CONDUCTED BY HELENE.

True Witness **Beauty Patterns**



A PRACTICAL WORK APRON.

178.—Ladies' One-Piece Apron. Cut in sizes Small, Medium and Large. The medium size will require 4 yards of 36 inch material. Here is sketch-ed an excellent model for a large work apron. It is neat and practiwork apron. It is neat and practical and at the same time very becoming. The sides are fitted into the figure by darts and the back is extended to form straps that button on the shoulders. Percale, linen and gingham are serviceable for aprons of this kind. of this kind.

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-martioned pattern as per directions given

LIFE IS WORTH IT.

Toil and care along the way, Pain to bear and grief to pay Pain to bear and grief to pay; Clouds and shadows one by one; When the heart aches for the sun; Strife and struggle,—but above Gleams the light that heals it, love! Love and home and child and wife, They are worth the strain and strife, Let me take the blow that comes Lead to battle with the drums, Naked though I faint and bleed, Love is worth it, worth the deed, —Baltimore Sun.

"SOME DAY, SOME TIME"-

Some day, sooner or later, some day, sooner or later, we shall turn with longing eyes in the direction of the ideal we saw when yet the heart was young and sorrows were few. Some day, sooner or later, we, too, shall seek the old home of our better dreams.

As we draw near to its fair box.

home of our better dreams.

As we draw near to its fair borders, shall we be rejoiced if a form we love comes rushing to meet us?

Shall we be made better and nobler if our old scores are forgot and forgiven, and we are led to feel that after all it takes something more than mere human errors to overcome divine love?

we ourselves would crave, were we in their places?

WE MUST LIVE OUR BELIEFS.

Oh, it is useless for us to set up our On, it is useless for us to set up our Crucified Christ before non-Catholic eyes if we insist for ourselves on down couches and purple and fine linen. It is useless to exalt our distant heroes and heroines of charity if we won't give an hour or a dollar to save our local waifs and strays from the dencerous kindness. of the emissaries of misbelief or unbelief. It is useless to tell the stranger of our faith in the blessedness of abjection in the house of God when he sees that our hearts are set on a high place at the feast in the tabernacle of sinners.—Katherine E. Conway.

A GUIDE TO HAPPINESS.

A good laugh is strays from the dangerous kindness of the emissaries of misbelief or un-

Learn to laugh. A good laugh is better than medicine. Learn to tell a story. A well told story is as welcome as sunshine in a sickroom. Learn to keep your own troubles to yourself. The world is too busy to care for your ills and sorrows. Learn to do something for others. Even if you are a bedridden invalid there is always something that you can do to make others happier, and that is the surest way to attain happiness for yourself.

Let your aim be high. Let some great object fire your whole being.

Our country holds out a thousand situations which you might fill honorably. Seek to be such that the present generation and all posterity will hold you in the sweetest remembrance of doing some sunshine work. DOES IT PAY TO BE A FAULT-FINDER?

In the first place, does it pay to be continually finding fault? It is a very easy matter to pick flaws in any piece of work, for no one's work is perfect.

Fault-finding often becomes chronic Fault-finding often becomes chronic and grows on a man just as an evil habit does, increasing day by day. There is nothing so disagreeable as to visit a home where fault-finding is continually going on, where at the breakfast, dinner and tea table no pleasant word is spoken, but, instead, each one is finding fault with the other for some tribles every.

stead, each one is finding fault with the other for some trifling error. Not that error should not be re-buked, but when the twilight is ga-thering and the work of the day is over then kindly call the littles ones around you, and gently and solemnly tell them their faults, and see if you are not much better repaid than if are not much better repaid than if the little heads had dropped all day at the angry glances and frowns on

A house is built of bricks and stones, of sills and posts and piers; But a home is built of loving deeds that stand a thousand years.
house, though but a humble cot,
within its walls may hold
home of priceless beauty, rich in
Love's eternal gold.

The men of earth build houses, halls and chambers, roofs and domes;
But the women of the earth—God knows—the women build the

for, 0, no matter where
Her gracious presence lit the way,
lo! Paradise was there. Her

SOME WISE SAYINGS.

Deep love can do much, even when in deep poverty.

