

HOME INTERESTS.

Conducted by HELENE.

If you find any one determined to talk failure and illness and misfortune and disaster, walk away. You would not permit the dearest person on earth to administer slow poison to you if you knew it. Then why think it your duty to take mental foods which paralyze your courage and kill your happiness? Do what you can to change their current of thought, but do not associate intimately with them until they have learned to keep silent—at least if they can not speak hopefully. Many a vivacious young woman has come under the influence of just such a "wet blanket" and had all the joy of life talked out of her. Sunshine wives are wanted in these days of hard toil and still harder competition.

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THE MOTHER WHO LAUGHS.

There are many conscientious fathers and mothers who make themselves and their children miserable by taking youthful foibles too seriously. It is an innate propensity of a child possessed of average good health and spirits to make older people laugh with him; not at him, at the things that seem amusing to his own sense. And the mother who has the blithe and ready humor to enter into his fun becomes his most fascinating companion. He needs her rebukes and bends to her correction without ill feeling where sternness would arouse his pride and ire, for he is assured that she is ready to share all his innocent pranks and that her disapproval has no foundation in impatience or injustice. And when the day arrives that "childish things are put away" and the grown men and women look backward to their early home, with what a throb of pleasure they say, when things happen: "Mother would appreciate this. She had the quickest sense of humor of any woman you ever saw!" And underneath these light words is the thought, "How happy that dear mother made me, and how I love her!"

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TRY HOT WATER.

The best toilet preparation in the world is plain hot water. Here are some of the uses to which it may be put:

Drink a bowl of it every night if you want good digestion, good sleep and a clear complexion.

Put a bag of it to your feet when you have a cold, to your back when you have a backache or at the nape of the neck when you have a headache or cannot sleep.

Bathe the eyes with it when they are inflamed.

Soak the feet in it when they are tired.

Soak the hands in it before manicuring.

Steam the face with it once a week for your complexion.

SOME MEAN GIRLS.

It is a mean pride which a great many girls have to-day—the pride that says to itself, "I should have some pocket-money, and perhaps I can earn it without anybody knowing it."

Without anybody knowing you are doing work! What is there to be ashamed of in doing work?

Only bad work is to be made a secret of; only bad work is to be hidden as if it were a sin, but unfortunately the bad work is told of far and wide and spoken of as the way women work.

It is a mean kind of pride that makes a girl ask, "Can't you tell me some work that I can do at home and that no one will know about?" The girl doesn't know how mean it is.

If she has a home and a father who is happy caring for her she should leave that work to some woman who has to earn her bread and butter by the labor of her hands and not to the one to whom it is an amusement for the time being.

By it she wants to gain a little money. Nine times in ten she is not very particular in the way of doing it, and so she makes the work of other women of less value. That is where the meanness comes in.

There isn't a single girl in the whole world who would like to be called mean, but unconsciously we all do so many mean things. This being ashamed of having to work and doing it so very poorly, taking away from other women who need it sadly, are mean things to do.—New York Press.

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HOW TO USE ALMOND MEAL IN WASHING.

Use almond meal for washing the hands instead of soap, and the skin will not get dry and wrinkled. It is the soap that takes out all the natural oil. Make a paste of this meal and sweet almond oil to use on the hands at night, then sleep in kid gloves, clean and light colored, cutting the palms and finger tips also for ventilation. If the hands are filled with grime, rub them first with clean lard, then wash with warm (not hot) water and a good soap. Rinse several times, wash again with the almond meal and warm water, rinse and dry and rub with cold cream.

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LEGENDS OF THE LILY.

World-wide sentiment has decreed the lily to be a saint among flowers and the reason lilies are so appropriately and extensively used in the decoration of churches is not only because of their symbolical meaning, but because they are the most perfect of floral types, especially the candidum and harrisi and the so-called calla lily, which, by the way, is not a lily at all; but, as all agree that a rose by any other name is

just as sweet, so the calla is the acknowledged type of absolute stateliness of form and purity of color, and the beauty of these white flowers befits solemn and lofty surroundings.

Legends in plenty cluster about the lily. One legend of very ancient date gives the supposed origin of the "lily of all children of the spring, the palest, fairest, too, where fair ones are." Long centuries ago angels coming as celestial visitants to earth found it bare and gloomy in comparison with the eternal blooms of their home in paradise. They entered rocky tombs and took the shining mantles off the blessed dead and changed them to flowers. From this comes the beautiful and poetic sentiment that on Easter morning in every lily bud is hidden an angel.

A beautiful tradition, which is inserted in the Proto gospel of St. James and mentioned by St. Jerome, relates that the candidates for the Virgin Mary's hand after having invoked the Lord's blessing left each his own rod or staff in the temple in the evening and that the next morning the dry rod of Joseph was found green and blossomed with lily flowers.

