### THE TRUE WITNESS AND CATHOLIC CHRONICLE

## ------Our Boys and Girls.

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### LOOK UP.

Look up! cried the seaman, with nerves like steel, As skyward his glance he cast, And beheld his own son grow giddy.

and benefit his own son grow giddy, and reel On the point of the tapering mast, Look up! and the bold boy lifted his face.

face, And banished his brief alrms, Slid down at once from his perilous

And leapt in his father's arms.

Look up! we cry to the sorely op

pressed, Who seem from all comfort shut, You had better look up to the moun

tain crest, Than down to the precipice foot, The one offers heights ye may hope

The one offers neights ye may hope to gain, Fure ether, and freedom and room ; the other bewilders the aching brain With roughness, and danger, and gloom.

up! meek soul,- by affection I.ook

No bet, Nor daily with dull despair, Look up, and with faith, to the fir-mament, For Heaven and merey are there, Jhe frail flower droops in the stormy

shower, And the shadows of needful night, But it looks to the sun in the after

hour. And takes full measure of light.

Look up, and man by adversity brought

From high unto low estate, Play not with the bane of corrosive thought

Nor murmur at chance and fate, kenew thy hopes; look the world in

the face, For it helps not those who repine: Press on, and its cheer will amend Press

thy pace; Succeed, and its homage is thine.

Look up! great crowd, who are fore

most set In the changeful battle of life; Some days of calm may reward ye

yet For years of allotted strife,

Look up, and beyond, there's a guer-don there For the humble and pure of heart, Fruition of joys unalloyed by care, Of peace that can never depart.

8

Look up! large spirit, by Heaven in

spired, Thou rare and expansive soul! Look up, with endeavor and zeal un tired.

tired. And strive for the loftiest goal; Advance and encourage the kindred throng, Who toil up the slopes behind, To follow, and hail with triumphant

### The holier regions of mind !

The holler regions of mind 1 FRIENDSHIP. — To make friends is easy enough, but to keep them is much more difficult. So few of us appreciate that real value of friend-ship that we frequently, through our own actions, estrange those who would be staunch and true if we would only let them. Dear young readers, remember that there isn't a person in the world, high or low, tich or poor, who can afford to slight an offer of friendship made by one of the humblest of human be-tags. Be true and loyal to your "But I say you must not happen to. I shall make no provision for such an occurrence. You must not lose it." such an occurrence. You must not losc it." This put a new train of thought into the young man's mind, and he found that if he was determined to do a thing he could do it. He made such a provision against every con-tingency that he never lost anything. He found this equally true about forgetting. If a certain matter of importance was to be remembered, he pinned it down in his mind, fastened it there, and made it stay. He used to declare: "When a man tells me that he for-got to do something I tell him he minght as well have said, 'I did not care enough about your business to take the trouble to think of it again.' one of the humblest of human be-ngs. Be true and loyal to your friends in all circumstances, and they in turn will be true and devoted to you. The prop of support on which we lean to-day may give way to-n.crrow, and then the helping hand, the guiding star, the kindly spirit, and the ever true and devoted friend will be found of greater worth than the empty honors of worldly prefer-tent.

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A thing of beauty is joy forever, and of all the beauties that adorn humanity, there is nothing like a fine head of hair. The surest way of obtaining that is by the **LUBRY'S** Parisian use of **Atall druggists** roce buttle lame boy. "Why, that's Jim!" was the proud response. "Yes, dear, but who's 'Jim?'" "Why, Jim's my brother, of course!" ourse!" By this time every one was listen-By this time every one was listen-ing and smiling in sympathy. "Oh! I see," said the lady; "that's the boy that helped you on the car. But why does he not ride with you?" "Why," he said, "we only had a nickel, and Jim said I must ride. You see," he added, after a pause, "'I can't walk well, but Jim, he can run frau!" newer. At all druggists. 50c a bottle.

