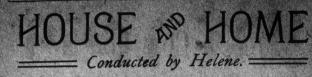
THE TRUE WITNESS AND CATHOLIC CHRONICLE.



Henry Van Dyke, in a beautiful preface to one of his books-"The Ruling Passion." says, among other funding Passion." says, among other things: "Help me to deal very hon-estly with words and with people activing things, and we use then are though they were as inaminate as a though they were as inaminate as the bits of metal that put then as though they were as inaminate sa-the to the soul. How is it, then, hat we are so careless in the use of words-so prodigal with them at times, and at other times so nig-gardly? Is it because we are un-necessarily volatile, and have no words, so careless as to doubt their fileacy! Bually it is merely carelessness or ack of thought. If all would be men exceeding in sending forth ly so palpitant with life as to thrill one to the soul. How is it, then, that we are so careless in the use of words—so prodigal with them at times, and at other times so nig-gardly? Is it because we are un-necessarily volatile, and have no proper conception of the value of words, so careless as to doubt their

with, so the set of th

REMEMBER.

Anyone who does not take or exercise will probably take tim time to be ill.

Exercise gradually increases th Exercise gradually increases the physical powers and gives more strength to resist sickness. Exercise does for the body what intellectual training does for the mind--ducates and strengthens it. A sound and healthy body is the foundation of all that goes to make life a success

life a success. Next to sleep, light, brisk, varied exercise will rest the brain more than anything else Metal rusts if not used, and the

becomes diseased if not body cised exer A woman who is too busy to take care of her health, is like a work-man who is too busy to sharpen his

tools. -- -- --

AN IRISH BROOK.

It was a brook singing over its golden bed, brown as amber, yellow gold in its high lights. We leaned

gold in its high lights. We leaned over a bridge on the country road, looking down into its depths. He glanced back at the mountains from which it came, and there was an ache of longing in his voice. "I never saw a little stream yet," he said, "that I didn't want to track to its source. It'll have bub-bled up, maybe, between the fronds of a hart's-toague fern and maybe a little pool. And then maybe it alipped over a rock and fell in a of a nart stongue feri and then maybe it alipped over a rock and fell in a golden fringe. Do you remember the streams of Killarney falling over the rocks that edge the roads ? And after that it'll have made a channel for the i and gone singing down

blessed and called St. Molaga's trout. The waters possessed the power of healing but it was unlawful to use it for any culinary purpose, and it couldn't be got to boil. To this day they say in the County Cork, if the kettle is too long a-boiling. 'It must have Saint Molaga's trout in it.'"-Katharine Tynan.

Thousands.-Parmelee

HOW TO TRANSFER PICTURES. Take a small, cheap brush and little bottle of ordinary turpentin little bottle of ordinary turpentine. Paint the picture you wish to trans-fer with the turpentine and blot with a blotter, so that the ink will not run. Turn the face of the pic-ture down on paper you wish to transfer it to and rub the entire surface quite hard with a smooth instrument, and the transfer is com-plete. It can be transfered on fab-

plete. It can be transferred on fab-plete. It can be transferred on fab-care is taken. This recipe is excel-lent for transferring designs on wood for pyrography or scroll saw work.

A Sound Stomach Means a Clear Head.—The high pressure of a nerv-ous life which business men of the present day are constrained to live make draughts upon their vitality highly detrimental to their health. It is only by the most careful treat-ment that they are able to keep themselves alert and active in their various callings, many of them know the value of Parmelee's Vogetable Pills in regulating the stomach and consequently keeping the head clear.

HOW TO PEEL ORANGES EASILY

If you will pour scalding water over oranges and let them stand five minutes you will save time in peeling them. The thick white in-ner skin, usually so hard to get off, will adhere to the peel and come off, with it, leaving the fruit beau-tifully clean and ready to slice.

