

.....The HOME CIRCLE

THE MOTHER'S POEM.

At one time Mrs. Kate Cleary was one of the most talented writers in Chicago. She became the slave of drugs and liquor, and fell dead one day just as her husband was taking away from her their two children, one of whom was the dearest thing to her in life. A few days before her death she wrote a poem that breathes a mother's love:

I love the world with all its brave endeavor, I love its winds and floods, and sands and seas, But, oh, I love—most deeply and forever— The clinging touch of timid little hands.

I love the dawn all pearl and primrose glowing, Or that which covert comes—all wet and grey; Or the blue gleam through frosty windows showing, That ushers in the day.

The love of man—the love that's worth the winning (Not always worth the keeping, sad to say)— Because of all the sorrows and the sinning, Like this—who did betray!

But oh, above all love for man or story, Above all friendship for the human race, Above all nature's passionate great glory, Give me the sunlight of a little face!

Give me the head against my shoulder lying, The feel of one soft body close to mine, The strength to face the world for him—defying All powers—let the rest be thine.

But ever still afar the laddie lingers, And ever still alone do I repine, While longing for the touch of trusting fingers, And a little loving hand in mine!

SPEECH.

Talk Happiness. The world is sad enough Without your woes. No path is wholly rough. Look for the places that are smooth and clear,

And talk of them to rest the weary ear Of earth, so hurt by one's continuous strain Of human discontent and grief and pain.

Talk Faith. The world is better off without Your uttered ignorance and morbid doubt. If you have faith in God, or man, or self,

Say so—if not, push back upon the shelf Of silence all your thoughts, till Faith shall come, No one will grieve because your lips are dumb.

Talk Health. The dreary never-ending tale Of mortal maladies is worn and stale. You cannot charm, or interest, or please,

By harping on that minor chord, disease. Say you are well, or all is well with you, And God shall hear your words and make them true.

—Ella Wheeler Wilcox.

THE PITY OF IT!

How blind to crush the best that we may feel! To be ashamed to show our brightest side,

To let affection's golden stream congeal Beneath the mask of our conventional pride! We scarcely veil the face of selfishness;

Seldom we blush at our ungracious speech; We lightly touch the hand that we should press And turn from those who our kind thought beseech.

And if we meet two friends with hearts aglow, Who on each other look with tender eyes,

Or interchange of loving words bestow, Our cold disdain we oft would not disguise.

Thus do we to ourselves delight deny And Love's unwritten law in scorn repeal. Stifling our soul's deep protest that could cry:

"How blind to crush the best that we can feel!" —William Struthers, in Boston Transcript.

THE RAW EGG DIET.

The raw egg diet is gaining a great hold on fashionable New Yorkers, says March What-to-Eat. The advocates claim to obtain more immediate and material benefit from this food than any other. The healthfulness of the custom has been given additional emphasis by the declaration of pure food advocates in the recent New York convention, that the only pure food known is the fresh egg. The raw egg eaters declare that the egg is spoiled by any kind of cooking, and its benefits can be obtained only when eaten raw. To back their conclusions many researches have recently been

made on the subject, and it has been found that tourists in unexplored tropical countries have been able to retain perfect health throughout the most trying exposures to heat and wet, by means of dieting on raw eggs. An instance is mentioned where all in a party of explorers became dangerously ill excepting one, who ate nothing but uncooked eggs.

Believers in the new diet contend that the egg should be eaten as soon after it is laid as possible. Several different methods of serving eggs are in vogue, the most popular of which is in sherry wine or with vinegar. A very little of the wine or vinegar is required in a glass merely to give a zest to the flavor of the egg. Its benefits would doubtless be greater without any of these accompaniments.

When served with vinegar a drop of the liquid is first poured into an empty wineglass. Into this the egg is broken. Then the top is covered with another drop or two of vinegar, and a sprinkling of salt and pepper. The egg is then swallowed whole. Persons who have not tried the diet will be surprised at the ease with which the egg slips down the throat, as well as the pleasant taste it leaves in the mouth. It is declared that half of the benefit of the egg is lost when the yolk is broken in eating. The egg should be taken at breakfast, but not every day. An every-day diet is said to be dangerous, because of the superabundance of sulphur it would produce in the system. It is advisable to discontinue the diet for as much as one or two weeks at a time and then to keep it up steadily for a few days or a week again.

IN THE KITCHEN.

Tomatoes Stuffed with Macaroni.—Cut off the stem ends of solid tomatoes and with a spoon carefully remove the seeds. Cut the macaroni in very small pieces, season it with salt, pepper and onion juice and fill the cavities. Lay a bit of butter on each and bake thirty minutes in a quick oven.

Cream Cookies.—Dissolve one tablespoonful of soda in a little warm water, and add to one cup of sour cream. Cream one cup of butter with two of sugar, add two eggs beaten light, without separating, and the sour cream. Mix smooth with three and one-half cups of flour. Have the mixture as soft as possible, roll out and cut very lightly. Bake in greased pans, in a moderately quick oven.

