

HOUSE AND HOME

CONDUCTED BY HORTENSE



A friend may well be reckoned the masterpiece of nature.

Emerson.

SLEEP—BEAUTY'S REAL SECRET.

Sleep and nine hours of it—sleep right in quality as well as quantity—sleep and sleep more than anything else is the real key to beauty. Of course any amount of sleep will not make an ugly woman a beauty, but it will increase her attractiveness 100 per cent, for it will give her an exquisite complexion and clear, beautiful eyes. Sleep is thus important, for nowadays sleep practically means health for the wealthy seeker after beauty.

Many women boast of the little amount of sleep they require to keep themselves going to a round of fashionable gaiety, but they are acquiring nerves and lines of ugliness that will some day destroy their looks years before the proper time set by nature. Sleep is to the woman, as water is to the plant, not the only requisite for beauty, but the prime one and the one which will most quickly make or mar beauty.

Go to bed as early as possible, but if the hour for retiring must be late then get the sleep late in the morning. Don't take a foolish pride in getting up at 7 or 8 o'clock when the hour of retiring has been in the wee small hours of the morning. It may seem smart, but it is actually foolish. Of course, this advice is for those women whose duties are largely social. For the worker, whether at home or in the shop, office or school—the advice is to go to bed early, say at 10 o'clock. For nine hours of sleep is the best receipt for good looks ever put on the market.

Above all try and not go to bed when all fatigued out. Make it a point to retire just before the absolutely wearied point, for then the quality of sleep is far better than when the point of retirement is that of entire physical exhaustion. Sleep must be tranquil to preserve or bring back beauty. This means that to retire utterly exhausted will prevent the beauty value of sleep showing itself.

Therefore when worn out just at bed time, take a cup of warm milk or of cocoa or chocolate. Read a chapter or two of an amusing book or one of a quiet strain of thought. Of course if the mind is upset by terrible news nothing can restore the quality of sleep. But then one is actually ill and should have the attention of a wise physician.

Then another point of importance is the manner of getting out of bed. Jumping up and running about the moment one awakens is bad for the looks. Take ten minutes to get out of bed and do so gradually. It is well to let the maid open a window at a time. Luke warm water should be used on the hands and face just before getting out of bed. Of course all this advice is for the woman of means. The milkmaid's rosy beauty is absolutely impossible to the woman of fashion no matter how many beauty doctors furnish advice and treatment at exorbitant rates. The woman of fashion must use the above methods and try to avoid all excess in eating and fatigue possible. Therein lies the true secret of continued good looks for the fashionable woman.

BAKED EGGS FOR LUNCH.

When the housekeeper has unexpected luncheon guests, or when the larder is almost depleted, and visitors come for supper on Sunday evening there are always eggs. A French cook declared recently that there are 114 different ways of cooking eggs. This may be true, but if you are in a hurry to put an appetizing dish on the table, to adopt baked eggs. This dish is always acceptable. Take a tin pie plate and sprinkle the bottom of it with bread crumbs, drop each egg as in frying, so that each egg will touch its neighbor. Sprinkle the tops of the eggs with a layer of bread crumbs, place small pieces of butter here and there on the crumbs, salt and pepper to taste and place in an oven. The dish will be cooked in five minutes.

SIT AT YOUR WORK.

While it isn't possible to do so with every phase of the housekeeper's work, a number of tasks may be accomplished as well sitting as standing. Unless one is trained to it standing is very tiresome for the average woman. Sitting is a rest for the back at least. And every household task that can possibly be performed in that attitude should be done so. Scrubbing, sweeping and bed-making, of course, must be done while standing, but there are other things that do not demand this.

Take ironing for instance. Purchase or have made a light high stool just the right height to give a satisfactory purchase on the iron. After one

or two experiments you will discover that you can iron just as well this way as bending over the board. There are a thousand and one other household duties, such as kneading bread, mixing things in the kitchen, dusting various ornaments and chairs, cleaning silver, etc., that may be done just as well sitting as standing. When one has been in that habit of not sitting, no little difficulty will be experienced at first. But if persevered in the new habit will quickly supplant the old.