Another pretty legend is that Mary on her way to the temple plucked a lily, and upon pressing it to her breast it became white. "Lily of the Virgin," "Madonna flower" and several other mystical names were given to the lily, having reference to this legend. The flower has been for centuries regarded as an emblem of purity and innocence. As Percival says:

Innocence shines in the lily's bell
Pure as the heart in its native heaven.

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A SAFEGUARD.

To render children's dresses unflamable add one ounce of alum to a small bath of water, and rinse the materials in it. They will then be rendered so slightly combustible that in the event of their coming in contact with fire they would only smoulder very slowly, and not burst into flame.

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RECIPES.

Tomato Souffle—Put canned tomatoes into a saucepan and let simmer uncovered for three-quarters of an hour. Drain off the juice, keeping it for soup or sauce—add one clove of garlic or two slices of onion, and simmer another hour. Drain off the liquid, press the pulp through a rather coarse sieve, and measure. To every cup allow two eggs. Beat the yolks until light, add to the tomato pulp and season with salt and pepper. Beat the whites stiff and dry, mix lightly with the other mixture, fill the buttered souffle cases three-fourths full and bake in a hot oven for ten minutes. Serve at once.

Deviled lobster is one of the things that can be made with canned lobster. Half of a can of lobster will be needed for this savory. Melt one ounce of butter in a pan, add one tablespoon of chutney and one tablespoon of made mustard. Have a few rounds of bread fried in hot fat and keep them hot. Heat the mixture in the pan, add the lobster chopped finely and a few soft white bread crumbs. Stir till boiling, then place on the hot bread and garnish with cut lemon and parsley. Canned salmon or the remains of canned tongue may be used in the same manner.

Asparagus Salad—Untie a bunch of asparagus, scrape each stalk and cut off the white end. Tie in two or more small bunches and stand upright in a kettle of salted boiling water deep enough to cover within an inch of the tips; by this method the whole stalk is cooked more evenly. Boil thirty minutes, drain and set aside until cool. Arrange on a dish and serve with French dressing.

In using canned asparagus drain the stalks, hold under the tap and let the water run through them so as to wash well, then lay in cold water for half an hour. Drain, dry on a towel and serve as above.

Banana Custard—Scald one pint of milk in a double boiler; beat three eggs until well mixed, add three-quarters of a cupful of sugar and beat again. Pour the scalded milk over this and return to the double boiler, stirring until it thickens. Take from the fire and strain over one cupful of banana pulp (the bananas may be rubbed through a sieve or put through a potato masher); flavor with half a teaspoonful of lemon juice and serve icy cold.

This simple receipt may be varied by reserving the white of one egg until just before serving, whipped in with two tablespoonfuls of powdered sugar and a few drops of lemon juice and dropping it by spoonful over the top of the custard. Or, in-

stead of being piped, the bananas may be sliced, sprinkled with lemon juice, and the cold custard poured over them.

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TIMELY HINTS.

A little pipeclay dissolved in the water used in washing linen saves a great deal of labor and soap and cleanses the dirtiest linen thoroughly. This method is specially useful where outdoor bleaching is an impossibility.

To preserve its silvery shades, white hair should be washed in soap made with a pure soap, rinsed thoroughly, then dipped in warm water containing bluing. About twenty drops of bluing to a quart of water is the proper proportion. Hair that is becoming yellowish will be found to whiten by this treatment. Turpentine and beeswax melted to the consistency of cream makes a fine polish for leather upholstered furniture.

Asthma may often be relieved by burning in the patient's room salt-peter papers. They are made in the following manner: Soak blotting paper in a strong solution of salt-peter and water. Dry before the fire or in a slow oven. Cut the paper in strips two inches wide and burn one when necessary. They should always be kept in a dry place.

When boiling green vegetables add a bit of sugar to the water; it preserves the color quite as well as soda.

Dr. J. D. Kellogg's Dysentery Cordial is a speedy cure for dysentery, diarrhoea, cholera, summer complaint, sea sickness, and complaints incidental to children teething. It gives immediate relief to those suffering from the effects of indigestion in eating unripe fruit, cucumbers, etc. It acts with wonderful rapidity and never fails to conquer the disease. No one need fear cholera if they have a bottle of this medicine convenient.

FUNNY SAYINGS

SHE HAD OUTSIDE DUTIES.

The public-spirited lady meets the little boy on the street.
The Lady—Little boy, haven't you any home?

The Little Boy—Oh, yes'm, I've got a home.

The Lady—And loving parents?

The Little Boy—Yes'm.

The Lady—Are they bringing you up to be a good and helpful citizen?

The Little Boy—Yes'm.

The Lady—Will you ask your mother to come and hear a talk on "When Does a Mother's Duty to Her Child Begin?" next Saturday afternoon?

