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. Few styles The five year size will require three yards of 36 inch material. Few styles for little boys have so much to recommend them as the Russian modes, and they are especially attractive when made with a broad collar. This design is appropriate for serge, linen, tuck and gala tea. The closing is effected invisibly on the left side under a deep tuck, a pretty addition sing straps of the material across the front.

A pattern of this illustration will be mailed to any address on the receipt of 10 cents in silver or stamps. yards of 36 inch material. Few styles for little boys have so much to recommend them as the Russian modes, and they are especially attractive when made with a broad collar. This design is appropriate for serge, linen, duck and gala tea. The closing is effected invisibly on the left side under a deep tuck, a pretty addition being straps of the material across the front.

be mailed to any address on the receipt of 10 cents in silver or stamps

PATTERN COUPON.

Please send the above-mentioned

pattern as per directions given below.

everything is peace and quietness, happiness and jollity.

THE TARDY GUEST.

It is embarrassing for the hostess when some important guest at a dinner party does not arrive at the expected time. But the hostesses of our greatgrandmothers' day had much worse difficulties to contend with in that way than we have nowadays, when trains, cabs, motors and mo-

Colonel Bosville was a martinet where dining was concerned. His dinner was always ordered to be placed on the table at exactly two minutes to 5, says the St. James Gazette. No guest was admitted after the appointed time, his porter looking the street door and placing the key at the head of the dinner table on the first stroke of the mystic hour. where dining was concerned.

ont the colors from running. Wring tightly and roll up with fold of clean towel between

WEED YOUR OWN GARDEN.

we disguise In the garments of selfish conceit,

We're ever perfection (in our ow eyes),
But, oh, for the sinners we need!

Let us pull our own weeds

work with a will,

While yet there is one to be found,

Nor point o'er the way with derision until

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. An excellent way to begin is to keep telling him that he is the very best man in the world. And ten to one An excellent way to begin is to keep telling him that he is the very best man in the world. And ten to one if he does not try to be—as far as he can. Of course, he will have tinesome, trying ways—every man has—but if you want to be an ideal wife don't werry over them, let them pass, torgest all about them, or else try and likes them. Don't forget it is his home as well as vours, and though you may spend all your time in keeping it nice and comfortable, there will be no comfort in it if you are rushing around after your jushend to remind him that he may not smoke in the parlor because of the curtains, that you don't want full of zeal, and had been the defendant of the curtains, that you don't want full of zeal, and had been the defendant

mm 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 fits boots on the hearthrug, and so on. Instead of worrying him, give him a good time at home. Let him feel, however harassed he may be with his business outside, when he comes home everything is peace and quietness.

when trains, cabs, motors and/motor omnibuses make punctuality comparatively easy. Yet there were hosts even then who refused to accept any excuse for lateness, "Bosvilliam" punctuality is a forgotten term in these times, but a hundred years ago to dine a la Bosville had a significant meaning, for it implied that dinner would be served at the exact time mentioned, on the invitation.

Colonel Bosville was a martinet where dining was concerned. His

mystic hour.

The craze for cretonne has The craze for cretonne has 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. It should, first of all, be thoroughly shaken in the open air, and then washed in bran water without rubbing. Rinse in a second bowl of bran water, to which salt and vinegar have been added in the proportion of one tablespoonful of each to a guart of water, in order to prevent the colors from running.

roll. Using a heavy hot iron, iron the cretonne on the wrong side until it is quite dry. As the bran water itself stiffens there is no necessity itself stinens for starching.

ONE AGAINST HUSBANDS.

sigh. She sees the thorns beneath every rose that is handed to her and rejects it. Whoever has a pleasanter life than hers must be a person without character. slothful. foolish or of no weight.

She is a homemade martyr and will go to a martyr's grave, which she has been preparing for herself since she was born. WEED YOUR OWN GARDEN.

If you've weeds in your garden, dear friend, I pray.

Do not stand looking over the fence
To your neighbor's domains just over the way.

Your own are of most consequence.
Uproot them while yet there is daylight to work;
Tear them up, root and branch, from your soil;
They are sure to do mischief, so pray

They are sure to do mischief, so pray

from your soil;
They are sure to do mischief, so pray do not skirk;
You'll be amply repaid for your toil.

"When we met John Howdy on our way to luncheon you said, 'Just in time John: come, take lunch with us.' And then tonight, when we had to wait an hour for the train, your The advice would apply to the Garden of Life, The advice would apply to the Garden of Life.

'Tis so seldom we see our own weeds.

For watching a neighbor, or, worse yet, his wife.

