

HOUSE AND HOME

CONDUCTED BY HELENE.

TASTEFUL HOME DECORATION.

A large number of effective hand printed friezes are now on the market, and when added to plain walls take away the severity. In colors, brown seems to be leading, and particularly with the arts and craft furniture for living rooms and libraries. Gray wall paper is the extreme fad, and a well known lecturer on "The Home Beautiful" said that the most beautiful home she was ever in had every room decorated in some shade of gray. Plenty of old rose draperies and warm colors in the furniture and rugs would have to be used with such cold walls. After the walls are covered, the modern woman chooses her rugs, and this with the greatest care. It is a fact that nothing mars a room more than floor coverings which are out of harmony and artistic. Bright green, blue or yellow carpets with huge roses or other exaggerated floral patterns absolutely kill the other furnishings. For the people who still abominate rugs "which are everlastingly slipping around under your feet," a Wilton carpet in plain colored filling should be chosen. Brussels rugs give most excellent service, and after they have been used several years look almost as good as new. Unfortunately their designs are in most convenient patterns and there is not much choice among them. With the craze for Mission furniture there has been a great demand for bungalow rugs. They are of a coarse but close weave and are quite heavy, lying close to the floor, which fact appeals to anyone who has stumbled over the rugs that will persist in turning up at the corners.

as this will surely show. Instead give the neck and shoulders a warm, almost hot, bath, and while the skin is in a moistened and fresh condition sponge the neck and shoulders with clear cologne water. The cologne will enter into the pores and will make the shoulders appear white and with the coveted luster. Alcohol will serve the same purpose, but the cologne is more refreshing and delicate.

A WOMAN'S HAND.

A woman's hand. Lo, I am thankful now That with its touch I have walked all my days Rising from fateful and forbidding ways To find a woman's hand upon my brow; Soft as a pad of rose leaves and as pure Aspraised palms of angels, seen in dreams; And soothed by it, to stand as it becomes A man who strives to conquer and endure. A woman's hand!—there is no better thing Of all things human; it is half divine. It hath been more to this lame life of mine When faith was weakness and despair was king. Man more than all men, thou wast glad to bless A woman's sacrifice and tenderness.—Sir Gilbert Parker.

LAUGH AS YOU GO ALONG.

Do you know that there is absolutely nothing that will help you to bear the ills of life so well as a good laugh? Laugh all you can, and the small imps in blue who love to pre-empt their quarters in a human heart will scatter away like owls before the music of flutes. Like there are few of the minor difficulties and annoyances that will not dissipate at the charge of the non-sense brigade, or the cat tips over the milk, and the dog elopes with the roast, if the children fall into the mud simultaneously with the advent of clean aprons, if the new girl quits in the middle of the house-cleaning and though you search the earth with candles you find none to take her place, if the neighbor in whom you had trusted goes back on you and decides to keep chickens, if the chariot wheels of the uninvited guest draw near when you are out of provender, and the gaining of your empty purse is like the unfilled mouth of a young robin, take courage if you have enough sunshine in your heart to keep a laugh on your lips.

ALCOHOL FOR THROAT.

To obtain the luster of polished marble, which is so admired on throat and shoulders displayed by a decollete gown, do not use powder.

True Witness Paris Patterns

PATTERN COUPON. Please send the above-mentioned pattern as per directions given below: Name: \_\_\_\_\_ Size: \_\_\_\_\_ Measure: \_\_\_\_\_ Address in full: \_\_\_\_\_



GIRLS' AND CHILD'S ROMPERS. Paris Pattern No. 2799. All Seams Allowed.

