

HOME INTERESTS

Conducted by HELENE.

The faces of the women one passes in the street form a curious, and too often, a saddening story. One woman purses up her lips, another screws her eyes into unnaturalness, while a third will wrinkle up her forehead and eyebrows until she looks absolutely ugly.

Orange, limes and lemons are of great value in improving the complexion, and a couple of oranges eaten before breakfast will often clear a muddy skin. Those who suffer from acidity should not eat acid fruit with farinaceous food.

A DRY SHAMPOO. Orris root powder dusted over the hair is often a substitute for frequent shampooing. Sprinkle the powder into the hair and rub it well into the scalp; then brush it out.

Cholera and all summer complaints are so quick in their action that the cold hand of death is upon the victims before they are aware that danger is near.

MILBURN'S HEART and NERVE PILLS SAVED HER LIFE

Mrs. John C. Yensen, Little Rocker, N.B., writes: "I was troubled with a stab-like pain through my heart. I tried many remedies, but they seemed to do me more harm than good."

LIFE'S THREE MYSTERIES. To every door there come three mysteries. One is life, a strange, bright, beautiful form, with gifts of gold, frankincense and myrrh.

Price 50 cents per box or 3 boxes for \$1.25, at all dealers, or mailed direct by The T. Milburn Co., Limited, Toronto, Ont.

MACARON WHIP. Macaroon whip is simply and easily made. Soak one-quarter of a package of gelatin in one-quarter of a cupful of cold water.

THACKERAY'S REPENTANCE. That Catholic lovers of Thackeray have always had their admiration for the great novelist tempered by displeasure at the bitterly anti-Catholic spirit which animated his earlier writings, is a statement which is made by a writer in the Ave Maria.

FRUIT FOR THE COMPLEXION. As every woman desires to have a good complexion, she should remember that the benefit to the skin from any cosmetic or lotion is not to be compared with that to be given by the use of fruit.

THE GREAT SUCCESS AND REPUTATION that it has already obtained proves that Luby's Parisian Hair Restorer restores grey hair to its natural color, and, from its balsamic properties, strengthens the growth, cures all dandruff, and leaves the hair clean and healthy.

LUBY'S Parisian Hair Restorer advertisement with product image and text.

TIMELY HINTS.

A simple and very efficient disinfectant to pour down a sink is a small quantity of charcoal mixed with water.

Be careful not to read lying down, as there is then too much blood pressure in the eyes and the external muscles soon become very tired.

A mild solution of oxalic acid and water will remove stains from the nails and hands. This is good to use when the hands are stained with fruit juices.

Don't polish the nails roughly nor scrub them until they become heated. Touch them lightly with the polish or rub them lightly on the palms of the hands.

There are no miracles in medicine. Remember that to keep or get health generally requires only a knowledge of nature's laws, with experience and common sense to obey them.

When suffering with a cold in the head or any kind of catarrhal or throat disorders try putting a warm solution of salt water in the nostrils and gargle the throat with cold salt water.

To preserve milk put a spoonful of horse-radish into a pan of milk and it will remain sweet for several days either in the open air or in a cellar.

FUNNY SAYINGS.

WILLIE'S CATCH. The Pretty Teacher—Willie Simpson, how is it you were not at school yesterday? Willie—Please, teacher (handing over his excuse note), I was at gran-ma's, an' we went a-fishin'.

DEAD. "Silas Kidder has just answered my letter," said the country editor's assistant. "You know, I wrote to him and told him his subscription had expired."

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KANSAN ETIQUETTE. A Denver man had a friend from a Kansas ranch in the city Saturday on a business deal, and at noon they went to a down-town restaurant and had lunch together.

ROYAL HEART. Ragged, uncomely, and old and gray. A woman walked in a Northern town, And through the crowd as she wound her way.

THE POET'S CORNER. And Turn once more to me, As I wept at the cottage door, And lift up His hands in blessing.

COMING. "At even, or at midnight, or at the cock-crowing, or in the morning."—Mark xiii., 35.

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NO STYLE!

Proof is below that ladies criticized each other's clothes in the seventeenth century as in the twentieth century—and in "fonetik" spelling.

In 1686, May or June, Bridget Noel wrote to her sister, the Countess of Rutland: "My Lady Gansbourer meet us at Burley, but in such a dress as I never saw without dispute. Her jaun-jan mairto is the worst o' its kind, it is purple, & a great deal of green, & a leel Gould, & great flour, ther is some red with the green, and no lining, whick luks a bomsable.

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THE BIRTHDAY

What does it take to birthday cake? "Sugar and spice and all that's nice."

And little pink candles edge. Oh, who wouldn't like a wedge Of the wonderful birth-

How many candles all Must stand on the cake right. To make it a regular bit Two of pink and two of And one little shining v-

Right on the beautiful T Of the wonderful birth-

Whom does it take cake? Father and mother as Gray Robbie and Rosie a May And the dear little girl And a piece for teacher small And a piece for Norah—I all Who eat the birthday c-

There's a little gold ring cake, And I range to say, it May. Who wins the piece with prize. For Eleanor May is five And the birthday cake little surprise Was made and trimmed mother Gray— The beautiful birthday ca— Youth's Companion.

LITTLE PICKLE'S T The Burns children live Terrace. Before their fa in business they lived in with lawns and gardens. sidewalk was their playg they hobnobbed with ever the neighborhood. Bell, or "Little Pickle," born leader, even of the b was afraid of nothing; in mischief, active in ever ready to fight for her fri protect the weak; a sco slums and pretenses; de well-dressed for the shabb street, if once she had ca friends.

