A BALLAD OF GALWAY

The market place is all astir, The somber streets are gay, And lo! a stately galleon Lies anchored in the Bay-The colleens shy, and sturdy lads, Are swiftly trooping down *Fo greet the Spanish sailors, On the quay of Galway Town.

But Nora-golden Nora-What matters it to you? There's joy-long time a stranger-In those gentle eyes of blue; And wherefore deck your ringlets, And don your silken gown, For a crew of Spanish sailors That stroll through Galway Town?

Said Nora-golden Nora-And her laughter held a tear, "I don my silk and laces Because my love is near-Among the Spanish crew is one Should wear a kingly crown-Although he walks a landless man To-day through Galway Town.

"Look forth! see you his dusky head Tower high above the throng. Oh brave is he, and true is he, And so my lips have song; For he's no Spanish sailor, Though he wears the jerkin brown-But Murrough Og O'Flaherty, Come back to Galway Town.

"He fought in Spain's red sieges, And he holds a captain's place, Ah! would his arm were raised strike

In battles of his race! But his boyhood saw with bitter grief Iar-Connacht lose renown When the Saxon crushed his valiant In the streets of Galway Town.

"To-night will be our wedding-With a holy priest to bless-Shall we remember Cromwell's law amid such happiness? While my true love's arm is round regularities of the digestive organs bloidery that cannot be washed.

frown,

His sword shall cleave a pathway Town."

And down stepped Nora Ban, Had ever sailor fairer love-Sweet, sweet as sunset dawn? Their glad lips clung together-'Such bliss old grief must drown; God guard the faithful lovers,'

Prayed we in Galway Town. Oh, far across the water The good ship's speeding now And Murrough Og O'Flaherty Stands tall beside the prow; And Nora-golden Nora-A bride in silken gown-Hath sailed away foreve From her kin in Galway Town.

-Ethna Carberry. Fresh tea is all-important. world) "Salada" reaches you. The to bring up children without surflavor of tea consists in an essential rounding them with what good literaoil, which deteriorates rapidly with ture can be afforded, and nowadays age. In order to preserve the delicious flavor of "Salada" Tea it is form sufficiently cheap to enable even packed in sealed lead packets (never sold in bulk), guaranteeing you a superior tea, in flavor, quality, purity and economy in use.

LENTEN SANDWICHES.

taken from the Western Watchman: gingerbread in a thin sheet, or make should hold the family together in unsoft cookies, and when cold cut into Ity and peace. oblong pieces and split carefully. Spread with cream cheese, and put children, read with them. It is unmiddle, cover, press slightly and ences the body, and a well-fed mind arange on a napkin.

many recipes call for it.

Cheese and Nut Sandwiches. -Take education. equal parts of grated cheese and English walnuts pounded to a meal or A sure way to success-advertige in ground, moisten with thick sweet the Catholic Register.

cream and season to taste with salt Spread between thin slices of buttered

Cucumber Sandwiches.-Peel the cucumbers, cut in quarters lengthwise and cut off the inside. Slice very thin and let them stand in cold salted water until they are soft. Drain and press between towels to remove al. .ne water. Butter thin rounds of brown bread, cover with a layer of the cucumber, season with a thick French dressing and cover with another round of bread.

Lobster Sandwiches .- Mix one cup of chopped lobster meat with mayonnaise. Marinate crisp lettuce leaves, arrange drained leaves on slices of bread, cover with lobster, and cover the lobster with bread; sprinkle dried lobster coral on top of each sand-Prepare just before serving; if allowed to stand they will be unsatis-

Date and Nut Sandwiches .- Remove the stones and scale from the dates hurt his vanity. Because a woman is and break them up with a fork. Take his wife gives a man no right to say half as much in bulk of pecans chop- things to her he would not dare to ped fine, mix them with the dates and say to any other lady who possessed moisten with creamed butter. Add a a big, able-bodied brother. dash of salt and spread between two thin slices of bread.

cherries fine and moisten slightly with mate. orange juice or maraschino. Spread them on rounds of thin, lightly buttered bread, cover with another round and serve on a dainty napkin.

Anchovy Sandwiches .- Remove the bones from one dozen anchovies; add the volks of three hard boiled eggs, and pound to a paste. Mix two tablespoonfuls of Parmesan cheese, with a few grains of cayenne; add the anchovy mixture, with enough cream to make of the consistency to spread. Use for filling between slices of buttered white bread.