Dark blue or dark red, tan or green, or dark brown denim or linen are the best materials as well as the best shades for these useful little garments, which no child should be without. They completely cover the dress, and therefore protect it from all dirt while playing, as well as affording perfect freedom to the body. The circular bloomers are attached to a full waist portion, cut with flowing sleeves, and the small breast pocket will hold a handkerchief or any of the small treasures that a child is so apt to pick up while playing. The joining of the waist portion and bloomers is hidden by a narrow belt of the material, and the garment closes down the center-back with small pearl buttons. The pattern is in 4 sizes—2 to 8 years. For a girl of 6 years the rompers require 2 1/2 yards of material 27 inches wide, or 2 yards 28 inches wide. Price of Pattern, 10 cents.

might make it a valuable assistant to themselves in life, and even a friend.

OPERA FAUST IN GAELIC. Recent Irish and English exchanges announce the great success of the opera "Faust" produced in Irish by the Dublin Gaelic Dramatic Society at the great Rotunda before large audiences.

It marks the first time that an opera was staged in Gaelic. Such eminent critics as Signor Esposito, Professor Kuno Meyer and Archbishop Walsh of Dublin pronounced the production a great success. The Gaelic score was rendered perfectly. The Dublin and even the London and Edinburgh papers and some continental papers pay high tribute to the production.

NEEDLESS WORRY.

What long, weary hours are spent in needless, profitless, harmful worry. We all know the absurd individual who stay awake o' nights to think out grand plots and plans and speeches for the morrow, and, when the next day dawns, realizes the folly of such deep scheming. It is next to impossible to give a plain formula for the doing away of the worry habit. The cure lies almost entirely in the will power of the victim to acquire enough strength of mind that dimal brooding and fretfulness may be banished from the brain as a sliver is extracted from a bruised finger. One must possess a certain philosophy of life in order to have power over oneself. The present sorrow or anxiety is always the worst, yet if you stop to think you can recollect hundreds of others that have faded away with the dead days and which at the time seemed quite as unbearable. Worry will have just as much place in your thoughts as you are willing to give it. It will spread itself all over and through your existence if you permit it.

I fear not Life, now that your arms are round me. Now that your heart hath told its tale to mine, For Love hath rent the web of doubt that bound me, Where once were mists I see his pure star shine.

I fear not Death, despite its bitter drinking, And the sad wretch of parting we must bear. Since, some time, soul to soul shall leap unshrinking Before God's footstool in the glory there. —Ethna Carbery.

WISDOM'S WHISPERS.

The chains of habits are generally too small to be felt till they are too strong to be broken.

All are not called to a state of perfection, but all are called to the perfection of their state.

There is no poem in the world like a man's life—the life of any man, however little it may be marked by what we call adventure.

More than half of one's trouble comes from the idea of our own importance and of the fear of what people will think of us.

It is sometimes much harder and more meritorious to ask another to do a charitable thing than to do it ourselves when it is in our power.

Blessed is the man who has the gift of making friends, for it is one of God's best gifts. It involves many things, but above all, the power of going out of one's self and seeing and appreciating whatever is noble and loving in another.

Happiness is a ball that we run after while 'tis rolling and start again when it stops.—Madame de Puyseux.

Funny Sayings.

THEY WERE SAFER WHEN FRIED. It was at a farm boarding-house, and the new boarder, who had eaten four or five breakfasts there, began to wonder why the eggs were invariably served fried.

"See here," he inquired one morning of the genial colored man who

CURE FOR DYSPEPSIA

As is well known, this troublesome complaint arises from over-eating, the use of too much rich food, neglected constipation, lack of exercise, bad air, etc.

The food should be thoroughly chewed, and never bolted or swallowed in haste, stimulants should be avoided and exercise taken if possible.

A remedy which has rarely failed to give prompt relief and effect permanent cure, even in the most obstinate cases, is

BURDOCK BLOOD BITTERS

It acts by regulating and toning the digestive organs, removing costiveness and increasing the appetite and restoring health and vigor to the system.

Mr. Amos Sawyer, Gold River, N.S., writes:—"I was greatly troubled with dyspepsia, and after trying several doctors to no effect I commenced taking Burdock Blood Bitters and I think it is the best medicine there is for that complaint."

