HAIL Mary 's apouse etert t Hail guardian of the World Notice of the Highest, and esteemed

The Father of the Lord!

THIRD MONTH 31 DAYS

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March

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Indulgenced Draper

To all the faithful who, with a contrite heart, devoutly make, at any time during the year, the Novema in honor of a Joseph, spouse of Mar, most holy, with any formula of prayer, proelded it be approved by competent ecclesiastical authority is granted an indulgence of . #) days once a day; # plenary indulorace, during the course of the Novena, if being truly peniteut, having confessed and communicated, they pray for

HOME CIRCLE

CURES IN THE KITCHEN

the intention of the Sovereign Pouliff.

In every kitchen or storeroom there is quite a druggist shop of useful rediscovered (says "M. D." in Answers) the best all-round cure for dyspepeia is sait and water. You put a small on hour or twenty minutes before each meal. This washes out the stomach thoroughly. Many people try the plan of drinking hot water as a cure for stomach complaints but as they omit the salt the operation is not always satisfactory. The plain water is rather irritating to a delicate stomach, but the addition of salt prevents the irritation, and converte the draught into a powerful stomach stimulant.

Pepper proves equally valuable in emergencies. Suppose one has a pain in the stomach, or a sinking feeling, there is nothing better than a small quantity of pepper in a glass of hot water. With the addition of sugar it forms a pleasant and stimulating draught, good for a cold and all sorts

A teaspoonful of pepper put into a two-ounce bottle of strong whiskey or rum will make the hair grow. After a bath, also, it is an excellent thing to rub into the head - or, in fact, all over the body. If one is at all blue after his morning tub, a little of this home-made tincture poured in the palm of the hand and briskly rubbed to the body will produce a warm glow and prevent chill.

Mustard has many valuable uses As a plaster on the chest it draws the blood from the congested lungs to the akin, and in the look-bath it draws the blood from the lungs to the feet. But it is still more valuable as an emetic. In these days of tinned foods -if not to the death, at least to the point of very great discomfort. A spoonful of mustard in a large glass of warm water is a splendid remedy

in such cases, and it also stimulates. Sugar cannot be beaten as a cure for cold in the head. It must be very finely powdered, and used as a snun. In some way it then acts as an astringent, and, if used in time, puts

an end to the cold. In cases of poisoning there are many simple remedies at hand. For instance, suppose, as so often happens, nitric or sulphuric acid is swallowed in mistake for some beverage or other, then it is necessary at once to neutralize the sold before it has time to corrode the mtomach.

This is done by means of an alkali. But there is not time to send to the chemist's, and the best thing to do is to scrape some mortar off the wall, stir it up in water, and make the padent swallow it. If the poison happens to be alkaline instead of acid caustic sods or ammonia, for instance - then you have the remedy at hand in the cruet. Give the victim a dose of vinegar.

large quantity of tepid mustard-and- libe needs to understand something of

| water as an emetic. But this is not

sufficient in the case of opium-poison-

ing. Drowsiness comes on, which may be fatal Therefore you have to dose medies. So far as medical science has the patient with strong black coffee. If you get a cut that will not stop bleeding, there is nothing like cold water. Don't bandage the hand. And if you wish to avoid blood-poisoning, teaspoonful of sait in a large tumbler | don't dream of using the ancient remof water as bot as you can swallow, edv - a cobweb, but hold your band above the head, and pour the coldest water procurable over it. The worst case of bleeding will usually yield to this treatment.

For slight burns, too, there is nothing like cold water Il you inadvertently touch a hot poker, then plunge and keep it there for five or ten min-

Black-current jam is one of the most agreeable and effective remedies for a sore throat or a cough. Put a tablespoonful of it in a tumbler of hot water, and you have a delicious beverage, as well as an excellent cure.

Apples cure warts Of course, the perfect remedy for warts and corns is salicylic acid, but, falling that, an abple rubbed on the place frequently will effect a cure, by means of the malio acid it contains. Cold tea is a very old and tried remedy for relaxed sore throat. Its tannic acid acts as an astringent when the tea is used as a

gargle. When you come home after a cycling trip over dusty roads your eyes are apt to be sore. Don't rule them, and don't commit the common and great mistake of opening them in cold water. But put some salt - say, a dessertspoonful or move - in a basin of tepid water, and then plunge in your head and open your eyes. The sait will prevent the water from hurting the delicate lining membrane.