Baked Spiced Ham.—Soak the ham over night in cold water. Next morning wash and scrape it well, put in a large kettle, cover with cold water and bring slowly to a boil. Add one teaspoonful of whole cloves and one teaspoonful of pepper-corns tied up in thin muslin and, unless the ham is a very small one, simmer slowly for two hours. Take from the water and skin. Put in a pan in a moderate oven and bake for two hours, basting frequently, use a cup-

ful of Meleteria or sherry, a little at a time until it is all used, then baste with the drippings in the pan. Fifteen minutes before taking it from the oven sprinkle thickly with sugar and flour and let brown. Serve hot or cold.

Stewed Corn.—Put the corn on and boil until tender, then cut off the ear, and make a cream gravy as follows: One cup of sweet milk, a tablespoonful of butter, thicken with a little flour or cornstarch, season with salt and pepper and pour over the corn, let cook for a few minutes and serve.

Suedoise Salad.—Mix, with two ounces of cold chopped tongue, two cooked chopped potatoes, two tablespoonfuls of chopped apples, one fourth of a cup of chopped beet and one tablespoonful of diced carrot. Add two sardines; dress with a tart French dressing and one tablespoonful of chopped parsley. French mustard is sometimes added to this dressing.

Biscuit Glace.—Beat the yolks of eight eggs very light with one and one-half cups of sugar, add one-fourth of a teaspoonful of salt. Scald one pint of cream; add the eggs and sugar and stir over the fire until slightly thickened. Take from the fire and stand away to cool; when cold, add one teaspoonful of vanilla and one-fourth of a cup of sherry. Many prefer Maraschino, and brandy is sometimes added with the sherry.

Turn into the freezer and stir slowly until partly frozen, or until it has begun to thicken. Add one pint of cream whipped to a stiff froth, finish freezing and pack until ready to serve.

We have no hesitation in saying that Dr. J. D. Kellogg's Dysentery Cordial is without doubt the best medicine ever introduced for dysentery, diarrhoea, cholera and all summer complaints, sea sickness, etc. It promptly gives relief and never fails to effect a positive cure. Mothers should never be without a bottle when their children are teething.

HOUSEHOLD HINTS. To remove the odor of onions from a knife, dip it into running cold water, then dry and polish it. Hot water tends to set the odor of onions both on the knife and the hands, and for this reason should be avoided.

In order to prevent milk from burning while being boiled first rinse the saucpan thoroughly with cold water and run it with a little fresh butter before pouring in the milk.

When mixing flour for thickening add a pinch of salt to the flour before mixing with water, and it mixes much more smoothly with lumps.

Mustard will not dry and cake in the mustard pot if a little salt is added when mixing it and it is made with boiling water.

When it is necessary to keep a meal warm for a late-comer do not set the dish in a hot oven, thus discoloring the china as well as drying the food. Instead, place the plate or dish over a pan of boiling water, covering with a cover that will just fit over the edge. The food will keep hot, and there will be enough steam from the boiling water in the lower pan to prevent the food getting dry.

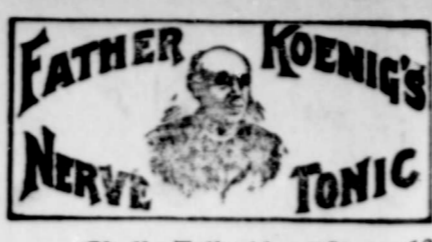
Fill a burnt saucpan with cold water to which some soda has been added. Allow the water to come slowly to a boil, when the burnt portion of the pan may be scraped clean. A handful of wood ashes if added to the water will aid the cleansing.

Medicine stains will disappear from silver spoons if rubbed with sulphuric acid. After this is applied wash the spoons with soap and clean in the usual manner.

Clean bronzes with sweet oil and then polish with chamois. Use a silver knife to peel apples, and the hands will not be blackened as when a steel knife is used. The acid of the fruit (acetic acid) acts on the iron in the latter case, but does not effect the silver.

Eggs are the very best substitute for meat on hot summer days, and every housekeeper should be familiar with a variety of recipes, in order to have these egg dishes always tempting to the appetite.

For a variation of the egg dishes, beat together a tablespoonful of butter and half a cupful of cream in an omelet and drop in four or five eggs, one at a time, so as not to break the yolks. Cook until the whites begin to set and then sprinkle with grated cheese. Continue the cooking until the eggs are ready for the table and serve on toast, like poached eggs.



Glady Tells About It.

STRATFORD, Ont. I am glad you have an agent in this city. I have seen several instances where Pastor Koenig's Nerve Tonic has been used with great benefit.

