THE TRUE WITNESS AND CATHOLIC CHRONICLE.

HOUSE NO HOME

CONDUCTED BY HELENE.

rays? And what man can live a life

of peace and quict happiness without sunshine? Would you be happy and have others so? All that is needed to do it is this same sunshine and it is yours for the making. When love-sunshine-really conzes into our lives then hate-darkness-

is better—not only enjoying it our-selves but also passing it on to

"Just a little deed of sunshine.

we are always running up against

He that hath a thousand friends,

others.

them.

True Witness **Beauty Patterns**



A PRETTY DESIGN FOR THE WASH FABRICS

6132-Girls' Frock. Cut in sizes 6, 7, 8, 9, 10 and 12 years. The eight year size will require 2.3-8 yards of 36 inch material. A sim-ple and becoming little dress could be made after this design in any of the pretty washable fabrics, also in challis or China silk. The blouse waist is mounted on a fitted lining and is laid in deep tucks at the shoulders. The full skirt is simply gathered and attached to the waist. A pattern of this illustration will-be mailed to any address on the re-Cut in siz 6132-Girls' Frock.

be mailed to any address on the re-ceipt of 10 cents in silver or stamps.

PATTERN COUFON.	
and the second	
Please send the above-mention pattern as per directions gradelow.	
No	
Size	
Name	
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	-

THE SUNSHINE OF LIFE.

The world's most delightful days are its days of sunshine. On such days all nature overflows with glad-ness. Sorrow is a forgotten quantity. Man and beast and bird "and plant lay aside and forget all that tends to cast about them even the suggestion of gloom and with an anover to the of gloom and unite in enjoying to the fullest extent one of the greatest blessings that the universe has received from its Creator

Calved from its Creator. But all sunshine does not come from the skies. The best sunshine of life is that which comes from the heart, and oftentimes it rests entirely with us whether our day will be glob or not. Why, then, should not all our days be days of sunshine? There is no need for us to be sad and impedays be days of sunshine? There is no need for us to be sad and impa-tient and unpleasant, if we would persuade ourselves to believe that the sunsfine is within us waiting for an opportunity to well up and flood us with joy. It is because it is one of the easiest things in the world to be showny that we approximately allow gloomy that we so frequently allow ourselves to be so. All we have to do

CHILDVEN'S HOME STUDY.

yellow linen on white, braided in white. Pink and blue are equality A question which perplexes moth-ers greatly is how long to allow children to study out of school. Child-ren under 10 years of age should not be allowed to study out of school at all. They need all the time spent out of school for outdoor exercise and rest and sleep. A child who is fond of books probably will want to stu-any extent, for the unusually bright child seldom remains as bright when the higher grades are attained, and A question which perplexes moth-s greatly is how long to allow any extent, for the unusually bright child seldom remains as bright when the higher grades are attained, and in many cases will fall behind the average child, who has received more exercise and play. Children over 10 years of age possibly will have to study a little out of school, and the amount of home work will increase as the child progresses. Studying how-over, should always be done in the

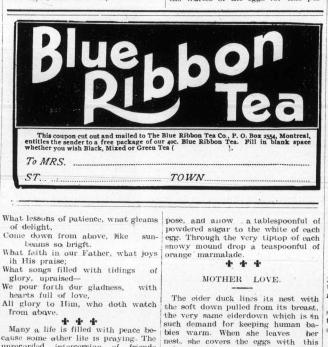
should always be done in the ever, should always be done in the late afternoon or in the early morn-ing, but nover after supper, when both the mind and body need relaxa-tion to prepare the way for a night of sound sleep. TRUE MARRIAGES. ever.