Eight out of ten cases of toothache can be relieved by getting some breadsoun - bicarbonate of soda, not bakwe run considerable risk of poisoning ing-powder - dueting it on a piece of cotton-wool, and placing this in the cavity. It all the teeth ache together, the cause is generally acidity of the mouth. In that case dissolve the soda in warm water, and wash the teeth with it. You will be well in an in-

stant. If you keep liquorice in the house, you have one of the very best cures for dyspensia A small piece of liquorice, slowly dissolved in the mouth. covers the stomach with a protective coat, and relieves theepain of inflammetion.

WHAT EVERY WIFE NEEDS.

She needs a good temper, a cheerful disposition, and a knowledge of how her husband should be treated. She needs a capability of looking on the bright side of life, and refusing to be worried by small things. She needs a secure grasp of such objects as are of interest to men, and should not be above studying even politics in order to understand should her husband speak of them. She needs a sympa-Suppose it is an irritant poison, thetic nature in order that, should such as arsenic, or a sedative, such as sorrow fall upon them, she may be opiers, you must immediately gire a lable to give comfort to her husband.

sick nursing; a wife with no notion of what to do in cases, illness is but a weless thing. She reds considerable tact and patience. The one to enable her to know when to remain silent, and vice versa, and the other to put up with him when his temper i raffed -Scottish American

UNPLEASANT TABLE TALK,

If there is ever a time when one hould particularly avoid unpleasant conversation it is at table. It has been said that a merry heart uids digestion, and certainly ill-timed rein ithe and gossip are not conducte to a state of content. The hostess, therefore, who has the tact to keep the conserution at dinner in a happy channel, or the woman who can guide the table talk at home in a cheery channel is a missionary of more in-

port than she often realizes An excellent example of this thought is given in the story of a young matron, around whose table some distinguished men and women were gathered, and who was startled by the loud statement of her guest of honor that he had spent the day in the court room, where a scandalous divorce case involving the honor of a well-known man and a littlerto much-loved woman was then being tried. The hosters with all the courteous entreuty of a voice too pleading to be offensive, in-

"Forgive me, general, but it is sorrowful enough to know it is going on, please do not talk of it"

Although tobbed of his proposed position of reporter, the general, with a new deference in his manner, said "I heg your pardon, I forgot that you might not be interested," and himself led the conternation in a different direction

"My hostess achieved something for herself." he said, in telling the story afterward, "something for her fellowwomen, and much for the young men about her, by plainly and definitely showing her deserved displeasure" -Philadelphia Inquirer.

THE HYGIENIC VALUE OF FISH. Fish constitutes one of the most valuable articles of diet for menkind, although the popular notion that it is a good brain food because of the phosphorus it contains is incorrect. As a matter of fact, fish meat in general contains less phosphorus than most kinds of flesh meat. But it is good for brain indirectly, for it is less stimulating than flesh meat, is usually digested more easily and causes the production in the system of fewer of the waste products which, if not at

once eliminated, act injuriously upon the delicate nervous system. The last mentioned property is one which renders (ah of especial value in the diet of persons suffering from Beight's disease and other affections of the kidneys, from rheumatism, gout, and all those discuses which many physicians regard as the result of excessive formation or retention of uric acid For convalescents also it is most Lecful, as it supplies a fair amount of nutritive material in palatable form, with a minimum of tax

on the digestive organs Among the most nourishing and at the same time digestible fish are blue fish, shad, red snapper, fresh codfish, your hand instantly into cold water, whitefish, atriped bass, halibut and flounders. And equally nutritious, although perhaps less digestible, are brook trout, lake trout, salmon, mackerel and eels Roe is not particularly nutritious, but it is agreeable to the taste and fairly digestible.

The mode of preparation has much to do with the digestibility of fish, as it has with that of all other foods Boiling and broiling are better modes of cooking than frying

The chief objection to fish is its proneness to decomposition, even when kept on ice It may be free from any taste or odor, and yet it may have undergone changes which make it poisonous. Some fish are poisonous in themselves, containing in the natural state some substance which will cause alarming symptoms, or even deato, if eaten. With some persons fish in any form does not agree, causink digestive disorders or skin eruptions. This is notably true of lobsters and crabs -Youth's Companion

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"This potato is only half-done, my dear," said he crossly. "Then only eat half of it, my love," she replied, affectionately.