And counting their many misdeeds,
We pass our own follies, our faults we discuise. ter by yourself, and didn't enjoy it very much. In effect you said to me, 'If you want a cup of coffee, if you really want it, I will buy it for

world, but do as nearly all the best

er if washed regularly. Remember that they should never be allowed to rest on the bristles.

Never throw away small quantities of gravy, sauce, etc., if they are perfectly sweet. They all come in for making stews, soups or gravies. When boiling milk put two tablespoonfuls of water in the pan first and let it boil. Milk boiled in this way will never burn to the bottom of the saucepan.

To mend a crack on the inside of a range use a filling made of equal parts of wood ushes and comanon sait moistened with water. This will prove hard and lasting. While yet there is one to be found.
Nor point o'er the way with derision until
We have carefully 'tilled our own ground.
For, watching the faults of others, we see
Not the one in our own hearts so rife.
Let us pull for ourselves—let others' weeds be,
Till we clean our own Garden of Life.
The ideal wife is the woman who has convinced her husband that she is the very best woman in the world, is the very best woman in the world. 'Why do you men seem to dole salt moistened with water. This will prove hard and lasting.
If soot falls upon the carpet or rug do not attempt to sweep until it has been covered thickly with dry salt. It can them be swept up properly, and not a stain or smear will be left.

be left.

A suspected sample of ground coffee may be tested in this way?
Place a teaspoonful of the coffee in a wineglass containing water. If a part floats and a part sinks, it is

than they could at the club.

until she knows the views and lo-tives of the author.

Nover to enter into a discussion with any enthusiast or a person much older than herself.

Nover to jest so as to wound the feelings of others and to say as little as possible to herself and those

rius; but St. Anasal of one book of a cortain Manichan, he was changed from a champion of the Church to a bitter enemy.

bitter enemy.

In the Middle Ages, Henry Bullincerus was a man remarkable for his learning and his picty. At one time it was believed that he has intended to join the Carthusians, and devote his life to penance. Still, the reading of one book of Melanchton caused him to break away from the Church.

THE HOMEMADE 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 the is compelled to sit so much to sew for the child

ren.

If she is thin she will tell you she If she is than she will tell you she can't get fat because she has to run around the house so much trying to get everything done. If you speak of another woman's pretty costume she bitterly says she cannot see how women who have families get time to make pretty clothes; and that she also bikes lovely things but Mos. likes lovely things, but life is also likes lovely things, but Me is so full of cares that she hasn't the time to achieve them. If she is told to read a certair fas-cinating book she will elevate her

eyebrows and say she has no time to read; that her husband doesn't like to have her engrossed in a book in the evening and she hasn't a minute's time during the day.

If asked why she doesn't go to

If asked why she doesn't go to some of the pleasant social things going on around her she tells you she hasn't the clothes to wear; that she used to be as well dressed as any one else when she was unmarried, but married life is too expensive to think about social life.

If she is unmarried she will tell you that she could have better clothes you that she could have better clothes and go about in society if she only had the luck of some girls had in marrying. And so it goes. All the trouble is with life, with circumstances, and laid at the doors of other people None of it is her fault, How could

To MRS. ..

sigh. She sees the thorns beneath

KITCHEN HINTS.

Turpentine will remove tar from

any kind of fabric.

Scale or crust can be prevented in a terkettle by keeping a marble in

a terketue by hearing the kettle.

A few drops of lemon juice added to scrambled eggs while cooking will

improve them.

A little milk added to the water

fat spatters over. Household prushes last much long-

+++ WHAT THE WELL-BRED GIRL REMEMBERS.

Never to ridicule sacred things what others may esteem as s what others may esteem as nowever absurd they may appe

which silver is washed will help keep it bright. f salt is sprinkled over the range

ST.

who are near and dear to her. Never, if possible, does she her temper and she learns to s with calmness and deliberation, pecially in circumstances which to irritate.

STYLE.

taste. Stand on the back of the range a few moments to absorb the butter, add a half cup of boiling water, cover closely and simmer gently for an hour. Have ready scraped and washed one pint small new potatoes, add to the beans and coold until the potatoes are tender. It may be necessary to add a few spoonfuls boiling water from time to time while cooking, but they will not require much. When ready to serve a few spoonfuls cream may be added but it is not essential. Stand on the back of taste.

CARE OF THE NECK

Women are more liable to sore A man wears his stiff linen collar

from rising to been the sheds it on hot summer days when he gets into a negligee shirt.

A woman in the course of the day may have on a surplice necked matinee, a turnover of linen, a fur boa, an unlined bit of lace and a low necked gown. What wonder she is

Subject to throat troubles! We should not treat our necks to sudden changes from hot to cold, and we should clothe them so movement is free and ventilation good.

