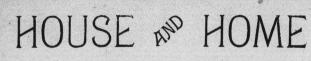
THE TRUE WITNESS AND CATHOLIC CHRONICLE.



CONDUCTED BY HELENE.

6195.

**True Witness Beauty Patterns** By the soft sound of wings Smiling, 1 bent me to my burden's weight, Singing, I wrought before my busy

00m, With threads of gold. Uplifted and

I met the folding gloom.

To-night God roofs me with His tranquil skies And lights His steadfast stars and

takes away The twilight's pictures from my straining eyes, And all the sights of dây.

Unloosed, unshot, I hear across the

deep, Still dark the world's last mur-mur faint and cease: And, folding quiet hands, I fall on

sleep, Safe in my House of Peace.

GENUINENESS.

There is nothing which will add so much to one's power as the consci-ousness of being absolutely sincere, genuine. If your life is a perpetual lip, if you are conscious that you are not what you pretend to be—that you are really a different person from what the world regards you—you are not strong. There is a restraint, a perpetual fighting against the truth going on within you, a struggle which saps your energy and warps your conduct. If there is a mote at the bottom of your eye you can-

which saps your energy and warps your conduct. If there is a mote at the bottom of your eye you can-not look the world squarely in the face. Your vision is not clear. Everybody sees that you are not transparent. There is a cloudiness,

a haze about your character, which raises the interrogation point where

you go. Character alone is strength and deceit is weakness; sham and shoddy are powerless, and only the genuine and the true are worth while Character alone is strength

A THOUGHT FOR TO-DAY

A sense of duty pursues us ever. It is omnipresent, like the Deity. If we take to ourselves the wings of the morning and dwell in the uttermost parts of the sea, duty performed or duty violated is still with us for our happiness or our misery. If we say the darkness shall cover us, in the darkness as in the light our ob-ligations are yet with us.—Daniel Webster.

A great people and petty thoughts

A strat people and petty thoughts or revengeful feelings go ill together. The strong do not wail; the brave make no outcry. In proportion to one's power should be his forebear-ance and self-control.—Bishop Spald-ing.

COLOR COMBINATIONS.

olor schemes is found in a costume aving a tunic skirt of electric blue

PARASOL FOR A BRIDESMAID.

of jade green satin foulard. coats continue to flourish and

odd

little

the

of

is

The latest manifestation of

shantung silk and a frivolous

Painted parasols are again

chosen designs. One with sprays exquisitely tinted apple blossoms

especially ampropriate for bridesmaids

CLEANING THE ATTIC.

"We'll give this trash to the

coat

These

A sense' of duty pursues us

BECOMING WORK APRON. A BECOMING Strength of the sizes of the size of t dium size will require 41-2 of 36 inch material. This neat on so much maternal. This near and attractive work apron is made of white and black fingured percale. The front is in princess effect and a deep pleat over the shoulders adds greatly to the becomingness of the mode. The full skirt extends around mode. The full skart extends around to the back, thus protecting the en-tire dress. Linen, gingham and per-cale are all suitable for the making. A pattern of this illustration will be mailed to any address on the receipt of 10 cents in silver or stamps.

PATTERN COUPON. Please send the above-mantioned battern as per directions given pattern below. No Address in tuli:

CHEERFULNESS.

I know an old man who has had a great deal of trouble and many los-ses and misfortunes, but he started out in life with a firm determina-tion to extract just as much real enjoyment from it as he went along as possible-not in dissipation but as possible-not in dissipation, but in wholesome recreation and fun. He fas always tried to see the humor-ous side of things, the bright side and the duty of happiness. The result is that, although the man has had more than his share Sorrow in his carreer, he has develop Intest coats continue to flourish and with them are being shown waist-coats of costly old tapestries or bro-cades, many of them handsome emough to adorn the crystal shelves of the curio cabinet.

