

# Random Notes For Busy Households.

## COMFORT ONE ANOTHER.

Comfort one another;  
For the way is growing dreary,  
The feet are often weary,  
And the heart is often sad,  
There is heavy burden-bearing,  
When it seems that none are caring,  
And we half-forget that ever we  
were glad.

Comfort one another;  
With the hand clasp close and tender,  
With the sweetness that love can  
render,  
And the look of friendly eyes,  
Do not wait with grace unspoken,  
While life's daily bread is broken;  
Gentle speech is soft as manna from  
the skies.

**ABOUT STALE BREAD.**—There are some people who will only eat what they call "stale" bread, because they have an idea that the eating of newer or fresher bread will cause them to have dyspepsia. Scientists have declared this to be a delusion, and that the fresher the bread the purer and better it is. The "Medical Examiner" says:—"A recent examination of bread, made at the bacteriological laboratory of a certain sanitarium, showed that while fresh, well-baked bread gave 240 germs to the gram (15.4 grains); in bread that was kept in a warm cupboard three days, or until it had become slightly stale, the number of germs was about six and one-half millions." Those deluded persons who have been filling up with the millions of microbes in their "stale" bread, now need not wonder at their having dyspepsia, and need physic every time they sit down to eat them.

**MAN'S DUTY.**—The man who does most in the measure of his means does best, says a writer in an exchange. We dare give the tramp who comes to our back door a royal cup of coffee, though we have to see that he does not run off with the spoon. Still, it is not hard to see how we may spare and yet do more and better than when we spend. If a man spends the money he ought to save to pay his debts, when he knows he can only pay these by saving, he may give right and left of his bounty, but this will be to his own shame.

We must never spend where we ought to spare, and especially when we have families. One of the saddest sights I have witnessed in my long life has been this of families left destitute by the easy-going generosity of the father from whose life they sprang, who would have everything of the best, trusting to his luck to come out all right, who would not spare so that he might have things handsome, while he did not lay up a dollar for the rainy day or for the instant peril of death, which dogs our footsteps all the way between the cradle and the grave.

Saving is so slow to such men and so hard. They do not think that a very moderate sum each year paid to a sound insurance company on a healthy life, and the earlier the better, is \$5,000 for their family if the stroke of death comes the day after the investment; or that the premium of \$10,000 may be only the savings

from cigars or "nips" or rides one need not take, or a score of things besides that we can manage to dispense with.

**THE MERE DOMESTIC.**—A shocking proof of the progress of this country in the direction of aristocracy is furnished by the calmness with which so eminent an authority as Amelia E. Barr, the novelist, sets forth the advantages of employing men instead of women as domestic servants, remarks the New York World.

Her arguments, it must be admitted are plausible. Men, she says, are more obedient, quicker, stronger, more respectful, more capable, more thorough, and of course better fitted for "heavy housework."

While this may be true, it must be only a part of the truth. Domestic service is not habitually heavy work. The heaviest household work is the washing, and there is no evidence of any desire on the part of the men servants—Chinamen excepted—to relieve the women of this form of drudgery. As for sweeping and dusting and answering the door-bell and waiting on the table and washing the dishes, it would require a comparative test to determine which of the two sexes is better fitted for it.

But the real question is broader and deeper. If the man has such superiority in mind and body, why does he not put it to a better use? Why does he not go out and earn a better living by doing a real man's work? It is the contention of all the friends of labor that wages are lowered and the industrial conditions injured by woman's competition in man's work. The obvious corollary is that man should leave woman's work to woman and carefully abstain from any domestic work except such as is obviously beyond woman's physical strength.

**SYMPATHY WINS.**—What is it, says the Catholic Sentinel, that makes a man long for the society of one woman, to whom he feels he never can express all that he wants to say, while upon another who may be far her superior in physical gifts he looks as a beautiful statue? One bubbles to him of her amusements, her friends or her pets, while the other draws from him his secret aspirations, his pot theories, his true ideas on his favorite subjects and even his experiences in his "affaires du coeur." One treats him to a sample of the froth of life, while the other sympathizes with him in the deepest depths which he has sounded in the world, and unlocks the confidences which are nearest to his heart without an apparent effort. Sympathy—there is the key to the whole subject. Each of us seeks it in youth in his own way, and most of us, through life, crave for it full and round and whole-souled; but every one has to put up with realizations far short of the ideal, for the perfect article could only be found in a more perfect world than this. A really sympathetic nature is no doubt born in people, in the same way as a talent for music or mathematics, but the quality can be weakened or destroyed by repression amidst un congenial surroundings, or beautiful and expanded under suitable conditions.