WHERE AMBITIOUS WOMEN FAIL

Only the woman who can do th Only the woman who can do the small things at home, conquer do-mestic difficulties and fight shoulder to shoulder with her husband in the days of adversity, can hope to do bigger or greater things in the out-side world.

after that it'll have made a channel for itself, and gone singing down the dark glens and foaming about the boulders. It's a trout stream. If you watched it long enough up there, you'd see the fin of a trout where he was skulking in the pools. I wonder at all how the first trout

there, you a see the inf of a voise where he was skulking in the pools. I wonder at all how the first trout came in it." Then he was moved to tell me the story of the Molaga trout. He was full of folklore, and ever ready to impart it. His knowledge mede the very stones live. "Did you ever hear of Saint Mola-ga ? It was he brought the honey bees into Ireland. There was a lit el silver trout used to swim round and round in it, and he, too, was blessed and called St. Molaga's trout. The waters possessed the power of healing but it was unlawful to use it for any culinary purpose, and it day they say in the County Cork. if the kettle is too long a-boiling. The watel is is more allowed the it to le slive to boil. To this day they say in the County Cork. if the kettle is too long a-boiling. The watel is is more allowed the opportunities her soul craves, and so or. She can talk and moan on for-ever. When wou look at this woman's

you look at this woman's Known to Thousands.—Parmelee's Vegetable Pills regulate the action of the secretions, purify the blood and keep the stomach and bowels free from deleterious matter. Taken according to directions they will overcome dyspepsia, eradicate bi-liousness, and leave the digestive or-gans healthy and strong to perform their functions. Their merits art well-known to thousands who know by experience how beneficial they are in giving tone to the system. When you look at this woman's home then you begin to pity those the the you begin to pity those cannot be a helpmate to her hus-band and does not make her home When

you must, if you are, you create an unwholesome and unfortunate at-mosphere about you which will bring only the unworthy and descitful. Keep wholesome, hopeful and sym-pathetic with the world at large, whatever individuals may do. Don't forget that life is what one makes it. Expect life to use you better every year and you will not be disappointed. Don't forget that if there is noth-ing but disappointing experiences in our lives, the fault lies somewhere within ourselves, though none of us like to admit it.

The Don't forget that if there is nothing our lives, the fault lies somewhere all the somewhere all th

The second secon



AND PLACE ON THE ICE. WHEN QUITE COLD SERVE WITH A SLICE OF LEMON (DO NOT USE MILK) AND ADD SUGAR ACCORDING TO TASTE. THE MOST REFRESHING AND WHOLESOME SUMMER BEVERAGE KNOWN

ed for hasty and secret conference with stormy eyes. "It isn't fair!" she cried. "Every single one has been before except me. Because I'm the youngest, have-

will be two different types of skirts in fashionable favor. One is the walking or trotteur skirt, which is shorter than it has ever been before. It will vary in length accarding to the individual preference of the wear-er, some walking skirts escaping the ground by but two inches. Others being as short as five inches. It is needless to say, however, that the short skirt will be worn exclusively for walking. The most fashionable costumes for all other occasions will have the very long skirt-the skirt which not only touches the ground but rests upon it, having a decided sweep at the back." WOMAN'S HOME COMPANION FOR OCTOBER.

At list that is a creat. Every single one has been before except me. Because I'm the youngest, have-n't I any right ?" A guest entered the room just in time to catch the angry outburst. Clearly he had stumbled upon 'a "scene," but it was too late to re-treat. With a charm that never failed him, he turned to the girl. "Ah, Miss Peggy, these 'rights!" he exclaimed. "They are trouble-some things, aren't they? How they do dog us all our lives! Really, the best thing I know about them is that since they are our rights, we have the privilege of surrendering them for others." And then, after taking a book from the table, he left the room. The girl stood still. She could not understand, but she dimly seemed to catch a glimpse of a wide country of beauty. When she came to herself her mother was speaking:

a wide country of beauty. When she came to herself her mother was speaking: "If only I could give you my place dear! But I can't stay when Cou-sin Betty has come. You-" The girl spoke briefly. "T11 stay," she said. The guest went his way a day or two later, and the girl never saw him again. But all her life after, the giving up of her right came to her as a privilege and not a burden.

WEDDING SUPERSTITIONS.