sorrow in his career, he has developed the inestimable faculty of making ed the inestimable faculty of making the best of every situation and of always facing the sun and turning his back to the shadows. This life habit of cheerfulness and optimism has brought out a sweetness of cha-racter and a poise and serenity of mind which are the envy of all who know him. Although he has lost his property and the nost of his family and relatives, yet he ra-diates sunshine and helpfulness wher-ever he goes.

he goes. man who can laugh outside when he is crying inside, who can smile when he feels badly, has a great accomplishment. We all love the one believes the sun

ter, "I notice that Helga has care-lessly thrown the note-books con-taining my essays that I wrote in my sophomore year into that oasket of rubbish. Those assays were the results of a great deal of original re-searcf. Will you please tell Helga to put them back in the attic?" "Yes, my dear," said her mother, with a little sigh. "T'll attend to it myself." I long had known, sad, furtive-footed things-To-day I marked their gentle pre-spence

and alth t throw away those tan shoes. I want them this summer." ' "But, Robert," protested Mrs. Car-er, "those tan shoes are entirely vorn out; one has a big hole in the ide. I have saved two fairly de-ent old pairs for you." "The others are all right." re-ponded her husband "thut I went ter.

sponded her husband, "but I want the tan shoes, too. Nothing like hav-ing plenty of shoes. Those tan shoes are the most comfortable things I

Mrs. Carter went upstairs and took' he tan shoes and the note-books out of the basket

Nothing now remained except a half-roll of wall-paper, which had been left when the parlor was pa-pered the time before the last. Mrs.

Carter unrolled the paper and looked "This is such pretty paper," she said to herself, "it is a shame to throw it away." So she carried it back to the attic.

## HELPFUL HINTS.

A piece of dried orange peel burnt on a shovel or tin plate in a close stuffy room will sweeten the air immediately and leave a pleasant odor Before polishing your furniture, wipe it over with a cloth wrung out in warm water. It takes the polish

in warm water. It takes the polish better and looks much brighter. The same thing applies to brass. After peeling apples or anything that stains the skin, rub with a le-mon, digging the nails well in, so that the the lemon juice goes under Afterwards wash in warm them water.

To clean a brown leather belt erase ny dirty spots by rubbing with a ag dipped in spirits of wine. Wash rag the the belt with soap and water, and when dry polish with ordinary brown boot or harness cream.

a quarter of an ounce of pistache oil. The wax and resin are put into a basin and set into hot water and stirred as the wax melts. The oil, salt and alum should follow in sucsalt and alum should follow in suc-cession, and lastly add a grain of carmine. Beat all smooth and apply thickly over the nails at night. On every dressing table there should be a small jar of bicarbonate of soda. or some tincture of camphor. Each is most excellent for whitening and or some traceller or channed. Laca is most excellent for whitening and preserving the teeth. If the soda is used, half a teaspoonful to half a glass of water is sufficient, and the ilquid is used as a wash, rinsing the mouth always after eating and with-out fail before going to bed About

out fail before going to bed. About five drops of camphor tincture are sufficient to half a glass of water. should Soda and camphon not be

Nothing is more softening or nou-rishing to the skin than sweet alm-rind oil. Its odor, which is not pleasant, though inoffensive may be con cealed by adding a few drops of oil of lavendar. It may be massaged inof lavendar. It may be massaged in-to the pores at any time, and when the hands are being treated the be-neficial effect is more rapid if they are thickly dusted with powdered French chalk and incased in gloves. This done for several mights will make a marked difference in the ap-pearance of the hands. While not as easy to use as cold cream, it is a perfect substitute. It is very bad taste to place beau-tiful jewelry upon neglected fingers.

+ + + SEVEN "MINDS."

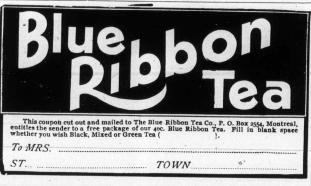
1. Mind your tongue. Don't let it speak hasty, cruel, unkind, or wicked words Mind!

words. Mind!
2. Mind your eyes. Don't permit them to look on wicked books, pictures, or objects. Mind!
3. Mind you ears. Don't suffer them to listen to wicked speeches, songs, or words. Mind!