The Little Boy (explosively)—What's the matter with you, ma! Don't you know me? I'm your little boy!

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SHE PUT A POSER.

Parson Jones was writing when his little daughter walked into the study.

"What are you writing, papa?"

"I am writing a sermon, pet."

"How do you know what to write, papa?"

"God tells me," said her father gravely.

After watching her father a few minutes the child remarked:

"If God tells you what to write, papa, why do you scratch some of it out afterwards?"

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ABSOLUTE WORTHLESSNESS.

The Clam Peddler—What kind of a feller is't that your niece married Mrs. Tubman?

The Widow—Tell you what's a solemn fact, Mr. Shelly—in confidence of course—he's so utterly no-account that I don't believe she could raffle him off at a church fair!—Watson's Magazine.

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A little girl in the first grade was asked by her father how to spell rat. When she had spelled it he asked her if she could spell mouse. "Of course I can, papa. You spell it just the same way, only with little letters."

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"I trust, Miss Tappit," said the kindly employer to his stenographer, "that you have something in store for a rainy day."

"Yes, sir," answered the earnest young woman; "I'm going to marry a man named Macintosh."

THE POET'S CORNER

SHIPWRECKED HOPES.

Sometimes world-weary hearts will turn
To a land where ghosts of their youth abide,
A land where sunset memories glow.
And shipwrecked hopes drift in with the tide.
Where sad eyes strain through the Straits of Death
For a ship that sailed to an Unknown Sea,
Laden with laughter and love and faith.
Bringing answer to wistful prayer:
Joy or Sorrow for days to be.

But never the brave Hope-Ship comes home,
Nor, ever, out of the darkened west
Gleam of a far white sail shines fair,
Alas! We stand on a wide gray beach,
With empty hearts where a joy has been,
And outstretched hands that groping reach
For the shipwrecked hopes that the tide brings in.
—Marie Conway Oemler, in June Watson's.

AS IN A ROSE JAR.

As in a rose jar filled with petals sweet,
Blown long ago in some old garden place,
Mayhap where you and I, a little space,
Drank deep of love and knew that love was fleet—
Or leaves once gathered from a lost retreat,
By one who never will again retrace
Her silent footsteps—one, whose gentle face
Was fairer than the roses at her feet.

So, deep within the vase of memory,
I keep my dust of roses fresh and dear
As in the days before I knew the smart
Of time and death. Nor ought can take from me
The haunting fragrance that still lingers here—

As in a rose jar, so within my heart!
—Thomas S. Jones, Jr., in Appleton's Booklovers' Magazine.

PASSING AND GLASSING.

All things that pass
Are woman's looking-glass;
They show her how her bloom must fade,
And she herself be laid
With withered roses in the shade;
With withered roses and the fallen peach
Unlovely, out of reach
Of summer joy that was.

All things that pass
Are woman's tiring-glass;
The faded lavender is sweet,
Sweet the dead violet
Cuddled and laid by and cared for yet;
The dried-up violets and dried lavender
Still sweet, may comfort her
Nor need she cry Alas!

All things that pass
Are wisdom's looking-glass;
Being full of hope and fear and still
Brimful of good or ill
According to our work and will;
For there is nothing new beneath the sun;
Our doings have been done;
And that which shall be was.
—Christina G. Rossetti.

FALLING LEAVES.

One by one they fall and fade—
Some in the sunshine, some in the shade,
Some in the bright and glowing noon
Some 'neath the cold and quiet moon,
One whirleth here, one falleth there,
Till the ground is covered, the bough is bare,
So every passing hour receives
These falling, fading, dying leaves.

One by one we fall and fade—
Some in the sunshine, some in the shade,
Some in the broad, unclouded light,
Some in the cold and quiet night;
One mourneth here, one parteth there
Till the soul is heavy, the home is bare;
So every passing hour receives
These fading hearts, these dying leaves.
—George E. Woods, in June Watson's.

Skin Troubles of Babyhood

And How Promptly They Are Overcome by the Use of

Dr. Chase's Ointment

The Vital Study.

Your family doctor will explain to you if you ask him, the mission of the pores of the skin, and will tell you of the dangers of using pore-clogging powders for the chafings and irritations to which babies are subject.

Any mother who has used Chase's Ointment for this purpose will tell you of how beautifully soft and smooth it has kept the skin, and of how quickly it cured the chafing or irritation.

Especially during the teething period children are likely to suffer from eczema, and unless it is promptly checked there is danger of its spreading to other parts of the body and becoming chronic.

There is no rival to Dr. Chase's Ointment as a cure for baby eczema, as it is usually called, and it can be used with positive assurance that it will not injure the most delicate skin, but, on the contrary, keep it soft and smooth.

