

Our Boys and Girls.

HER LITTLE BOY.

"Always a little boy, to her."
And to him she said, "good night."
Her eyes are blind to the strands of gray.
She's deaf to his manly tone.
His voice is the same as the day he asked.

"What makes the old cat purr?"
Ever and ever he's just the same—
A little boy, to her.

"Always a little boy, to her."
She needs not the lines of care
That furrow his face—to her it is still
As it was in his boyhood, fair,
His hopes and his joys are as dear
To her.

As they were in his small-boy days,
He never changes, to her he's still
"My little boy," she says.

"Always a little boy, to her."
And to him she's the mother fair,
With the laughing eyes and the cheering smile.
Of the boyhood days back there,
Back there, somewhere in the mist of years—
Back there with the childish joy,
And to her he is never the man we see.

But always "her little boy."

"Always a little boy, to her."
The careless march of the years
Goes rapidly by, but its drumbats die
Ere ever they reach her ears.

The smile that she sees is the smile of youth,
The wrinkles are dimples of joy,
His hair, with its gray, is as sunny as May,
He is always "her little boy."

—Baltimore American.

A GOOD PRACTICE.—Children should be taught to say, "good night" to each other, as well as to other members of the family, when they go to bed. It is seldom they will do it of their own accord, because comradeship and equality render them thoughtless of little courtesies. Familiar use has robbed the phrase of its significance, but every child should know that "God" and "good," spring from the same root, with the same meaning. "Good-bye" is "God be with you," and the old-fashioned phrase "good-night to you," is "God guard the night to you."

A short time ago a doctor, remarkable for his sociability and winning ways, attended a social given by a friend. The hours were pleasantly spent in enjoyment of different kinds. As the clock approached the hour of ten, the doctor stood up, excused himself and retired from the pleasant company. As he came near the door he was pressed by the master of the house to remain a while longer. Well, he said, "I will stay at ten o'clock, I pay a visit to my mother's house, in order to say 'good-night' to her. Since my boyhood days I have made it a practice, and intend always observing it." The gentleman of the house related the incident to the company and all were highly pleased as well as edified for the doctor's good habit. Children, see that you adopt the same method, and you will shed a glow of happiness around the family circle, and thus be keeping up a good and thoughtful habit neglected in too many homes to-day.

THE DANGER INCREASING.—We have already warned our young folks about the dangers surrounding vacation time. No doubt, you have noticed the different accidents which of late are becoming numerous. It behooves you to keep your eyes open when passing along the streets and crossings in order to avoid the electric cars or railway trains, and last but not the least, there is the water—the mighty deep, where some of our young folks go without the consent of their parents, in order to bathe or go out boating. The mighty conqueror—death—has snatched off quite a large number of boys already who never expected to be carried away so quickly. Many a home is now left to mourn over the loss of a promising youth, and many a poor mother's heart is breaking for the sudden end of the one she loved so well. Once again, we say, "Keep away from danger, watch and guard yourselves, and remember 'He who loves the danger perishes in the danger.'"

GENUINE LOVE FOR MOTHER.

A group of little girls were telling of the love each felt for her mother, and as the testimony went on the strength of the statements grew, each child feeling obliged to surpass her mates. Finally one said positively: "I love my mother so much I would die for her." The impressiveness of this declaration subdued the circle. The climax had been reached. A wholesome turn was given to the situation by the quiet observation of a lady sitting near: "It seems very strange to me that a little girl who loves her mother enough to die for her, doesn't love her enough to wash the dishes for her." We who are older and know better, require such homely reminders to bring us back from our theories to our conditions. The love that is to "the level of every day's most common needs" is the only genuine kind.

HEALTHY EXERCISE FOR GIRLS.—To keep the complexion and spirits good; to preserve grace, strength, and agility of motion—there is no gymnastic so valuable, no exercise

GOOD NEWS comes from those who take Hood's Sarsaparilla for scrofula, dyspepsia and rheumatism. Reports agree that HOOD'S CURES

more beneficial in results than sweeping, dusting, making beds, washing dishes, and polishing of brass and silver.