4. Mind your lips. Don't let to-bacco foul them. Don't let the food of the glutton enter between them. Mind!

5. Mind your hands. Don't let them steal or fight, or write any evil words. Mind!

walk Mind



Ren ember to sweep the carpets the 7. Mind your heart. Don't let the love of sin dwell in it. Don't give it to Satan, but ask Jesus to make it his throne. Mind! way of the nap. To brush the other way of the nap. To brush the other way is to brush the dust in. Attend to all stains as soon as possible. If left they will soak into the carpet and be very diffirult to remove. A good hot oven can only be pro-cured when all the flues are properly cleaned and all chieres removed As

cleaned and all clinkers removed. Ar oven that is in daily use require be constantly scrubbed out and flues cleaned at least train flues cleaned at least twice a week.

If you enjoy and wish to take If you enjoy and wish to take a cold sponge bath every morning to improve or priserve your general health, you should exercise before the bath if you do not react well. If, you feel chilly and do not become warm for some time after the bath, you may be sure that the shock is free grant.

boo great. If you spat the entire body well before the bath for five minutes you will find yourself better able to stand the shock. If you still feel chilly spat the body before the bath and rub it well with salt after the bath bath

e ash Car-an the be glad uff out THE BARREL ON THE SIDE-WALK

Funny Sayings. 

THE EXPLANATION.

Him (in the surf)—The water is getting cold. I wonder why. Her—That tall girl who just came in is from Boston.—New Orleans

The little daughter of a homeo-pathic physician received a ring with a pearl in it on the Christmas tree. Two days later she poked her head tearfully in at the door of her father's office. "Mother," he asked, "did grandpa spank father when he was a little "Yes," answered his mother, imfath ather's office. "Papa," she sobbed, "Papa, I've ost the little pill out of my ring." "And did his father whip him when he was little?

FREDDY'S EXPLANATION.

"Freddy, you should not laugh out ud in the schoolroom," exclaimed bud in the schoolroom," exclaimed the teacher. "I didn't mean to do it," apolo-

"I didn't mean to do it," apolo-gized Freddy. "I was smiling, when all of a sudden the smile busted." A little girl whose grandmother had recently died after having ro-ceived the last sacraments, was ask-ed in catechism class this question: "How many sacraments are there, Nellie?" Nellie after some bestation

Nellie, after some hesitation: "There ain't none." "Why so?"

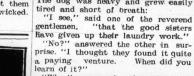
"Because my grandma died last reek and she received the last sa-

craments, so there ain't none now.

Two priests were not long ago walking along a picturesque street in a western village famed for an insti-tution of learning under the care of one of the pious sisterhoods.

They were accompanied on their walk by a large St, Bernard dog who did guard duty around the con-vent for the before mentioned sisters. The dog was heavy and grew easily

6. Mind your feet. Don't let them valk in the steps of the wicked.



"Why." answered the other, "I see that our friend Bernard here is now doing his own pants." A Sunday-school teacher had occa-sion to catechics a curt would ack sion to catechise a new pupil, whose ignorance of his lessons would have

palling. One Sunday she asked the little fellow how many command-ments there ware palling. One Sunday she used the little fellow how many command-ments there were. To her great surprise, the lad ans-wered glibly enough. "Ton, ma'am." ""And now, Sammy." pleasantly continued the teacher, "what will be the result if you should break one of them?"

"Then there'd be nine," triumph-antly answered the youngster. FUNNY.

"What pleased me most." said the

what pleased me most," said the man who had been abroad, "was the wonderful clock at Stransburg." "Oh. I should like to see it!" re-plied the ignorant youth. "And did you see the watch on the Rhine, to a!"

you see too?"