Well arranged time is the sign of a well-ordered mind When you bury an evil habit do not visit the grave too often.

Who so extinguishes in a man one feeling of benevolence, partly bils

Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief.

No great characters are formed in this world without suffering and self denial.

THE DAY OF JUDGMENT.

Anticipate the day of judgment. Be beforehand with it. That day is coming, inevitably coming, as the rising of to-morrow's sun. The day is not far off when the great White Throne will be set up, and we shall stand before God and the eyes that are as a flame of fire will search us through and through, and not His eyes alone but the eyes of all men will be upon us, and the ears of all men will hear that which the occuser will say against us on that day. There will be no secrecy there; no hiding our sins; nothing conceal-ed from God, or from that multi-tude which is around the great throne.—Cardinal Manning.

THOUGHT FOR TO-DAY.

The fountain head of social good or evil, of vice or crime, or of honor and virtue is in the home; and the wife and mother make and unmake the home.—Bishop Spalding.

One of the most fatal habits which anyone can contract is that of looking at all things from a ludicrous point of view. He who never relaxes into sportiveness is a wearing comparation. But have resome companion. But beware of him who jests at everything. Such him who jests at everything. Such men disparage, by some ludicrous association, all objects which are presented to their thoughts, and there-by render themselves incapable of any emotion which can either elevate And should we deny to others what we ourselves would crave, were we in their places?

The MIRE LIVE OF THE STATES AND THE STAT

OVERDOING YOUR DUTY.

It is a wise woman who knows where to draw the line on just how much duty requires her to do in this world. It is really not helpful to yourself or to others to do more than your share under any circumstances.

There are women who always tell you how tired they are and how

be clever and pright when their nus-bands are at home in the evening, or to see something of the girl friends they had to give up.

They sigh over all the missed joys with the remark, "If I only didn't have so much to do to keep me from all these happy things!"

If you will make these women sit down and analyze what it is that keeps them from all the pleasant things it almost always turns out that they are overdoing their duty.

They give hours to a thing that when accomplished doesn't amount to much and could well have been put upon other shoulders. They make other people dependent upon

by the way in which they rush into unloading the burdens off shoulders which are well able to carry them. They are too tired, for instance, to be amusing to their husbands in the evening because they have spent hours in hot kitchens trying to perfect some special dish which these husbands like.

Then when the other had

Then when the other half, who likes a companion as well as a cook, tells them so, and tries to tells them so, and tries to them out of this overdoing they into tears.

SING IT.

little song of courage when the battle lances gleam nd when the hands are weary the heart is lost in dream; The lips of love to sing it, and now and then the wild

Sweet laughter-chorus ringing from the love lips of a child!

--Baltimore Sun.

A COIFFURE HINT.

The broad, loose waves that are so much in favor just now can be had without a curling iron.

Before going to bed at night dampen the hair thoroughly. Then tie around the head as tightly as possible without stopping the circulation three bands of ribbon a half—inch wide. The them under the plait at the back.

With the comb, pull out the hair between these ribbon fillets. That

with the comb, pull out the hair between these ribbon fillets. That in the front should droop well over the forehead, and the other divisions should be drawn out like puffs. When the hair has dried and the

ribbons are removed in the morning the hair will be found to be in pret-

ey waves.

Care must be taken not to allow the hair to part or it will give an ugly effect when arranged.

If the hair does not curl easily the dampening can be done with water in which a little quince seed is disaplyed. solved.

ICED COFFEE.

of ferns and be rewarded with a rich growth of leaves. Frequently change the leaves.

If canned pears have a flat taste, and most pears have, they will be improved by adding stick cimamon to them while cooking.

If your cellar is dark and you are afraid of accidents when going down the steps, have the last step whitened so that you will easily know when you are at the bottom. You can see this step plainly even in adm light.

To dry clean cloth moisten fuller's earth to a soft paste and spread in

carth to a soft paste and spread in thin layers over soiled places. Mix with the earth a little turpentine and use this over grease spots. Let the garment dry for a couple of days and brush off the earth which has become dry, then press.

BENZINE AS A CLEANSER.