One year of such muscular effort within doors together with regular exercise in the open air, will do more for a woman's complexion than all the lotions and pomades that ever were invented.

Perhaps the reason why housework does so much more for woman than games, is the fact that exercise which is immediately productive cheers the spirits.

THE HARNESS SQUASH.—No person knows his hidden resources until the unexpected burdens are thrown upon him. An experiment tried at an agricultural college with a growing squash is a good example. A harness or basket of strap iron was placed over the squash in such a manner that, in order to grow, it would be compelled to lift any weight that might be placed upon it. Harvested in this manner, on August 21, the squash lifted sixty pounds; August 31, five hundred pounds; September 11, 1,100; September 21, 2,015; October 18, 3,120; October 24, 4,120; October 31, 5,000 pounds. At this time, the squash had nearly reached its growth, and it was impracticable to put off the old harness and put on a new one.

How forcibly this illustrates the power that is given to conquer difficulties—Success.

CURIOUS WAYS.—The Chinese surname comes first instead of last. The Chinese begin dinner with dessert and end with soup and fish. The Chinese shake their own hands instead of the hands of those they greet.

The spoken language of China is not written and the written language is not spoken. The Chinese launch their vessels sideways and mount their horses from the off side.

The Chinese do everything backward. They exactly reverse the usual order of civilization. Books are read backward, and what we call footnotes are inserted at the top of the page.

The Chinese dress in white at funerals, and in mourning at weddings, while the old women always serve as bridesmaids.

A CRITICAL CASE.—"I can afford to laugh at it now," said the portly physician, "but I was mad at the time. One day last week I was just sitting down to a most excellent dinner when I received a call from a little five-year-old girl whose father lives in the adjoining block. She was out of breath, but she managed to gasp out to me to come up to the house right away."

"Thinking that it was something serious that would cause the little girl to be sent for me, I seized my medicine case and hurried away. 'Who is sick?' I asked, picking her up in my arms and carrying her so that I might get along faster. 'Elizabeth,' she answered. 'Is she very sick?' I asked. 'I think it is typhoid fever,' she replied.

"This gave me a scare and quickened my steps. We were not long in arriving at the house, and I was surprised that no one met us. 'This way!' cried the little girl, seizing hold of my hand.

"Allowing myself to be led along, I soon found myself in a bedroom by the side of a doll's cradle, in which reposed a doll with a red rag tied around its throat."

"I was dazed for a moment, and came to only by hearing the little girl inquiring anxiously if I thought Elizabeth was going to die. 'I assured her that she wasn't and all that she needed was a spanking. 'But from what I heard when I left I am afraid that my advice was not understood and that Elizabeth got it.'"

"TAKE HEED WILL SURELY SPEED."

Be sure to heed the first symptoms of indigestion, nervousness and insomnia, and thus avoid chronic dyspepsia, nervous prostration and all the evils produced by bad blood. Hood's Sarsaparilla is your safeguard. It quickly sets the stomach right; strengthens and quiets the nerves, purifies, enriches and vitalizes the blood and keeps up the health tone.

All liver ills are cured by Hood's Pills. 25c.

HOUSEHOLD NOTES.

FRUITS AND VEGETABLES.—The excessive heat usually prevailing at this time and for several succeeding months has rather a depressing effect upon one's appetite. This is overcome to some extent, however, by the tempting abundance of fresh fruits and vegetables. The soup course is frequently dispensed with, and cooling summer beverages take the place of the hot drinks of the seasons just past. Fish, when they can be obtained fresh, are served frequently, while the heavier winter stews and roasts are replaced with small cuts and daintier meats. Fruits cannot be served too frequently, and they, together with frozen dainties and delicate cakes, supersede to a great extent the less digestible pastries or puddings.