Useful at All Times .- In winter or the pain. in summer Parmelee's Vegetable Pills Should they come with fighting dence, or variation of temperature over, sprinkle salt in oven and it will may bring about. They should be al- not smell. ways kept at hand, and once their For his bride through Galway beneficial action becomes known, no will keep the irons from sticking. one will be without them. There is nothing nauseating in their structure, smoke. Then up the street stepped Murrough, and the most delicate can use them confidently.

READING TO THE CHILDREN.

There is no happier picture than that presented by the family group, some with busy fingers, working according to the taste, while another reads aloud from some tried volume, which is ever opened with expectation and closed with profit.

Books thus introduced into the young lives will take rank with all that is dearest and best and sweet-They will always be connected in memory with the hallowed days of the first home, and whether they deal with fact or fiction, song or Ten story, nonsense or serious thought, weeks after being picked in the tea they should be the best of their kind gardens of the Island of Ceylon (the | -should be read with enthusiasm and finest tea-producing country in the freely discussed. No one has a right

the very best books are printed in the poorest to obtain a few of them. The father or mother who does not

read with the children who fails to gather the little circle about the evening lamp for an hour's quiet reading, or to spend a rainy day with some The following list of Lenten fare is good author, loses half the joys of living and grievously neglects to bind Ginger Sandwiches .- Bake a plain the golden links in the chain which

If you would have healthy, happy a thin slice of preserved ginger in the doubtedly true that the mind influinduces a healthy body. Why, all the Lettuce Sandwiches .- Select nice ills to which childhood is heir may be tender, crisp lettuce, wash and dry held in check by simply occupying the well, but do not make the sandwiches thoughts and giving nature a chance until just before serving. Butter the to work out a cure unhindered by bread and cover with lettuce and fret and worry. It is wonderful how spread a thin layer of salad dressing pains will disappear, and even the on the other slice and press them to- grim monster, toothache, be forgotten gether. Cut in halves, or cut into in the face of some exciting story of rounds before filling. Tear the let-adventure or even a bit of verse or tuce to fit the slices. When a rich fiction. Home reading is an indismayonnaise is used it is not neces- pensable adjunct of school training. sary to spread with butter, although Without the one the other fails largely in all that is meant by getting an Eclectric Oil.

-THE CROWN BANK OF CANADA-

If you were told three hundred and sixty-six times this year that you can build a certain income by placing your small amounts of money in the Savings Department of this Bank, the information would not be given you once too often. It is the steadily increasing Bank Account that adds to your prosperity and good standing in your community.

A FATAL MISTAKE OF MARRIED PEOPLE.

great many people seem to think that the marriage ceremony absolves them from all future courtesies and attentions to the person whom they

After that they are always in negligee both as to manner and clothes when they are at home.

This is a fatal mistake. Because a telling her husband home truths that

Good manners are the preservative of peace and concord, and are war Cherry Sandwiches .- Chop candied ranted to keep happiness in any cli-

> The problem of how to be happy though married is really no problem No mystery should ever have been made of it.

It is merely fair dealing in fair Non-Catholics have the curse of Babel partnership-giving the other party the same privilege and perquisites you assume for yourself, and allowing the person you love as much consideration and civility as you would show

SALT HINTS.

Put damp salt on burns. It kills

Dry salt and a brush will take dust will cope with and overcome any ir- off of velvet, plush, and heavy emwhich change of diet, change of resi- In making fruit pies, when they boil

Add a pinch of salt to starch. It Rub salt on griddle and it will not A little salt under tongue will stop

nose-bleeding. Salt on fingers when cleaning fowls, meat, or fish, will prevent slipping. Salt as a gargle will cure sore

for cold in head.

clean willowware and maiting.

from discolored teacups.

stings and spider bites.

low will revive it.

prevent scorching on the bottom.

Salt and soda is excellent for

en on carpet will prevent stain.

Salt in oven under baking tins will

Salt puts out a fire in the chimney.

Salt and vinegar will remove stains

Salt thrown on soot which has fall-

'Tis Well to Know a Good Thing,

said Mrs. Surface to Mrs. Knowwell,

when they met in the street. "Why,

where have you been for a week

for a bottle of Dr. Thomas' Eclectric

ORANGE ROLY-POLY.