# OUR BOYS AND GIRLS.

## WHY CATS WASH AFTER EATING.

You may have noticed, little friends, that cats don't wash their faces, before they eat, as children do, in all good Christian places.

Well, years ago, a famous cat, the pangs of hunger feeling, had chanced to catch a fine young mouse,

Who said as he ceased squeaking:  
"All genteel folk their faces wash  
Before they think of eating."  
And wishing to be thought well-bred,  
Puss heeded this entreating.

But when she raised her paw to wash,  
Chance for escape affording,  
The sly young mouse said his good-bye  
Without respect to wringing.

A feline council met that day,  
And passed in solemn meeting,  
A law forbidding any cat  
To wash till after eating.

—The Outlook.

**HOW TO SKATE.**—Arthur Resbury writing in "The Emerald" has this to say about the healthy winter exercise:

It is needless to state that every youth likes to go skating, when Jack Frost congeals the ponds and rivers by the magic touch of his icy hand. But a few commonplace remarks on the subject, of how to skate properly and gracefully, and the way to prepare one's self for the wintry pastime, would perhaps be instructive. To begin, general development is one of the most important points, especially when one has the idea of acquiring speed. During the fall months ride a bicycle, and if convenient, make occasional trips to some gymnasium. In fact, take all kinds of exercise, and plenty of it, and when the ice comes you will be in condition to train for speed. By skating two or three miles a day, the wind is improved and speed is attained, without that fatiguing feeling and loss of breath which is the chief obstacle. Never use straps, as they stop the circulation of the blood, and good work cannot be done under such conditions. If the ankles are weak, training will

strengthen them, and a good strong pair of light-fitting shoes will fix matters in that direction. In a race it is the stroke that counts. There are many kinds of strokes, but the most advantageous one is that which was used so effectively by many of the former champions, especially Joe Donoghue. He used a directly forward sweep, with the entire weight of the body resting on one foot. This stroke leaves almost a straight line ahead, which saves the distance thrown away in the angular stroke. In starting the movement, do not swing the front leg, but simply shove ahead by pressing to the side with the opposite foot. When one skate shoots forward, the other is gradually lifted from the ice, and the toe is last to leave the frozen surface. In starting, the stroke is necessarily short; but as momentum is required, it is easily lengthened. Never start a stroke with a jerky hip movement; this is not only far from graceful, but it retards the speed. Join the hands behind the back, and keep the eyes straight ahead. This position reduces the wind resistance, and is not so exhausting as the stroke in which the arms are allowed to swing. Keep the body rigid; every unnecessary muscular exertion should be avoided. When moving along, only raise the idle leg high enough to clear the ice, and be ready to use it should an unseen obstacle interfere with your stroke. In a race never "set the pace," that is, do not try to keep ahead of all the others; always let some one else do that. Keep well up with the leader until the finish is near, then use every effort to pass that obliging individual. Of course, when you are competing with racers whom you are sure or beating, then let yourself out for all you are worth, and have it over with; but if, on the other hand, you are doubtful of the ability of your antagonists, then follow pace, and you will find that it will save you much anxiety and give you a better chance to glide over the ice ahead of the others, amidst the admiring cheers of the enthusiastic on-lookers.

**PROMPTNESS IN WORK.**—There are boys, and boys, and boys, who, when requested to do a duty, "dilly-dally" and fritter away much time before commencing, and when reminded they are losing much time,

# HIDDEN DANGERS

The greatest danger in the country is the use of alcohol, morphine and opium, and other poisons in liquid medicine sold to sick women. The alcohol is used to prevent souring; morphine and opium are used to deaden pain. This danger doesn't exist when Dr. Coderre's Red Pills are used. Pills are the modern, up-to-date remedy. Liquids are old-fashioned and much more expensive. Dr. Coderre's Red Pills are for women only. They cure quickly, permanently, and cost little. Fifty red pills for fifty cents will last longer than any dollar liquid remedy, and they are certain to cure. The following ladies have been cured by the Dr. Coderre's Red Pills. Do not hesitate to write them.

**Mrs. L. Detour**, 28 West Fulton Street Grand Rapids, Mich., writes—  
"I have suffered very much with rheumatism. I used several liniments. All my joints ached terribly. I do not know of any remedy that I did not try, but none have relieved me so much as Dr. Coderre's Red Pills for Pale and Weak Women. They are a powerful remedy and I recommend them to all sick women."

**Mrs. Hanna Rossel**, 66 Merrimack Street Manchester, N. H., writes—  
"I suffered from female weakness, had terrible pains in my sides; the least little work I did made me sick. I was so discouraged that a friend advised me to take Dr. Coderre's Red Pills. I am to-day cured by these Pills and can do all my work."