A SUMMER BREAKFAST.—During the summer the question, what to have for breakfast, involves a problem which even experienced housewives sometimes have difficulty in solving, because not a little of the

comfort and good health of the family during the remainder of the day depends upon the menu that is set before members of the household on a summer morning, particularly if the day be close and sultry. A writer in a London magazine has recently considered the question, "What are the essentials of a proper breakfast?" and these are his conclusions and may interest some American housewives. He says: "The first, and most important, item is a preliminary meal of fruit—grapes, apples, canteloupe, berries—seasonable fruit in which juice predominates over fiber. Fruit juices, taken early on an empty stomach, are converted into alkalies, keep the blood normally alkaline, preventing saturation of the system with uric acid and warding off the storms of suffering which such a condition provokes. Fruit juices act as correctives to the head is clear and an agreeable digestive organs, whetting the appetite, increasing the secretion of the gastric juice and stimulating peristalsis. Where fruit is eaten every morning, digestion is satisfactory, the head is clear and an agreeable feeling of general well being is experienced. Too much emphasis cannot be laid upon this matter of preliminary fruit breakfast. If accustomed to eating a small breakfast, you should lighten the noon lunch and 6 o'clock dinner. You will sleep better and rise with appetite. If the fruit does not appear to agree with you at first, try a small beginning. Take an orange, drink the juice and reject the fibre. Persist, and your stomach will adapt itself. Gradually add a bunch of grapes and an apple. You will be surprised at how so simple a breakfast of a chop of apples, orange, potatoes, coffee, or what not, is in order."

CARE OF THE ICE-BOX.

Housekeepers are learning that the cleaning of the ice-box, like the cleaning of the house, should be constant rather than occasional; that a door refrigerator should be carefully looked over every morning, all spoiled food removed, the waste-pipe flushed out, unnecessary moisture wiped off, and the weekly renovating of the ice-chamber should have nothing to do with the ice, unless bottles of water or other drinks are put there. It is the opening and shutting of this chamber that wastes the ice, particularly where a refrigerator is built in, in a passage where opening directly in front of a range, as is often the case. For the better preservation of the ice it should be covered with a newspaper when the lower chamber is open. The lower chamber is cool for all food, as cold air falls, but it is difficult to convince the average cook that this is the case. A small dish of charcoal is necessary in each chamber, and the waste-pipe should have very hot, strong washing soda water poured through often.

HOW TO SERVE FRUIT.—Serve all fruits as fresh and cold as possible, and with granulated rather than powdered sugar. Serve large strawberries with the hulls on them, so that they may be dipped in sugar and eaten from the fingers. The best is filled in the morning. The lower chamber is cool for all food, as cold air falls, but it is difficult to convince the average cook that this is the case. A small dish of charcoal is necessary in each chamber, and the waste-pipe should have very hot, strong washing soda water poured through often.

Always wipe peaches carefully to remove the fuzz when placed on the table whole.

Serve cut fruit and berries in glass dishes, and please both eye and palate.

HOW TO EAT COLD FOOD.—Eat all cold food slowly is the advice of medical authority. Digestion will be retarded, the temperature of the food has been raised by the heat of the stomach to 98 degrees. Hence the more heat that can be imparted to it by slow mastication the better. The precipitation of a large quantity of cold food into the stomach by fast eating may, and often does, cause discomfort and indigestion and every occasion of this kind results in a measurable injury to the digestive system. Cold water drunk with cold food increases the mischief. Hot drinks—hot water, weak tea, coffee, chocolate, etc., will on the contrary help to prevent it. But eat slowly at any rate.

A CURE FOR INSOMNIA.

One of the most prominent physicians in Washington, according to a newspaper writer in that city, is recommending a remedy for insomnia, a cheap and pleasant one, which is worth trying. Two hours before bedtime, says he, put on your finest comfortable clothes, your easiest shoes, and your least choky collar. Then wait over to the nearest car line, take a front seat, and sit open car that comes along, and sit there till time to go to bed, riding from one end of the line to the

SCROFULA

is indicated by little kernels in the neck. Sometimes they swell, become painful, soften, and end in a scar. Watch carefully, and just as soon as the kernels appear give

Scott's Emulsion. The swellings will grow less and less until they disappear entirely. Continue the Emulsion until the child has good solid flesh and a healthy color.