When love-sunshime-really comes into our lives then hate-darkness-must go out of them. The two will not dwell together. The eleventh commandmant, given us by the Prince of Love Himself, is that we shall love our neighbar as ourself, It is not a hard task set us to do, if love is really in our hearts. How easy, then, it is for us to do a golden deed or help one who is discouraged and downhearted with a smile or speak a kind and heplful word to some soul who is sadly in need of such an up-lift. Marriage is not a union merely be-Marriage is not a union merely be-tween two creatures—it is a union between two souls; and the intention of that bond is to perfect the nature of both, by supplementing their defi-ciencies with the force of contrast. giving to each sex these excellences in which it is naturally deficient: to the one, strength of character and firmness of moral will: to the other. sympathy, meckness, tenderness; and just so soleinn and just so glorious as those ends are for which the union was created by God, just so terrible are the consequences if it be perver-It may not come easy at first for us to make sunshine. It does not usually. But little by little the bright usually but inthe by inthe the original spots here and there in our own lives and in those which we are trying to make happier begin to grow and expand until ere long we are fairly reveilling in an abundance of the glo-ry which is shed upon us, and—what is better—mat, only enjoying it ourto was created by God, just so terrible are the consequences if it be perver-ted and abused; for there is no earth-ly relationship which has so much power to ennoble and to exalt. There are two rocks, in this world of ours, Sust a little deed of sunshine, Sust a word of hope and cheer, Just a smile! they cost so little-But they make it heaven here." GENTLE ART OF MAKING ENE-MIES. on which the soul must either anchor or be wrecked—one is God, through His established Church, and the other Whistler, the great American paint-er, may be better known for his pamphlet entitled. "The Gentle Art of Making Enemies" than for his wondrous pictures. And it is an art practised by cynicism that would ever call it gentle. Some are always getting hurt and offended. They seem ever on the lookout for slights and rudeness, and, so turn and twist many an unintentional thing into a deadly insult. And it's funny, if we are on bad terms with some folks' whether by their fault or ours, how we are always running up against the true appreciation of the

✤ ♣ ♣ FAITH.

opposite.

What kindness, what courage, what What longing, what trus strength, for each day. trust in Thy



such demand for keeping human ba-bies warm. When she leaves her nest, she covers the eggs with this soft material, and, if you should pass, you would very likely think it a heap of thistle down. As the wise mother throws there are mersical her here of thistle down. As the wise mother knows, there are enemies of her kind which are partial to duck eggs, and that is one reason why she covers them. Even while she is absent, her mother-love protects her young. It would be a sorrowful thing if mothers always had to be near their bildren in order to help theof. But thildren in order to help themf But Induced in order to help them. But you girls know this is not the case. How often a temptation comes that you would find it hard to resist by yourself. But the memory of some word mother has spoken comes back. or the recollection of her dear face rises before you, and you feel as safe as if you were clad in armor, able to

away, y care s as if you were clad in armor, able to thou-defv any temptation. Even mothers adult women they leave behind. There is many a child-girl, trying bravely to live the only with-k over her ideals by the memory of a face fuch of she no longer sees.



A POETIC COMPARISON.

curls,

The color of a whisper."

This nade the listener "sit up." "This nade the listener "sit up." "What's that?" he said. "Read that again." "I thought you would say some-thing about that," the poet answer-ed. "I don't want to appear egotis-tion! but that little phene gotissome scope for the exercise of the

mind." "In what way?"

"In what way?" The poet laughed. "Don't you see," he said, "how beautifully that describes the shade of her hair? Every poet speaks of golden hair or raven locks. To be a success one must be original. Well she did not have golden hair. It was nearly golden, and I convey the im-pression by means of that one word." The other still looked nuzzled

St. Vitus dance is a disease of the nerves brought on by a morbid on-dition of the blood. It is a toumon disease with children and attacks fe-males oftener than males. The only cure lies in plenty of pure blood, be-cause good blood is the life food of the nerves. Dr. Williams Diote built The other still looked puzzled. "You have heard," said the poet, patiently, "that silence is golden?" "Yes," the other admitted. "Well," resumed the poet, "if si-lence is golden, what would a whis-per be? It would be nearly gold-en, wouldn't if ?" The poet laughed again. The other was sitting down and could not stagger, so he laughed, too. TAKING NOTICE.

Fred-"My dear Dora, let this thought console you for your lov-er's death. Renjember that other and er's death, itensember that other better men than he have gone same way." Bereaved One-"They haven't gone, have they?" Teacher told Elsie to name Large bedies of water. th al

the

large bodies of water. She been absent the day before, hadn't learned the definition She had and and a rearned the definition of a sound. She thought she remembered the name, and she replied: "Oceans, bays, gulfs, straits and—and—noises."

