

HOUSE AND HOME

CONDUCTED BY HELENE.

True Witness Beauty Patterns



A NATTY LITTLE RUSSIAN SUIT.

No. 8254. Little Boys' Blouse Suit. Sizes for 2, 3, 4, 5, 6 years. The five year size will require three yards of 36 inch material.

PATTERN COUPON. Please send the above-mentioned pattern as per directions given below.

WEED YOUR OWN GARDEN. If you've weeded in your garden, dear friend, I pray, Do not stand looking over the fence To your neighbor's domains just over the way.

THE IDEAL WIFE. The ideal wife is the woman who has convinced her husband that she is the very best woman in the world, and who goes on convincing him.

him to get those books down now and make a litter, that all the newspapers are tidied up on a side table, that he has left his boots on the hearthrug, and so on.

THE TARDY GUEST. It is embarrassing for the hostess when some important guest at a dinner party does not arrive at the expected time.

TO CLEAN CRETONNE. The craze for cretonne has now got to such a stage that the fortunate owners of this pretty and serviceable fabric are looking about them for a means of cleaning it.

ONE AGAINST HUSBANDS. Mr. Burdette insists that he once overheard a woman lecturing her husband as follows: "Now I'll tell you why I wouldn't go into the restaurant and have a cup of coffee with you while we were waiting for the train."

KITCHEN HINTS. Turpentine will remove tar from any kind of fabric. Scum or crust can be prevented in a teakettle by keeping a marble in the kettle.

WHAT THE WELL-BRED GIRL REMEMBERS. Never to ridicule sacred things, or what others may esteem as such, however absurd they may appear to her.

READING BAD BOOKS. St. Isidore asserts that to read books subversive of religion is as bad as to offer incense to the devil.

er of the Incarnation against Nestorius; but St. Anselm of one book of a certain Manichean, he was changed from a champion of the Church to a bitter enemy.

THE HOME MADE MARTYR. She is the woman who bothers over trifles and lets the big things slide. She will tell you she can't take exercise to keep herself from getting fat because she is compelled to sit so much to sew for the child ren.

CARE OF THE NECK. Women are more liable to sore throat and bronchial trouble than men. Why? Because they subject their throats to changes of temperature such as would kill any man.

Women's Ailments. There is no need whatever for so many women to suffer from pains and weakness, nervousness and sleeplessness, anemia, hysteria and melancholia, faint and dizzy spells, and the hundred other troubles which render the life of too many women a round of sickness and suffering.

MILBURN'S HEART AND NERVE PILLS. Have Restored Thousands of Canadian Women to Health and Strength. Young girls bedding into womanhood who suffer with pains and headaches, and whose face is pale and blood water, or whose face is the color of lead, or whose nerves are so nervous, subject to hot flashes, feeling of pins and needles, etc., are tired over these trying times by Milburn's Heart and Nerve Pills.

Funny Sayings. "You must find that impediment in your speech rather inconvenient at times, Mr. Biggs?" "Oh, no, everybody has his little peculiarity. Stammering is m-m-m-m-m, what is y-yours?"

Blue Ribbon Tea. This coupon cut out and mailed to The Blue Ribbon Tea Co., P. O. Box 2554, Montreal, entitles the sender to a free package of our 4oz. Blue Ribbon Tea. Fill in blank space whether you wish Black, Mixed or Green Tea.

THE SEA BATH. Sea bathing ought to be a pleasure to almost every one in summer, but it is often the very reverse. At the right time and under suitable conditions of weather and warmth, a sea bath is an excellent tonic at this season of the year.

BEANS AND POTATOES, BOSTON STYLE. Wash, string and cut fine a quart of tender, young string beans. Put two tablespoonsful butter in a good sized saucepan, and when melted, turn in the beans, season with a teaspoonful of salt and pepper to taste.

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who are near and dear to her. Never, if possible, does she lose her temper and she learns to speak with calmness and deliberation, especially in circumstances which tend to irritate.

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Many children are afraid of the sea, and it is positive cruelty to force a child into the water against his will. Every bather ought to swim, as it increases the pleasure of a bath tenfold.

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"No. He never knows anything about it, until after I get it."—Kansas City Star.

IGNORANCE. Teacher—I am surprised that you should have such a bad lesson, George. I expected better things of you.

MODERN MATERNITY. A little girl's mother attended a number of card parties, leaving the child at home with the nurse. On one such occasion the child's attention was attracted by the plaintive cries of a young calf.

FATHER WOULD BE SORRY. Rachel who was four years old, was admiring her baby brother, who was three months old before her father returned from a trip abroad.

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The Q

"Good-bye, Man! Blessings go with water. The West South for me—You and I to France, enough to keep us me and two year and until then."

Herbert had a way of telling make-believe stories about the things he saw, and his mother wished to convince him that they were not true.

Very soon he returned and exclaimed: "God says that's all right, mother. He thought it was a grizzly, too."

Never mind, boys his majesty to that throughed, and his hand: "a year or may give us all we then y'all have us again."

As Justin McCarthy in his "History of our Own Times" says: "No one will be able to understand the whole meaning and bearing of the long land struggle in Ireland who does not clearly get into his mind the fact of it, rightly or wrongly, the Irish peasant regarded the right to have a bit of land, his share, exactly as other peoples regard the right to live."