For Sale at all Druggists and Dealers.

waited upon him, "why do you always fry eggs here? Don't you ever boil them?"

"Oh, yes, sah!" responded the waiter pleasantly. "Of co'se, yo' kin' have 'em boiled if yo' wants 'em. But yo' know, sah, yo' takes de risk!"

HIS NOBLE WORKS AT HOME.

"Don't you think, Minerva," said her husband anxiously, as he tied the kitchen apron firmly around his waist, and tucked his whiskers behind the bib to keep them out of the dishwater—"Don't you think that we are carrying this idea of co-operation in domestic matters to extremes? I have been washing dishes for a week now, and between times I have been doing a little

A MEDICINE FOR THE SPRING

Do Not Dose With Purgatives a Tonic is All You Need.

Not exactly sick—but not feeling quite well. That's the way most people feel in the spring. Easily tired, appetite fickle, sometimes headaches and a feeling of depression. Perhaps pimples or eruptions may appear on the skin, or there may be twinges of rheumatism or neuralgia. Any of them indicate that the blood is out of order; that the indoor life of winter has left its mark upon you and may easily develop into more serious trouble. Don't dose yourself foolishly do, in the hope that you can put your blood right. Purgatives gallop through the system and weaken instead of giving strength. What you need in spring is a tonic that will make new blood and build up the nerves. Dr. Williams' Pink Pills is the one medicine that can do this speedily, safely and surely. Every dose of this medicine helps to make new blood, which clears the skin, strengthens the appetite, and makes tired depressed men and women bright, active and strong. Miss Mary C. Ayer, Ward Brook, N. S., says:—"I cannot speak too highly in favor of Dr. Williams' Pink Pills. I was weak and run down and quite unable to work. I often had headaches, and my appetite was poor. I began taking Dr. Williams' Pink Pills and in a short time there was a marked improvement, and to-day I am in better health than I have been for years."

Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

Scriptural reading, and I cannot find in the Bible any authority for men's doing kitchen work, but women are frequently spoken of in this connection.

"She looketh well to the ways of her household." "She worketh willingly with her hands." "She riseth while it is yet night, and giveth meat to her household!" Those quotations, Minerva, would seem to warrant the conclusion that household duties should properly be assigned to the woman.

"My dear," replied his wife, "if you will pursue your studies further you will find in II Kings, xxx. 13 these words: 'I will wipe Jerusalem as a man wipeth a dish, wiping it, and turning it upside down.' This proves that you are nobly doing the work designed for you by Providence. When you are through be sure to wash the towels clean, shake them and hang them straight on the rack. Death, you know, lurks in the dish-cloth. I am now going out to attend a meeting of the Society for the Extinction of the Microbe by Means of Electricity."

WHAT DISTRESSED HIM.

An elderly Bishop, a bachelor, who was very fastidious about his toilet, was especially fond of his bath, and requested particular care of his tub from the maid.

When he was about to leave town one day he gave strict orders to the housemaid about his "bath-tub" and said that no one was to be allowed the use of it.

Alas! the temptation grew on the girl and she took a plunge. The Bishop returned unexpectedly, and finding traces of the recent stolen bath, questioned the maid so closely that she had to confess she was the culprit, and was very sorry.

"I hope you do not think it is a sin, Bishop?" asked Mary in tears. "Eying her sternly, he said: "Mary your using my tub is not a sin, but what distresses me most is that you would do anything behind my back that you would not do before my face."

LITTLE WAYS TO SUCCEED.

The new minister's first sermon was very touching and created much favorable comment among the members of the church. One morning, a few days later, his nine-year-old son happened to be alone in the pastor's study and with childish curiosity started to read through some papers on the desk. It happened to be this identical sermon, but he was most interested in the marginal notes. In one place in the margin were written the words, "Cry a little." Further on in the discourse appeared another marginal remark, "Cry a little more." On the next to the last sheet the boy found his good father had penned another remark, "Cry like thunder."

