the Young-Cardinal Manning Makes an Appeal.

The following letter from his Eminence

Westmin-ter on Sunday, 25th uit, :--Dear Children in Jesus Christ,--- The hope of the harvest is in the seed." The as a noon-lay attache on, served cold with | children of to-day are the men and wosmall cannot dish could brook trout, in The childhood of to day is the seedtime tomato sauce, may be used in similar of their after life. The first habits formed fishion, when they are put up to permit in childhood as a rule will govern their whole after life even to their leath-beds. gramy portions of cold cocked meat, fish, great extent, in the first years, before as relishes, water-cress, encumbers, esca- up. If it be good, it may be raised and ripened into a manhood or womanhood pound: elsoweare, the same foods can strength for good or evil. There are be cooked or backing days when a hot families in which the happiness of parhas built. Do not forget that fruit is ents is wrecked by the intemperance of first, and most indispensable to health, ason, and sometimes even of a daughter, repeally the carrous acid berries, grapes. Who sowed the first seed of this bitter and apples. If there is any fear of ill- harvest? The parents or the children hes, stew or bake the fruit. Make Certainly not the children, who for se significances, harmocks, griddle-cakes and finites with fresh truit: eat as a salad with salt and pepper or sugar, and bread the first taste of intoxicating drink, out and batter. Grate cheese upon slices of of which has sprung the feverish thirst bread, and just color them in the oven and the governing passion of intemperon baking days: keep them dry to use ance? If the fathers and mothers of this cial. Tacy are almost as hearty as generation had been trained up without so much as the taste of infoxicating Drink cool water and eat eracked ice, drink, the homes of to-day would be is also not drink copiously of iced water; happy in temperance, parental authority, any facial fruit-juice, vinegar, cream-of- and filial affection. If the children of tentar, or a little citric acid and sugar to-day are trained up in temperature, in water, will relieve intense thirst. Co.: such will be the homes and parents of the blood, when it is heated, by letting the next generation. For these, and water ran upon the wrists and head other reasons, too many to give now, I rather than by drinking iced water.

the description of the reasons, too many to give now, I carnestly call on fathers and mothers to the reasons. earnestly call on fathers and mothers to In short the secret of avoiding ex- bring up their children without the haustion by accomplishing the necessary temptation or even the taste of any inconscionly accomplishing the necessary conscionly accomplishing the necessary conscionly tasks in hot weather, is to see such tooks as can be cooked with little heat; to utilize the fire built for making coffee, to cook a bannock or omelet, or to boil some hominy or potations to make the second state of the cook as bannock or the second state of the cook as bannock or the second state of the second stat toes, to use earld, or fry quickly for ing drink. Let them enrol themselves another most to make a hot fire once in the Children's Guild. Our good priests or took will, with your leave, enrol them; and you will take care in your own homes to guard against anything that can entry, which can be used cold during the danger their perseverance in this counsel lest of the time when only the hot drink of a higher life, which will be your conolation when you leave them in your of the daily work in the coolest hours, last hour. In sending this letter to his and take care to bathe and rest often clergy his Eminence says: 1. Bid the children in your schools to ask their parents' leave to be enrolled in the Children's Guild. 2. Send the number of the children whom you carol to me.

Annty's Advice.

"My brother had severe summer complaint about a year ago and no remedies seemed to relieve him. At last my aunt advised us to try Fowler's Extract of Wild Strawberry and before he had taken one bottle he was entirely cured."—Adelaide Crittenden, Baldwin, Ont.

Family Traditions.

Two giant owls perch upon the battleonce. If one likes a very salty flavor the beef need not be soaked in water.