Equally important is it that there

is no undue pressure, particularly for full-blooded or apoplectic per sons. Remember that the great blood vessel of the neck, the wind-pipe and the organs of speech are all shut up in the throat and must be treated with consideration. tured by the hands of fate.

That all of these woes exist only in her imagination is a fact that she

BEANS AND POTATOES, BOSTON

Wash, string and cut fine a quart of tender, young string beans. Put two tablespoonfuls butter in a good-sized saucepan, and when melted, turn in the beans, season with a teaspoonful of salt and pepper to

throat and bronchial trouble than men. Why? Because they subject their throats to changes of tempera-ture such as would kill any man. from rising to bedtime, except he sheds it on hot summer

TOWN.

dissolve. When cool, put it into bottle and cork tightly. When re-

cold water. Wet a stocking with this and sponge your black goods, pressing afterwards. This will re-move all spots and grease and re-store the black.

\* \* \*

Sea bathing ought to be a pleasure

a smart walk will add to the bene-

a smart walk will add to the bene-fits of a sea both.

Then, there is a right and a wrong time to bathe. The best time is about two hours after breakfast or the mid-day meal, that is, when the

the mid-day meal, that is, when the last has been properly digested, and the water and atmosphere are warmed by the sun. "Batthing does not agree with me," is a remark frequently made. But if people who feel that would try getting gradually accustomed to the sea bath, and would follow a fewhints, they would in minety-nine cases out of a hundred, come to enjoy bathing in a short time.

THE SEA BATH.

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 his will. Every bather ought to swim, as it increases the pleasure of a bath tenfold. It is a good plan, however, to have the heart examined by a doctor before commencing swim-ming, as any unsuspected weakness may cause faintness in deep water, may cause faintness in deep water with fatal results. Such faintness may be due to exhaustion after exmay be due to exhaustion after ex-ercise, to long fasting, or to the ef-fect of bathing after a heavy meal. Flatulent dyspepsia may cause faint attacks when swimming in deep walter.
Young people, keen on swimming,

Young people, keen on swimming, are too chit to rush at their favorite pastime whenever they get to the seaside. But they should gradually 'work up the necessary muscle,' that is, begin quietly, swimming a little further every day to get the full benefit.

Rupture of the drum of the ear is

Rupture of the drum of the ear is an accident liable to occur from the impact of the water against the drum. This can be prevented by inserting a little cotton wool into the ear while bathing. Lastly, a cup of hot soup or milk and a cracker immediately after dressing is an excellent precaution, against cold to any one liable to (Mil) when bathing

Women's Ailments

There is no need whatever for so many women to suffer from pains and weakness, nervounces and sleeplesmass, anserais, hysteria and melancholis, faint and dismy 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

Pills.

They have a wonderful effect on a weman's system, making pains and aches vanish, bring color to the pale check and sparkle to the eye. The old, worn cut, tired out, languid feelings give place to strength and vitality, and life seems worth living.

Funny Sayings. 99999999999999999

"You must find that impediment

on, n-no, everybody has he hetele peculiarity. Stammering is m-m-mine; what is y-yours?"

Well, really I am not aware that

does not see. That she could be the captain of her soul as well as the brain and therefore is dangerous. captain of her soul as well as the master of her life is all Greek to her.
She goes through life fretted. Every sentence is punctuated with a I have any."
"D-do you stir y-your tea with your right hand?"

A woman who has worn black for

years says she keeps her clothes fresh with a mixture made as follows:

Buy 5 cents' worth of borax and Buy 5 cents' worth of borax and 10 cents' worth of camphor gum. Put them into a large bowl, breaking the camphor gum into small pièces. Pour over this a quart of boiling water, stirring to dissolve the borax. All the camphor will not dissolve. When cool, put it into a bottle and cark tightly.

to use it pour a little into a basin diluting it with half the quantity of cold water. Wet a stocking with

An American writer says that while An American writer says that while visiting Mount Vernon he came across a middle-aged lady kneeling before a building at some distance from the monument to Washington. She was bathed in tears. He walked up to her and asked if she were in trouble.

"No, sir," she said, "I thank you remy which. I am not in trouble. If salt is sprinkled over the range before frying is comfonced there will be no disagree, le odor if the fat spatters over.