**Mrs. S. Hanley**, 13 Audrey Street, Providence, R. I., writes—  
"I had pains in my back that were killing me. I was all run down, weak and tired. To-day I am a new woman, thanks to Dr. Coderre's Red Pills."

**Mrs. Goodson**, 106 Sebastopol Street, Montreal, writes—  
"I am very pleased to recommend Dr. Coderre's Red Pills for Pale and Weak Women, to all women who are in delicate health as I was. My case was a very bad one, but I am now in perfect health. I have used your pills and have given some to my daughters who are now better."



From all parts of Canada and the United States, the most enthusiastic letters are received from women and girls who have been cured by the use alone of Dr. Coderre's Red Pills. If you suffer from complaints peculiar to women, will you not also be cured? This wonderful remedy is for women alone. Young and old ladies can take them under any conditions. They will not serve any improper purpose. We ask all women, especially those who have suffered for years, to write a full description of their diseases to our specialists who will be pleased to answer them in detail, or if preferred, they are invited to call at our office, or send us your name and we will forward at once, in unmarked wrapper, our Doctor's Book, Pale and Weak Women. We call your attention to the fact that Dr. Coderre's Red Pills are not purgative. Women who are constipated should use Dr. Coderre's Purgative Tablets, together with the Red Pills. They will never find a better remedy than these combined.

Dr. Coderre's Red Pills are sold by all first class druggists at 50c. a box or six boxes for \$2.50. We mail them all over the world upon receipt of price. Beware of all red pills sold by the dozen, the hundred Pills, or at 25c. a box, for they are not ours; they are imitations. In the interest of your health do not be imposed upon. Address all correspondence to

**THE FRANCO AMERICAN CHEMICAL CO**  
Boston, Mass. office. Montreal Can. office.  
241 Tremont, St. 214 St. Denis, St.

## USE OF ELECTRICITY

Great things have been predicted of electricity, but the Carmelite Fathers are the first to prove their faith by their works. Their large new building or Hospice, at Falls View, near Niagara, is built without any provision for heating, lighting, or cooking, except by electricity. Moveable electric radiators are in all the rooms and in the corridor, and all that needs to be done is to make the attachment between the radiator and the wire. It is in the culinary department that the uses of electricity have been developed to their fullest extent. All the cooking is done by electricity. There are electric chafing dishes, tea and coffee heaters, plate warmers, ovens; even the irons are heated by an electric attachment, so that a stove is at no time required.—Exchange.

Toothache stopped in two minutes with Dr. Adams' Toothache Gum. 10 cents.

The man who invented angel-cake died leaving a fortune of 100,000 pounds.

## The DRINK HABIT CURED.

(From the St. John's News, Nov. 10.)

Many homes have been made bright and cheerful, and many erring sons have been restored to happiness, and many husbands brought back to enjoy the blessings of their promises at the altar by using The "Dixon" cure for the drink habit and the writer was astonished when in the office of the Company, on the 16th Oct., to be shown the many letters from mothers and wives, also men patients who testified that their sons or husbands or men themselves had been entirely cured, and the cost is much less than most cures.

For particulars and price apply to J. B. Lalime, No. 572 St. Denis Street, Montreal, or to Doctor J. M. Mackay of Belmont Retreat, Quebec

## LEFT-HANDED.

It is a very great misfortune for any one to be left-handed, says a writer in an exchange. Everything is made for the right-handed people, hence the left-handed are often at a disadvantage, besides appearing awkward. There is no need, however, of any one's growing up left handed if a little attention is given at the proper time. That attention should begin when the baby is a week old. In wrapping the creature, leave the right hand free for action. They begin to reach early. Take hold of the right hand, giving everything to the right hand, and place its playthings where it can reach them best with the right hand, and you will have no further trouble. If, however, from neglect or inattention the baby has happened to commence using the left hand, it may be easily remedied, if taken in time, by putting a little sack over the left hand and tying it at the wrist. If they are started right, they will all grow up right-handed.

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## Society Meetings.