A PICNIC SANDWICH.

The sandwich is the picnic standby, of course, and unusually good ones can be made by baking a pan of little round rolls, cutting the tops nearly off when they are cold, scooping out some of the crumb, and filling them with chicken chopped and reduced to a stiff paste with cream. They may be seasoned highly with salt and black pepper, and celery salt, if liked.—Woman's Home Companion for July.

THE LUXURIOUSLY FITTED OVERNIGHT BAG.

As all the novel-reading world well knows, the Englishwoman never goes anywhere without her "dressing-case." The hospitable American hostess, with her cordial invitation to "Run out and spend Sunday, dear, and don't bother to bring anything but a toothbrush—everything else is in the guest room," would very likely shock the Englishwoman inexpressibly. Perhaps, indeed, this fastidious nicety about her own toilet paraphernalia has something to do with the perfect grooming for which the Englishwoman is world-famed. The English heroine of the story-book, of course, always steps out of the railway carriage for a week-end visit with an irreproachable maid, as well as a dressing case; but with one of the up-to-date dressing-bags provided nowadays for short journeys the services of a maid seem really superfluous. The sumptuous "fitted bags" supply every reasonable need for a complete toilet except a hot bath and a massage.

PERFECTLY APPOINTED.

The fitted suit-cases are the most expensive of the "overnight" bags. They are perfectly appointed suit-cases, a trifle smaller than the regulation 22 to 26 inch case, and in them, besides the toilet implements packed in delightful order around the edge, there is space for one's night garments, a fresh blouse for next morning, and—if one is a very clever packer—a filly lingerie dinner frock for the evening's wear. These "overnight" suit-cases come for both men and women, the only difference being in the nature of the fittings; more brushes being provided for masculine use and a larger supply of metal-topped boxes and bottles for femininity.

These cases are exceedingly elegant and distinguished in character, and for some reason, known only to the manufacturers, they are made up only in a style obtainable by the favored few to whom dollars do not matter. Luxury and leisure are expressed in the rich leathers, silk and velvet linings and in the costly fittings of silver, gold or ebony, inlaid with silver deposit.

NO LIMIT TO EXTRAVAGANCE.

Extravagance need know no limit in these traveling cases, which are eagerly selected as gifts by the fortunate rich whose stock of available presents is soon exhausted; and a gold-fitted traveling case, with jewel settings, might easily bring the price of one's little birthday gift to the requisite three-figure mark, below which insignificance and commonplaceness would threaten.

The properly equipped overnight bag, whether costing \$20 or ten times that amount, must contain certain essentials. These include, besides the regulation hand mirror, brush, comb, manicure set and a full provision of screw-top glass receptacles, a cosmetic outfit, tooth and nail brush-holders, an alcohol lamp and curling iron.

Even ordinary handbags are equipped with these luxurious fittings, and the young man who would send his most admired fair something really acceptable in the way of a birthday gift may pick up for twenty-five dollars or so a dainty handbag, so alluring that it will win her favor for some time. Besides its equipment of inside purse, card-case, memorandum book and address book—all, of course, fashioned of the exquisite leather which forms the bag and lined in the same dainty way—there will be a whole kit of toilet requisites, small in size, but perfect in every detail.

CONVENIENT DRESSING CASE.

The woman who cannot afford an expensive leather-fitted bag for her week-end visits, may provide herself

with an equally convenient, if not as luxurious, dressing-case made of suede kid, or even of silk or cretonne. These cases are made in a long strip, which may be unrolled and spread over the dresser when the destination is reached and when rolled up they may be closed with a ribbon loop and button. To the strip of leather or other material should be stitched straps and pockets to accommodate the various articles of the toilet, and a separate strip, lined with oiled silk, will carry sponge, tooth and nail brushes. Pressed glass bottles with nickel screw tops may be bought for a trifle, and these, containing the cologne water, toilet ammonia or other liquids may be slipped beneath stitched straps on the dressing-case strip. Of course, the experienced woman traveler knows all about the convenience of the tooth pastes, talcums and powders and the like, which come in tin tubes or flat boxes; and the soap and face powder books with detachable leaves are also very useful.