At the end of the block family called "Shovey," thiest in the street; but f being thankful that they many nice things, it on to make them vain and p sometimes—I am sorry to and unkind. There was only one litt this family, a delicate, po

CHAPTER IX.—Conti "Oh! Miss Olive, what ar ing?" It was Jane, the h who peeped in upon her th who said "Toll wanted and I am doing it."

"I think Miss Bush will angry, Miss," returned Jan "She is never angry, y said the confident child, an the faster in her self-will.

"More reason for you tr please her, miss," observ she went and called Nancy Nancy came, and took aw ed her back than the incorri went again to Miss Bush' and found another pair and her mischievous work.

And at this point Miss B Guy stepped up upon the t turned from their walk. O tosse creature Rolf looked bounded out through the o his went. No wonder Miss struck him, and screamed as he stretched up for a ca that Guy thought him some animal.

"Why, it's poor old R Bush," said the boy. "Yes. How gratefully he licked hand caressing him, and ho whined and barked out th when Miss Bush patted hm shivering, meanwhile, and himself, as if he did not fee as he ought to feel.

"Haven't I made him love the audacious child, lying on ven again as the two step the dog with them.

"You've made him ugly, a cruel, ungrateful thing; you cruel to the dog and ungrate me."

Miss Bush turned up the face and kissed it, an un something depicted on her c-ance.

Why was she so patient wi Why had she taken this stru to her heart and home, as sh done? The kind lady rang and Jane appeared.

"Jane, will you gather up heap of hair, and take it awi attend Miss Olive to bed?" S spoke her orders, and went h take off her out-of-doors thi

All Weak Women Will Find New Health and Strength in Dr. Williams' Pink Pills.

The weak woman can depend upon it that her blood is out of order, for if her blood is rich and pure she will be strong, healthy and happy. Bad blood is the cause of nearly all the aches and pains from which women suffer.

LITERARY REVIEW.

WOMAN'S HOME COMPANION. The August number of the Woman's Home Companion is primarily an all-story number—except, of course, for the twelve indispensable depart-

ment that appear in each issue. The new novelette "Helena's Path," appears in this number, and all the other fiction comes up to the excellent standard of Mr. Hope's novel.

Among the contributors are Anne Hamilton Donnell, author of "Rebecca Mary," May Isabel Fisk, in one of her inimitable monologues, Zona Gale, Clinton Dangerfield, Mary Wilhelmina Hastings and Jeannette Cooper.

Considerable space is devoted to the vacation problem, and Dr. Edward Everett Hess, Margaret E. Sangster, Anna Steese Richardson and the Editor all give some admirable vacation suggestions.

The number is elaborate pictorially with a double page of photographs of children of royalty and of other prominent people with their pet ponies—and illustrations by such well known illustrators as E. Dalton Stevens, Blanche Greer and Herman Steffer.

The article of greatest interest to most women in the August number is contributed by Grace Margaret Gould, the fashion editor, on The Coming Fall and Winter Fashions. At this very early date Miss Gould has secured authentic information on this subject, through the exceptional connections that the Woman's Home Companion has now made in all the great fashion centers. This article will prove to be of the greatest help and interest.

Mrs. Sangster and Mrs. Richardson continue their talk with girls, Fannie M. Farmer tells how to make some appetizing picnic dishes, and Evelyn Parsons contributes several attractive designs for summer embroidery. The children's pages are entertaining as usual.

Minister's Praise of Catholic Hospital.

Refused Elsewhere the Franciscan Sisters Came to His Aid in an Emergency Case.

Trenton—Although the extensive charitable work done at St. Francis' Hospital is generally recognized, it is rarely that the Sisters are given credit for their disinterested labor as was done recently by the Rev. Hamilton Schuyler, the leading Episcopal clergyman of the city, in a public letter.

In his communication Dr. Schuyler states that he was appealed to by the members of a poor woman's family, who was in immediate need of the attention of a trained nurse.

"I immediately telephoned to the two Protestant hospitals," he writes "stating the urgent need and begging that a nurse might be sent, if only for an hour or two. The reply came that nothing could be done, as the

nurses were all engaged. I reiterated the request, explaining that it seemed to be a matter of life or death and stating that I would personally be responsible for the expense. I pleaded for the love of God and of man that a nurse be sent, but my appeal fell upon deaf ears. It was obvious that there was no relief to be had from these quarters. Evidently the woman might die as far as they were concerned.

"At last I telephoned to St. Francis' Hospital and stated my request. Here I found the same story; all the nurses were engaged, but upon my emphasizing the urgency of the need the mother superior came to my relief and readily agreed, though evidently at great inconvenience to the hospital, to undertake the charitable task. I heaved a sigh of relief and devoutly thanked God that there was one Christian institution in this city that was not so occupied with its own immediate concerns as to be unable to heed a call of charity from without."

For New and Old Subscribers.

Rates: City, U. S. and Foreign \$1.50. Newfoundland and Canada, \$1.00.

FILL OUT THIS BLANK AND MAIL TO THE TRUE WITNESS, MONTREAL.

Please send me "The True Witness" for.....months from.....190.....for which I enclose \$.....

Name of Subscriber..... P. O. Address.....

If you are a new subscriber, write "new" here.....