Two game ones peren upon the battlements of Wardour Castle when the last hour of an Arundel of Wardour has come. If a Devonshire Oxenham is come. If a Devonshire Oxenham is about to die awhite-breasted bird flutters over the doomed one's head. The Mid-Use a generous pint of cold, boiled dletons of Yorkshire, as becomes an obtained with the cold, boiled dletons of Yorkshire, as becomes an potatoes, either in cubes, or thin slices; ancient Roman Catholic house, have ancient Roman Catholic house, have appeared in a contemporary under the heading ablespoonful of the form one heading tablespoonful of their, three gills of approaching death. A weeping, mourning to the Princess Mary Theresa milk, one tablespoonful of white peoper. ing spirit warms the Stanleys of a reduce Put the horozonful of white peoper. Put the butter in the granite-ware dish tion in their number. A hairy-armed



Time Flies-So does dirt, wherever found, when Pearline is used. Nothing else starts it so easily or so quickly. It washes all things withoutharm—itgiveslonglife to everything that is washed with it. Use Pearline in the laundry, the kitchen, and everywhere in the house. With it were is little work—without it there is little done.

Beware of imitations which are being pedilled them door to door First quality goods do not require such desperate methods to sell them. PEARLINE sells on its merits, and E manufactured only by

JAMES PVIE, New York

sad news to the Grants of Grant. The death of an Earl of Earlie is foretold by the beating of an invisible drum. So respectable a man as Dr. Norman McLeod. editor of Good Words, lent the weight of his testimony to it. In 1849 Lord Airlie died in London, and the household at Cortachy Castle, his seat in Forfarshire, were thus prepared for the news, and when his son died in Colorado the ghostly drummer-boy was heard just before his death. Lady Airlie heard it in her room and was greatly prostrated, but one of the servants first heard it in a corridor. The approaching death of a Bruce is announced by the spectre of a woman in white, who appears to the doomed scion of that ancient and once royal house.

Orange Civilization.

A pulpit surmounted with three crosses was recently erected in the Protestant church of Maralin, near Lurgan, by the vicar, and the enlightened North of Ireland congregation has torn the crosses down. The cross is the emblem of salvation. and these Orangemen, for they can be none else, do not admire it. If they were traders to China in the old time of the French vineyards by the phyllox-tra they would have cheerfully imitated the Dutch, and trampled on the crucinx to the wine industry at all. But rather secure entry for their wares. Crosses are conspictions among the ornaments of St. Paul's Cathedral, but the foll: who go Cardinal Manning was read at all the Masses celebrated in the archdiocese of Orange conspiracy, and have respect for the symbol of redemption.-Universe.

Alas, Poor France,

While France is infected with the Belgium will not tolerate them within her borders, and Germany punishes those der the 166 clause of the German Penal

An Ecclesiastical Critic.

The Continental mano-uvres are over and their first lesson for France should be that it would be the height of folly for her to be lured into war. Let her continue as she is, and at least one of her suspected antagonists will be forced to the brink of bankruptcy. None of the French leaders developed any rich promise of genius. DeNegrier, like Boulanger, is in favour of offensive movements. Gallifet is restless, conceited, and an intriguer-a good cavalry colonel and no more. Dayoust made serious blunders. At Vendeuvre he could not keep his troops in hand. De Miribel lacks decision, Saussier is feeble and has no grit. The one man, who did what he had to do like a capable soldier, was General de Boisdeffre. In the Austrian operations at Schwarzenau the cavalry was suberb but not sufficiently numerous, the infantry first-class but for the want of a proper allowance of efficient subalterns and sub-officers, and the artillery beyond the mark, but not as strong as the Russians.—Universe.

Wedding.

The marriage of Mr. Thomas McNicoll, ex-Secretary of the Sacred Heart Society, and Miss Amenda Lalonde, took place at St. Anne's Church, Ottawa, on Wednesday last. The ceremony was performed by Rev. Father Ladislaus, of the Capuchin order, who was assisted by the Rev. Father Prudhomme, P.P. During the Offertory, Messrs. D'Auray and Laton-taine rendered "OSalutaris." After the service the newly wedded couple and a large number of friends repaired to the bride's residence and partook of a sumpwho tied the nuptial knot. Mr. and (Liberal.) Mrs. McNicoll received numerous valuable and appropriate presents, among which was an elegant gold watch from the members of the Sacred Heart Society for the groom.