While recovering from a broken leg, I was attacked by nervous prostration, presumably due to the shock of the fall. After twelve months I was still in the same condition, had poor appetite, could not sleep or work, not even see of read, was troubled with melancholia. Then I began to take Pastor Koenig's Nerve Tonic and grew steadily better. Am now in good health and spirits. My son knows that Mr. J. Cullen, of West Point, was also cured by the Tonic of Vertigo to which he was very much subject. I also learned of a little girl in Mulgrave, Nova Scotia, being cured of St. Vitus Dance by the Tonic.

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Not a Nauseating Pill.—The recipient of a pill is the substance which unfolds the ingredients and makes up the pill mass. That of Parmelee's Vegetable Pills is so compounded as to preserve their moisture, and they can be carried into any latitude without impairing their strength. Many pills, in order to keep them from adhering, are rolled in powders, which prove nauseating to the taste. Parmelee's Vegetable Pills are so prepared that they are agreeable to the most delicate.

THE LITTLE MOTHER'S HANDS. The following story told by Dr. Dawson, in its beauty and simplicity teaches a lesson which it would be well to take to heart.

"In the course of my ministrations," said the doctor, "through the slums of London I came upon a sad case, that of a woman, the mother of five children, the eldest of whom was a girl of nine or ten.

"The mother at the time the family first came under my notice was dying of consumption. The father, a hard working man, was barely able to earn sufficient to supply the meager wants of the family, and they were often in dire straits.

"The bulk of the work devolved on the oldest girl, Mary, by name. Never have I seen the title of 'Little Mother' more appropriately earned. She not only had the invalid to care for, but the younger children as well, and Mary was often a very tired little girl.

"Mary's duties soon were lightened to a certain extent by her mother's death, but made heavier in another by the added responsibility of the children and the house was very heavy after the mother had gone. While she lived Mary had always felt there was someone to direct and guide her, but now she was forced to rely upon herself entirely.

"Mary's health, none too strong at any time, soon began to fail under the great responsibility which had fallen on her shoulders. The care of the children, the cooking, the washing and ironing! the sweeping and bed-making, were too much for the little woman's strength. Day by day she failed, fever and fever became the outings which the lusty baby enjoyed. The little fellow soon became too heavy for the thin, weak arms of the 'little mother,' and it was but seldom that she could muster courage and energy enough to carry him down the steep stairs, which were his only breathing ground.

"The day came when even the slightest exertion was impossible for poor Mary and she was forced to depend upon the kind services of neighbors as poor as she was herself. Mary failed rapidly. She was soon confined to her bed, and then I procured the services of one of my 'helpers' who took up Mary's work where the 'little mother,' in sheer helplessness, had laid it down.

"On one of my daily visits, as I stood in the doorway, unannounced, I heard the murmur of childish voices. A little friend of Mary's was sitting with her and had been laboriously spelling out some verses of the Bible. "'O Maggie!' I heard Mary say. 'Whatever will I say to Jesus when I meet Him and he asks me why I did not go to church and why I did not pray? You know I was so tired, Maggie, so tired, I just couldn't.'

"'Never you mind, Mary,' the other child replied. 'When you see Jesus just show him your hands, Mary, and he will understand.'—Selected.

Thos. Sabin, of Eglinton, says: 'I have removed ten corns from my feet with Holloway's Corn Cure.' Reader, go thou and do likewise.

ships to attend the Holy Sacrifice. Says the Irish monthly: "This edifying incident I take from a letter of a young officer, who was last summer with a certain regiment that numbered only forty non-Catholics in its ranks. At a certain camp some from other regiments joined them for a church parade. So in all we had about fifteen hundred men. I happened to be orderly officer for the day and it was my duty to take the men to church. Mass was celebrated in the open air, as there was no church near large enough to hold us. Shortly before the parade a fearful thunder storm came on, and such rain as I have seldom seen before. Our colonel, himself a Catholic, ordered me to make the parade voluntary, on account of the weather. On my announcing this to the men, only three of them fell out. Remember, these men had no change save their canvas suits which are but cool comfort against the Atlantic breezes. Long before the elevation there was not a dry shred on a single trooper there; yet they did not go away. A first Friday came round and a number of their left camp quietly at 4 a.m., to receive Communion and be back in camp in time for the reveille. These things may be easy in a monastery, but they are not easy in a camp, and their chief charm is that they are done secretly and silently. God bless these First Connaught Rangers. For I will not keep back the name of the good soldiers. I think their camp was not far from the Fairy Bridges of Bundoran."

The Protestant Prince Conde one day while at church accidentally happened to be near a student from the ecclesiastical seminary. Finding the ceremonies very tedious, he wished to chaff the seminary and said to him: "Will you please tell me what they teach you at the seminary?" The student remained silent. Thinking he was not understood, the prince repeated the question a second and a third time. At last the seminary student spoke, and what was his reply? "They teach us to keep silence in the church." The prince, an intelligent man, like all sensible people, was willing to accept a reproof. Instead of becoming angry, he answered: "I thank you for this lesson and shall make use of it in the future."

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