**Ancient Order of Hibernians**  
**LADIES' AUXILIARY**  
To the Ancient Order of Hibernians, Division No. 1.

Meets in St. Patrick's Hall, 92 St. Alexander street, on the first Wednesday of each month, at 8 p.m. President, Sarah Allen; Vice-President, Maria Mack; Financial Secretary, Mary McManus; Treasurer, Mary O'Brien; Recording Secretary, Lizzie Howlett, 383 Wellington 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's New Church, corner Centre and La Prairie streets, on the 2nd and 4th Fridays of each month, at 8 p.m. President, MICHAEL LYONS; Recording Secretary, THOMAS DONOHUE, 312 St. James street; Treasurer, JAMES DOYLE; Financial Secretary, E. J. COLGAN; Treasurer, Delegates to St. Patrick's League, J. J. GAVAGHAN, D. B. MCQUARRY, 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: D. Gallery, Recording Secretary; P. T. McGoldrick, Treasurer; John Travers, Secretary; J. Mansfield street; Treasurer, J. L. FINN; Financial Secretary, E. J. COLGAN; Treasurer, Delegates to St. Patrick's League, J. J. GAVAGHAN, D. B. MCQUARRY, and J. CAVANAGH.

**A.O.H.—Division No. 4.**  
President, H. T. Kearns, No. 32 Deloraine ave. Vice President, J. P. O'Hara; Recording Secretary, J. Finn, 15 Kent street; Financial Secretary, P. J. Tomlinson street; Treasurer, J. H. Sergeant-at-arms, D. Mathewson, Sentinel, D. J. White; Marshal, F. Goshan; Delegates to St. Patrick's League, J. J. Donovan, J. P. O'Hara, F. Goshan; Chairman of Standing Committee, Joseph Costello. A.O.H. Division No. 4 meets every 2nd and 4th Mondays of each month, at 1113 Notre Dame street.

**A.O.H.—DIVISION No. 9.**  
President, H. J. Hummel, 28 Visitation street; Rec-Secretary, W. J. Clarke, 25 Lyburner ave. St. Cuneo street, to whom all communications should be addressed; Fin. Secretary, M. J. Doyle, 18 Belmont street; Treasurer, J. J. Hanley, 794 Palace street; Chairman of Standing Committee, R. Diamond; Marshal, J. J. Timman. Division meets on the second and fourth Fridays of every month in the York Chambers, 244a St. Catherine street, at 8 p.m.

## C.M.B.A. of Canada, Branch 28

(Organized, 13th November, 1888.)

Branch 28 meets at St. Patrick's Hall, 92 St. Alexander Street, on every Monday of each month. The regular meetings of the branch consist of business held on the 2nd and 4th Mondays of each month, at 8 p.m.

Applicants for membership or any one desiring information regarding the Branch may communicate with the following officers:

D. J. McGillis, President, 156 James street; John M. Kennedy, Treasurer, 32 St. Philip street; Robert Warren, Financial Secretary, 28 Brunswick street; S. B. Donoghue, Recording Secretary, 828 Visitation street.

## Young Irishmen's L. & B. Association.

Organized, April 1874. Incorporated, Dec. 1876.

Regular monthly meeting held in its hall, 111 Dupont street, first Wednesday of every month at 8 o'clock, p.m. Committee of Management meets every second and fourth Wednesday of each month. President, E. HALLLEY; Secretary, M. J. POWER; Treasurer, J. J. O'Connell; Delegates to St. Patrick's League, W. J. Hinchey, D. Gallery, Jas. McManus.

## St. Ann's Young Men's Society

Organized 1865.

Meets in its hall, 157 Ottawa street, every first and third Monday, at 8 p.m. Chief Ranger, JAMES F. FOSBERG, Recording Secretary, ALEX. PATRICKSON, 197 Ottawa street.

## Catholic Order of Foresters

## 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 Ranger, JAMES F. FOSBERG, Recording Secretary, ALEX. PATRICKSON, 197 Ottawa street.

## Total Abstinence Societies.

### ST. PATRICK'S T. A. & B. SOCIETY.

ESTABLISHED 1841.

Meets on the second Sunday of every month in St. Patrick's Hall, 92 St. Alexander street, immediately after Vespers. Committee of Management meets in its hall on the first Tuesday of every month at 8 p.m. REV. J. A. MCGILLIBREW, Rev. President; JOHN WALSH, 1st Vice-President; W. P. D'OLY, Secretary, 24 St. Martin Street. Delegates to St. Patrick's League: Messrs J. Walsh, M. Sharkey, J. H. Kelly.

## St. Ann's T. A. & B. Society.

ESTABLISHED 1865.

Rev. Director, REV. FATHER FLYNN, President, JOHN KILLFEATHER; Secretary, JAMES BRADY, No. 97 Royal Street. Meets on the second Sunday of every month in St. Ann's Hall, corner Young and Orleans streets, at 8:30 p.m. Delegates to St. Patrick's League: Messrs J. Killfeather, T. Rogers and Andrew O'Neil.