Too Late.

There is a bad time coming for the Prince of Wales, if we are to place contidence in the words of Mr. Gilbert Baird Fraser, of River View, Kenningford Grey, St. Ives. He thus writes us :- I have read with great interest a letter which of Bavaria (the lady who at the present time represents the elder line of the and over the lighted lamp. When it girl, called Mary Mullach, brings the like House of Stuart) says the number of her

adherents are rapidly increasing. As to this fact there cannot be the least doubt. I have the honour to belong to a Legiti-mist club (or "Jacobite" club) in this county, Huntingdonshire. The mem-bers are many of them bona fide working men, and men whose political opinions in regard to any other subject but that of the succession would be directly at variance. I may add that those persons who imagine the Legitimist or Jacobite party to be composed of either idiots or visionaries are likely at some future date to find themselves lamentably mistaken.-Catholic Times.

A WARNING.

Impostures in Wine Manufacture-How People are Poisoned.

The Hebrews, says a writer in the Voice, as we learn from the Scriptures, were in the habit of mixing wines, made more inebriating and stupefying by the use of spices, myrrh, opiates and strong drugs. Many have supposed the inhab-itants of the Old World were adepts in the whole system of drugging and adul-terating wines, and that the chief abom-ination which called down the wrath of heaven was drunkenness. Pliny gives us a long list of drugs, spices, and fruits from which wine was made. The system, for a long time in use in England, for adulterating French wines was terribly poisonous. Although we carry on the fabrication of fictitious wines to an almost fabulous extent yet we are but novices compared with our French confreres. It is well known that at Marseilles, Cette, and other place in Frances are located establishments for the manufacture of actitious wines, both red and white. Speculators buy up these wines, and ship them to the seaport towns on the continent, and being there marked and branded like the genuine, they are reshipped to the markets for which they were intended, England and the United States. To such an extent has this branch of trade been carried on that one shipper is reputed to have sent to this country in one year \$0,000 bottles of champagne not the product of the grape, but fabricated in these wine facfories. It is well known also that the importation of these counterfest wines has arrived at such a pitch as to become notorious and the subject of much complaint in this country. But do the French themselves drink pure wines? Let us see how that is: The increasing man ufacture in France of fictitious wine, that is intended for export as the pure juice of the grape, calls forth the following comments from the Druggist. This journal remarks that "the devastation

pols NOT SEEM TO AFFECT

the more this insect destroys of the vinethe larger becomes the quantity of the wine exported. The ingenious French chemists prepare an artificial wine from glucise, potatoes, rotten, dried apples prince, dates, figs, raisins, currents and beet juice, and this swill is consumed by England, Russia and the Orient, but chiefly by the United States. Still another wineyielding substance plague of prurient illustrations and writ- has just been discovered, and the ings masquerading as art and literature, discovery has been described be fore the Paris Botanic Society. It is claimed by the discoverer that the leaves and flowers of the bassia tree, On whom do their early habits depend? When control is also are broken in Chiefly and supremely on their parents. The habits of children are formed to a Punch of Berlin, is to be prosecuted unproportion of saccharine matter, and, in combination with water and sugar, conyet they are responsible. And when a Code, for having published an irreverent stitute an excellent basis for the manusingle see I is cast into their heart, it will cartoon of the Holy Coat of Treves, calstitute an excellent basis for the manutable said every day for dinner, and strike root, probably never to be plucked cuiated to bring a religious practice into found in India, where it grows to a concontempt. This act of a Protestant siderable height, and under favorable Government compares instructively with | circumstances, it is reported, will yield Table for function or supper, with cheese, built of goodness; if it be evil, then a bread and botter and some hot drink, heavy markets, cold boiled ham, tongue, salamon, etc., can be bought by the salamon, etc., can be bought by the salamon and the first seeds sown draw its earliest strong attention.—Universe. these blossoms, and their coming was the cause of much clation to the winemakers, as the price of figs, raisins and other articles had advanced to an unconifortable extent because of the exten sive consumption of these fruits in making pure wine for exportation. The Parisian, a paper printed in English in Paris, also gives a history of the manufacture of wines sold fraudulently under the names of the choicest vintages of the country. Owing to the prevalence of the phylloxera everybody expected a rise in the price of wine, and some conscientious dealers laid in a stock from abroad. The rise in price, however, never came, and the markets remained well supplied.