There are many superstitions in garding marriage, and among it quaintest are the following: The bride who dreams of fairies the night before her wedding will thrice blessed.

ofter the solities to the grant of the solities of the solities of the solities of the solities of the solution of the solutio

MANY USES FOR HONEY.

only the low songs of the 'robin And drowsy insects droning in the

> eeter than rose of June-ah! sweeter yet— This dim green spray of mig-And blue as summer sea and

sicies The tangled cornflower lie Lemon, vermillion, damask red Hang vivid dahlias heavy overhead.

love

low

t love the days, days, Whither returned summer strays, change, enchanted instants, when some fants I love these last untroubled autum returned summer briefly Sunny, enchanted instants, mar-deem Winter afar like some fantastic

dream: And following in the vagrant Summer's train We, too, forget, treading her paths

again. . . Thinking not sadly-fleeting is this

grace-But-good, 'tis ours-for just a little -Pall Mall Gazette.

A SONG OF NOVEMBER.

The mystle goar of the value of the value of the wave-worn keels on strange sands strike. And find an alien shore. (Katharine Tynan, in the Tribune

LATE AUTUMN.

days, here fair on sheltered gardens sun-light stays. allow and leisured, placid, undis

sun, Recking not summer's over now, and

these last untroubled autum

Miserere! Sad and slow . Tolls the death-bell. The hours go Quietly with a muffled tread, Sad November mourns her dead, Spreads a pall of russet leaves.

The skies weep; the wind grieves The skies weep; the wind grieves Crying along the garden-walks. Mournful on their yellow stalks The flowers droop; the boughs stark. A-tremble for the gathering dark.

All the hopes are dead and gone, The sweet youth cold as a stone. Only Robin cheerily Sings from a damp and dropping tree

tree His true song of hope and faith. 'Christian folk, there is no death, Life with Christ will rise again, After darkness and the rain. O look up! take heart! rejoice!' Rokin sings with a blithe voice.

Misereret Sad and slow Tolls the death-bell in the snow. While we grieve our hearts w fancies, Violets out of sight and pansies with

Wait the Spring's foot-fall and call

Spring's wild call and magical That shall wake them up again, After darkness and the rain. And our dead, with quiet eyes, Wait the call that bids them vi

Robin's singing for his part, 'Sursum cords!' with full heart. 'Tis the month of them that slee

FUNNY SAYINGS.

KNOWN BY HIS FRIENDS.

KNOWN BY HIS FRIENDS. A forlorn looking man was brought before a magistrate for drunkenness and disorderly conduct. When asked what he had to say for himself he gazed pensively at the judge, smoothed down a remnant of gray hair and said: "Your honor, 'Man's inhumanity to man makes countless thousands mourn.' I'm not as debased as Swift, as profligate as Byron, as dissipated as Poe or as debauched as-" The Woman's Home Companion for

The Woman's Home Companion for October is primarily a Fashion Number, not that the other regular departments are slighted in the least, nor that the friction is in any way below the excellent standard the Woman's Home Companion has set for itself. Grace Margaret Gould, the Fashion Editor, has done more than any other one person to make this October issue interesting and helpful, contributing, as she does, page after page of attractive and practical designs for Fall and Win-ter costumes. A particularly novel

THEE MOSQUITOES. A little Cleveland tot of 3 years was put to bed, her first night in New Jersey, by her mother, with the words: "Now go to sleep, darl-ing, and remember the angels are flying about your little crib and keeping you from harm." A few minutes later the patter of little feet was heard, and a little white-robed figure emerged from the bedroom. "Why, darling, what's the mat-"That will do. Thirty days. And, officer, take a list of those names and run 'em in. They're as bad a lot as he is."-Lippincott's.

A well-known Protestant bishop relates that while on a recent visit to the South he was in a small country town, where, owing to the scarcity of good servants, most of the ladies preferred to do their own

Safe and well, Christ's folded sheep, Till the eternal day shall break.

THURSDAY, OCTOBER 10, 1907.

WITH WTHE POETS >

The flowers spring and the grasses wake, And when our Lord rose Death was slain. After the darkness and the rain. The world will break to greenness

loi They that were dead shall rise and go.

life To that dear distant isle is turned for aye; Through baffling clams and stormy waves of strife, Holding its doubtful way.