# HOUSEHOLD NOTES.

A HOT WEATHER PUDDING. -A HOT WEATHER PUDDING, — Take half a pound of any kind of stale sweet cakes, cut them in slices, if large, and dip each for a second in milk, then place a layer in a pudding dish, spread thinly with preserves or jam of strawberries; continue until the dish is half full and let the top layer be of cake. Cover all with a cus-tard made with one eeg beaten un tard made with one egg beaten up with two tablespoonfuls of sugar and a quart of milks and lastly a tea-spoonful of vanilla. Bake half an hour in a moderate oven and eat cold.

RHUBARB PUDDING. -- This sea RIUBARB PUDDING. -- This sea-sonable pudding is excellent for chil-dren, and a great favorite in English nurseries. Butter a pudding dish thickly and sprinkle over the bottom a layer of bread crumbs about half an inch thick, strewing the sides also with crumbs: meal cut into inch learned when he was eighteen, and which were ever afterward of great use to him, namely, "Never to lose which were ever afterward of great use to him, namely, "Never to lose anything, and never to forget any-thing." The story of this lesson is printed in the "Country Gentleman." An old lawyer sent the young man with an important paper, giving him definite instructions what to do with it. an inch thick, strewing the sides also with crumbs: peel, cut into inch lengths and wash some rhubarb and place a layer on the crumbs, sprink-ling it thickly with sugar; repeat this until the dish is nearly full, letting the top layer be of crumbs; cut but-ter the size of an egg into bits over the top, and bake for an hour, or un-til the rhubarb is tender.

"But," inquired the young man, suppose I should happen to lose it, what shall I do then?" "You must not lose it," said the RASPBERRY SAUCE. - A

RASPBERRY SAUCE. — A very good pudding sauce is made by sim-ply whipping together until very light hal a pint each of cream and raspberry juice. The cream should be thick and rich. Another receipt calls thick and rich. Another receipt calls for two eggs well beaten and mixed with a teaspoonful of wheat flour; add half a pint of raspberry juice; sweeten with sugar to taste; set on the fire, and as soon as it begins to thicken it is ready for use. Straw-berry juice may be used in the same way.

CHEESE RAMEKINS. — The ingre-dients for this simple little dish may be found in almost any larder. It will add a pretty touch to a dinner. Four a cupful of boiling milk over a cupful of stale, dry breaderumbs : when they are thoroughly soft, pour off the milk not absorbed, stir in two tablesreambles of butter four anners

toss over the leaves, and mix and toss lightly with the fork or lingers. A French proverb, which describes a lady as still young and beautiful, ays : "She still tosses salad with her fingers." Add the vinegar, toss again and serve. A French custom is to rub a crust of bread with garlic on both sides and let it lie in the salad-bowl, where it is tossed about and gives a flavor to the salad. A lettuce salad is improved, or at least varied, by being sprinkled with two teaspoonfuls of minced chives : minced tarragon and chervil, if thoss herbs grow in one's garden, may also be added. A salad of bleached dande-tion is sometimes made with a little thin bacon cut in dice and fried grisp, in place of oil. Hard boiled eggs or boiled and pickled beets, cut in slices or dice, impart pleasing variety. A tettuce or escarole salad is especially prety with slices of firm raw toma-tos. the Jews certainly have most of

FREEZING WEATHER IN JULY Would cause great discomfort and loss, but fortunately it is seldom known. A vast amount of misery is caused at this season, however, by

caused at this season, however, by impoverished blood, poor appetite and general debility. These condi-tions may be remedied by enriching the blood and toning the stomach with Hood's Sarsaparilla. This medi-cine seems to put new life into the whole physical system, simply be-cause of its wonderful power to pu-rify, enrich and vitalize the blood, craft an appetite and invigorate the digestive functions. We advise you to get a bottle and try it if you are not feeling just right. It will do you mere good than a six weeks vacanore good than a six weeks vaca-ion. It is the test medicine money can buy