Scott & Bown, Ltd., London, England.

other, with the cool night wind blowing in your face. An hour's street car riding, he says, scarcely ever fails to bring on a feeling of drowsiness, and he has actually been able to bring sleep to the most nervous-wrecked of insomniacs by this simple device.

CARE OF THE CHILDREN'S EYES.

One of the reasons why so many of our little children are wearing spectacles is because in infancy they are often so placed in cribs or carriages that they sleep or awaken with the little lenses in their eyes exposed too much to the sunlight. Mothers should remember not to let the baby awaken with its eyes to a small window. The retina, the darkened chamber, behind the pupil receives the light, and this little chamber is the most delicate piece of mechanism in our anatomy. We realize how older people suffer from the glare. If babies could speak they would rebel at the carelessness of some mothers and nurses.

As if by magic, after a few applications, every gray hair in my head was changed to its natural color by using LUBY'S Parisian Hair Re-nover. I now use it when I require to oil my hair. Try it and see for yourself. 50c a bottle.

TALKS TO BUSINESS MEN.

CAPITAL AND CREDIT.—Every business man must have sufficient capital for the safe conduct of his business, or disaster will follow.

By capital, I mean money alone. No one should attempt to start in business without having his merchandise paid for, or nearly so, and many fail because they attempt to do otherwise.

It is far better to start with a stock of \$500 all paid for, and confined to staple lines, than to start with \$1,000 stock, of which only \$500 is paid for. Cash discounts, in an annual business of \$10,000 and upwards, should alone pay 50 per cent. or more of the store expenses.

Capital makes little profits. It is another opportunity of making a profit. This needs careful buying, a close watch of stock, and money on hand to take advantage of the market on a cash basis.

Outside investments however meritorious they may be, are a source of danger to the life of a business. The men are very rare who can successfully run a mercantile business, attend to outside companies and enterprises, and do all, with equal success, while Dun's records are full of those who have gone down under it.

Another source of danger is in the "notes and accounts." Credit, too freely extended, is ruinous to both parties, and if your business is not on a cash basis, and you must give credit, you will gain much in the respect of your trade to surround it with such safeguards as will secure you from loss. It is a rare list of accounts with retail trade that is worth over 50 per cent. in case of pressure, and while notes are better property than open accounts, their value is discounted largely in case they are overdue.

The time to settle the credit risk and limit is when opening the account. No reasonable man will object. Those who protest, you would better be without.—Credit Man.

THE SCIENCE OF BUSINESS.

The "Credit Man" presides over the most important department of business in the United States. He is of recent growth in the commercial arena, that is in regard to the scientific methods, so to speak, which have been introduced in recent years. A correspondent to an American paper, thus discusses the matter. He says:

Up-to-date is not enough for the credit man of a big New York department store. He must be up to the minute. The tricks that were history, pigeon-holed in his memory. His business at the present moment is with the trick which the latest seeker after credit may be trying to play on him. He must be careful not to let away a good customer whom it is safe to trust, and he must be equally, or more, careful not to give credit to one who cannot or will not pay. His employers do not accept any excuses. He must not say that he does not know about So-and-so's financial condition. It is his business to know. His value to his house depends on the amount of credit he grants and the small per cent. of loss which comes of it. There is absolutely no sentiment about the matter.

"Suppose a man whom you knew to be perfectly honorable, but in temporary straits, should ask you for credit?" This was the question I put to the credit man of the department store doing the largest credit business in New York.

"He would not get it," was the answer. "Intention does not count for much. Ability to pay is the thing."

Last year this store lost barely one-half of one per cent. of the credits it extended.