Every one is familiar with benzine as a remover of spots and stains from cloth and woolen goods, but there may be some house mothers who do be put in the household for cleaning purposes. Grease spots, dirt and fing-er marks when rubbed with a few drops of benzine vanish from doors, window panes and woodwork gener-ally and from the painted kitchen and

ringer marks and "spatters" on furniture, whether varnished, polish-ed or stained, fly before the benzine dipped cloth, and all enamelled tin. ware for bedroom and bathroom use can be kept beautifully white and cleans very easily when treated with benzine, and a few drops only are needed at a time. benzine, and a needed at a time.

VEGETABLES, PLENTY OF 'EM-

Hungarian Coffee.—Prepare a quantity of strong black coffee and add cream and sugar to taste. Chill thoroughly, and in serving put a spoonful of vanilla ice cream in the

ally and from the painted kitchen and bathroom walls as well.

The unsightly "rim" which insists on forming in bathfub and wash basin disappears, as do spots and stain from the washstand marble, when briskly rubbed with benzine. The latter should be polished with a dry, soft cloth to restore its polish.

Einger marks and "spatters" on turniture, whether varieties and

To MRS

ST.

cream, and cook until the custard coats the spoon. Take it foff the fire, beat well and cool. Just before serving add a pint of whipped cream sweetened to taste, a pint of shaved ice and a quart of charged water. Serve in tall glasses with a very little whipped cream on top.

THE DAILY TUB.

"Daily tubbing is the mark of a well-bred woman," declared a physician. "I am almost justified in saying that this is one of the distinguishing habits between a thoroughbred and a middle-class woman, and the effect of it is apparent from the very look of a woman's face. She who look of a woman's face. She who gets into a tub every day, washing the whole body thoroughly, and having a brisk rubbing atterward, has a cattein also meant a complexion that a woman who tubs complexion that a woman who tubs only occasionally never has. A sponge bath is not a substitute, for it is nocessary to get into the water, covering the whole body. I can tell the instant I look at a woman whether or not she belongs to the daily tubing class, and when she does she invariably looks better, bard

bing class, and when she does she invariably looks better bred.

"It is a curious fact that well bred men tub more frequently than women. I have heard various explanations of this, but none that has ever been satisfactory.

"In truth, though, water has the same effect upon the system that it has on a plant. A root that is kept in proper condition of moisture is healthy, erect and of good color. A good bath affects the skin in precisely the same manner. It is not water alone that accomplishes this, but what goes with it, the removal of dust and dried skin, the rubbing that stimulates circulation. None of this stimulates circulation. None of this is had without bathing, and with it the skin is toned and kept in healthy condition.

To keep canvas shoes white put a little bluing in the water if you wash them with soap and water or into the preparation which comes for the purpose if you use that. This will keep the shoes looking like new.

HOUSEHOLD HINTS.

Saucepans should be as flat a broad as possible so that no he may be wasted.

bottom of each tail glass and pour the coffee over it.

Cafe Frappee—Make a quart of strong coffee and sweeten well while hot. Cool, strain and add a cup of r.ch cream; freeze to a soft consistency, and serve in glass sherbot cups with small spoons.

Austrian Coffee Cup.—Make a pint of very strong black coffee, and add half a spoonful of almond flavoring. Strain through a fine sieve and heat in a double boiler to just the boiling point. Then add two well-beaten eggs mixed with two tablespoonfuls of sugar and four of thick cream, and cook until the custard coats the spoon. Take it off the fire, beat well and cool. Just before serving add a pint of whipped cream sweetened to taste, a pint of shaved ice and a quart of charged water. Serve in tall glasses with a very little whipped cream on top.

The water will is difficult to get them perfectly freshened after a fash-ion. The multitude of city dwellers are so accustomed to the taste of green garden stuff at least a day old not have a natural flavor.

Ice water will freshen most any green vegetable. The whole vegetable should be plunged into the was beauty of instance, will freshen like flowers after a bath of ice cold water. Lettuce, celery, spinach, in fact every kind of green food, should be kept either in a cold place or near the ice. Linen bags to hold the vegetables are practical. The lettuee or beans can be tied in the bag and left on top of the block of ice or tucked away in a cool corner, to remain for a little period of improvement.