SEED VITALITY. - The statement is frequently made in the popular press," says Professor L. H. Pam-

is frequently made in the popular press," says Professor L. H. Pam-biel, government botanist, to'a Chi-cago "Chronicle" interviewer, "that seeds retained their vitality for a long time. Thus it is stated that wheat under some conditions has pre-served its vitality for 50 or 100 years. It has frequently been stated that wheat taken from Egyptian nonuments germinated, but not in a single case is this germination au-thenticated. Not a single grain tak-en from an ancient Egyptian sarco-pagus and sown by various persons has ever been lenown to germinate, and the conditions for preserving the seed in these Egyptian monuments are better than in the soil. They are protected from the air and variations of temperature. The experiment which has been most talked of is that of the Count of Sternberg at Prague. He had received the grains from a trustworthy traveller, who told him that they were taken from a sarco-us. It is said that two of these steds germinated, but it is a well-knewn fact that impostures are per-retrated by the people who dispose of these sacopagi. "Many experiments have been made, into only in this country, but in Eu-rep, to determine the vitality of various grain seeds. Thus barley re-tains its vitality better than any other cereal, and this is said to re-tains its vitality from eight to ten years. In the case of wheat 90 to 100 per cent. germinates in from one to four years; in five to seven years.

years. In the case of wheat 90 to 100 per cent. germinates in from one

100 per cent. germinates in from one to four years; in five to seven years, 55 to 87 per cent. In the case of rye ears dropped 'jo 35 per cent.; in the years, 1:3 per cent. In the case of corn. I rade in other portions of Germany, as the power used, according to the es-timates, is far more economical than horse-power or steam power in sep-arate plants; and there must be a very profitable market for such in-stalations also in our own coun-tiventy years had lost all its power of germination. Experiments also in giventy became lost all its power of germination. Experiments also in dirate that corn kept even a few years became largely deteriorated. Food supplies the substance for re-minimum and the prover of the back of the prover of the substance for re-tion of the substance for re-Take the trouble to think of it again.' of the milk not absorbed, stir in two of the milk not absorbed, stir in two of grated cheese, half a teaspoonful of gra

of small, stout, and hardy horses in war, and Sir Walter Gilbey has writ-ten an article on the subject, which at the present time is sure to cause something of a stir in the horse world. Sir Walter points out that of late years we have been trying to breed horses of all breeds taller — to get more height, and he defends the prac-tice, as sixteen-hand horses are more valuable as hunters, as hackneys and has carriage horses than smaller horses. Certainly they have a great-er market value; but where their in-trinsic value is greater may well be questioned. And it may be remarked that it is easier to breed horses of increased height than to preserve the more necessary qualities of speed, stamina and hardy constitution, and perhaps we should have fewer misfits if we were to modify our endeavors in the direction of breeding big horses.

if we were to modify our endeavors in the direction of breeding big horses. The present war has taught us many things. We began the war by thinking that nothing could beat or check big masses of infantry, and "the bay'nets of the British Infan-tree" were what we swore by. Mount-ed infantry were not thought much about till they were shown to be ab-solutely necessary for the kind of warfare in which we are engaged. Now we are told that in the wars of the future mounted infantry will be one of the chief forces employed. But whatever may be the tactics of the future, Sir Walter Gilbey, by his little book on Small Horses in War-fare, has done good service, and it is published at an opportune time. I have said that larger bodies of caval-ry are sure to be wanted in the fu-ture, but these large bodies of caval-ry are not so likely to be required to stand "the shock of battle" in the old-fashioned way as to make rapid movements and strike quickly. And for the making of rapid movements, especially in a campaign, the short-legged, compact horse is admirably adapted. As Sir Walter points out, he is generally hardier in constitu-tion than the more commanding horse, and he cites numerous inter-esting incidents in connection with the hardihood of the small horse when on the march. There is very little doubt that the horse from 14

the hardihood of the small horse when on the march. There is very little doubt that the horse from 14 hands 3½ to 15 hands ½ inch is best adapted for long and continuous marches; and, however much I may like to ride a big, upstanding hunt-cr. I have a hack over 15 hands 1 inch

er, inch. inch. One essential requisite in the troop horse of the future is that he should be a "good ride"—i.e., that he should not be rough in his paces. for it would detract greatly from the util-ity of any body of cavalry if the men arrived at the end of their march in a used un condition. used-up condition