UNKIND.

Mrs. A.-Mrs. Baker says she'd give good deal to know where you get

a good deal to know where you get your clothes. Mrs. B. (smiling)—She likes them, then, doesn't she? Mrs. A.-No. She thinks they wear wonderfully.

A HAPPY ACCIDENT.

Pa he sat down on ma's old hat— Pa's big_around and wide and fat— And when he saw, what he had done He rose and seemed to want to run. But ma, she grabbed it with a smile And said: "Land sakes!" It's just the style." the style.'

THE FIRESIDE DIPLOMAT.

"I don't want to be nagging at you," Mrs. Marryat began, "but it's the little things that bother me

most-" "Ah!" interrupted her husband An: interrupted her nusualid sweetly, "I suppose you're going to tell me you haven't a decent pair of shoes."—Philadelphia Press.

A woman once wrote to Abraham Lincoln asking for a sentiment and his autograph ville, Ont.

his autograph. He answered promptly: Dear Madam—When you write to a stranger asking the favor of a letter always inclose a postage stamp. There's the sentiment. Here's the autograph. A. Lincoln. autograph.

CAUSE AND EFFECT.

Dolly-"No, I won't wash my Grandma — "Naughty, naughty! When I was a little girl I always

Dolly-"Yes, and now look at it!" London Opinion. 1907

Rt, Hon. James Bryce. 1 volume deals with methods

from the sick worms getting down on a cup of nourishin which she had vaind obdirate old creatur you go on like this send for the doctor. "Troth, then, it be wanting, and the don't soon get bed the old woman burs den access of energy cause good blood is the life food of the nerves. Dr. Williams' Pink Pills cure even the most severe forms of this trouble because they enrich the blood supply, thus carrying the ne-cessary food to the nerves. In proof of this we have the statement of Mrs. Alex. Cameron, Summerside, P. E. I., who says: -'Some years ago my daughter Lena, then a child of ten years, became afflicted with St. Vitus dance. At that time she was tending school and the first indica-tion I had that something was wrong, was that she appeared easily discouraged in her studies. She was iturally a spirited ohild, not given den access of energy back! and the pa What's comin' ove Now, Judy, don' excited about it." It soothingly. "You'll day or two if you' ent and take what all had to go throu

THURSDAY, SEPTEMBER 8, 1908

t, you see, I lived so fast that I ahead of it."

THE LIMIT.

"There's nothing that makes

'Unless it's to find besides

THE OCCASION FOR IT.

"He says he never prayed in all "What a monotonous existence! Ap-parently he has never been in a tight.

St. Vitus Dance

A Severe Case Cured by Dr. Wil-

liams' Pink Pills.

St. Vitus dance is a disease of the

her rival's name is in."

place.

would-be society woman madder than to find her name left out of the ra-port of some swell function she at-tended."

you," said the old

THURSDAY, SEPT

(By Nora Tyr It was rather ti fortimes never com ing nursed little I putting the evil to united the evil to united the evil to on her feet," it unkind of the Fates she must now settl ald Judy, her main as she was hoping fer teaching. But help for it, all the two like amost of dreadfully fussy an herself in illness bl ded from the begin all nourishment of There the old woo weak and despone poslute, and it see hunde her to take

induce her to take from her anxious n "But you know, never do," Mrs. Lo a sorely worried lo from the sick woma

know." "But you weren't

me, ma'am, "Judy of conviction. "Su took to your bed w Despite the un Judy's mistress cot

bear a smile. "Well, perhaps 1

"Well, perhaps 1" patiently. "But you" poor Duncan was so couldn't think of ly ever, Judy, if you're you say, perhaps it to send for the doc She said it with " cell in a doctor me

she said it with call in a doctor me ney, and that was n tiful a conanodity and for all her "crassr wardness Judy was body, and even if s Ada Lombard would bet as avyious to

ust as anxious to

right and best on She had not though call in medical aid f Duncan's illness, and lessons, with the ad-

lessons, with the ad-cines and delicacies already proved a se-her resources; nevert calculating survey of contents of her purso-now convalescent Du Dr. Browne to come Nook as soon as