THE WATCH BELOW

The bell has sounded and the watch

The bell has sounded and the watch is done, The dawn enlightens all the dark-ened sea—
That cold, relentless grind of such bell has sounded, brother soon

No more to stare on dreary sheets of foam, No more to scan the stars in any

No more to clamber riggings hard with ice:
Lo! on the port repeats the lights
of home.

Oh! we are weary, weary, and the

best
That life could give us was to plow
the main
Through the wide night till dawn

loomed up again;
But God at last has covered us with

The bell sounded, 'tis 'the watch' Let us make haste below where it is warm,

Out of the cold and fog, the dark and storm!

The bell has sounded, brothers. All is well. -- Vincent O'Sullivan, in Academy.

FUNNY SAYINGS.

A PERTINENT QUERY.

Effie, the little daughter of a clergyman, pranced into her father's study one evening while the reverend gentleman was preparing a lengthy serinon for the following Sunday. She looked curlonely at the manuscript for a moment, and them turned to her father.

"Papa." she began seriously, "does God tell you what to write?"
"Certainly, dearie," replied the clergyman.

clergyman.
"Then why do you scratch so much it out?" asked Effic.

WHEN LIFE IS SAD.

"Paw, what is a gentleman?"
"It is an instrument bearing some resemblance to a shirt collar that has been three or four times to the laundry, Tommy, but it is much quicker and more merciful in its operation."

A fashionably attired lady met a boy carrying a bird's nest with eggs in it. "You wicked boy," remarked the woman. "How could you rob the nest? No doubt the poor mother is grieving for the loss of her eggs."

"Oh, she don't care," said the boy, edging away, "she is on your hat."

WHERE THEY FORGOT.

"Once, in the rooms of the Fabian Seciety, overlooking the fresh green slopes of the Law Court gardens in London, I heard George Bernard Shaw express his thoughts about English public schools," said a Chicago editor. "He attacked these schools. He said you learned northing in the Fabian Seciety of the Court of the Seciety of the Section of the Seciety of the Secie public schools, see the schools. He tor. "He attacked these schools. He said you learned nothing in them. He told of a young peer to whom a certain. master at Eton said:

"I am ashamed of you, unable to work out so simple a problem! Your younger brother did it correctly an hour ago."

"I am sorry, sir,' replied the boy, that you must remember that my

'1 am sorry, sir, replied the boy, 'but you must remember that my brother hasn't been at Eton as long as I have.' ''—Washington Star.

THE WELL-INFORMED BOSTON BOY.

The Boston Teacher—Waldo, would ou like to have lived in ancient The Boston Pupil-No, ma'am.

The Boston Fupil—No, has all.

B. T.—And why not, pray?

B. P.—As I understand it, Greek mothers were wooden sandals and Greek boys didn't wear trousers.— Greek boys did: Cleveland Leader.

ONLY NATURAL.

"Did you ever go up in a balloon?

asked Mayne.
"Yes, accidentally," replied Spryng.
"I happened to be in the basket when the ropes were cut, and I didn't have time to jump out."

"Yes, it did make me soar."—Th

AMATEURISH.

"If you want a thing well done you must do it yourself," declared Mr. Wyss.
"Yes," agreed Mrs. Wyss. Mr. Wyss.

"Yes," agreed Mrs. Wyss, with a touch of sarcasm, "I remember how nice you looked the time you cut your own hair."—New Orleans Picewine.

"Will you buy me a drum, grandma? "No, dear, you would disturb me with the noise."
"No, I wouldn't granny; I'd only play it when you're asleep."

A ROUNDABOUT REPLY.

"Darling," said a young husband,
"what would you do if I should
die? Tell me!"
"Please don't suggest such a
thing," vas the reply "can't bee: thing," was the reply "I can't bear the thought of a stepfather for our

UNSELFISH.

She—George, is that one of those cigars I gave you on your birth He-No; I'm saving those for my friends. She-You dear, self-sacrificing, en-

selfish man! "Mamma," said little Elsie, "do "Mamma," said little Elsie, "do men ever go Ao heaven?"
"Why, of course, my dear. What makes you ask?"
"Because I never see any pictures of angels with whiskers."
"Well," said the mother, thoughtfully, "some men do go to heaven, but they get there by a close shave."