FAITHFUL HOME STUDY.

In his daily half hour confidential talk with his boy an ambitious father tried to give some good advice. "Be observing, my son," said the father on one occasion. "Cultivate the habit of seeing, and you will be

a successful man. Study things and remember them. Don't go through the world blindly. Learn to use your eyes. Boys who are observing know a great deal more than those who are not."

Willie hesitated in silence. Several days later when the family, consisting of his mother, aunt and uncle, were present, his father said:

"Well, Willie, have you kept using your eyes as I advised you to do?" Willie nodded, and after a moment's hesitation said:

"I've seen a few things right around the house. Uncle Jim's got a bottle of hair dye hid under his trunk. Aunt Jennie's got an extra set of teeth in her dresser. Ma's got some curls in her hat, and Pa's got a deck of cards and a box of chips behind the books in the secretary."

Lectures to Non-Catholics.

Bishop Keane Explains Why They are Necessary.

Recently Right Rev. James J. Keane, D.D., Bishop of Chyenne, Wyo., spoke on "Why I am a Christian" at a lecture course arranged for non-Catholics by the Knights of Columbus of Cedar Rapids, Iowa. As a preliminary he answered the question, "Why do Catholics give lectures to non-Catholics?" saying

"The real motive is this: To give helpful information on a question of supreme importance and practical concern to every one. I once, years ago, when a young man, filled with enthusiasm, was persuaded to campaign for the Prohibition party in Minnesota. One evening my companions and myself entered a little village in Southern Minnesota and went to the best hotel we could find, which happened to be one managed by an elderly lady. I asked her if there were any Catholics in that town. She said: 'No, sir; do you ask?' I said: 'Just to satisfy idle curiosity.' Then I said to her: 'Now that you have been able to tell me that there are no Catholics here, maybe you can give me some idea of the Catholic Church.' She said: 'I know all about it.' 'Oh, you have been educated with Catholics, I take it, or perhaps you have attended a convent school?' 'Oh, no; never put foot inside of one.' 'Perhaps you are well acquainted with some priest?' 'Oh, no, never saw one before I saw you, if you are one.' 'Well, then, where did you get your information?' 'I got it from a book written about Catholics which I read. 'Will you kindly tell me the author of that book?' 'Father Chiquiquy.' Now this poor fellow had been unfortunate in his life; he loved the world too well to remain in the ranks of Catholic priests, and was excommunicated from the Church, and after a while he turned against the Church which had been his mother, and said some of the nastiest things that ever escaped the lips of man. This poor lady got her impression of the Catholic faith from this book.

"Am I not stating the matter correctly when I say that the multitude who detest the Catholic Church have their information from just such sources as this? Now, is it not indeed unfortunate that any one should be wrongly informed on a matter of great importance? And is not the Catholic Church a matter of great importance; does she not merit this term? Is she not wonderful in her extent, in her influence, and is she not venerable in her age? Should she not merit careful investigation and consideration, rather than the ready acceptance of the calumny of lies that have been told about her?"

Death of Bishop of Clogher.

The Most Rev. Dr. Owens, Lord Bishop of Clogher, died at 5.40 at his residence in Monaghan. As is well known, his Lordship had been in failing health for some time past, but his illness assumed a serious turn about five weeks ago, when Dr. J. Campbell Hall was called in. His Lordship was in a very critical condition for the past few days, and it was generally anticipated that he would not recover upon this occasion.

The news was received with universal regret. Locally the tidings were made known by the tolling of the Cathedral bell.

When his Lordship was dying, Rev. Hugh O'Neill, D.D., Adm., Monaghan; Rev. Patk. Cowan, Adm., Lattin; Rev. J. E. McAdam, C.C., Monaghan; Rev. James J. M'Namee, C.C., Monaghan; Rev. Thomas O'Doherty, St. Macarthur's Seminary; Rev. A. H. Boylar, do.; Rev. James M'Kinney, do.; Rev. Patk. Keown, D.D., Aghnamullen West; Rev. Michael O'Doherty, P.P., Corraghan, and other clergy were present at the bedside.