The credit methods of the several large stores in New York are substantially alike, the only essential difference being in the degree of skill with which the various credit men deny people without offending them. First, there is the Retail Dealer's Protective Association, composed of most of the New York retailers who do any credit business. For the benefit of its members this association issues from time to time a book of ratings of habitual credit seekers. The latest book contains more than thirty-two thousand names the ratings being based upon actual dealings with members. The association also

makes special investigations for its members and undertakes the collection of accounts.

Supplementing this, each large store has a system of cards, on which are written the standing of every known New Yorker who is at all likely to ask for credit. For instance, a white card indicates that the person whose name it bears is worthy of credit. Memoranda of the extent of this credit and of any facts concerning him are reported there. Should future information show that he is slow in his payments, his name is transferred to a red card, and the reasons recorded there. Should he at last turn out to be unworthy of credit, his name is placed on a blue card, and he is stopped from getting anything save for spot cash.

The credit man's assistants are constantly at work on these cards. They study all the daily newspapers and every other source of possible information concerning the financial condition of New Yorkers. A birth may mean that the parents have an added expense, which makes it the harder for them to pay their way. A death may have lessened the earning power of a family. A marriage or a divorce may either increase or diminish a man's or woman's financial responsibility, according to the circumstances of it.

If judgments are entered, if mortgages are given, if any kind of trouble comes to anybody whose name is carded in the credit department, note is made of it.

But the shrewdness of the credit man is most called into play when he has to deal with persons of whom he has no record, and these come by scores every week.

"My first impressions are always best," said one of these keen men to me. "The first time I see a person I am on guard with all my faculties. The next time I may be influenced by some little thing which would have made no impression at first. I don't believe I ever changed my first impression that I did not trust him. I make one way or the other; and it is as bad for me to refuse credit to a worthy person as to give it to an unworthy one."

THE CHINESE COURT.

The Imperial Court at Peking has been perhaps the most exclusive of the courts of the world. The Emperor is the father, priest and king of the Chinese nation. He is the Son of Heaven, the chief god of the people. He prays and sacrifices for his people, and everything connected with him is holy.

It has been much the same with the Empress Dowager, who has been pulling the strings which made this imperial puppet act. An Empress is too holy to be looked at by common eyes and her feet are too sacred to touch anything but clay of the imperial yellow hue. I had visible evidence of this during a recent visit to Peking. I was riding through the streets early in the morning when I saw several hundred half-naked coolies pushing wheelbarrows of yellow dirt in front of them. A little farther on I saw others scattering such dirt over the road, covering it smoothly. I could see the householders tacking up straw mats and cloths in front of their houses and officials stretching blue cotton across the side streets. I asked the reason and was told that the Empress Dowager expected to take an airing that afternoon, and that the streets were being prepared for her. Our Minister was apprised by the court of the fact, and he thereupon warned all Americans to keep away from the line of march and I was told that all the Chinese living along it would get down on their knees and bump their heads against the ground in adoration while Her Imperial Majesty passed.

At such times, Royalty is always accompanied by Manchurian archers, and the Peeping Tom who dares to look out through a hole in the mats is liable to get an arrow in his buttock-hole of an eye.

Her Majesty has always been a great stickler for form, and the "Gazette" is full of the punishments meted out for the infractions of the rules of the palace. One of her chief complaints against the Emperor was that he received his ministers improperly, allowing them to stand and sit, before him instead of making them kneel as formerly. The grooms of the palace have often been handed over to severe punishment for not having Her Majesty's carriage ready on time, and a young servant named

Kau was recently executed for presuming to submit a memorial to the throne criticizing her. The old Empress Dowager had the young man brought into her presence and asked him if the memorial was his own idea.

He replied that it was, whereupon she directed that his head be cut off. —Saturday Post, Philadelphia.

Bad blood is a bad thing to inherit or acquire, but bad blood may be made good blood by taking Hood's Sarsaparilla.

If you cannot, with filled eyes, thank God for the wonderfulness of a pansy, you are not an artist.



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