Kind Lady-You are a strong and healthy looking man. Why don't you go to work? The Hobo-Well, it's like dis, ma'-am. I ain't got nobody ter lookout for but meetic ar' of L set work. found it a great remedy for Diarrhoea, Summer Complaint and Cramps. We would not like to be without it in the house M

am. I ain't got nobody ter lookdout fer but meself, an' ef I got work I might be deprivin' a man wiv a wife and a lot uv kids of a job! Mrs. Naggs (reading)-"In some parts of Africa, the more wives a man has the greater his social im-portance." It is much

man has the protection of the people portance." Naggs-"Well, I suppose the people there admire a brave man." NATURAL SEQUENCE.

the middle to keep the outer covering and the lining in proper position. When washing a skirt the plaits should be fastened into place and a second basting rua around the whole hem so that the edge will be even when ironed. These stitches are left in until the skirt is entirely finish-ed and ready to wear; otherwise the precaution will be ineffectual. It is a very claver idea when a suppose Catherine Brown has nair bleached now," said the

bane of our age," he writes. men who occupy the first places not go to church. 'The rulers

the car, and, holding up the dog said: "Look, Toby, that's where your mother was born!" "This is the limit!" "What's the matter now?" "I called up the iceman to find out winy he had not bosought us any ice for three days"... "What was his reason?" "Said it was too hot." "Baid it was too hot."

THURSDAY, SEPTEMBER 10, 1908

however, she went to the door the car, and, holding up the

MAKING SURE.

MAKING SURE. "What are you sealing up in that envelope so carefully, Crawshay?" "Important instructions that I for-got to give my wife before I came down this morning. I am going to

Will your wife open it at once?"

"Rather. I have made sure of that." "How?"

"Our lady typist will address corner of the envelope."-T

For Diarrhoea,

Dysentery

AND ALL

Summer Complaints

**DR. FOWLER'S** 

EXTRACT OF

WILD STRAWBERRY

IS AN INSTANTANEOUS CURE.

It has been used in thousands of homes during the past sixty-two years and has

Every home should have a bottle so as

Price 35 cents at all druggists and

dealers. Do not let some unprincipalled

druggist humbug you into taking so-

called Strawberry Compound. The or-

iginal is Dr. FowLER's. The rest are sub-

Mrs. G. Bode, Lethbridge, Alta.

writes : "We have used DR. FowLER's

EXTRACT OF WILD STRAWBERRY and

The Scandal of the Great.

Father Phelan, who is sojourning

in Europe, is sending home inter-esting letters to his paper, the West-ern Watchman of St. Louis. Writing from Berlin, he deplores the lack of religion in the large cities of the continent. Especially is this notice-able senders the sense particular high

"The 'scandal of the great' is the

high

able among those occupying

always given satisfaction.

stitutes.

place

to be ready in case of emergency.

it up home.

to me.

Yes.

A little fellow who had just felt the hard side of the slipper, when the tears had dried sontewhat, turned to this mother

(By Kathar The young people side resort.—had and sat out of ev band play, had ta der the moen, and that they fell hom y is love with ea Jack Power was had elimbed from ing to the sub-edi daily newspaper town. He was a certain to get or rad a university reading for the bal his journalistic w fellow in the was banon's friends sai

THURSDAY, SEP

of her. Madge was a soh very fond of, her w had a university de fairly well in the taught; and she has had put by a little as keeping herself of left the parental ne "1 am very prout "And did his father spank him?" A pause. "Well, who started this thing, any-way?"

"I have come, madam, to take your gas meter out." "I'm glad to hear it, for it's done nothing since it's been here but take me in!"

left the parental me "I am very prout keep myself," she old father is the me men. I simply wo from hind, for I kne to do, with the boy to earn, and the gin about I am y to earn, and the gill school. I am vo proud, too, of the have been putting h against a rainy da it took some self-de gave anything." "I wonder what

"I wonder what would be against a said laughing at he would be much moo "I used to feel th so dreadful to fu against old age and said, contemplative]. "Wouldn't a hushe "Wouldn't a husba laughed again. "Ah, but 1 might

"Is it so likely, w They were engaged selves, but as yet father, Peter Banon father, Feter band ther, Tom Power, young people had be ever, there was not opposition to the m side. Madge, loo Jack, looking at Ma

that any parent, eva acting, must bless choice. And neither choice. And neither Tom Power was exa so fond a father th tive children had the agreement over thein "There isn't as J man nor as kind an

hospitable between t Ireland as my fathe said, glowing wi pride You haven't seen

"You haven't seen Madge, with an air Madge wrote hom-news to her father; a ter brought down h inspected by the hon was no mother, Mrs. a good many years t would often say that been father and moth children. children.