Since his illness in Dublin three and a half years ago his Lordship never gained much strength. The home-coming of his Lordship on the 23rd January, 1906, was the occasion of a popular reception, when addresses were presented him at Clones and Monaghan. The last public function at which his Lordship presided was the presentation of addresses on the occasion of the Golden Jubilee of the Sisters of St. Louis' Convent, Monaghan, on the 6th January last.

Comfort for the Dyspeptic—There is no ailment so harassing and exhausting as dyspepsia, which arises from defective action of the stomach and liver, and the victim of it is to be pitied. Yet he can find ready relief in Parneelee's Vegetable Pills, a preparation that has established itself by years of effective use. There are pills that are widely advertised as the greatest ever compounded, but not one of them can rank in value with Parneelee's.

TO LOVERS OF ST. ANTHONY OF PADUA.

Dear Reader,—Be patient with me for telling you again how much I need your help. How can I help it? Or what else can I do? For without that help this Mission must cease to exist, and the poor Catholics already here remain without a Church.

I am still obliged to say Mass and give Benediction in a Mean Upper-Room.

Yet such as it is, this is the sole outpost of Catholicism in a division of the county of Norfolk measuring 85 by 20 miles.

And to add to my many anxieties, I have no Diocesan Grant, No Endowment (except Hope)

We must have outside help for the present, or haul down the flag.

The generosity of the Catholic Public has enabled us to secure a valuable site for Church and Presbytery. We have money in hand towards the cost of building, but the Bishop will not allow us to go into debt.

I am most grateful to those who have helped us and trust they will continue their charity.

To those who have not helped I would say:—For the sake of the Cause give something, if only a "little." It is easier and more pleasant to give than to beg. Speed the glad hour when I need no longer plead for a permanent Home for the Blessed Sacrament.

Address—Father Gray, Catholic Mission, Fakenham, Norfolk, England.

P.S.—I will gratefully and promptly acknowledge the smallest donation and send with my acknowledgments a beautiful picture of the Sacred Heart and St. Anthony.

Letter from Our New Bishop.

Dear Father Gray,—You have duly accounted for the aims which you have received, and you have placed them securely in the names of Diocesan Trustees. Your efforts have gone far towards providing what is necessary for the establishment of a permanent Mission at Fakenham, I authorize you to continue to solicit aims for this object until, in my judgment, it has been fully attained. Yours faithfully in Christ, F. W. KEATING, Bishop of Northampton.

Synopsis of Canadian North-West HOMESTEAD REGULATIONS

ANY unencumbered section of Dominion Land in Manitoba, Saskatchewan and Alberta, excepting 8 and 26, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less.

Entry must be made personally at the local land office for the district in which the land is situated. Entry by proxy may, however, be made on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader.

The homesteader is required to perform the conditions connected therewith under one of the following plans:

(1) At least six months' residence upon and cultivation of the land in each year for three years.

(2) If the father (or mother, if the father is deceased) of the homesteader resides upon a farm in the vicinity of the land entered for, the requirements as to residence may be satisfied by such person residing with the father or mother.

(3) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead the requirements as to residence may be satisfied by residence upon said land.

Six months' notice in writing should be given the Commissioner of Dominion Lands at Ottawa of intention to apply for patent.

W. W. CORY, Deputy Minister of the Interior. N.B.—Unauthorized publication of this advertisement will not be paid for.

NORTHERN Assurance Co'y

OF LONDON, Eng. "Strong as the Strongest."

INCOME AND FUNDS, 1908 Capital and Accumulated Funds....\$47,410,000 Annual Revenue.....\$8,805,000 Deposited with Dominion Government for security of policy holders.....\$398,580

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