In fact, when one considers how easy it is to have all the comforts of home always within one's reach, the hostess' invitation to "drop in and rely on the resources of her guest room," seems not unusual at all.

TO PRESERVE SILK STOCKINGS.

The durable cotton or lisle solos which are now placed in many of the fine thread silk stockings keep the form from wearing out, but most women find that the chief trouble is with the tops—where broken threads cause the hose to ravel in unsightly runways all the way down the side. This is especially provoking in the case of silk stockings to be worn with bathing suits. To prevent this breaking of the silk threads, the garters should be attached, not to the top of the stocking, but to short tape loops sewed to the edge. Black tape half an inch wide should be used and the garter may be hooked through the loop.

HOUSEHOLD HINTS.

A handful of flour bound on a cut with stop bleeding. Half a lemon dipped in salt will do wonders in polishing brass and copper cooking utensils. Mother of pearl ornaments should be cleaned with a paste of whiting and cold water. Soap—discolours them.

Before broiling—always throw a little salt on the fire to clear it, and prevent a blaze from the dripping fat. When ready to core apples, if you do not own a corer, use a common wooden clothes pin—does the work just as well.

Save the water in which potatoes have been boiled and use it to wash tarnished brass. It will come out as bright as new.

Marks made by setting hot dishes on polished surfaces may be removed by rubbing them briskly with kerosene oil, then with alcohol. To keep mould from the top of preserves of any kind, put a few drops of glycerine round the edge of the jar before screwing on the lid.

For cleaning teeth that have been neglected use dry powdered sulphur, which will clean off all tartar, and leave the teeth white and shiny. Rinse the mouth well after using with warm water and a few drops of tincture of myrrh.

To keep bread boards a good color wash them with cold water and soap. A little silver sand added to the soap will improve the appearance if the board is discolored.

To clear water pipes when frozen add plenty of salt to the hot water so commonly used to thaw water pipes, and this, when poured down will free the pipe quicker than plain water.

FASHION TIPS.

Violet shades are seen everywhere. The touch of black is made much of.

Irish crochet lace is the favorite for jabots.

Skirts are just a little wider around the feet.

There is a general trend toward fuller garments.

Some of the smart dress trimmings are done in straw.

Some of the new veils are so lacy as to rival the nets.

Handkerchief linens are being worked into dainty summer dresses.

Black and white combinations continue to be popular in millinery.

Wine colors, from the lightest to the darkest, are popular for walking hats.

One of the modish colors is centre, a rather deeper shade than ashes of roses.

Some of the new veils are of the color of straw, with thick, heavy chenille dots.

Sleeves must be close, but not so close at the elbows as they were during the winter.

A CATHOLIC KING WAS EDWARD III.

MGR. VAUGHAN'S SERMON.

"Continuity" Theory Receives Another Serious Setback.

The most striking of the discourses which Mgr. Canon Vaughan has been delivering at the Cathedral on Sunday mornings during June was the last. They have been devoted to the consideration of the "Continuity" theory, which the Bishop of London has been trying to impress on the Anglican mind by the Fulham pageant. Mgr. Vaughan has dissipated into thin air the vain pretence, and has shown conclusively what every Catholic knows, and every Protestant boasts of, that the English Church Establishment was absolutely cut off at the Reformation in doctrine and obedience from the Roman Catholic Church, which was up to that time the Church of Augustine and Dunstan and Anselm and Edmund Rich and Thomas of Canterbury, the Church of the kings and nobles, the Church of the people and the parliament, the Church in England which for a thousand years had proclaimed and proved its loyalty with the See of Rome. This time it was through a letter to the Pope, Benedict XII., written by Edward III. Of Edward III. Hume had written that his reign was "one of the most glorious in the annals of our nation."

A GENUINE CATHOLIC.