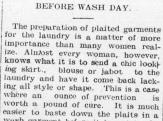
He was a beautiful eves as blue as the child, an innocent ro some features and a dark curls encircling wise bald. It was p him with his child him. The little home fresh set amid set amid cou Iresh, set amid cou With flowers outsid chintz and wall-par inside, to say nothing the girls, the little h den-like suggestion fc who was a young m tion. He was deligf Madre had grown up had grown up surroundings. The neighbors canle ed Jack Power and a So did the relations. ple lived in an atmos

The next thing was to approve his son's was an only son, and ed on his farm at G his sister Hannah, to m and keep him con

Madge went on her more and won golde from Jack's Aunt Ha

from Jack's Attack devoted to her nephev low opinion of the yet the present day. Ma

lighted with Jack's fa



\* \* \*

easier to baste down the plarts in a wash garment before it is sent to the flaundry than it is to try to lend style to a mishapen thing after it has been pulled out or shape in washing. The little jabots should be basted while the folds of the plaits are still distinct. The same, rule applies to washable cravats, which must be basted down the middle to keep the outer covering

COLD SPONGE BATH.

too great. to carry, as the delicate coloring will blend with any costume.-Vogue.

We'll give this trash to the ash man this afternoon." said Mrs. Car-ter, as she and her 'maid began the annual housecleaning. "I shall be glad to get so much worthless stuff out of the house." How she succeeded

cannot see it. A potted rose in a window will turn its face away from the darkness to-ward the light. Turn it as often as you will, it always turns away from the darkness and lifts its face upward toward the sun.

GOD'S DWELLING.

God made His dwelling in my heart

to-day, Flung wide the shuttered windows to the dawn, And let the light in, ray on level

ray, Till all the dark was gone.

He swept the drowsy chambers clean as snow, And set the sills a-blossoming with

flowers. So in my heart's house moved he to

and fro, Twelve wondrous, wondrous hours.

The shapes of fret and discontent and

hate That had been wont to claim the place as home, Paused, fearful, in the abadow of the gate, And dared no nearer come.

Once Sorrow's shadow darkened at

the door, And I looked up and bade it be my guest, Shrinking nor fearing; and behold! it

A blessing in its breast.

Yes, and those dreary ghosts of me-

related in the Chicago News Helga first surreptitionsly extract-ed a chromo entitled "Our Pets," from the overflowing basket which they had brought from the attic. The fact that the chromo had a hole punched through it did not alter her othinion that it was "the crede the opinion that it was "too good to

threw away.'

"Mother," exclaimed Elizabeth, rushing in front school and leaning over the basket, "you weren't really going to throw away my dear little Easter rabbit?" "Why," said Mrs. Carter," "I did pot suppose you cared for that add

not suppose you cared for that old rabbit. One car is broken, and one old foot gone-' course I care for it!" inter-'Of

"Of course 1 care for it?" inter-rupted Elizabeth, and carefully brush-ing the dust from the dilapidated bunny, Elizabeth carried it to the dining room and deposited it tender-ly in a cut-glass dish on the sideboard "Hello!" called Bob. "Cleaning

house? Say, don't throw that rug away! I shall want that when I go camping this summer." "But, Bobby," remonstrated his

WALK

A barrel stood on the sidewalk and beside it stood a man. The man was dressed in laborer's clothes and apparently was in a quandry about how to get the barrel to one of the upper floors. He scratched his head parently upper floors and pondered, and meanwhile a crowd began to gather. "Big up a derrick and hoist it by hand," suggested one man with a

clay pipe in his mouth. The man beside the barrel made no

response. "Get a rope and pulley and hitch a horse to the rope. That'll get the thing up in jig time," suggested an-