Comes back the same as barque meets barque, And as they pass from each the challenge sent Oft in the midmost ocean rose the waters dark— "We steer for Heart's Content."

For many an isle there is, so like, so like

The mystic goal of all that tra-

But ever, as the anchor drops, and

sails From off the storm-strained yards

are all unbent; From the tall masthead still the watcher hails-"Lo, yonder! Heart's Content!"

and so, once more the prow is sea-

ward set; Hearts still hope on, though waves roll dark around; And on the stern men write the name, "Regret," And face forth, outward bound. -Barton Grey, in St. Louis Globe-Democrat.

THE TWILIGHT OF THE YEAR.

The way is hard, dear God, and yet there nears Another milessone in the long, long

years; The hill is steep, I can not see the

crest, My weary spirit faints and longs for

rest; The shadows hang so dark upon the

way I can not see the gleam of Hope's bright ray.

And yet, as fades the twilight of the

Thou art near. Forgive my murmurs! Yes, I will be strong. What though. life's journey seemeth hard and long: The Star of Hope shines in the far off West.

Where soon my spirit shall find Thee and rest.

A DEMONSTRATOR.

"This," said the shopman, "is a nost wonderful hair renewer. It is

our own preparation.

our own preparation." "Well, give me a bottle," said the baldheaded man. "But, I say, come to think of it, why don't you use it? You're pretty bald yourself." "I can't use it. You see, I'm the 'Before Using' example. The 'After Using' example is out at lunch. You should see him."

THE MOSOUTOES

year, know and feel, dear God, that

A QUEER There was once a Where the mistress Taught a number of vexed her. Poor little Miss H Spilled the ink in f And Miss Fortune f table. Miss Conduct they Did Miss Creant of But Miss State decla HEART'S CONTENT.

Far over troublous seas there is an isle Above whose valleys bluest skies are bent, Where bealmy breezes blow and soft suns shino-Men call it Heart's Content. And every prow that rides the sea of His Miss Lay lost her And Miss Lead under To show her the place

it. But upon the wroi Had Miss Place hung And Miss Deed hung hind it.

They went on very As I have heard tel Till Miss Take broug derstanding: Miss Conjecture the Evil things of the r And Miss Counsel ad banding.

THURSDAY, OCTO

BOYS A

THANK YO

Several winters ago coming out from some ing when the heavy back and made the egn difficult. A little s sprang to the rescue, a open the door she you" and passed on. "D'ye hear that?" s

"Dye hear that? s a companion. "No; what?" "Why, that lady sa to the likes o' me." Amused at the conve she could not help ov lady turned round and

lady turned round and boy: "It always pays to boy; remember that," Years passed away; cember, when doing 1 shopping, this same lad exceptional courtesy fro Boston, whom she than "Pardon me, madam,

KING H

CHAFTER IX .-- Co

Lessons went on twelve, when books wer and, if it were fine, th ple went out for a wa till three, when they di was wet, played at ga or performed wonderful or performed wonderful pentering in the worksho don, who came in ai from his morning studies turn charming things fo the lathe, and allow the with ment glue and h

with paint, glue and hat their hearts' content. their hearts' content. After dinner there half hour's recreation an the little ones, and then of hours given to music ing lessons for next day, at six, and after it cam things Hilda resented—h of ''useful sewing'' fo which was really a se and one she very much n though she could crochet make wool-work mats a ared book-markers, she d

make wool-work mats as ered book-markers, she di how to mend her gloves, stocking, or even run tuc sems as neatly as man school children of nine 3 Mrs. Burnett took great teach her, assuring her ti no sort of needlework a not to know how to do, the sake of helping and others: and Hilda, who neater fingers and m taste for needlework than quite surprised to find ho was to learn. What she o however, was that it wa old clothes," which (bec been done by her mother home) she chose to cons vants' work" and beneatl did not indeed venture to aunt so, or to refuse to given her, but she came ti ered book-markers, she di