The King himself was no weakling. He curbed the licentiousness of the great, he made his nobles feel his power, and his valor and conduct made his warriors successful in their enterprises. He reigned for fifty years. Let the Bishop of London and his followers note. Sundry complaints were lodged against the King, and carried to Rome, which raised against him the suspicions of the Pope. Did he snap his fingers at the Pope, and tell him that he had no jurisdiction in that realm of England as a modern Anglican would do? No. But being a genuine Roman Catholic to the backbone, like the rest of his Kingdom, he was distressed as a loving son who had incurred the displeasure of a generous father. He addressed a letter to the Sovereign Pontiff, a very remarkable document, to protest against the accusation, assure the Pope of his innocence, and to beg him to take no notice of his calumniators. This parchment the King caused to be written after consultation with his advisers, and dispatched to Rome by special couriers, a deliberate and official document. "Let not," it ran, "the envious information of our detractors find place in the meek mind of your Holiness, or create any sinister opinion of a son, who after the manner of his predecessors shall persist in amity and obedience to the Apostolic See."

A ZEALOUS CHAMPION.

Now, if any such evil suggestion concerning your son should knock for entrance at your Holiness's ears, let no belief be allowed it, till the son who is concerned be heard, who trusts and always intends both to say and to prove that each of his actions is just before the tribunal of your Holiness, presiding over every creature, which to deny is to maintain heresy. And, further, this we say, adjoining it as a further evidence of our intention and greater devotion, that if there be any one of our kindred or allies who walks not as he ought in the way of obedience to the Apostolic See, we intend to bestow our diligence—and we trust to no little purpose—that, leaving his wandering course, he may return into the path of duty and walk regularly far the future." Then referring to some reproach, admonition, or censure he had received from the Pope, the King continues: "That the Kings of England, our predecessors, those illustrious champions of Christ, those zealous assertors of the right of the Holy Roman Church, and devout observers of her commands, that they or we should deserve this unkindness, we neither know nor believe."

"We constantly avow that we are, and shall continue to be, to your Holiness and to your seat a devout and humble son, and not a step-son." Could they conceive anyone not a Roman Catholic giving utterances to such sentiments? Had words lost their plain meaning for the Bishop of London? Another paragraph: "Your Holiness, in whose hands are the keys to open and to shut the gates of heaven on earth, as the fullness of your power requires information of the truth from your sacred tribunal, which is over all," &c.

With the long sleeve has appeared the new loose chain bracelet, with pendant of artistic design, which falls loosely over the sleeve.

Raffia has been woven into extraordinarily smart bags and belts, the straw often being oddly but delightfully studded with semi-precious stones whose color shows attractively upon the soft shade of the straw.

Regarded as one of the most potent compounds ever introduced with which to combat all summer complaints and inflammation of the bowels, Dr. J. D. Kellogg's Dysentery Cordial has won for itself a reputation that no other cordial for the purpose can aspire to. For young or old suffering from these complaints it is the best medicine that can be procured.

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CRAZE OF ANGLICANS.

If King Edward has foreseen the craze of Anglicans to-day to prove that he, Edward III., and his subjects were not loyal Roman Catholics, he could not have expressed his loyalty and his Catholicity in more unmistakable and more explicit terms. Whom were they to believe, King Edward speaking for himself, or the present Bishop of London speaking for him? Listen again: "Your Holiness presides over every creature, which to deny is heresy," and explicit profession of faith in the spiritual supremacy of St. Peter and his successors as custodians of the truth revealed to them by Jesus Christ. That is implied in the term heresy, which applies only to a truth revealed by Christ himself. The Pope in reply expresses his satisfaction to the King that he should thus follow the commendable footsteps of your progenitors, Kings of England, who were famous for the fullness of their devotion and faith towards God and the Holy Roman Church." Would the Bishop of London and his Anglican followers explain? He paused for a reply. The vain pretense to continuity set up by them could only make them ridiculous in the eyes of honest men.

THREE AGNOSTICS AND CATHOLICISM.

The Religious Belief of Grant Allen, G. B. Shaw, and Kier Hardie.

That Voltair, died an atheist is open to doubt, more probably he passed to his reward an agnostic, and between the two lies a great gulf. The atheist simply denies a God and would reduce life to a pure matter of chance. Under his regime moral law would cease to exist in so far as it is governed by conscience. On the other hand the attitude of the agnostic is simply "I do not understand. I can't accept things without proof. If you can, explain to me, for I have an open mind." This is the state of mind of many so-called atheists and the object of this article is to show how three widely divergent characters regard the Catholic Church. All, it may be added, belong to no faith in particular.