For Diarrhœa, Dysentery, Stomach Cramps, Colic, Summer Complaint, Cholera Morbus, Cholera Infantum, and all Looseness

of the Bowels There is no Medicine Like



It has been a household remedy for 63 years. You can always rely on it in time of need to do just what we claim for it. Do not allow an unprincipaled druggist to palm off a cheap substitute on you.

The genuine "Dr. Fowler's" is manufactured by The T. Milburn Co., Limited, Toronto, Ont.

THE ONLY CURE FOR DIARRHOEA.

Mrs. Robt. Rahm,
Burketon, Ont.,
writes:

a better remedy to be found, as I have a large family and all subject to it. I would not be without it in the house as it is a cripic very and it.

FUNNY.
Clarence—"You're tooking worri

BROKEN IN HEALTH.

Dr. Williams' Pink Pills Restored Strength After Medical Treatment Had Failed.

"I can truthfully say Dr. Williams' Pink Pills did for me what one of the best doctors in Halifax failed to do-restored my health." This strong statement is made by Mr. Wm. J. Weaver, 172 Angyle street, Halifax. the best doctors in Halifax failed to do—restored my health." This strong statement is made by Mr. Wm. J. Mr. Weaver, 172 Argyle street, Halifax, Mr. Weaver adds:—"A few years ago took employment in a large factory as fireman. I knew the work I would never stand it, but as I was a strong man, weighing 180 pounds, a li laughed at the idea of not being able to do the work. Anyhow I started and found the job a hard one indeed. There were a number of firemen employed and men were taking and quitting the job every few days. I kept at the work for two years and during that time lost 50 pounds weight, and was a broken down man, I could not take my meals and often took my dinner back home without touching it. When I would be working on the night shift. I could not sleep in the day time, and this added to my trouble. Finally I became a total wreck and this added to my trouble. Finally I became a total wreck and this added to my trouble and this added to my trouble. Finally I became a total wreck and this added to my trouble and this added to my trouble and the day time, and this added to my trouble. Finally I became a total wreck and the day time, and this added to my trouble. Finally I became a total wreck and the day time, and this added to my trouble. The had to quit the work. I could not stestill and would walk about the house until I was ready to drop. The doctor came to see me every day, and changed the medicine time and eagain, but it did me no good. Finally he wanted me to go to the hospital, and at this stage a friend came to stay with me overnight. While he was reading the evening paper he came across the testimonial of a cure wrought by Dr. Williams? Pink Pills. came across the testimonial of a cure wrought by Dr. Williams' Pink Pills. He said: "why don't you try them, nothing also is the try or try them, He said: "why don't you try them, nothing else is helping you and they may do you good." He went out and got me a box at once. When this was done I got a half dozen boxes, and before they were all gone losses, and before they were all gone I began to feel like a new man. I continued using the pills for a couple of months when I was again as well and as sirong as ever I had been in my life, and I have not seen a sick day since. I feel confident there is no remedy in the world equal to Dr. Williams' Pink Pills for building up a broken down and nervous system, and for such trouble I would strongly recommend them."

y recommend them."

Dr. Williams' Pink Pills cure such Dr. Williams' Pink Pills cure such cases as Mr. Weaver's because they make the rich, red blood that feeds the starved nerves and tones and strengthens every part of the body, That is why they cure anaemia, rheumatism, indigestion, neuralgia, rbutus dance, paralysis and other troubles due to bad blood and shattered nerves. 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.

Charitable Work of the Catholic Churches. (Pittsburg Observer.) (Pittsburg Observer.)
Our esteemed meighbor, the United
Presbyterian, of this city, says
"With the exception of the Lutherans
our Roman Catholic friends long had
almost a monopoly, so far as distinctive Church responsibility of hospitals and homes. They still maintinctive Church responsibility of hospitals and homes. They still maintain an honorable and conspicuous leadership, but it is gratifying to note the extent to which Protestant Christians are awakening to their duty and privilege in providing for the sick, the destitute and helpless." Yes; and long before Luther's day the Catholic Church was alone in the practice of the virtues inculcated by Jesus Christ. Wherever a human misery called for succor a virgin-band of Catholic men or women was consecrated for life to its alleviation. To relieve human misery was a Catholic passion. St. John of God organized a society whose members ten on the occasion, we time within a hund were admitted to t tholic passion. St. John of God organized a society whose members tended and served in hospitals. It was called "The Brotherhood of Beneficence". "Fate Bene Fratelli." St. Camille de Lellis founded another order devoted to the care of the sick and pest-ridden. St. Jerome Emilian laid aside sword and armor, received orphans, fed them, clothed them, and formed of them a society to look after those who were as they had been. When the Mussulmans enslaved thousands of Christians who were the victims of piratical cruises, St. Raymond of Pennafort, St. Peter of No-