The man remained silent. Why in the dickens doesn't he put

"Why in the dickens doesn't he put it on the temporary elevator and take it up that way?" asked the man with red whiskers. "I know a better way than that," said the man with patches on his tronsers. "Just rig up a boatswain's outfit, and the thing can be hauled up quick as a wink." Suddenly the man beside, the bar-rel took a red bandanna handker-chief from his pocket, wiped his fore-head, took a chew of tobacco, put the barrel on his shoulder and car-ried it up to the seconf floor. away! I shall want that wnen i go camping this summer." "But, Bobby," remonstrated his mother, "the motifs have ruined it You don't want a rug that is full of great holes, do you?" "Sudemly the nan beside the bar-rel took a red bandanna bandker-chief from his poolet, wiped his fore-chief from his poolet, wiped his fore-rel took a chew of tobacco. put the barrel on his shoulder and car-ried it up to the seconf floor. The barrel was empty.-Milwaukee that pays a good price for old um-brellas." HEALTH AND BEAUTY. A paste that will strengthen the nalls is made of forty grains of white "Mother," said the elder daughter, coming downstairs a few minutes la-coming downstairs a few minutes la-

It is a very clever idea when a chain stitch machine is handy to use it instead of hand sewing, for the work is simpler, and the chain stitch is much very the state of the stitch is much easier to pull out than the hand work stitches. Of course, for any material where the machine stitches would show, such as stiff linens, the basting must be done by heard hand

\* + +

CARE OF THE TEETH.

Brushing the teeth is not a simple operation, and few persons do it cor-rectly. To remove accumulations of foreign stuff and acid collections so they will cause no decay the bristles must be rubbed up and down, and not across the teeth. In cleaning the best plan is to brush the upper teeth with a downward motion and the lower ones with an upward motion. By this process any substance be-tween or at the side of the teeth is removed, while the centor is also cleansed.

In a cemetery at Middlebury, Vt., is a stone erected by a widow to her loving husband, bearibg this inscrip-tion: "Rest in peace-until we meet ry at Middlebury, Vt. tion: " again."

A man addicted to walking in his sleep went to bed all right one night, but when he awoke he found himself on the street in the grasp of

"Hold on," he cried, "you mustn't

"Hold on," he cried, "you musta't arrest me. I'm a somnambulist." To which the policeman replied; "II don't care what your religion is—yer can't walk the streets in yer night-

"How did you like my talk last night?" asked the beginner in the lecture field. "Well," replied the candid critic, "you didn't take advantage of your many opportunities." "I. didn't?"

"No, you had a number of oppor-tunities to guit before you did." THOUGHTFUL:

know whether they had come to No. —, mentioning a house in A— street. When they reached this num-ber the conductor stopped the car, thinking that the lady wished to alight there. Instead of doing this,

France and Italy never go to Mass. What a scanda What a scandal! The rulers other European countries are, V two exceptions, men without sense of religion. What a scan The chiefs of the army and m never enter a church. The heads the universities are all infidels. W with scandal What a scandal! The mayors of the towns the judges of the courts, the men charged with the vindication of the laws, are unbelievers in anything above the reach of their own powers. What a scandal! In Italy and in France the rulers of the people are not only devoid of religion, but they are openly hostile to it in all its forms. The forum, the court, the press is acheistic. What an awful scandal! Qualis rex, talls populus. The leaders of the people despise re-ligion; the people grow indifferent, to it." scandal! The mayors of the towns

Cowan's

Perfection

(Maple Leaf Label) Absolutely Pure

ocoa

a towering sort of a ven, with brilliant gru-close black hair on hi necked with grow close black hair on his flecked with grey. "T'm seventy-two ye I don't look it," sa one day when they w



A lady, carrying a little dog in her arms, was riding along one of busiest parts of Glasgow. All the way she worried the conductor to know whether they had come to No.

THE COWAN CO., LIMITED, TORONTO

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