Household prushes last much longer if washed regularly. Remember if washed regularly. Remember season of the year. At the same the conditions of the year. At the same much can be said concerning the

sea bath is an excellent tonic at this season of the year. At the same time much can be said concerning the evils of injudicious immersions in the sea. Many people seem to think, that there is no danger of chill in "salt" water. But that is quite a mistake. Many people do themselves positive harm by going into the sea at wrong times and seasons. Any sense of chill or inability to get warm after a dip in the sea should "I quite understand," said une gentleman, gently "but my dear madam, you have made a mistake. This is not the tomb of Washington. It is over yonder. This is the ice-

Any sense of chill or inability to get warm after a dip in the sea should serve as a warning that the sea bathing "not unmixed good, it should serve as a warning that it takes a very robust person to feel a warm and healthy reaction after half an hour or more in cold warter. Five or ten minutes is long enough; at first, and a brisk rubdown afterward w h a rough towel followed by a smart walk will add to the bene-

The eminent lawyer had stepped from the train and was making his way to a hotel when he was approached by an Irish porter.

"I can see you're a commercial traveller," said the latter, with a touch of his cap. "Show me where yer baggage is and I'll carry it to the hotel for you."

The lawyer smiled in a categorical

the hotel for you."

The lawyer smiled in a quizzical way. "I am a traveller," he said, "but I deal in brains."

The porter sniffed suggestively. "Faith and it is the first time ever I saw a traveller that didn't carry no samples!" he said.

for reading and one for long distance."

"Can't you make it three pairs?"

asked the man who had made a study of his own case. I'd like some short-sighted ones to use on bill collectors."

AFTER THE EVENT.

time.

They should begin with a simple cold sponge of the body, followed by friction with a rough towel, and in a few days try the effect of a single sharp dip in the water. They would soon find, if they have average good health, that they can enjo and benefit from a morning oath of one or two minutes.

Young girls budding into womanhood whosuffer with pains and headaches, and whose face is pale and blood water, or women at the change of life who are nervous, subject to hot finahes, feeling of pins and needles, etc., are tided over these trying times by Milburn's Heart and Nerve Pills.

He thought it was a grizzly, too

in your speech rather inconvenient at times, Mr. Biggs?"
"Oh, n-no, everybody has his lit-

your right hand?"
"Why, yes, of course."
"Wewell, that is your p-peculiarity;
most p-people u-use a t-teaspoon."

A small Scotch boy playing on the
docks fell, into the river, and was
rescued through the quickness and
agility of a young man who happened to be near by when the boy fell.
"You ought to be glad I was near
enough to rescue you," said the man
surveying the small and dripping object he had with difficulty wrested
from the waves.

fect he had with difficulty wrested from the waves.

"I be," said the boy calmly. "I'm glad you got me out, for I'd a' had a fearful fickin' from mither if ye'd let me droon, I ken that well."

WEPT AT THE WRONG SPOT.

but my patriotic feeling overcame me when I glazed upon the tomb of the Father of his Country."

"I quite understand," said the

The lady dried her tears and mov-

"You need," said the expert to the sufferer, "two pairs of glasses, one for reading and one for long distance."

"No. He never knows anything bout it until after I get it." -Kanas City Star.

IGNORANCE.

her—I am surprised that you should have such a bad lesson, George. I expected botter things of

Pup l—My pa says that it is the unexpected that always happens, Funny a teacher didn't know that!

Boston Transcript.

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. Running to the window, she exclaimed: "Poor little caffey! Has your mamma gone to the card party and left you, too?"

FATHER WOULD BE SORRY.

Rachel who was four years old Rachel who was four years old, was admiring her baby brother, who was three months old before his father returned from a trip abroad. Looking up at her mother, she said: "Mamma, won't papa be sorry he isn't any relation to this baby?"

isn't any relation to this baby?"

Hope for the Chronic Dyspeptic.—
Through lack of consideration of the biody's neens many persons allow disorders of toe digestife apparatus to endure until they become chronic, filling days and nights with suffering. To these a course of Parmelee's Vegetable Pills—is recommended as a sure and speedy way to regain health. These pills are specially compounded to combat dyspepsia and che many ills that follow in its train, and they are successful always. are successful always.
NO ERROR

Herbert had a tway of telling malde-believe stories about the things he saw, and his mother wished to convince him that they were not one saw, and his mother wished to convince him that they were not true. So one day, when he saw a dog pass and began a story about its being a grizzly bear, she bade him run away and pray God to forgive him for telling an untruth.

Very soon he returned and exclaimed: claimed: "God says that's all right, mother.

No Disease is so Quiet and Stealthy in its Approach as Kidney Disease

That is why it is so dangerous. It may become deep-scated before you realize the danger. It is therefore of great importance to

It is therefore of great importance to recognize the early warning symptoms; pain or dull ache in the back, bladdee pains, smarting sensation when urinating, frequent or surpressed urination, sediment in the urine, etc., because in its early stage kidney disease is easily oured by Doar's KIDNEY PILLS.