GRANT ALLEN'S RELIGION.

Grant Allen, the well known novelist, has now been dead about five years, and it may be remembered that at his funeral there was no religious ceremony of any kind. Here was a man, who had been labelled by the world an atheist, and yet in fact was nothing of the kind. To those who knew him, he was the very epitome of all a gentleman should be. Kind-hearted, affectionate, sincere, and his home life was of the very happiest description. The publication of an unfortunate novel earned him erroneous impressions of his views on the marriage question, in point of fact the novel was written in a weak moment to sell easily, which it did. To say he regretted it all his life is not to exaggerate. He was conversant with the Catholic creed as one within the fold and had spent many of his happiest days in Italy, where his chief delight was to write of the pictures and the beauty of the churches. To the day of his death, he cherished a profound respect for the Catholic faith and recognized in it only a powerful incentive to good. Where he failed was, he simply could not understand and was sincere enough to say so. One evening as he stood on a terrace overlooking the Thames at Cookham he said to the writer: "I can't tell you how I admire your Church, could I believe in it and understand it, I should be a member of it tomorrow." Faith, we know, is a gift, and evidently it had not been vouchsafed to him, yet he was no atheist.

G. B. SHAW'S BELIEF.

Next may be considered George Bernard Shaw, litterateur, Fabian, playwright and the fashion of the day. Here is a professed atheist who spends his time in laughing at his public, the same public, who ten years ago would have none of him, but to-day through the theatres that husband his productions. And is he an atheist? By no means. He also is so constituted that he must have proof before accepting a dogma. That the Church of England as at present exists presents difficulties to such a mind is not surprising; he is logical by nature and finds nothing substantial behind its pretensions.

His view of the Church of Rome is: "I can't accept what I don't understand." He admires its ritual, appreciates the genuineness and devotion of its members, but simply is unable to comprehend the precise value of the word faith. Is it surprising for this spirit, argues Shaw with all sincerity, to believe in the intangible, and to speak, in black and white, au contraire. The writer once travelled with him in the Mediterranean, and this question of religion and creed often cropped up, his sentiments were, if anything, distinctly of interest in the Catholic Church, mingled with admiration for their history and triumphs. Mr. Shaw is no atheist at heart.

KEIR HARDIE'S FAITH.

Finally it may be interesting to consider Mr. Kier Hardie, radical, socialist and labor leader. An atheist? Most certainly not. Self-made he has achieved his present position through sheer sincerity in what he believes correct and a real and genuine desire to work for the betterment of the laboring class. He brings to this vexed subject of religion the same honesty of purpose which has distinguished all the actions of his life. His enemies, of whom he has many in the political world, all admire his rugged perseverance and have never questioned the depth of his character, occurring on board the liner, which last brought him to Canada. A Church of England service had been advertised in the first saloon and Mr. Hardie proposed to go. But, he asked, where are the second class passengers and the stowage. He was told that they were not allowed in that part of the ship for any purpose and in consequence Mr. Hardie stayed away, remarking that in worshipping God he believed in equality every bit as much as he did in daily life. Coming up the St. Lawrence, the writer commented on the size of some of the churches which dot the banks of the river. Mr. Hardie volunteered the information that they were Catholic, adding you can always tell Catholic churches by their proportions, the Catholics were so generous and look after the accessories of their faith so carefully. Maybe Mr. Keir Hardie wishes he understood!

ATTRACTS INTELLIGENT MEN.

In conclusion then without, of course, laying down a hard and fast law it may be assumed that the Catholic Church holds out many attractions to agnostics, greater than those possessed by denominations. Its history of martyrdom, suffering, and its inevitable final triumph in all its struggles so far attract such minds with a compelling magnetism that needs just that gift of faith to complete its victory. That amongst those outside the Church should be such great intellect is naturally a thousand pities, but it is some consolation to know that they equally will put up with no makeshift imitations and say so in unmistakable language.

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