Clerical Appointment.

Rev. Father Dowdall, who for a time was stationed at Notre Dame parish Ottawa, has been appointed parish priest of Eganville, Ont., to succeed the late Rev.Dr. Byrne. Rev. Father D. Ryan, who made a brilliant classical course at Oftawa University, will succeed Father Dowdall as pastor of the parish of Mount St. Patrick.

Beautiful Bant, N.W.T.

I was induced to use your Burdock Blood Bitters for constipation and general debility and found it a complete cure which I take plea-sure in recommending to all who may be thus afflicted."—James M. Carson, Banff, N.W.T.

----A Government Victory.

In the election to fill the vacancy in the House of Commons last Thursday, for Northeast Manchester, caused by the appointment of the Right Hon. Sir James Fergusson, the present member for the tuous breakfast, places of honor at the table being taken by the reverend fathers who tied the numbral book of Scott, editor of the Manchester Court is who tied the numbral book of a sumpdivision, to the Postmaster Generalship, Scott, editor of the Manchester Guardian

True Faith.

"I have great faith in Burdock Blood Bitters as a blood purifier. I have taken three bottles for bad blood and find it a perfect cure. It is a grand medicine and I recommend it wherever I go."—Ida Sanderson, Toronto, Ont.

liolloway's Ointment and Pills.—Sudden changes of temperature sorely try all persons prone to rheumatism, sciatica, the dolor-cux, and many maiadles searcely less painful, though of shorter duration. On the first attack of stiffnoss or suffering in any muscle, joint, or nerve, recourse should immediately be had to fomenting the seat of disease with hot brine and rubbing in this remarkable Ointment, which will assuage the uneasiness of the part, subdue inflammation, and reduce the swelling. The Pills, simultaneously taken, will rectify constitutional disturbances and renew the strength, No remedy heretolore discovered has proved so effective as the Ointment and Pills for removing gouty, rheumatic, and scrofulous attacks, which affect all ages, and are commonly called bereditary.

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We the undersigned Banks and Bankers will pay a Prizes drawn in The Louisiana State Lotteries which ma be presented at our counters.

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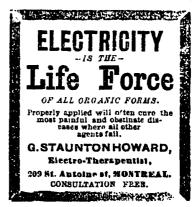
plain.

DIRIN.

Congress having lately passed laws prohibiting the use of the mails to ALL LOTTERIES, we use the Express Companies in answering correspondents and sending lists of Prizes, until the Courts shall decide Our Richest of Prizes, until the Courts shall decide Our Richest of Prizes, until the Courts shall decide Our Richest of Prizes will be sent on application to all Local Agents, after every drawing in any quantity, by Express, FREE OF Co. T.

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The Louisian: Legislature, which adjourned July 10th voted by two-thirds majority in each House to let the people decide at an election whether the Lottery shall continue from 1895 putil 1819—The general im pression is that THE PEOPLE WILL FAVOR JON-INUANCE.



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in its efficier, that I will send TWO BOTTLES FREE, with a VALUABLE TREATIBE on this disease to any unferer who will send me their EXBRESS and P.O. add T. A. SLOCUM, M. C., 186 ADELAIDE ST., WEST, TORONTO, ONT.

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ing at 630 p.m.
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alle will be presecuted.

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