ELECTRICITY. — Germany is in FLECTRICITY. — Germany is in the van in the use of electricity for agricultural purposes. We read in "Fielden's Magazine": — "An associ-ation of farmers in Bavaria," states a writer in the current issue of that journal, "are building large electri-cal works to supply power for agri-cultural uses. The current is generat-ed near the village of Schaftersheim, y a distance of seven miles from the district of consumption, and is sup-plied partly by steam and partly by water power. From there it is to be sent at a pressure of 5,000 volts to the surrounding villages, where it will be employed for driving thresh-ing machines, chaftcutters, bruising mils, etc. The molors used are very simple and compact, so that they can easily be handled by farm hands. If ful, it is almost certain to be imit-ated in other portions of Germany, as the power used, according to the es-timates, is far more economical than horse-power or steam power in sep-arate plants; and there must be a

## FREE CURE er St. Vitus Dance, Epilepsy, Falling Sickness, Spasms er Convulsions.

To all persons answering this advertis ment we will send a full aise both of **NUMESSAL**, for the cure of Epilops, Firs atc. Pars or cour-This we do to demonstrate the angle of the too properties of the new discovery. NUMERONS, Send without delay, as this offer is oven for a short time only. Testimonials of curses on too all applicants. Address **THE NEUROSAL CHERMICAL CO.**, **100** NTO, CANADA, and mention this paper. 52-4

## Society Directory.

LADIES' AUXILIARY to the An-cient Order of Hibernians, Division No. 1.- Meets in St. Patrick's Hall, 92 St. Alexander Street, on the first Sunday, at 4 p.m., and third Thursday, at 4 p.m., of each month. Fresident Sarah Allen; Vice-President, Statia Mack: Financial Secretary, Mary McMahan; treasur-er, Mary O'Bries; Recording Secre-tary, Lizzie Howlatt, 383 Welling-ton street.-Application forms can be had from members, or at the hall before meetings.

A.O.H.—DIVISION NO. 2.—Meets in lower vestry of St. Gabriel New Church corner Centre and Laprairie streets, on the 2nd and 4th Friday of each month, at 8 p.m. President, Michael Lynch; Recording Secre-Secretary, Thomas Donohue, 312 Hibernian street.—to whom all communications should be address-ed: Peter Doyle Financial Secre Hibernian street.—to whom all communications should be address-ed; Peter Doyle, Financial Secre-tary; E. J. Colfer, Treasurer. Dele-gates to St. Patrick's League :— J. J. Cavanagh, D. S. McCarthy and J. Cavanagh.

A. O. H., DIVISION NO. 3.—Meets on the first and third Wednesday of each month. at No. 1863 Notre Dame street, near McGill. Officers : Ald. D. Gallery, president; T. Mc. Carty, vice-president; F. J. Deylin, recording-secretary, 1635 Ontario street; John Hughes, financial-se-cretary; L. Brophy, treasurer : M. Fennel, chairman of Standing Com-mittee; marshal, M. Stafford.

A.O.H.—DIVISION NO. 9.—Presi-dent, Wm. J. Clarke, 208 St. An-toine street: Rec.-Secretary, Jno. F. Hogan, 86 St. George street, (to whom all communications should be addressed): Fin.-Secretary, M. J. Doyle, 12 Mount St. Mary Ave; Treasurer, A. J. Hanley, 796 Pal-ace street: Chairman of Standing Committee, R. Diamond: Sentinel, M. Clarke; Marshal, J. Tivnan. Di-vision meets on the second and fourth Wednesday of every month, in the York Chambers, 2444a St. Catherine street, at 8 p.m.

C.M.B.A. OF CANADA, BRANCH 26. 

ST. PATRICK'S T. A. & B. SOCIETY Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, immediate-ly after Vespers. Committee of Man-agement meets in same hall the first Tuesday of every month, at 8 p.m. Rev. S. C. Hallissey, Rev. Presi-dent; James J. Costican, 1st Vice-President; W. P. Doyle, Sceretary, 220 St. Martin street.