"Oh, just down to the store

and Mrs. Surface, who hates

passion and evil example carried me away; and when I wished to return to God, I did not know how.' God began to lead him onward, giving him in various ways some one to tell him how, beginning with a humble Irish laborer, and ending with the great Newman. Of the former, he 'Among the church were some very simple words spoken by a poor Irish laborer. I was then studying at the University of Cambridge and a woman is married is no excuse for her fellow student had invited me to visit the Irish chapel. It was a very small building in an obscure street of the town. We got the keys from a poor Irishman living near, and my friend began to banter him. 'Why, Paddy de you think you've got the truth all te yourselves down in this little back street, and all our learned doctors and divines in this university are in error?' Paddy answered: 'Well, sir, suppose they're very learned, they can't agree together while we are all one.' I often thought of that answer, and the more I thought of it more wisdom did I see in it.

Maids of Saragossa—Redivivus

on them. They can't agree together.'

(Richmond Hill Liberal.)

The Toronto Daily Star of recent date records the death of Mrs. Martha Ann Beswick of Toronto, daughter of the late Mr. David Wilson, and says "As a child Mrs. Beswick and her sister, Mrs. Thos. Medcalf, who died a year ago, carried despatches from the military headquarters in Toronto to the lookout quarters at Colonel We'ls' house. To avoid the Mackenzieites, the two little Wilson girls went out ostensibly to "pick berries," and Mrs. Beswick, being the younger, carried the despatches sewed in the back of her dress.

The Globe of the 17th Nov., 1906, records the death of Mrs. Thomas Medcalf, and relates the part sheatook in reference to the rebellion of 1837

Tegal

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Write to-day for our handsome booklet with half tone strations showing the methods of washing in different intries of the world and our own machines in natural ors—sent free on request. LOOK FOR THIS LABEL ON THE TUB.

with croutons.

back again with information of their Salt thrown on a coal fire which is councils, movements and numbers, several times, rendering very important It is remarkable that Sir Francis Bond Head, in his celebrated "Narrative," omitted to refer to the eminent services of the Wilson family, as

puns, walked on. But she remembered, and when she contracted a weak back there was another customer for

mortuis nil nisi verum.

Make a soft dough with one pint of flour, one tablespoonful of lard, one saltspoon of salt, one-half teaspoon of soda, one teaspoon of cream of tartar, mixed with sufficient cold water to make it stick together. Roll in oblong sheet and lay thickly over it three oranges that have been peeled, a Cough or Cold TREMONT sliced, and seeded. Sprinkle liberally with white sugar and scatter one teaspoon of grated orange ring over all

This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 2554, Montreal, entitles the sender to a free package of our 40c. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea (

allowing room to swell. Boil twe hours or steam two and one-half hours. Serve with lemon sauce.

and roll closely, folding ends to secure syrup. "ie in a floured cloth,

CREAM OF CUCUMBER. Peel two or three cucumbers, cut them in quarters, remove the seeds and slice coarsely. Parboil in salted water and drain. Put in a saucepan with two tablespoonfuls of butter and one large sliced onion; let all cook together for half an hour. Season well with sugar, salt, pepper and celery salt Melt in another saucepan two tablespoonfuls of butter; stir in one tablesuoonful of flour; cook it without browning, add the cooked cucumber, one quart of the white stock, boil up, skim, add one pint of boiling milk.

Cook slowly for 20 minutes, then rub through a fine sieve. Stir one gill of cream with two yolks of eggs well together, pour into the puree, return to heat but do not allow to boil. pour into the soup tureen and serve ent use of the remedy cannot fail to bring

According to the "Emanuel" "the late Redemptorist Father Bridgett, a distinguished English missionary and author, has told us how he became a convert. When a youth at Cambridge University, God, he says, began to touch his soul with sorrow for his 'From that day,' he continues, I never lost for any considerable time interest in religious questions; but

How He Became a Convert

Sait in solution, inhaled, is good saying "She was employed in carrying news to the men in the field. On one Salt in water is the best thing 'to occasion she conveyed news to Col. Wells and other loyal leaders by hiding the notes in her stockings.' The Palladium, a Toronto newspaper of the 14th February, 1838, men-

tions another young heroine, named

Cordelia De Grassi-"The maid of

the Don"-as gaving traversed the

woods, alone to Montgomery's and the headquarters of the rebels, and

also those of Cordelia De Grassi- De

Don't Neglect

IT CAN HAVE BUT ONE RESULT. IT LEAVES THE THROAT or LUNGS, OR BOTH, AFFECTED.

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