Nook as soon as

AH

turally a spirited child, not given to tears, but she would cry over what I thought should be easy work for her. The disease progressed so rapidly that in the course of a few weeks she became unable to hold autthing in her here and anything in her hands, and we She became so afflicted that could not hold a cup to h were school She became so afflicted that sha could not hold a cup to her lips without suddenly losing hold of it. I knew from the first by the symp-toms that her ailment was St. Vi-tus dance, and dispaired of seeing her and are it was looked on count cured, as it was looked on as a hopeless ailment. She becam a hopeless ailment. a hopeless ailment. She becam bad that she could not hold h still for the space of ten sec Her hands or feet were contin moving and last of all she v contort her features so that she vere continually would was contort her leatures so that she was losing her natural expression. At this stage I chanced upon a paper con-taining a testimonial in favor of br. Williams' Pink Pills, describing the cure of a little girl afflicted as mine was. I hastened to get a couple of boxes of the Pills, and by the time she had used them I noticed a de-cided change for the better and nus cided change for the better, and purchased a further supply. By the time she had taken seven boxes she was entirely cured. Although she Unter she had taken seven boxes she was entirely cured. Although she seemed thoroughly cured I was afraid the disease might return again, but it never did, and she has since en-joyed the best of health. I cannot (ffank Dr. Williams' Pink Pills enough for what they did for my child ord I bone was average and

enough for what they did for my child, and I hope my experience may be of benefit to someone afflicted as my, daughter was." Dr. Williams' Pink Pills are sold by all medicine dealers or may be obtained by mail at 50 costs a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brock-wille Oct. could. Ada Lombard had Ada Lombard had for the past five yea -despite certain line sorrow in her face-tinctly pretty woma dark hair, a clear, with the faintest BOOK NOTICE. Messrs. Longmans will publish on September 10th a work in two volumes at 5s net each (sold separ-ately) on Moral Instruction and Training in Schools. The book is the outcome of an international inquiry conducted by a committee which was appointed at a large meeting held in London on February 5th. 1907. under the chairmanship of the

deep blue eyes fringe black lashes, and a indescribable sweet ed and slender, her figure under the aust ngue under the auss simple black gown wearing carried a d a womanly dignity a had married, at nine young stockbroker town, and her lot ha the easiest: bu vears of her wedding ful husband and fath with one son and a tance saved out of had been largely sw of his 1

Will Lombard had devolted husband, an matriage was hardly making. Ada had t

that a tender end lo

that a tender end it be. True, there had body else," one of table first loves, the which comes back at tantalize—with a feel Paradise—even the

other. We must not be too hard on one another nor too critical. If we were weighed in the balance for home use as a rule . Let us ponder on what Oliver Wendell Holmes once said, "Surely while the Lord can to-lerate me I can tolerate my follow creatures." It is not love, but an ex-cess of self love, that is at the root of all evil. We fancy that we are not treated with proper respect, not as we ought to be. We would all get on a great deal better if we put self in the background and tried to "make others happy and enjoy themselves. We wouldn't get offended then. Let us try it.

us try it.

IN THE KITCHEN.

Tomato Omelet.—Take three eggs and one large tomato. Beat the yold and whites of the eggs separately. Chop the tomato, add to the yolks and add the whites just before cook-ing. Season with salt and pepper. ing. Season with salt and pepper. Heat a saucepan, put in a piece of butter and when hot pour in the om-elet and cook for two or three min-utes. Fold over, turn out on a plat-ter, garnish with parsley and serve very hot. very ery hot. Apple Custard.—Take four apples,

Apple Custard.—Take four apples, pare, quarter, and cook as for sauce leaving little juice. A few minutes before removing from the fire stir into the apples the following mixture One quarter nutmeg, grated; one large tablespoonful butter; the yolk of one egg, and sugar to taste. After the custard has been removed from



other. We must not be too hard

All glory to Him, who doth watch from abave.

Many a life is filled with peace be-cause some other life is praying. The unrecorded intercession of friends gives luster to many eyes that would otherwise be dim and cheer to have otherwise be dim and cheer to lips that would otherwise be filled with

words of sadness LOVE OF CHILDREN.