Thent. EARLY RISING.—The young should accustom themselves to early rising as a vast amount of good can be one thereby. The old adage says : "Larly to bed and early to rise. "Larly to bed and early to rise. The second of a boy who was very idle, and would never rise early in the morning to study, was frequently scolded by his father for his laziness, and like many boys who this laziness, and like many boys who that themselves very clever and manly, would argue, instead of obey-ing. One day his father went to his bed-room, and calling him, said -"Look here, you lazy fellow! See what your brother Thomas has found by rising early this morning" —showing a purse of money that thomas had picked up near the street door. 'T see it,'' replied lazybones, "but I think he who lost it must have risen earlier than Thomas.'' "You think yourself very witty.'' said the father, ''but it is much more probable that the purse was bot by one of those persons who don't go home to be dt ill industri-cus people are, thinking of getting up.''

vp. AN IDEAL HOME. — Let home stand first, before all other things. No matter how high your ambition hav franscend its duties, no matter how far your talents or influence may reach beyond its doors before every-thing else, build up a true home. Be not its silve; be its minister. Labor not to destroy it, but to build and embellish it. Let it not be enough that it is swept and garnished, that its food is delicious, but keep alive in its truth, honesty, charity, gentle-ness, modesty, and true Christian picty. Then from its walls will come forth the true woman and the true ban who shall be an honor to the land.

NOTHING LIKE ATTENTION. -Attention to studies means at entior to business, and that means success

NDIGESTION, resulting from weakness of the stomach, is relieved by Hood's Baraparilla, the great stom-ach tonic and cure for DYSPEPSIA.

fne!" "See! What is this?" the lady said. With eyes big with delight, the child caught up a five-cent piece that had miraculously appeared in his torn little cap that lay on the seat between the lady and himself. And then, with frantic gestures, he hailed "Jim," who boarded the car at the wat come

next corner. It would be hard to say who was

the happiest on that car during the remainder of the trip, but surely the boys thought that they were.

A CURE FOR FORGETFULNESS.

— A successful business man said that there were two things which he

awyer, frowning. "I don't mean to," said the young m.an, "but suppose I should happen

he forgot. I drilled him with this truth. "He worked for me three years, and during the last year of the three he was utterly changed in this respect. He did not forget a thing. His for-getting, he found, had been a lazy and careless habit of mind, and he cured it."

THE BOY FOR BUSINESS.— The merchant had arrived at his office ra-ther early in the morning, and five minutes after he got down to his desk a foxy-looking, bright-faced boy came in. The merchant was reading, and the boy, with his hat off, stood there expectantly, but saying noth-ing.

there expectation, two minutes he ing. At the end of two minutes he coughed slightly and spoke. "Excuse me, sir," he said, "but J'm in a hurry." The merchant looked up. "What do you want?" he asked. "I want a job if you've got one for up."

"I want a job if you ve got one for me." "Oh, do you?" snorted the mer-chant., "Well, what are you in such a hurry about?" "Tve got to be, that's why," was the sharp résponse. "I left school yesterday afternoon to go to work, and I haven't got a place yet, and I can't afford to be wasting time. If you can't do anything for me, say so and I'll go. The only place where I hay pay me for it." The merchant looked at the clock. "H don't have to come?" he asked. "I don't have to come?" he asked. "I don't have to come?" replied the youngster; "I'm here now, and I'd teen at work before this if you'd valo so."

Ho so." Half an hour later he was at it. nd he's likely to have a job as long s he wants one.

THE JEWS AND EDUCATION.

Catholics may have a "pull" in public schools, as our critics decl

in a very hot oven. BEEFSTEAK WITH HORSERAD-ISH SAUCE. — This root is credited with great remedial powers against humors of the blood. It is very nice to be able to take one's medicines so delightfully disguised by the skill of the cook. Freshly grated, slightly moistened with good vinegar, with a couple of tablespoonfuls of cream added to half a pint of the radish, it makes an acceptable sauce for beef-steak or mutton chops, stir an even tablespoonful of flour into one of butter in a small saucepan over the lite, and when smoothly mixed add half a pint of hot mik; when it thickens draw back, season with salt and add two tablespoonfuls of pick-led horseradish drained from the vin-egar, a saltspoonful of sugar and a dash of eavenne. Let it simmer slow-ly, set within a larger vessel of boil-ing water, and serve in a boat with