John at Rhodes and at Malta. Ven revoted themselves for life to vice in hospitals, refuges, asylhomes for the aged, schools, etc. Another Noted Convert.

mond of Pennafort, St. Peter of No-lesco and St. Colin of Matha travers-ed Europe begging money to by them freedom or to pay others take their places. Pilgrims and travellers found protectors in the Knights of Salatrava and the Knights of St. John at Rhodes and at Mells Work

Wom

There is special reason for rejoicing over the conversion to the Church of Shane D. Leslie, B.A., cf King's College, Cambridge, says the Ave Maria. He is the eldest son of Squire Leslie, of Glaslough County Monaghan, Ireland. Since 11:60 the Holy Lough and St. Patrick's Purgatory (Donegal) have been held in the Leslie family. Pilgrimages thicher have never been entirely suspended, bough prejudice in times past did all in its power to prevent them. In future they will probably be encouraged. Lough Derg, of all places in Ireland, should be in Catholic hands, and no doubt it eventually will be. Time's revenges are often strangest when longest delayed.

mattah?"

Percival—I am worried, my boy, tewbly. Me valet says I'm getting so careless that he's sure I must be in love. He's right, I suppose—but for the life of me I cawn't think who she can be.

THURSDAY, AUG

Quebec's T

(Continued powers of endurant taxed to the utms in Quebec, , for haccompanied by the people. He usual form, the blue sase the Gartar signal those about him.

AT OLD A meeting of the canada at old Latune occasion to college, around who of the past and propuebec and the Through the court to the white walls stitution, and throe in knoor of the for dight and a blithose invited madridor after corrid meeting at every feassocked seminari and after climbing stairs, we found owhich, garlanded

which, garlanded ceived the guests.

ceived the guests.
Savants great in were undoubted!
platform containing, mostly of I amongst whom Dominican, Ontaric by Chancellor Bur College, Toronto, Mrs. Thompson, of Machar, of Kingst Rishon Roy was I Machar, of Kingst Bishop Roy was I priests and semina where seeing to the guests and particity ors conferred by the dresses on Chample in poetry and pro-work of the gather tic eloquence of the in no small degree of familiarity with ancient Gauls. To Ontario were the con-ing representatives wash being most he to the Jesuit missi French people who to the Jesuit missi French people who able to visit their had gained so high timation. He spo honor and honesty and he expressed th long all might unit that every dusky b might ere long bot ire waters of Baut

waters of Bapt The conferring of call to honors was cases by a stir from hall when a gowne rose and receiving parchment, took plumembers on the plu-close of the meetir close of the meetir thrown open and t the grand master-p many curios and v. of this ancient sea came pleasure spot-eye of the visitor immense room lik hall, was covered carpet, and its wa paintings of pricele Having inspected risitors were admit ul garden, and the ored as being one

Quite a number of themselves of the p of flowers, quaint plenteous statuary onlight, or unde moonlight, or under lored lights, the grounds, well rep Straying near the surround the ground stone steps of the ling over the para and ineffaceable pict Below, the waters rence flowed like a silver. Beyond we rence flowed like a silver. Beyond we glimmering lights o the smooth surface rested the immense nations, everyone o topmost mast to the into globules of electrics. effect was truly fai air, the motionless motionless burden lights in the distance illuminated airs illuminated city whand the outlined ship at our feet, formed able picture. One verified of Coleridge the "painted ships ocean." The visit to of Laval was somet sured as the realiza-dream or as a readi-trancing pages of my our feet, formed

Sui