There is something radically, horribly wrong with a woman who doesn't love children and who does doesn't love children and who does not delight in their sociecy. Children are genuine philosphers, speaking di-rectly from the heart and using lan-guage that is aways more expressive tkan that of the studied mind. To indulge in the plays of a child is to gain years that Time has stolen away. Their little brains, undulled by care and free from deception, see a thou-sand sweetnesses in life that the adult eyes never perceive. Those women who find nothing beautiful in child-beard would not be the tweet with

side of the coat, and the skirt has front panels edged with color, with a hem to match. FRIENDSHIP. Only he has true friends who is willing to pay the price for making and keeping them. He may not have quite as large a fortune as if he gave all of his time to money making. But woyldn't you rather haye good staunch friends who believe in you and who would stand by you in ad-versity than have a little more mo-nev?

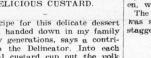
ney? But friendship must be cultivated. It cannot be bought. It is priceless. If you abandon your friends for a quarter of a century or more while you are buried in your pursuit of

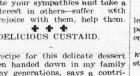
wealth you cannot expect to come back and find them where you left them. Did you ever get or keep any-thing worth while without an effort equal to its value? Many people seem to think that

Many people seem to think that friendship is a one-sided affair. They cnjoy their friends, enjoy having them come to see them, but they parely think of putting themselves out to reciprocate or take the trou-ble to keep up their friendship.

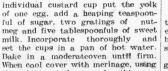
ble to keep up their friendship. It does not matter how much (knowledge you have in your heart or what your accomplishments are, you will live a cold, friendless, isolated life unless you come in close constant contact with other lives, unless you cultivate your sympathies and take a real interest in others-suffer with them, rejoice with them, help them.

The recipe for this delicate dessert The recipe for this deltate dessert has been handed down in my family for many generations, says a contri-butor to the Delineator. Into each individual custard cup put the yolk of one egg, add a heaping teaspoon-ful of sugar, two gratings of nut-more and first tablesconfuls of sweet and Bake in a moderateoven until firm. When cool cover with merinage, using the whites of the eggs for this pur-





DELICIOUS CUSTARD.





of one egg, and sugar to taste. After the custard has been removed from the direct has been removed has been removed this direct has been removed from the direct has been removed has been removed thas been removed has been removed the direct has been remo

in the bright and pleasant rays of life's best sunshine. To those who try to find them there are many ways of making sun-shine. The best of these ways is to find something or someone to love. But few persons in this world are ut-But few persons in this world are ut-terly without someone who cares for thein, and yet how seldom in a way that gives its object the knowledge and full satisfaction of it! Love is now, has always been, and will al-ways be the sunshine of life. No mat-ter how lonely and sorrowful our path through life, when love, in its turned explore turns comes to us now, has always been, and will al-ways be the sunshine of tile. No mat-ter how lonely and sorrowful our path through tile, when love, in its truest and noblest type, comes to us there is a rift in the clouds and a beam of glorious sunshine breaks out uton us making us forget all the past sorrows of our way. The world is full of this love if we but knew it, and our plea is not for more love but that it may be shown more. What plant can grow and beam in the thick. Cut and bake like

until stiff and light, then continue the beating until the mass is stiff enough not to drip. Line a mould with split lady fingers, slices of sponge cake or sections of orange as preferred, turn in the cream and set on the ice. When ready to serve loosen around the edge of the mould with a limber-bladed knife, turn out on a low dish and nile, a bell mit actioned on and pile a half pint whipped cream

and pite to on top. Rhubarb Shortcake.—Wash the hubarb hut do not peel it. Cut into

ton us making us forget all the set sorrows of our way. The world is full of this love if we with two cups of flour. Stir the world is full of this love if we into this, and our plea is not for hore love but that it may be shown hore. What plant can grow and lif inch thick. Cut and bake like biscuits. When done, tear open, butter them and arrange on a hot thish. Consistent with the rhubarb and when serving pour the juice over them.

hood would pass by a sunset with out a thought, or would walk over roses without a shudder. Much of our discontent and unhappiness is caused by our lack of appreciation and our ignorance of what is beauti-ful and splendid.

HOW TO BE LOVED.