Mr. Chas. K. Moss, Berlin, Ont., states: "My child, six months old, was a terrible sufferer from itching sores on her body. The doctors called it salt rheum, but could not cure it. We also tried remedies recommended by the people, but they had no beneficial effect. Having read of Dr. Chase's Ointment, I decided to try it and am glad to say that it completely cured her before half the box was used."

Mr. Wm. Kirkness, farmer, Mount Forest, Ont., states: "I find that Dr. Chase's Ointment is the best thing I ever used for chafing, itching skin and burns and sores of all kinds. It heals them up very quick-

ly, and I believe that there is no better Ointment to be obtained than Dr. Chase's."

Dr. Chase's Ointment is a necessity in every home where its merits are known, and is indispensable in the nursery; 60 cents a box, at all dealers, or Edmansons, Bates & Co., Toronto.

The Ave Maria, in announcing a new and cheap edition of "Thoughts on Education," by Dr. Creighton, who has been called "the greatest man in the Church of England since the Reformation," quotes the following suggestive passage giving the views of this distinguished Anglican prelate on the necessity of religious education:

"Religion is concerned with the science of life, the greatest of all sciences; I need not study this: life is short and knowledge is great, and it is only a few things that I can learn." But there is one subject that everyone has to face and that is the science of life; and it is just the science of life with which religion is concerned. Life—the actual life that you have to lead from day to day, the actual problems from which no human being can escape—these are the concerns of which religion treats; and the more you learn other things the more your knowledge increases on every side, the more you have which you can bring to the study of those great truths upon which the whole of our life has to be founded. Therefore go on with your studies, remembering that the object of all religion is to build you up to a fuller and completer sense of all that life contains for you, of all that it opens out to you as a sphere for your activities; and that the more you know assuredly the better you are likely to become."

Butterfly Suspenders. A Gentleman's Brace, "as easy as none." 50c.

FOR...
**Diarrhoea, Dysentery,
Colic, Stomach Cramps, Cholera
Morbus, Cholera Infantum,
Seasickness,
Summer Complaint,
and all Looseness of the Bowels in
Children or Adults.**

DR. FOWLER'S

Extract of

Wild Strawberry

is an instantaneous cure. It has been used in thousands of homes for sixty years, and has never failed to give satisfaction. Every home should have a bottle so as to be ready in case of emergency.

Mrs. GEORGE N. HARVEY, Rosebath, Ont., writes: "I can recommend Dr. Fowler's Extract of Wild Strawberry as the best medicine I have ever used for Diarrhoea and all summer complaints. I always keep it in the house and praise it highly to all my friends."

OUR

BY

Dear Boys and Girls:
It is my turn now to write you this week. However, letters are all appreciated to write a "worth while" week. My best wish bright, happy day go little first communicants many thanks for letters from my little friends I am,
Your loving,
Aunt

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Dear Aunt Becky:

As I am going out Friday, I am going to write you a letter. We were out at the church and were exchanging, and we are going this Friday to confer with the church. We will have a lovely house plant in bloom the flowers I have in the house are not in bloom yet. Dear Aunt, it would be if you and visit us. It will be two weeks more. When school these days we sit for it so hot we can hope Winnifred D. is time, for it is not very, he sick and not able to and have lots of fun, whether is so nice. I had ther whose name was he was about four years old. My papa, he was the hospital and he was a year. Then after all came home, he died in when he was only Well, Aunt, I will say this time.
Your loving
Lonsdale, Ont.

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Dear Aunt Becky:

Saturday, June 16, a memorable day for all of us as we are going to receive communion. We are going Friday afternoon to communion. There are about twelve first Communicants. It to be a bright, pleasant day, whatever the weather. I remember that day the brightest and happiest lives, when our Lord came down to us. I hope worthy to receive Him. I wish you could only sit us now, while we are green. I have some milk have a little white calf. Snow-white, ten little twenty-eight turkeys, like you to see. We have nice garden, onions, radishes, beans, cucumbers and tomatoes. The onions are fit to use, and will soon be fit. If you come to visit me I should would send me one of tures. If you do I will sit of mine.
Your loving
Lonsdale, Ont.

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Dear Aunt Becky:

To-day being a congenial day, my sisters are at makes the time pass quickly me a dish of nices. There are quite that is in the meadows; ries are not ripe yet. In this section are work road now. The roads have just finished building her maple tree that stands in my window. I hope no hurt her little birds were hatched. How I wish I Fred B., able to help in and go fishing. I hope some time. With kind regards to you and all the cousins,
Your nephew,
Granby, June 16.

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Dear Aunt Becky:

Your letters I got good It is quite warm weather disappointed because our weeks ago were late. I to hear that Joseph was hope to-morrow will be fine to be a procession for ren of Mary. I am getting fine with my music. My was St. Patrick's day. don't forget our bargain. From your affectionate
Warden, Que.