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CHILDREN'S CORNER 3 **CORNE R**

MY NAME IS CUPID He came one blustering, snowy day Is February weather; He carried on his dimpled arm A portmateau of leather

He tapped against my window-pane, He said. "You sly old fellow, Come, tell me of that little maid With curly head and yellow

The music of whose broken speech A happy home reloices, Whose prattle has a sweeter sound Than other people's voices

looked amazed, the saucy boy Looked back at me with laughter He said "My name is Cupid,—
And your Valentine I'm after!" ERII.

MARGERY'S VALENTINE.

It was a pity, but none of the girls at the Briarwood school really liked Margery. Bbe was always striving to be first, to stand at the head of her class, and to carry off each prize. In fact the girls all said of her that Margery Blake cared for nobody but Number One"

But there was a funny side to it, too, for Margery, though she tried so hard to be first in everything, was not a brilliant girl, and it was but seldous that she stood at the head of her class, while the prizes were very often woh by somebody else! And of course this amused the other girl's immensely. But it served to ruffe Margery's temper, and her continual striving and the frequent failure of her efforts made her restless and dissatisfied.

All this was seen by Miss Hamilton, one of the younger resident teachers, and she pitied Marg'ry, and tried to device some way in which the young girl could quietly be help-

Now the semi-annual prize for English composition was to be awarded on the second Friday of February, and Miss Hamilton knew that Margery's heart was set upon the winning of this particular prize. The young girl had spent endless time and thought and care upon her work for this competition, and felt more than usually confident of the result. But Miss Hamilton knew that once more Margery had failed, and that the winner was Gestrude White, a shy new-comer But as yet this was known only by Miss Hamilton and one or two of the other teachers

As the second Friday of February was the fourteenth of the month, the morning's mail for the school was heavier than usual with its share of valentines for the most popular of the

Some of them had as many as four or five, while Margery Blake received just one But she was surprised and more than a little pleased at receiving even one. She had quite forgotten that it was St Valentine's Day, and, besides, she would not have expected one from any of her classmates. She did not recognize the writing, but of course that was disquised, and she wondered who really cared enough for her to send it.

On opening the envelope she found as pretty a valentine as she had ever seen, and written beautifully on the and done, but for Margery such self-Kingsley's:

will be elever. Do noble things, not dream them all day long,

And so make life, death and that vast forever, One grand, sweet song."

While the words did not seem altogether flattering, Marcery liked them. and they lingured in the background of her memory during all the morning recitations

At last the hour came for the reading of the best compositions and the awarding of the prize Margery held her head up high and

her eyes were bright with the strong hope which now amounted to almost a certainty that the prize was to be What, then, were her feelings when

Gertrude White was announced to be the winner! Tears of bitter, overwhelming disaphad tried so hard, so very hard, for

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ently without an effort! But some of the girls were looking at her with smiling amu ement, and Margery was too proud to let them see how badly she really felt. Then all at once the words recurred

Be good, sweet maid, and let who

will be clever.

Do noble things-"

The class was just then dismissed. Margery rose, and amid the hum of soices the room seemed whirling about er, but she steadied herself, and, as she turned, she found herself face to face with Gertrude White

"Do noble things," prompted the inner voice. And Margery held out her hand.

"I want to congratulate you," she said, and as she spoke fer tremulous voice grew firm. "You know, I suppose, that I had hoped to be the winner; but my composition can't compare with yours, and then you are a stranger here It will make you feel at home, winning the prize."

"Oh thank you!" murmured Ger-trude happily. "And I think it is very sweet and kind of you to speak so It might have been an easy thing

for some of the girls to have said inner leaf, was the old, old verse of conquest was hard and really noble. But by it - though she did not dream It at the time - she won her first "lie good, sweet maid, and let who real friend; and it won for her the honest liking of more than one other girl, as well.

Gertrude easily became the leader of the class, and it was not easy for Margery to fall gracefully into the background.

But that one first little generous action made each after-effort come more easily. And though she never fornd out who sent her the valentine, Margery soon began to realize that she owed much to the loving thought of that unknown friend.-Young People's Weekly.

TIS WELL, TO KNOW A GOOD THING, said Mrs. Surface to Mrs. Know-well, when they met in the street "Why, where have you been for a week buck" "Ob, just down to the store for a bottle of Dr Thomas' Felectic Oil," and Airs. Surface who hates puns, walked on But she repointment rose to Marrery's eyes. She i membered, and when she contracted a week back there was another sustainer what this new-count had were appear for Eclectric Oil.

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