The secret of getting along with everybody and having a godd time wherever you go is to like people and to take an interest in their lives. It does not matter whether it is a It does not matter whether it is a princess or a servant maid, a states-man or a farmer, whom you are thrown with for a few minutes or a few hours, find out the main interest of the life you have met, and talk about that, and you will interest yourself and your hearer, too. Find out the geod qualities of othe

Find out the good qualities of othrind out the good qualities of oth-ers. Be they great or small, find them out. You'll have friends every-where if you do. People will love you, believe in and confide in you, Why? Because you love, believe in and take an interest in everybody. Such human nature loring is cont small, find

Such human nature loving is cont gious, and we do not need to go far to find it out.

FRESHENING A LINEN FROCK.

A LINEN FROCK. At the first manifestation that the stomach and liver are not performing their functions, a course of Parmete's Vogetable Pills should be tried, and it will be found that the digestive organs will speedily resume healthy action. Laxatives and see between the twist scrols of soutache raiding, running to the hem. A favorite color combination is so effective as they. A linen frock or coat suit that has shrunk may be lengthened by adding bands of colored linen. This is a fashionable trimming this season, either put on plain or joined to the white with scrolls of soutache braiding.

she no longer sees. Thank God for mother-love, girls,

and for love's sacrifices, which help to keep us safe wherever we go.

A SIMPLE SALAD.

Cabbage scorned as plebeian takes on an air as a salad. Not cold slaw or hot slaw, but a crisp, easily mix-id salad with French drensing.

Cut the cabbage with fine grater and put it in ice water for an hour before serving. Dry on a clean nap-kin, and cover with a highly seasoned French dressing about ten minutes

before serving. If a clove of garlic is rubbed over the bowl in which the dressing is made the flavor is much improved for

While on, would not serve this sal-ad at a formal meal, it makes an ap-petising lunch dish.

It is Wise To Prevent Disorder.--Many causes lead to disorders of the stomach and few are free from them. At the first manifestation that the

"See here!" indignantly cried the transfent guest, "here's a collar Mr. F. J. Gould, Mr. Gustav Spillar, button in this stew." "O! that's a mistake, sir," replied the waifer. "A wrightala?" e walter. 'A mistake?'' tion.

"Yes, sir: we never give extras except to our regular customers." "WHAT'LL YOU HAVE ?"

"How political parties change. For instance, Prohibitionists were quite strong some years ago, but now they're declining." "Twe observed quite the opposite. Instead of declining some of the Prohibitionists are accepting now." OUTSTRIPPED IT.

"As I recall things, you once had a

London Opinion.
the het the the the the theorem of the secondary schools for boys and girls, including some of the great Public Schools, in Sunday Schools, in Adult schools and instruction and training colleges in the United Kingdom, the second with the methods of moral instruction and training colleges in the United Kingdom, the second with the methods of moral instruction and training adopted in schools in the Colonies, on the Continent, in the United Kingdom, the second with the methods of moral instruction and training adopted in schools in the Colonies, on the Continent, in the United Kingdom, the second with the methods of moral instruction and training adopted in schools in the Colonies, on the Continent, in the United States and Japan. Among the coptication of Jena, Pre"What makes you say that?" askeed the friend.
"Because," said Mr. Flaherty, "I've taken notice that when I don't expect it to rain at all, that's the time it does, an' nobody could be findlay, Mr. J. H. Bradley, Mrs. Bryant. Dr. Estlin Carpeter, Chancellor Bernard, Miss S. Jourdain, Mr. F. J. Gould, Mr. Gustav Spillar, Mr. F. J. Gould, Mr. Gustav Spillar, Mr. Spillar, Mr. Spillar, Mr. Spielar, Mr.

under the chairmanship of the

The first

Always Serviceable.—Most pills lose their properties with age. Not so with Parmelee's Vegetable Pills. The pill mass is so compounded that their strength and effectiveness is preserved and the pills can be car their strength and effectiveness preserved and the pills can b ried anywhere without fear of their potency. This is a q that fow pills possess. Som lose their power, but not so Parmelee's. They will ma their freshness and potency for long time. ality This is a q Some pills for

aradise-even the wives. It was not till at death, following a ye