Mr. Elgin Brissbeis, Vernon, Ont., writes:—I was troubled a great deal with kidney trouble. I had to get up four or five times every night, my urine contained a thick brick-dust sediment, I had a pain in the small of my back, and could not alsop at night.

I commenced using Doan's Kidney Pills and in a very shart time I was all right again. I am very thankful to have found a oure so speedy in its action. Doan's Kidney Pills are 50c. per box or 3 boxes for \$1.25, at all dealers, or mailed direct on receipt of price by The Dosa Kidney Pill Co., Toronto, Ont.

## Why the Irish Love Ireland.

As Justin McCarthy in his "listo-

ry of out own Times" says: No one will be able to understand the whole meaning and bearing of the

whole meaning and bearing of the long land struggle in Ireland who does not clearly get into his mind the fact & t, rightly or wrongly, the Irish peasant regarded the right to have a bit of land, his share, exother peoples regard right to live." But it goes further and deeper than this. It goes back and deeper than this. It goes back in fact, to a time long antecedent to the introduction of Christianity to through centuries of defeat and dis-aster. It flourishes like a green bay aster. It flourishes like a green by tree. It is as vernal as ever. It attachment of the modern Irish their land is nothing but a relic primitive land veneration. It is veneration that is to be seen all of West Africa, and in many other parts. veneration that is to be seen all over
west Africa and in many other parts
of Africa in the adoration that is
paid to the earth as to a goddess,
here and in the principle of non alienation of land that exists among these
natives. A belief that is so strong,
then, that they cannot comprehend
how it can in any way or through
any process pass away from them,
are process pass away from them,
are process pass away from them,
are process pass away from them,
that they cannot comprehend
how it can in any way or through
any process pass away from them,
there is no theirs to part with, but
belongs to their fathers—i. e., to
their departed spirits—and that they
hold it in trust for them. In one
word the whole matter is purely and
entirely a family or communal conone. Vest Africa and in many other parts

Revive the Jaded Condition—When energy flags and the cares of business became irksome; when the wide eystern is out of sorts and there is general depression, try Parmalee's Vegetable Pills. They will regulate the action of a deranged stomach and a disordered liver, and you feel like a new man, No one need suffer a day from debilitated digestion when so simple and effective a pill can be got at any drug store.

There lay the agg thatched and whestling on the she there nets, creels, poles and other in hardy, manly, wes-ers who reap the the sea. There w ers who reap the the sea. There w shells, the accumu and a pervading ti and a pervading to add brine. The C ple, peaceful, indu-but not inhospitable unto themselves," their own, "de fa jure." and but little jure." and but from the for lawyers.
On this particula entire population crowded the quay, haired veterans dispersion of the appening the property of the appening the control of the con pects of the openin old dames hobbled old dames hobbled white caps, plaid petticoats, young I going to make the the fishing ground ant and delighted; (tall and graceful, tinguishing looal blue eyes and dark on light and nimble event al air of ex on light and nimble a general air of extinged with regret. double event afoot, nature—the openiseason and the depor Michael, Bannor Claddagh, swith his or Maureen, since mother acknowledge Jack Lynch and Co fisher friends of M

THURSDAY, OCT

blessings go what water. The West South for me—yo and I to France, ing us, the whole enough to keep us me only two year and until them. "Until then, I for you—ay, and my soldier, if nee else shall put thi ger." And the Gagh proudly disgry wedding rings, the shall be the control of the contr

The village adjoing Tribes, as the toy called. So ancient that Saint Enda,

that Saint Enda, famous monastery land breakwater Saints, at the end well knew the phospitably entertain and regaled on faway back in tover a thousand; but small change There lay the aggregated the saint small change that the day in the saint small change the saint small change that the day in the saint small change the saint small change that the day in the saint small change the saint small small

"Never mind, boys his majesty to the that thronged aro his hand; "a year of may give us all we then ye'll have us "And a hundred dah welcomes we'll aroon," they assure The good brig St. master, tl Claddagh royalty in ready slowly movi But the king was t cession of fishing to for the last time. If for departure boome

place, in company ant friar, in the lea ant friar, in the lea in line the little flee the blue water, w reen long waved her well, her signalling tically responded to lar male figure on quay, said figure be sweetheart, Sergea sadly but hopefully lough and bis visit lough and his visit Ferrus Daly, of the gade in the service Out on the fishing youd the towering of the Saints, crested stone fortresses of t olgs, halt was me white-robed Down white-robed Domir stole, opened his bo sea and the boats men, and prayed the ers might win abund the deep.