SMALL HORSES. — Many years ago, when the question as to the best type of horse to carry a weight was being discussed by a party of ex-perts, one of them said "Fifteen three, and as nearly thorobred as you can get him." "Then." said our host — a man who had had more than fif-ty years' experience — "that closes the discussion; it you argue all the week you cannot get nearer the mark." And now we have had our atten-

For-pure blood, A bright eye and

clear complexion,

A keen appetite, An easy digestion And refreshing sleep.

TAKE

Sixty seven years trial have proved it to be beyond question, the most reliable BLOOD purifier known.

All the leading Druggists sell BRISTOL'S SARSAPARILLA.

gives strength. Sleep affords the op-portunity for these repairs to be made. Boch are necessary to health. If you can't eat and sleep, take Hood's Sarsaparilla. It creates a good appetite and tones the digestive organs, and it gives the sweet, rest-ful sleep of childhood. Be sure to get Hood's.

Biliousness is cured by Hood's Pills

It arouses the Liver,

Quickens the circulation, Brightens the spirits and

Generally, makes life worth living.

can get him." "Then." said our host —a man who had had more than fif-ty years' experience — "that closes the discussion; it you argue all the week you cannot get nearer the mark." One comfort is that great men, tak-en up any way, are profitable com-pany. We cannot look, however im-perfectly, upon a great man without aning something by him. He is the living light fountain, which it is good and pleasant to be near.

m.Spiritual Adviser, Rev. E. Strubbe C.S.S.R.; President, D. J. O'Neill; Secretary, J. Murray; Delegates to St. Patrick's League: J. Whity, D. J. O'Neill and M. Casey.

ST. ANN'S YOUNG MEN'S SOCIETY, organized 1885.—Meets in its hall, 157 Ottawa street, on the first Sunday of each month, st 2.30 p.

YOUNG IRISHMEN'S L. & B. AS-SOCIATION, organized April 1874. Incorporated, Dec. 1875.—Regular monthly meeting held in its hall, 19 Dupre street, first Wednesday of evesy month, at 8 o'clock, p.m. Committee of Management meete every second and fourth Wednesday of each month. President, Hugh O'Connor; Secretary, Jas. O'Lough-lin. All communications to be ad-dressed to the Hall. Delegates to St. Patrick's League, W. J. Hin-phy, D. Gallery, Jas. McMahon.

ST. ANN'S T. A. & B. SOCIETY, es-tablished 1863. — Rev. Director. Rev. Father Flynn, President, John Killfeather: Secretary, James Bra-dy, No. 97 Rosel Street. Meets on the second Sunday of every menth, in St. Ann's Hall, corner Young and Ottawa streets, at 3.30 pm. Delegates to St. Patrick's League: Messre. J. Killfeather, T. Rogers and Andrew Cullen.

ST. PATRICK'S COURT, NO. 95 C.O.F.—Meets in St. Ann's Hall, 157 Ottawa street, every first and third Monday, at 8 p.m. Chief Ran-ger, James F. Fosbre, Recording-Secretary, Alex, Patterson, 197 Ot-tawa street.

OHURCH BELLS.



the meat. SALADS. — Nothing is more sim-fie than making a salad, and yet no-fie than a salad, and erisp; the vine-far and oil must also be of the salad, dandelion leaves, escar-tick of the best way to dress endive, so of the plain French dressing of two in salad, dandelion leaves, escar-tick of the best way to dress endive, so of the plain french dressing of two in salad, dandelion leaves, escar-tick of the salad requires in a salad and pepper. Only the young-tion are the for use. If anything that is the be caten in a salad requires is they soon become sodden. Have is they soon become sodden. Have is they soon become sodden. Have is they soon become sodden the salad-be without dressing, as the balad boxt is be made at the salad-boxt is boxtes, and the salad boxt is boxtes, and the salad eaten as soon as it is poured so is of the salad spoon with the oil;